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Join Us for

FREE NECK & SHOULDER MASSAGES
 Tuesday, March 1 & 29
 (see page 4 for details)

ST. PATRICK'S DAY PUB
 Thursday, March 17
 (see page 2 for details)

LSCO AGM
 Tuesday, March 29
 (see page 5 for details)

MEDICATION SAFETY
 Tuesday, March 29
 (see page 17 for details)

COMPASS FOR THE CAREGIVER
 (coming in April see page 16 for details)

LSCO ANNUAL GENERAL MEETING

TUESDAY, MARCH 29, 2022

1:15 P.M. ~ 1:45 P.M.

VIA ZOOM

EMAIL YOUR PASSWORD REQUEST TO AGM2022@LETHSENIORS.COM

VIA PROXY VOTE

PROXY BALLOTS DUE IN OFFICE BY NOON ON MARCH 25



Executive Director

Rob Miyashiro
rmiyashiro@lethseniors.com

Just prior to the deadline for this issue, the Provincial Government announced their intent and plan to phase out mandatory COVID-19 restrictions. As this had been rumoured to occur during the previous week, LSCO staff had been informally polling our members and participants to get a sense of what direction we should take if, in fact, restrictions were lifted.

No one we spoke with indicated that they were in favor of removing restrictions at LSCO... rather, the opinion was very much supportive for us to keep the restrictions in place. So that is what we have done.

One of the Values statements developed by our Board and staff is: *"LSCO will provide a safe and supportive environment"*. This statement compels us to follow the best advice of the highest levels of authority and do what we can to provide the safest environment possible, which includes requiring those attending LSCO to be fully vaccinated:

Health Canada states that people who are fully vaccinated with an mRNA vaccine (Pfizer-BioNTech Comirnaty and Moderna Spikevax) are less likely to have COVID-19 with or without symptoms and are less likely to spread COVID-19 to others, and that people who have been fully vaccinated with a viral vec-

tor vaccine (AstraZeneca Vaxzevria) are less likely to have COVID-19 with symptoms and spread COVID-19 to others.

We will also continue to social distance where possible, to have staff sterilize high touch areas, and we will have sanitizing stations available throughout the building. We will keep these conditions in place until further notice.



Please note that that our Annual General Meeting is scheduled for March 29 at 1:15 PM. We will be presenting the meeting virtually via Zoom. Please contact us at agm2022@lethseniors.com to receive your Zoom password (will be distributed a few days ahead of the AGM). Proxy ballots will be available at LSCO or via email upon request.

Stay safe and be kind. ★

JOIN US ON

St. PATRICK'S DAY

**Thursday
March 17th**

PUB AFTERNOON

LET'S CELEBRATE

12:00 – 4:00 PM

**Beer, Wine & Snacks
available for purchase**

Tai Chi 108 Form Practice

Note: this is not a lesson. It is a practise for individuals with some experience in the 108 Form. Location in Gym 2.

When: Wednesdays, March 2 – April 27
Time: 10:15 – 11:15 am
Fee: \$27 LSCO Members; \$52 NM
Register by: Tuesday, March 1

OUR COMMUNITY PARTNERS

In recognition for the ongoing support of LSCO

Lethbridge HEARING CENTRE

CORNERSTONE FUNERAL HOME Ltd.
Honoured to Serve

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London Road market

servus credit union

In recognition for the ongoing support of LSCO Meals on Wheels

teamworks career centre

SELECT PEOPLE SOLUTIONS

urban grocer

ITALIAN TABLE ESTD 2018

CUPPER'S COFFEE & TEA
TASTE THE WORLD IN YOUR CUP

Yoga FOR MEN

This class is designed for gentlemen interested in working on balance, flexibility and increasing mobility. Join Skip Cooper as he leads you through gentle, calming movements. Chairs and other props may be used. Wear comfortable clothing, bring a yoga mat and water bottle. Location is Room A/B.

When: Wednesdays, March 2 – April 27
Time: 8:30 – 9:30 am
Fee: \$52 LSCO M; \$63 NM
Register by: Tuesday, March 1

LSCO Times

A MONTHLY PUBLICATION OF THE LETHBRIDGE SENIOR CITIZENS ORGANIZATION

A proprietary publication of the Lethbridge Senior Citizens Organization. Editorial or advertising enquiries should be directed to the LSCO, telephone 403-320-2222.

Check out the website! www.lethseniors.com and register online.

Layout, Advertising & Circulation Lisette Cook
 Printed by Lethbridge Herald

The Officers of LSCO

2021 – 2022 Executive:

President Elect:
 President: Keith Sumner
 Past President: Clifford Brown
 Secretary: Craig Rumer
 Treasurer: Merri-Ann Ford

Board of Directors:

Liz Iwaskiw, Reg Dawson and Brian Sullivan.

LSCO **403-320-2222**

Staff Members:

- Executive Director – Rob Miyashiro
rmiyashiro@lethseniors.com ext. 24
- Operations Manager – Jodie McDonnell
jmcdonnell@lethseniors.com ext. 23
- LEARN Case Manager – Amy Cook
learn@lethseniors.com 403-394-0306
- LSCO Social Worker / Case Manager – Heather Bursaw
hbursaw@lethseniors.com ext. 57
- Volunteer Coordinator – Shiloh Sabas
volunteer@lethseniors.com ext. 31
- Seniors System Navigator – Amy Labossiere
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- Member Services Assistant – Diane Legault
dlegault@lethseniors.com ext. 30
- Marketing & Media Coordinator – Lisette Cook
lcook@lethseniors.com
- Program Development Coordinator – Shawn Hamilton
shamilton@lethseniors.com ext. 26
- Social Media Specialist – Rod Henriquez
socialmedia@lethseniors.com ext. 33
- In-Home Supports Coordinator – Shiloh Sabas
mow@lethseniors.com ext. 34
- Fitness Coordinator – Andrea Clarke
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- Accounting Technician – Christine Toker
finance@lethseniors.com ext. 59
- Administrative Support – Kari Martin
kmartin@lethseniors.com ext. 21
- Chef – Bonnie Jadeske ext. 27
- Food Service Cashier – Georgette Mortimer ext. 27
- Adult Day Program Supervisor – Sharon Appelt
sappelt@lethseniors.com ext. 32
- Alberta Supports Call Centre 1-877-644-9992
www.albertasupports.ca

For all your health inquiries, call the Chinook Health LINK number 1-866-408-LINK (5465) It's free!

The LSCO accepts no warranty and accepts no liability resulting from incorrect, incomplete or misleading information or its improper use. Articles may be edited for space requirements.

If anyone has any issues or concerns with any of the advertisers in LSCO Times, please let us know so we can address the issue.

Visit us on Facebook and Instagram @lscocommunitycentre

LSCO Vision Statement

“An active, healthy community which is learning, growing and making a difference.”

Welcome New Members!

Tom Mihalik	Wendy Funk
Michelle Mihalik	Gordon Burke
Sanderson Stevens	Doug Arcus
Rocky Wilson	Sheila Braund
Brigitte Berke	Raymond Sander
Lezlee Heninger	Donna Nordin

A Smile is the Universal Welcome

Breakfast SPECIAL

8:00 AM – 1:00 PM WEEKDAYS

OPEN TO THE PUBLIC

\$6.50

NON-MEMBERS ADD 15%

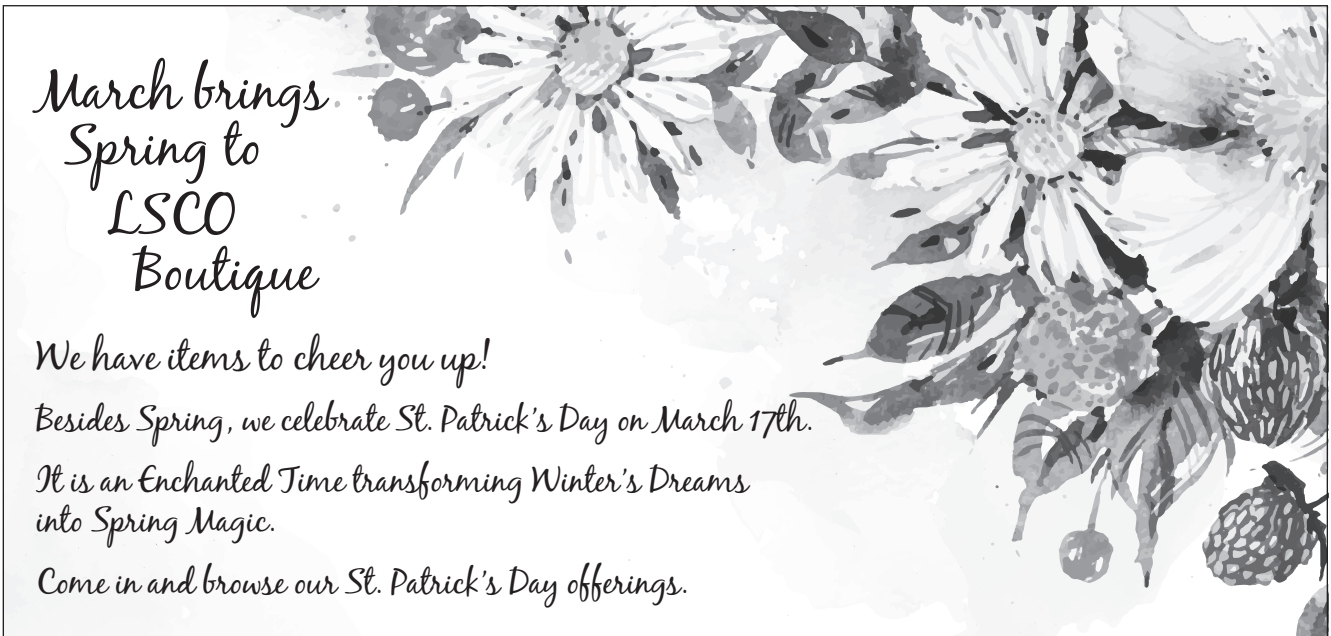
March brings Spring to LSCO Boutique


We have items to cheer you up!

Besides Spring, we celebrate St. Patrick's Day on March 17th.

It is an Enchanted Time transforming Winter's Dreams into Spring Magic.

Come in and browse our St. Patrick's Day offerings.





UN WATER

22 MARCH

WORLD WATER DAY

WORLD WATER DAY 2022

GROUNDWATER – MAKING THE INVISIBLE VISIBLE

Groundwater is invisible, but its impact is visible everywhere. Out of sight, under our feet, groundwater is a hidden treasure that enriches our lives. Almost all of the liquid freshwater in the world is groundwater. As climate change gets worse, groundwater will become more and more critical. We need to work together to sustainably manage this precious resource. Groundwater may be out of sight, but it must not be out of mind.




LSCO Monthly Support Services


DATE	TIME	LOCATION	BUSINESS	SERVICE
Wednesday March 9	10:00 am – 12:00 pm	Room C/D	Dr. Bolokoski	Foot Care
Wednesday March 9	10:00 am – 12:00 pm	Clinic Room or Library	AZ Lawyers	Free 15-minute Legal Consultation
Thursday March 10	10:00 am – 12:00 pm	Clinic Room	Lethbridge Hearing Centre	Hearing Screening

LSCO Hours of Operation

Monday – Friday, 8:00 am – 4:30 pm
 Holidays vary – watch our calendar.

WE NOW ACCEPT VISA, MASTERCARD & INTERAC PAYMENTS AT THE ADMINISTRATION DESK!



Publishing Schedule

Issue	Deadline
April 2022	March 18
May 2022	April 15

Please have all ads and articles in by these dates to ensure inclusion in paper. Thank you.

SCSP Seniors Community Services Partnership
NEED HELP? 403-320-2222 or 403-329-3222

TAX RETURN ASSISTANCE

LSCO & Nord-Bridge Senior Centre will be offering free assistance with simple tax returns with an income threshold of \$35,000 (single) and \$45,000 (couple). **No age limit!**

PHONE OR DROP-OFF INCOME TAX PROGRAM

Assistance available to those who meet the following criteria:

- 📞 simple tax returns only
- 📞 **OPEN TO ANYONE WHO MEETS INCOME THRESHOLD**
- 📞 consent, SIN and tax details will be collected over the phone to avoid the need for face to face contact
- 📞 income threshold single – \$35,000 couple – \$45,000

LSCO: Drop offs only.

**Nord-Bridge: Phone & modified Virtual Tax drop offs only.
 No appointments allowed. Call 403-329-3222.**

**CALL TO DROP OFF INCOME TAXES AT:
 LSCO 403-320-2222 or
 Nord-Bridge Seniors Centre 403-329-3222**

A collaboration between:

Canadian Mental Health Association, Lethbridge Family Services, Lethbridge Housing Authority, Lethbridge Senior Citizens Organization, Nord-Bridge Seniors Centre and Volunteer Lethbridge



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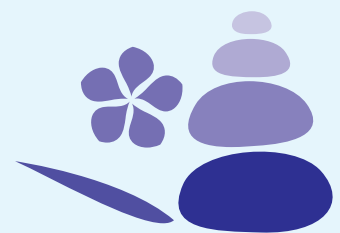
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MORNING YOGA

Wake up your body and mind by participating in this slower paced flow class. We will sit, stand, balance, flow up and down from the mat, use a variety of props and relax. Wear comfortable clothes, dress in layers, bring your mat and water bottle. Space is limited.

When: Tuesdays, March 8 – 29
 Time: 10:15 – 11:15 am
 Fee: \$28 LSCO Members
 Instructor: Shawn Hamilton
 Register by: Thursday, March 3
 Location: Room A/B

Free Neck & Shoulder Massages!

The Lethbridge College Massage Therapy students will be at LSCO on **Tuesday, March 1st** and **March 29th** from 10:00 am until 12:00 pm in the Card Area of the LSCO Dining Room.

The students will provide free neck and shoulder massages on a first come, first served basis.

Lethbridge College will be following COVID-19 protocol during massages and will supply any required personal protective equipment (PPE) that both practicum supervisors and students will be required to don. We are following guidelines from provincial Massage Therapy registration bodies. This will include, at a minimum:

- Hand Sanitizer
- Masks
- Gloves (not worn during massage)
- All equipment will be properly disinfected between client massages.
- Proper hand hygiene will be performed before and after each client massage.



Steven Phillips spent 24 years in prison for a crime he did not commit. When he was released in 2008, he received \$6 million in compensation. Then, his ex-wife, who divorced him while he was in prison, sued to get part of the compensation. She did not receive a penny.

~ weird.facts.org



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 For more information ~ www.kriscomputer.ca



ABS & CORE

This class will work on improving the overall strength of your abdominals, buttocks and legs. During this challenging, fun class, you will be using your own body weight, bands, tubing and other exercise equipment. Followed by a stretch. Dress in comfortable workout clothing and indoor footwear. Bring a yoga mat and your water bottle.

When: Mondays, March 7 – April 25
(no class April 18)
Time: 10:30 – 11:30 am
Fee: \$46 LSCO M; \$63 NM
Register by: Friday, March 4
Instructor: Tracy Simons
Location: Gym 2

When: Wednesdays, March 2 – April 27
Time: 10:30 – 11:30 am
Fee: \$54 LSCO M; \$72 NM
Register by: Monday, February 28
Instructor: Tracy Simons
Location: All Purpose Room
(downstairs)



LSCO ANNUAL GENERAL MEETING (FOR OPERATING YEAR 2021)

TUESDAY MARCH 29, 2022 1:15 PM

The AGM will include election of the Board of Directors, presentation of the Audited Statement and Annual Report highlights.

A Town Hall meeting will follow adjournment of the AGM.

This year our members can participate in the AGM 2 ways:

1. **Via Zoom** - Email your password request to AGM2022@lethseniors.com and include your membership number;
2. **By Proxy vote** - complete our simple form (available at the Administration office and from Board members) to give our Board Chair your vote. This method also allows us to more easily reach our quorum.

Proxy ballots are due in office by noon on March 25th.

**AVOID
LATE
FEES**

Check for registration deadline dates as a late fee will be charged for some classes.

In 1895 a swarm of Rocky Mountain locust, measuring 1,800 miles long and 110 miles wide, blocked the sun for five days. Thirty years later, the locust was extinct.
~ weird-facts.org

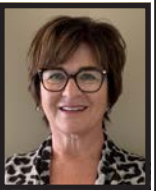
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SCSP Seniors Community Services Partnership

The Seniors System Navigation Team is a dedicated team of professionals dedicated to improving the wellbeing of seniors by providing prevention and early intervention focused support.

Seniors System Navigation Team Walk-in Hours

Mondays – LSCO: 9:00 -12:00

Tuesdays – LSCO: 1:00-4:00

Wednesdays

Nord-Bridge – Seniors Helping Seniors: 9:00-12:00
Nord-Bridge: 1:00-4:00

Thursdays

Nord-Bridge – Seniors Helping Seniors: 9:00-12:00

Fridays

Nord-Bridge: 9:00-12:00
LSCO: 9:00-12:00

LSCO: 500 - 11th Street South
Nord-Bridge: 1904 -13 Avenue North



“The sad truth is that most evil is done by people who never make up their minds to be good or evil.”

~ Hannah Arendt

Good day to you! It has been my observation, for some folks, fear of the unknown manifests itself as anger. Out of anger actions are taken or words said that are regrettable. So how do we identify fear to avoid unjustified anger?

For years a friend of mind has taught Mindfulness Meditation, most recently at the Martha Retreat Centre. At the first class she will have the participants sit quietly for a moment and observe where their mind wants to go. Some folks' minds go to the past and reflect on things they have done; these are usually regrets. Other folks' minds tend to the future to think about events they are anxious about or dreading or fearful. Seems to me if the fearful items can be identified there is a chance,



President's Message

Keith Sumner

they will not become anger issues.

The Mayo Clinic defines (in part) Mindfulness “as a type of meditation in which you focus on being intensely aware of what you are sensing or feeling in the moment., without interpretation or judgement.” They go on to say negative thoughts can make us more likely to experience stress and anxiety. www.mayoclinic.org

I think the key in the quote is aware. If I am

aware of fear or anxiety, I am less likely to act out in anger. We all act and react to situations. But if I'm aware the situation is one, I fear, I can build a moment or two pause between the act and my reaction. The pause gives time to think about how I am about to respond. A thoughtful response is less likely to harm or be evil as Hannah Arendt calls it.

LSCO has offered Mindfulness classes facilitated by AHS in the past. Perhaps if there's enough interest they could be offered again.

There are numerous books about mindfulness and the web offers all kinds of information on the subject.

If you are concerned, I can assure you Mindful Meditation *is not* sitting on cushions and chanting.

We are living in a different situation that none of us have experienced before, let us not react to it out of fear.

Namaste ★

Wilbur Goes to a Missionary Conference

Wilbur attended a church of about 30-50 people. It was small and everyone knew everyone.

His mother, a good Christian lady, always supported the church and its missionary programme.

She had an opportunity to attend a missionary conference in a large church of over a hundred people.

They secured seats in the front of the balcony overlooking the auditorium. It was a good view of the whole church and it was interesting to hear how their missionary out-

reach was working throughout the world. There were very touching speeches about this work.

An offering and pledges were taken in support of the missionary work.

The ushers took these offerings and placed the collection plates on the railings where Wilbur and his mother sat. Wilbur sat listening to the speeches when the kid sitting next to him reached over and placed two M and Ms in the collection plate.

Now to Wilbur, this was a real offence. He was deeply respectful of churches and

their offering. Seeing what happened, Wilbur decided to correct this situation and reached over to remove the M and Ms from the plate. However, when he reached for the candies, his hand hit the edge of the offering plate sending it straight into the air. The pledges, money and bills floated down over the congregation. The plate landed with a clang and woke up a bald-headed man who thought that God was sending him a message and he fell off his seat!

Wilbur and his mother were in disgrace.

~ Stan Coxson



LSCO MENU ~ MARCH 2022

Breakfast served from 8:00 am ~ 1:00 pm • Lunch served from 11:00 am ~ 1:00 pm

The Dining Room is now accepting Debit, Credit, Cash or LSCO Gift Cards

Non-Members add 15% • Menu subject to change without notice

★ Sandwich & Salad Special Changes Daily ~ See Menu Board in Dining Room ★



<p><i>Saint Patrick's</i> DAY THURSDAY, MARCH 17, 2022</p>	Tuesday, March 1 Entree: Pork Bits Starch: Pasta Soup: Chef's Choice	Wednesday, March 2 Entree: Veal Cutlet Starch: Mashed Potatoes Soup: Chef's Choice	Thursday, March 3 Entree: Turkey Stew Starch: Steamed Potatoes Soup: Chef's Choice	Friday, March 4 Entree: Orange Chicken Starch: Rice Soup: Chef's Choice
	Monday, March 7 Entree: Sweet & Sour Pork Starch: Rice Soup: Chef's Choice	Tuesday, March 8 Entree: Chicken Swiss Starch: Oven Roasted Potatoes Soup: Chef's Choice	Wednesday, March 9 Entree: Salisbury Steak Starch: Mashed Potatoes Soup: Chef's Choice	Thursday, March 10 Entree: Pork Steak Starch: Scalloped Potatoes Soup: Chef's Choice
Monday, March 14 Entree: Pork Chops Starch: Rice Soup: Chef's Choice	Tuesday, March 15 Entree: Roast Beef Starch: Mashed Potatoes Soup: Chef's Choice	Wednesday, March 16 Entree: Seasoned Chicken Legs Starch: Oven Roasted Potatoes Soup: Chef's Choice	Thursday, March 17 Entree: Taco Hamburger Casserole Starch: Pasta Soup: Chef's Choice	Friday, March 18 Entree: Chicken Thighs Starch: Rice Soup: Chef's Choice
Monday, March 21 Entree: Turkey Cutlet Starch: Rice Soup: Chef's Choice	Tuesday, March 22 Entree: Fish Pattie Starch: Oven Roasted Potatoes Soup: Chef's Choice	Wednesday, March 23 Entree: Salsa Meatloaf Starch: Cheesy Mashed Potatoes Soup: Chef's Choice	Thursday, March 24 Entree: Chicken Parmesan Starch: Egg Noodles Soup: Chef's Choice	Friday, March 25 Entree: Cabbage Roll Casserole Starch: Steamed Potatoes Soup: Chef's Choice
Monday, March 28 Entree: Fried Chicken Starch: Oven Roasted Potatoes Soup: Chef's Choice	Tuesday, March 29 Entree: Ham Stew Starch: Steamed Potatoes Soup: Chef's Choice	Wednesday, March 30 Entree: Baked Chicken Alfredo Starch: Garlic Toast Soup: Chef's Choice	Thursday, March 31 Entree: Pork Roast Starch: Lemon Roasted Potatoes Soup: Chef's Choice	

MENU ITEMS AVAILABLE IN DINING ROOM

Breakfast Special	MEM \$6.50	NM \$7.50
Toasted Egg, Ham & Cheese Sandwich	MEM \$5.75	NM \$6.50
Dinner Special	MEM \$9.00	NM \$10.35
Sandwich Special	MEM \$5.75	NM \$6.95

Toasted Denver Sandwich	MEM \$5.75	NM \$6.50	Hamburger & Fries	MEM \$7.00	NM \$8.00
Toasted BLT Sandwich	MEM \$5.75	NM \$6.50	Cheeseburger	MEM \$6.25	NM \$7.25
Hot Hamburger Sandwich	MEM \$5.75	NM \$6.50	Cheeseburger & Fries	MEM \$7.00	NM \$8.75
Soup (Large)	MEM \$4.25	NM \$5.50	Chicken Fingers	MEM \$7.00	NM \$8.25
Soup (Small)	MEM \$3.25	NM \$4.00	Chicken Fingers & Fries	MEM \$8.50	NM \$9.75
Hamburger	MEM \$5.50	NM \$6.50	Homecut Fries	MEM \$3.25	NM \$4.00

Warning Signs of Dementia

Whether you're concerned for yourself or someone you care about, it's important to know the warning signs of dementia so you can ensure an early diagnosis. Here are 10 of the most common warning signs for dementia.

Sign 1: Memory loss that affects day-to-day abilities

Are you, or the person you know, forgetting things often or struggling to retain new information?

It's normal to occasionally forget appointments, colleagues' names or a friend's phone number only to remember them a short while later. However, a person living with dementia may forget things more often or may have difficulty recalling information that has recently been learned.

Sign 2: Difficulty performing familiar tasks

Are you, or the person you know, forgetting how to do a typical routine or task, such as preparing a meal or getting dressed?

Busy people can be so distracted from time to time that they may forget to serve part of a meal, only to remember about it later. However, a person living with dementia may have trouble completing tasks that have been familiar to them all their lives, such as preparing a meal or playing a game.

Sign 3: Problems with language

Are you, or the person you know, forgetting words or substituting words that don't fit into a conversation?

Anyone can have trouble finding the right word to express what they want to say. However, a person living with dementia may forget simple words or may substitute words such that what they are saying is difficult to understand.

Sign 4: Disorientation in time and space



LSCO
Social
Worker

Heather Bursaw
hbursaw@lethseniors.com
403-320-2222 ext. 57

Are you, or the person you know, having problems knowing what day of the week it is or getting lost in a familiar place?

It's common to forget the day of the week or one's destination – for a moment. But people living with dementia can become lost on their own street, not knowing how they got there or how to get home.

Sign 5: Impaired judgement

Are you, or the person you know, not recognizing something that can put health and safety at risk?

From time to time, people may make questionable decisions such as putting off seeing a doctor when they are not feeling well. However, a person living with dementia may experience changes in judgment or decision-making, such as not recognizing a medical problem that needs attention or wearing heavy clothing on a hot day.

Sign 6: Problems with abstract thinking

Are you, or the person you know, having problems understanding what numbers and symbols mean?

From time to time, people may have difficulty with tasks that require abstract thinking, such as using a calculator or balancing a chequebook. However, someone living with demen-

tia may have significant difficulties with such tasks because of a loss of understanding what numbers are and how they are used.

Sign 7: Misplacing things

Are you, or the person you know, putting things in places where they shouldn't be?

Anyone can temporarily misplace a wallet or keys. However, a person living with dementia may put things in inappropriate places. For example, an iron in the freezer, or a wristwatch in the sugar bowl.

Sign 8: Changes in mood and behaviour

Are you, or the person you know, exhibiting severe changes in mood?

Anyone can feel sad or moody from time to time. However, someone living with dementia can show varied mood swings – from calmness to tears to anger – for no apparent reason.

Sign 9: Changes in personality

Are you, or the person you know, behaving in a way that's out of character?

Personalities can change in subtle ways over time. However, a person living with dementia may experience more striking personality changes and can become confused, suspicious or withdrawn. Changes may also include lack of interest or fearfulness.

Sign 10: Loss of initiative

Are you, or the person you know, losing interest in friends, family and favourite activities?

It's normal to tire of housework, business activities or social obligations, but most people regain their initiative. However, a person living with dementia may become passive and disinterested, and require cues and prompting to become involved.

<https://alzheimer.ca/en/about-dementia/do-i-have-dementia/10-warning-signs-dementia> ★



Do you want to meet people in an interesting and helpful way?

Lethbridge has many senior residents that need a ride getting to important medical appointments, life activities, and more. Flexible schedule, mileage reimbursement, and every ride makes a difference in a seniors' life.

Volunteers and riders adhere to Alberta Health Services covid-19 Safety Guidelines and are provided with supplies to ensure everyone's safety.

Explore the community while making a needed contribution.

Get your application from the volunteer office at LSCO or call Shiloh Sabas, Volunteer Coordinator

403-320-2222





We provide individualized care for those who want to stay independent longer.

Personalized in-home care, because your needs are as unique as you.

Ph: 403-329-3930

E-mail: office@seamlesscares.ca

www.seamlesscares.ca



Cards & Games

Play cards and games on your own. Crib, scrabble and other card games will not be scheduled, therefore LSCO Members will not be charged an additional fee. Members must provide their own cards, game boards, etc. and are welcome to play in the Atrium area provided there are tables available.



LET'S OVERCOME LONELINESS ONE CALL AT A TIME

Apply to be a Volunteer today!



SENIORS HELPING SENIORS!

The Keep in Touch Program connects community volunteers to seniors who feel alone and would appreciate a phone call once a week.

If you have some time to spare during your week, we want to encourage you to sign up as a Senior volunteer for our Keep in Touch program. We will match you with one of our senior participants, and you will talk to them for an hour or so over the phone once a week. To become a volunteer we do require that you use email.

As restrictions remain in place and winter arrives the length of time many seniors have been in isolation grows as does the demand for support. Their overall physical and mental health are at increased risk.

You CAN make a difference in a senior's life, one call at a time!

If you are interested in volunteering to call a senior once a week, please contact:

Karen Sparkes
volunteer@volunteerlethbridge.com
 OR Phone: 587-220-1726

We can all use a friend who is ready and willing to listen. Please help us by becoming a volunteer and calling a senior who feels alone!

Funding for this project was provided through the Government of Alberta Mental Health and Addiction Covid-19 Community Funding Grant Program



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MARCH 2022 HAPPENINGS

THE GALT PRESENTS...

2-3 pm | ADULTS & SENIORS | registration not required | museum admission applies | free to annual pass holders

Wed 02 | Plants, Wellness and Education Api'soomaahka
(Running Coyote) William Singer III is an artist, environmental, activist, and advocate for Blackfoot traditional knowledge and rights. Come to the Galt and listen to him share his knowledge of plants, wellness and education.

Wed 16 | Dr. Leroy Little Bear
Dr. Leroy Little Bear has developed university courses in Indigenous law, philosophy, history, political and social issues, health, arts, and language. Join Dr. Little Bear for a discussion at the Galt.

Sun 20 | Western Canadian Women's Participation in Agriculture Local farmer **Diane McKenzie** explains how land ownership laws have impacted the transfer of land across generations of farmers using oral histories collected from women working on farms across western Canada.

CREATIVE COMMUNITY

10:30-11:30 am | ADULTS AND SENIORS | registration required | museum admission applies | free to annual pass holders | hands-on activities connected to local history and culture, including for those requiring accessibility. *Support people can attend for free but should register their attending clients for the program.*

Tue 01 | Blackfoot Dot Art
 Learn about the art of Blackfoot beading and create your own similar designs using paint dots with local beader **Kalli Eagle Speaker**.

Tue 15 | Illuminated Manuscript It's not all leprechaun hats and pots of gold. Come learn about the history behind **Saint Patrick's Day** and make art inspired by illuminated manuscripts of the middle ages.

HANDS-ON HISTORY

1-2 pm | children to attend with adults | registration required | museum admission applies | free to annual pass holders | supported financially by the Friends of the Galt.

Sat 05 | Blackfoot Patterns
 Learn about the art of Blackfoot beading and make your own paint dot creation with local beader **Kalli Eagle Speaker**.

Sat 19 | Ask a Geologist
 Have you ever found an interesting rock you had questions about? Bring that rock down to the Galt to share with our guest geologist **Rene Barendregt**, or come make rock art while you listen to fascinating stories about rocks and southern Alberta geology.

HISTORY MAKERS

7-8:30 pm | ADULTS AND SENIORS | registration required | refreshments provided | all supplies provided | \$10 | please arrive 10 minutes early

Thu 17 | Bead and Chill
 Enjoy a short tour of the special exhibit *Breathe. (2nd Wave)*, and then sit down, sip some tea, have a chat, and learn to bead a key chain with Blackfoot artist **Deserae Yellow Horn**. No beading talent required!

SPECIAL EVENTS

Sun 06 | 2-3 pm
Children's Musical Performance

children to attend with adults | registration not required | snacks for children included | museum admission applies | free to annual pass holders | safety capacity limits, come early to get your spot!

Have a snack and join the **Lethbridge Symphony's** principal strings at the Galt for an afternoon of music for children! This concert is the perfect introduction to classical music for the next generation.

www.galtmuseum.com

March & April Classes

HOW DO I REGISTER?

- For the March/April classes, preferably in person however; registering for some classes online may be an option.
- If a program says **Out of Stock** online, give us a call and have your name put on a waiting list.
- If you are **registering for someone else online**, please remember to include their name in the notes or give us a call.
- You can use Mastercard or Visa when registering online. There is no need to use a Paypal account.

HOW DO I PAY?

- By debit, cash, cheque, Visa or MasterCard.

DID YOU KNOW?

- Workout enthusiasts 18 – 35 years of age can attend classes and programs after 4:30 pm.
- LSCO has Change Rooms with Showers. Day Lockers available.

IMPORTANT

- Please sign up before the register by date to receive the best price listed. Classes are subject to a \$5 increase after this date.
- Ultimate Fitness Members are welcome to drop in to most classes offered. It is recommended that you register at the desk for those popular classes. Please arrive at least 10 minutes prior to class start time.
- If you missed the deadline and are interested in participating, please put your name on the wait list.

- LSCO Members (LSCO M); Non Member (NM)

Please note:

- If the instructor is unavailable to teach due to illness or unforeseen circumstances we will do our best to contact you prior to your class.
- When weather or other unforeseen circumstances cause LSCO to close the facility, unfortunately we will not be able to make up the classes, give credits or refunds.

CREDITS & REFUNDS

- **Please ensure you are registering for the correct class. Due to the popularity of many of the classes, refunds cannot be given after the register by date.**
- Participants cancelling out of a class, prior to start date are subject to a \$10 Administration Fee (must be with more than 49 hours-notice).
- Participants withdrawing with 48 hours or less, will not be given a credit or refund.
- If requesting a refund or credit due to medical reasons (Doctors note required) after the class has begun, participants will be subject to a \$10 Administration Fee. Refunds will be pro-rated for any classes attended. If there is a waiting list for the class a refund will not be given.
- **Refunds** will be given if LSCO cancels a course. Participants also have the option of taking a credit. *Credits must be used in 12 months from the date given.*
- At times programs may be cancelled due to meetings, holidays, low attendance, special events, etc. Please watch for notices.

Exercise & Fitness

ABS & CORE

This class will work on improving the overall strength of your abdominals, buttocks and legs. During this challenging, fun class, you will be using your own body weight, bands, tubing and other exercise equipment. Followed by a stretch. Dress in comfortable workout clothing and indoor footwear. Bring a yoga mat and your water bottle.

When: Mondays, March 7 – April 25
(no class April 18)
Time: 10:30 – 11:30 am
Fee: \$46 LSCO M; \$63 NM
Register by: Friday, March 4
Instructor: Tracy Simons
Location: Gym 2

When: Wednesdays, March 2 – April 27
Time: 10:30 – 11:30 am
Fee: \$54 LSCO M; \$72 NM
Register by: Monday, February 28
Instructor: Tracy Simons
Location: All Purpose Room (downstairs)

CYCLE COMBO

This group indoor cycling class is suitable for all levels of cyclers. New riders are very welcome. A portion of the class will be spent on the stationary bike, the other off performing a variety of exercises and stretching. Wear comfortable clothes, bring your water bottles. Class held in Gym 2. If session is not full, dropins are welcome. Please ask.

When: Wednesdays, March 2 – April 27
Time: 9:00 – 9:50 am
Fee: \$61 LSCO M; \$81 NM
Instructor: Tracy Simons/Nancy Purkis
Register by: Monday, February 28

FITBALL & MORE

Come have fun with us as we work to improve balance, coordination, strength, cardiovascular fitness and more. Fitballs, weights, tubing and other resistance equipment is used. Wear comfortable clothing, indoor footwear, bring a waterbottle. If you have a yoga/exercise mat please bring it as floor work may be included. All fitness levels welcome. Location is Gym 1.

When: Tuesdays, March 1 – April 26

Time: 9:00 – 9:50 am
Fee: \$60 LSCO M
Instructor: Tracy Simons
Register by: Fridays, February 25

When: Thursdays, March 3 – April 28
Time: 9:00 – 9:50 am
Fee: \$60 LSCO M
Instructor: TBA
Register by: Tuesday, March 1

FULL BODY WORKOUT

Join us for a great Monday morning workout which will include cardiovascular, strength training, stretching and more. All fitness levels welcome. Wear comfortable clothes, indoor exercise shoes, yoga/exercise mat and bring a water bottle.

When: Mondays, March 7 – April 25
(no class April 18)
Time: 9:00 – 10:00 am
Fee: \$47 LSCO M; \$67 NM
Instructor: Tracy Simons
Register by: Friday, March 4
Location: Gym 1

GENTLE EXERCISE

The class will include low impact moves to increase your heart rate, use of resistance equipment to strengthen your muscles and stretches to help keep you limber. Chairs and a variety of exercise equipment will be used. Wear inside shoes and comfortable clothes to move freely in. Bring a water bottle too! Individuals of all skill levels are encouraged to attend. Classes held in Gym 1.

When: Mondays, March 7 – April 25
(no class April 18)
Time: 10:15 – 11:00 am
Fee: \$35 LSCO M; \$49 NM
Instructor: June Dow
Register by: Friday, March 4

When: Wednesdays, March 2 – April 27
Time: 10:15 – 11:00 am
Fee: \$45 LSCO M; \$63 NM
Instructor: Donna Tiefenbach
Register by: Monday, February 28

When: Fridays, March 4 – April 29
(no class April 15)
Time: 10:15 – 11:00 am

Fee: \$40 LSCO M; \$56 NM
Instructor: Tracy Simons
Register by: Wednesday, March 2

BEGINNER LINE DANCING

If you love music and dancing however, have never line danced before (or maybe just a little) and want to learn, this class is for you. Gloria-Rose will teach you basic line dances. Guys are welcome too. Wear comfortable indoor footwear, cool clothing and bring a water bottle. Space is limited.

When: Wednesdays, March 2 – April 27
Time: 1:00 – 2:00 pm
Fees: \$40 LSCO M; \$56 NM
Instructor: Gloria-Rose Puurveen
Register by: Tuesday, March 1
Location: All Purpose Room

EXPERIENCED BEGINNERS LINE DANCING

This class is intended for those who have taken a beginner dance class, and/or have some line dance experience and are comfortable dancing to faster music. Less time will be spent on reviewing and more dancing will occur. Come dance like no one is watching!! Guys are welcome too! Space is limited, register early.

When: Wednesdays, March 2 – April 27
Time: 11:40 am – 12:40 pm
Fees: \$40 LSCO M; \$56 NM
Instructor: Gloria-Rose Puurveen
Register by: Tuesday, March 1
Location: Gym 2

INSTRUCTORS CHOICE – Rise & Shine

The instructor will lead you through a number of different moves and exercises to ensure you get that great workout you are looking for! Wear comfortable workout clothes, indoor sneakers. Bring a water bottle, yoga or exercise mat. Intermediate to advanced fitness level.

When: Wednesdays, March 2 – April 27
Time: 8:00 – 8:50 am
Fee: \$59 LSCO M; \$72 NM
Instructor: Deb Palmer
Register by: Monday, February 28
Location: Gym 2

MIXED MOVEMENT MEDICINE

Mixed Movement Medicine is a blend of dance & movement to music that creates a playful practice of moving that is suitable to any level of fitness. Mixed Movement Medicine invites inspiration, exploration, ease and flow. Class ends with a variety of yoga stretches. Please wear comfortable clothing, and bring a yoga mat (optional) and water! Dance experience is not required as this class is for anyone who wants to move to music at their level.

When: Thursdays, March 3 – 31

Time: 5:15 - 6:15 pm

Fee: \$40 LSCO M; \$50 NM

Instructors: Michelle Dimnik, Michie Moline, Val Kunimoto and other special guests

Location: Gym 2

PILATES

This class involves a series of classical pilates exercises performed on an exercise mat. Each exercise emphasizes breath, core conditioning, and body awareness. We will pay special attention to alignment and form. Light weights, resistance tubing and other props may be used to add strength and stretch work. Wear comfortable workout clothes, bring a yoga mat, and water bottle.

When: Mondays, March 7 – April 25
(no class April 18)

Time: 11:15 am – 12:15 pm

Fee: \$47 LSCO M; \$67 NM

Instructor: June Dow

Register by: Friday, March 4

Location: Room A/B

POUND FITNESS (Afternoons)

Pound Fitness is a fun, music driven class that combines movement and lightly weighted drumsticks called Ripstix®. This class is truly appropriate for everyone since the impact and intensity can be modified to your fitness level. We will finish with a gentle stretch so you will leave feeling great! Come out and give it a try. Space is limited-register early!

When: Tuesdays, March 1 – April 26

Time: 1:30 – 2:30 pm

Fee: \$61 LSCO M; \$81 NM

Instructor: Nancy Purkis

Register by: Friday, February 25

Location: All Purpose Room (downstairs)

POUND FITNESS (Mornings)

This energizing seated and/or standing workout combines cardio, conditioning, and strength training. Drumming with Pound Ripstix® (drum sticks) works the shoulders, biceps, triceps, forearms and back. You may increase your rhythm, timing, coordination, speed, agility, and endurance. Dropins welcome if the class is not full. Space is limited-register early!

When: Fridays, March 4 – April 29
(no class April 15)

Time: 10:00 – 10:45 am

Fee: \$54 LSCO M; \$76 NM

Instructor: Sheila Mulgrew

Register by: Wednesday, March 2

Location: Stage Area

POWER WALK

Prepare to sweat! This intermediate to high intensity class uses a wide variety of equipment; dumbbells, resistance bands, plates, sliding towels and more. Cardio and strength exercises are sure to keep you fit and healthy. Wear comfortable clothing, indoor footwear and bring a water bottle. Modifications will be given. Class will be held in Gym 1.

When: Wednesdays, March 2 – April 27

Time: 9:00 – 10:00 am

Fee: \$61 LSCO M; \$81 NM

Instructor: Tracy Simons/Nancy Purkis

Register by: Tuesday, March 1

SENIOR STRENGTH

A group strength training class designed for the Active Older Adult (55 years +). It does not matter if you are new to exercising with weights, resistance bands, etc. or are more experienced. Options are always given. The machines in the Fitness Centre will also be used. Wear comfortable exercise cloths and indoor footwear. Space is limited-register early.

When: Saturdays, March 5 – April 9

Time: 12:00 – 1:00 pm

Fee: \$40 LSCO M; \$56 NM

Instructor: Andrea Clarke

Register by: Thursday, March 3

Location: Fitness Centre

STEP/HIIT

Join Erich for this fun and energetic class while getting a great workout! The bench step, handheld weights and other equipment may be used. Experience some step choreography as well some HIIT intervals as muscle isolation intervals. You'll be so glad you came! Individuals 18 years of age and up welcome. Please register prior to start date to ensure class will be held.

When: Tuesdays, March 1 – 29

Time: 5:15 – 6:15 pm

Fee: \$61 LSCO M; \$81 NM

Drop In Fee: \$7 LSCO M; \$10 NM

Instructor: Erich Dyck

Location: Gym 2

STRENGTH & CONDITIONING - Rise & Shine

Participants will use free weights, resistance tubing, body weight, and more to improve strength, flexibility and overall health. Wear comfortable workout clothes, indoor sneakers. Bring a water bottle, yoga/exercise mat. Intermediate to advanced fitness level.

When: Mondays, March 7 – April 25
(no class April 18)

Time: 8:00 – 8:50 am

Fee: \$46 LSCO M; \$63 NM

Instructor: Tracy Simons

Register by: Friday, March 4

Location: Gym 2

TABATA

This high energy fitness class is designed to give you a tough, exhilarating work out! Participants will perform a variety of timed exercises that will push you in a new way (20 seconds of work at maximum effort, followed by 10 seconds of rest; 8 times). Wear comfortable exercise clothes, indoor shoes and bring your water bottle. Intermediate to advanced fitness level. Location is Gym 1.

When: Fridays, March 4 – April 29
(no class April 15)

Time: 9:00 – 10:00 am

Fee: \$54 LSCO M; \$72 NM

Instructor: Tracy Simons

Register by: Wednesday, March 2

TABATA

When: Mondays, March 7 – 28

Time: 8:45 – 9:45 am

Fee: \$28 LSCO M; \$36 NM

Instructor: Erich Dyck

Register by: Friday, March 5

ZUMBA GOLD

This easy to follow, fun class lets you move your body at your own speed. It is an invigorating class held to upbeat music that provides modified, low impact moves for active older adults. You will be sure to have a great time. Wear comfortable clothes, indoor footwear and bring a water bottle.

When: Mondays, March 7 – April 25

(no class April 18)

Time: 11:00 – 11:45 am

Fee: \$48 LSCO M; \$67 NM

Instructor: Sheila Mulgrew

Register by: Friday, March 4

Location: All Purpose Room

30/30 ZUMBA GOLD/ ZUMBA GOLD TONING

This class combines the best of both Zumba Gold (dance fitness without weights) for 1/2 of the class and Zumba Gold Toning, the other 1/2 of the class (using the hand held toning sticks to focus on muscle toning and conditioning, to help increase your strength and bone density). Truly exercise in disguise!! Wear comfortable clothes, footwear and bring a water bottle.

When: Thursdays, March 3 – April 28

Time: 11:15 am – 12:00 pm

Fee: \$61 LSCO M; \$81 NM

Instructor: Sheila Mulgrew

Register by: Tuesday, March 1

Location: All Purpose Room

Tai chi, QiGong, Yoga**QIGONG**

Qi means “life energy” and gong means “work”; together Qigong means working with life energy. The exercises are designed to improve flow and quality of Qi and harmonize mind, body and breath, thereby increasing overall health. The class will practice various Qigong exercises such as: “5 minute Tai Chi to relieve stress and improve immunity”, eight brocades, basic health exercises and meditation for mind relaxation. The techniques can be adjusted for individual fitness levels and/or limitations. Wear comfortable cloths and clean footwear that are easy to move in. Please wear a mask in this class. Please Note: We are not able to accommodate drop in participants or guests for this program. Space is limited.

When: Tuesdays & Thursdays

March 1 – May 2 (no class April 14)

Time: 10:15 – 11:00 am

Fee: \$90 LSCO M; \$130 NM

Instructor: Dave Scotland

Register by: Friday, February 25

Location: Gym 2

YANG TAI CHI 24 FORM

Yang 24 form was developed in 1956 by the Chinese Sport Committee and Tai Chi masters as a health exercise. The form introduces the essential elements of Tai Chi yet retains the traditional flavour of longer forms. The Yang 24 Tai Chi is considered the most widely practiced form in the world and takes about 5 minutes to perform once learned. The Yang 24 form is an intermediate form so some Tai Chi experience is necessary. Please wear a mask when in class.

When: Tuesdays & Thursdays

March 1 – May 2 (no class April 14)

Time: 11:15 am – 12:00 pm

Fee: \$90 LSCO M; \$130 NM

Instructor: Dave Scotland

Register by: Friday, February 25

Location: Gym 2

TAI CHI 108 Form Practice

Note: this is not a lesson. It is a practise for individuals with some experience in the 108 Form.

When: Wednesdays, March 2 – April 27

Time: 10:15 – 11:15 am

Fee: \$27 LSCO Members; \$52 NM

Register by: Tuesday, March 1

Location: Gym 2

BEGINNER YOGA

If you have never taken a yoga class and are interested in learning more about it, please ask to have your name put on an interest list. We will do our best to start a beginner program soon. Call 403-320-2222.

CHAIR YOGA

Perform yoga poses and breathing exercises with the aid of a chair. This gentle class may help you increase strength, flexibility, range of motion for joints, and stress reduction. Chair yoga is suitable for all fitness levels and conditions.

When: Wednesdays, March 2 – April 27
Time: 10:00 – 10:45 am
Fee: \$45 LSCO M; \$81 NM
Register by: Monday, February 28
Location: Stage Area

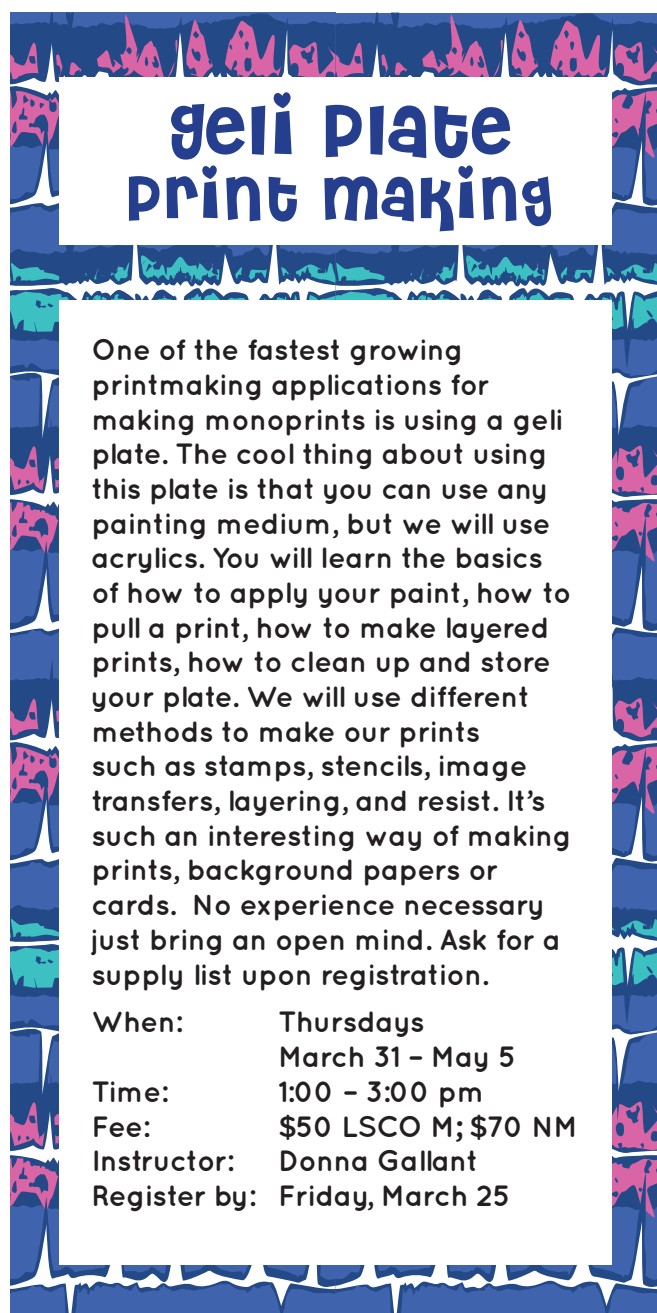
GENTLE YOGA

Gentle yoga classes are a great place to take it slower and experience the benefits of yoga. If you are new to yoga or haven't practiced yoga for a while this may be the class for you. Wear comfortable clothing; bring a mat, blanket and water bottle. Plan on practicing barefoot or wear nonslip socks.

When: Tuesdays, March 1 – April 26
Time: 10:00 – 11:00 am
Fee: \$59 LSCO M; \$81 NM
Register by: Friday, February 25
Location: All Purpose Room (downstairs)

When: Thursdays, March 3 – April 28
Time: 10:00 – 11:00 am
Fee: \$59 LSCO M; \$81 NM
Register by: Tuesday, March 1
Location: All Purpose Room (downstairs)

When: Thursdays, March 3 – April 28
Time: 11:15 am – 12:15 pm
Fee: \$59 LSCO M; \$81 NM
Register by: Tuesday, March 1
Location: Room A/B



geli plate print making

One of the fastest growing printmaking applications for making monoprints is using a geli plate. The cool thing about using this plate is that you can use any painting medium, but we will use acrylics. You will learn the basics of how to apply your paint, how to pull a print, how to make layered prints, how to clean up and store your plate. We will use different methods to make our prints such as stamps, stencils, image transfers, layering, and resist. It's such an interesting way of making prints, background papers or cards. No experience necessary just bring an open mind. Ask for a supply list upon registration.

When: Thursdays
March 31 – May 5
Time: 1:00 – 3:00 pm
Fee: \$50 LSCO M; \$70 NM
Instructor: Donna Gallant
Register by: Friday, March 25

MEN'S YOGA

This class is designed for gentlemen interested in working on balance, flexibility and increasing mobility. Join Skip Cooper as he leads you through gentle, calming movements. Chairs and other props may be used. Wear comfortable clothing, bring a yoga mat and water bottle.

When: Wednesdays, March 2 – April 27
Time: 8:30 – 9:30 am
Fee: \$52 LSCO M; \$63 NM
Register by: Tuesday, March 1
Location: Room A/B

YIN/DAOIST YANG YOGA

Yin consists of long held poses of 3 or more minutes, that mainly target the spine, lower back, hips and knees. Most of the poses are similar to traditional seated yoga postures, however, Yin Yoga targets the joints and connective tissue rather than the muscles. Since the poses are longer in duration, it can be more difficult to stay present or be mindful. This is why Yin Yoga is often described as challenging, like a meditation. There will be an OPTION to wake up your body with a short Daoist-centered Yang sequence which will follow the regular series of focused yin postures. This will ultimately help to balance the flow of energy in your body.

When: Mondays, March 7 – April 11
Time: 8:45 – 10:15 am
Fee: \$60 LSCO M; \$72 NM
Register by: Friday, March 4
Instructor: Karen Toohey
Location: Room A/B

MORNING YOGA

Wake up your body and mind by participating in this slower paced flow class. We will sit, stand, balance, flow up and down from the mat, use a variety of props and relax. Wear comfortable clothes, dress in layers, bring your mat and water bottle. Space is limited.

When: Tuesdays, March 8 – 29
Time: 10:15 – 11:15 am
Fee: \$28 LSCO Members
Instructor: Shawn Hamilton
Register by: Thursday, March 3
Location: Room A/B

FLOW YOGA Evening

End your day by joining us in this Vinyasa style class. You will move with the breath through a series of poses improving balance, strength, and flexibility. Recommended for students that have some yoga experience. Bring a yoga mat & water bottle. Props are available however, if you have your own feel free to bring them. Please register soon to ensure the class will take place.

When: Tuesdays, March 1 – April 26
Time: 5:00 – 6:00 pm
Fee: \$61 LSCO M; \$81 NM
Instructor: Donna Tiefenbach
Register by: Monday, February 28
Location: Room A/B

YOGA FRIDAY

Individuals participating in this active Vinyasa style class will move with the breath through a series of poses improving balance, strength, and flexibility. A portion of the class will be spent on the mat however; we will flow up and down from the mat during the class. Recommended for students that have yoga experience. Bring a yoga mat & water bottle.

When: Fridays, March 4 – April 29
(no class April 15)
Time: 9:00 – 10:05 am
Fee: \$54 LSCO M; \$72 NM
Instructor: Shawn Hamilton

Register by: Tuesday, March 1
Location: All Purpose Room (downstairs)

Creative Arts

PAINTING SPRING LANDSCAPE

This class is for acrylic painters who like to paint landscapes. We will focus on a spring theme, learn how to work with bright greens and flowering trees. Green can be a very difficult colour to work with but you will learn how to mix your own. Any level is welcome because we will cover the basics. Ask for a supply list when registering.

When: Wednesdays, March 30 – May 4
Time: 10:00 am – 12:00 pm
Fee: \$50 LSCO M; \$70 NM
Instructor: Donna Gallant
Register by: Friday, March 25

GELI PLATE PRINT MAKING

One of the fastest growing printmaking applications for making monoprints is using a geli plate. The cool thing about using this plate is that you can use any painting medium, but we will use acrylics. You will learn the basics of how to apply your paint, how to pull a print, how to make layered prints, how to clean up and store your plate. We will use different methods to make our prints such as stamps, stencils, image transfers, layering, and resist. It's such an interesting way of making prints, background papers or cards. No experience necessary just bring an open mind. Ask for a supply list upon registration.

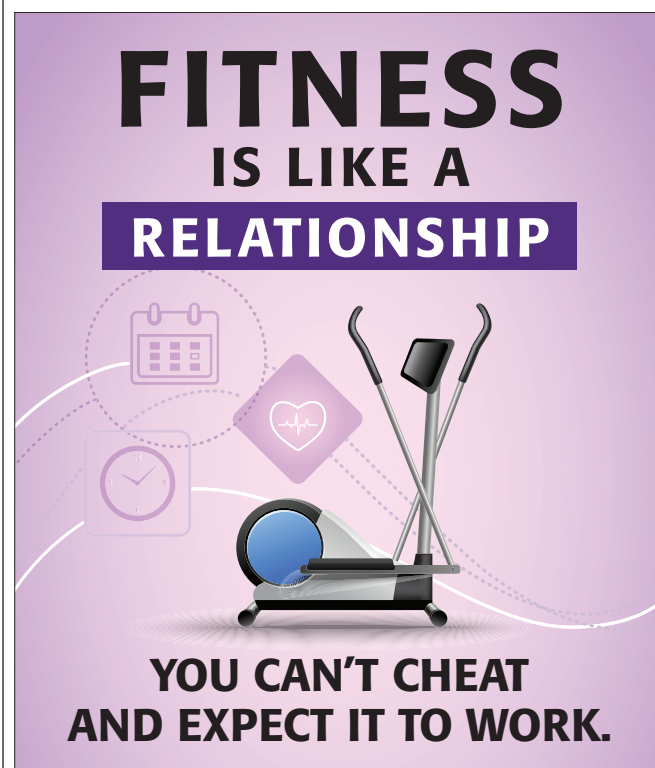
When: Thursdays, March 31 – May 5
Time: 1:00 – 3:00 pm
Fee: \$50 LSCO M; \$70 NM
Instructor: Donna Gallant
Register by: Friday, March 25

Technology

ONLINE SHOPPING

Do you have some trepidation about shopping on the Internet? Want to learn how to shop online safely? In this class you will learn about the potential hazards of shopping online as well as showing you how you can shop securely and with confidence. Learn about Pay Pal, Amazon, VPN's and much more in this class.

When: Tuesday & Thursday, March 8 & 10
Time: 1:00 – 3:00 pm
Fee: \$20 LSCO M; \$40 NM
Instructor: Rod Henriquez
Register by: Friday, March 4
Location: Computer Lab



FITNESS IS LIKE A RELATIONSHIP

**YOU CAN'T CHEAT
AND EXPECT IT TO WORK.**



LSCO PERSONAL TRAINING Opportunities

To take advantage of Fitness Training opportunities at LSCO, individuals must be a Fitness Centre Member or have paid the Non-Member Fee as shown.

Members: \$20/Month
 Non-members: \$35/Month

For personal safety, individuals must complete a waiver & Get Active Form. Drop in participants must be in good health and have knowledge of exercise equipment. Fitness Participants must display shoe tags at all times.

-  **Initial Consult – FREE**
 - Prescreening & Goal Setting
-  **Fitness Assessment – \$25**
 - Cardiovascular
 - Muscular strength/endurance
 - Balance/flexibility
-  **1 Hour Session – \$50**
-  **Getting Started Package – \$80**
 - Fitness Assessment
 - 2x 1 hour one-on-one sessions
 - Weekly check-ins
 - 6-8 week custom program
-  **3 Session Package – \$135**
 - 3x 1 hour sessions
-  **5 Session Package – \$190**
 - 5x 1 hour sessions

E-mail Andrea Clarke: fitness@lethseniors.com for more information or call her at 403-320-2222 ext 61.



Yin/ Daoist Yang Yoga

Yin consists of long held poses of 3 or more minutes, that mainly target the spine, lower back, hips and knees. Most of the poses are similar to traditional seated yoga postures, however, Yin Yoga targets the joints and connective tissue rather than the muscles. Since the poses are longer in duration, it can be more difficult to stay present or be mindful. This is why Yin Yoga is often described as challenging, like a meditation. There will be an OPTION to wake up your body with a short Daoist-centered Yang sequence which will follow the regular series of focused yin postures. This will ultimately help to balance the flow of energy in your body.

When: Mondays, March 7 – April 11
 Time: 8:45 – 10:15 am
 Fee: \$60 LSCO M; \$72 NM
 Register by: Friday, March 4
 Instructor: Karen Toohey
 Location: Room A/B




PICKLEBALL Court Bookings

If you are interested booking a court with 3 other friends/family to play pickleball please call us at 403-320-2222 for more information. You must have your own paddles and balls.

Paddles and balls are available for purchase in the Boutique.


Fee to rent a court is \$20 (maximum 4 people).





LIFE IS BETTER IN RUNNING SHOES





Gentle Exercise

The class will include low impact moves to increase your heart rate, use of resistance equipment to strengthen your muscles and stretches to help keep you limber. Chairs and a variety of exercise equipment will be used. Wear inside shoes and comfortable clothes to move freely in. Bring a water bottle too! Individuals of all skill levels are encouraged to attend. Classes held in Gym 1.

When: Mondays, March 7 – April 25
 (no class April 18)
 Time: 10:15 – 11:00 am
 Fee: \$35 LSCO M; \$49 NM
 Instructor: June Dow
 Register by: Friday, March 4

When: Wednesdays, March 2 – April 27
 Time: 10:15 – 11:00 am
 Fee: \$45 LSCO M; \$63 NM
 Instructor: Donna Tiefenbach
 Register by: Monday, February 28

When: Fridays, March 4 – April 29
 (no class April 15)
 Time: 10:15 – 11:00 am
 Fee: \$40 LSCO M; \$56 NM
 Instructor: Tracy Simons
 Register by: Wednesday, March 2

Coming June 9th & 10th
Thursday & Friday of Seniors' Week

2022

Live Well Showcase

This Senior's Trade Show is a prime opportunity to showcase your products and services.

A TRADE SHOW FOR ACTIVE AGING
Lethbridge Senior Citizens Organization

For Booth information contact Kendall Gibson
 at k.gibson@telus.net



What is a VOC and why should I care?

Volatile organic compounds, also known as VOCs, are a large group of chemicals commonly found in both indoor and outdoor air that can affect air quality. There are many sources in your home, such as glues, paints, varnishes, adhesives, furnishings, flooring, cleaning products, cooking and tobacco smoke.

While some VOCs give off distinctive odours, they are often present even if you can't smell them. Exposure to some VOCs indoors can affect your health, depending on which ones are present, the level present and how long you are exposed.

VOCs can cause a variety of health effects, including fatigue, headaches, breathing problems, and irritation of the eyes, nose and throat.

Should I be worried? For most VOCs, levels found in indoor air in Canadian homes do not generally pose a significant health risk. However, some people may be more sensitive, such as those with asthma, those who are pregnant, children and seniors. That's why

it's important to take steps to reduce VOCs in your home.

Simple ways to reduce exposure

- Avoid smoking indoors. Smoke contains many different VOCs.
- Increase ventilation. When possible, use a range hood exhaust fan that vents outside when cooking.
- Maintain your fireplaces and wood stoves, following the manufacturer's instructions, and clean your chimneys regularly.
- Open windows when outdoor air conditions are good. Check the outdoor air quality in your community by visiting the Air Quality Health Index (AQHI).
- Choose low-VOC products when possible. Some composite wood products (such as flooring), paints, varnishes and cleaning products emit fewer VOCs than others.

- Ensure there is a good seal around any doors connecting the house to an attached garage.
- Open windows when using cleaning products, especially those that have a strong smell.
- Open windows when using home improvement products, including glues, paints, varnishes and adhesives.
- Always read and follow label instructions of cleaning and home improvement products. Always store products according to label directions and tightly seal containers to prevent VOC emission during storage.
- Minimize the use of scented products, such as plug-in or aerosol air fresheners. These products often contain or produce VOCs to mask odours.

Find more information at canada.ca/healthy-home.

www.newscanada.com



Brain Awareness Week March 14 – 20, 2022

Brain Awareness Week is the global campaign to foster public enthusiasm and support for brain science.

Dana Foundation

TRUTH OR MYTH?

Brain size does not determine intelligence.

TRUTH

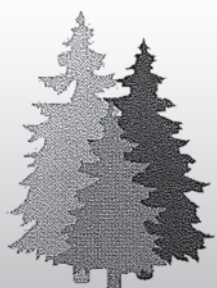
Surprisingly, Albert Einstein's brain weighed less than the average brain. This genius' brain did, however, show relatively dense connections between brain areas. Scientists attribute the connections between areas and their efficiency to intelligence more than they do size.



FLOW YOGA Evening

End your day by joining us in this Vinyasa style class. You will move with the breath through a series of poses improving balance, strength, and flexibility. Recommended for students that have some yoga experience. Bring a yoga mat & water bottle. Props are available however, if you have your own feel free to bring them. Please register soon to ensure the class will take place.

When: Tuesdays, March 1 – April 26
 Time: 5:00 – 6:00 pm
 Fee: \$61 LSCO M; \$81 NM
 Instructor: Donna Tiefenbach
 Register by: Monday, February 28
 Location: Room A/B



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Mobility for Good and Internet for Good

Home internet and mobile telephone plans are often expensive and confusing to understand. It's important to review your options and be informed on the services available so you can get the best plans to suit your needs and budget. Telus provides affordable internet and mobile phone plans to eligible, low-income seniors living in British Columbia and Alberta. These can be great, affordable options for seniors who want basic services without the frills. These programs through Telus are called *Mobility for Good* and *Internet for Good*. To be eligible for the programs you need to be receiving the Guaranteed Income Supplement (GIS) and be able to provide an Old age Security statement to Telus (T4A). There is an application process to review eligibility and get approved but it is fairly straightforward. The application process can be completed online or via mail, whichever you prefer.

Internet for Good:

Internet 25

\$9.95 per month (plus taxes)
Speeds up to 25 Mbps
Unlimited monthly data



Seniors System Navigator

Amy Labossiere
alabossiere@lethseniors.com
403-320-2222 ext. 25

Internet 50

\$19.95 per month (plus taxes)
Speeds up to 50 Mbps
Unlimited monthly data

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- Access to free TELUS Wise® workshops and resources, empowering you to participate safely in our digital world

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Program details:

- Your own device or redeem a \$75 discount off the purchase of a phone of your choice from Mobile Klinik
- 3 GB of data at high-speed and endless data at reduced speed
- Unlimited Canada wide talk & text
- Ongoing \$25 per month rate (plus applicable taxes)
- No long-term contract or cancellation fees
- Access to free TELUS Wise® workshops and resources, including TELUS Wise online basics, empowering you to participate safely in our digital world

You can apply online at: <https://www.telus.com/en/social-impact/connecting-canada/seniors/application-I4G>

If you are unable to apply online, you can mail your documents to:

TELUS

Attention: CART – Internet for Good Program
4535 Canada Way
Burnaby, BC V5G 4P3

If you need assistance with this process, please contact Heather at 403-320-2222 to access support from a Senior Systems Navigator. ★

Virtual Mindfulness



Mondays, 1:30 ~ 2:30 starting March 7, 2022

Drop In ~ No Registration Required

LSCO Boardroom (2nd Floor)

500 - 11th Street South • 403-320-2222

Create opportunities to focus only on things happening in the present moment and purposefully pay attention and be aware of your surroundings, your emotions, your thoughts, and how your body feels. By training your mind to focus only on the present, you learn not to get lost in regrets from the past or worries about the future. Letting go of such thoughts may help you worry less and accept things as they are. Mindfulness teaches you to be in control of your mind so that your mind doesn't control you.

Covid-19 protocols in place



Chair Yoga

Perform yoga poses and breathing exercises with the aid of a chair. This gentle class may help you increase strength, flexibility, range of motion for joints, and stress reduction. Chair yoga is suitable for all fitness levels and conditions.

When: Wednesdays
March 2 – April 27
Time: 10:00 – 10:45 am
Fee: \$45 LSCO M; \$81 NM
Register by: Monday, February 28
Location: Stage Area



A membership year is from April–March. Persons joining mid-year will receive all back issues of our newsletters and magazines for that year, at time of joining. Membership includes optional subscription to *Alberta History* magazine, and discounts on select LHS books.

Single

\$55 includes subscription

\$30 without subscription

Family

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\$50 without subscription

Your support is vital to preserve and protect Lethbridge's history. Thank you!

✉ info@lethbridgehistory.org | 📞 403-320-4994 msgs only
🌐 lethbridgehistory.org | 📺 LethbridgeHistoricalSociety

Life seems less certain

As I write this latest instalment it is the middle of February, so by the time you read this, the matters I comment on may already be in the history books. As many of you are aware, we tend to move on to the next news crisis and forget about yesterday's revelation. This month I would like to comment on a few issues that are gripping our world and making life seem less certain than it has been in a quite a while.

The "Truckers"

The truckers represent a group of people who likely feel disenfranchised from society. They resent the fact that government officials and medical scientists are telling them what to do with their lives. Canadians who feel this way are not unique in the world. There are people the world over that feel this sentiment. In a way it is a classic case of the have nots expressing their frustration with the state of things. If you're a politician, you can easily tap into this cultural angst. I am sure you can think of a few modern-day examples.

I am certainly not supporting what the truckers are doing. I am saying there is an undercurrent in our society that feels ignored. The question is how to build a democratic society that is inclusive and not divisive. There is far too much in our current democracy of one side vs the other or one side claiming they have all the answers.



Legal Tips and Information

Douglas Alger

This is not a problem that our legal system can resolve, it is a societal problem that has likely been brought on by working people feel that have no meaningful input in society. Politicians of all stripes have to recognize this fact and work to develop a system that is inclusive and not just for the people that vote for them.

The trucker movement should have been dealt with months ago, while it was brewing. This meant the leaders of this country recognizing that we can't tell everyone to fall in line. Democracy is messy and it comes with a price, especially in a diversified country like Canada. We could never have handled Covid like China, but we should have emphasized we did the best we could, with what we got and where we were. This would have gone over better than telling people they were wrong

or stupid. Nobody likes to be told this. You can't appeal to anyone by calling them names. Granted the best advice was to get vaccinated, but there are always a few people who will resist getting vaccinated regardless and the harder you try to convince them, the more entrenched they will be.

Legal Tip of the Month

You want to keep your estate planning as simple as you can and one way to do that is not to clog up your will with gifts of personal items that have sentimental value, but little monetary value. Better to do up a personal memorandum that states who you would like some of your prized personal possessions to go to. You can always change this personal memorandum later, without having to go through a lawyer to do so. The only caveat to a personal memorandum is that it should not include those personal items that have a significant monetary value. When it comes down to it, most people possessions are not that valuable. The sort of people who have these types of possessions are usually among the very rich. ★

Doug Alger of *AZ Lawyers* is available for legal advice every second Wednesday of the month from 10 to Noon. Appointments can be made by contacting the LSCO.

FIT BALL AND MORE

Come have fun with us as we work to improve balance, coordination, strength, cardiovascular fitness and more. Fitballs, weights, tubing and other resistance equipment is used. Wear comfortable clothing, indoor footwear, bring a waterbottle. If you have a yoga/exercise mat please bring it as floor work may be included. All fitness levels welcome. Location: Gym 1

When: Tuesdays, March 1 – April 26

Time: 9:00 – 9:50 am

Fee: \$60 LSCO M

Instructor: Tracy Simons

Register by: Fridays, February 25

When: Thursdays, March 3 – April 28

Time: 9:00 – 9:50 am

Fee: \$60 LSCO M

Instructor: TBA

Register by: Tuesday, March 1



Beginner Yoga

If you have never taken a yoga class and are interested in learning more about it, please ask to have your name put on an interest list. We will do our best to start a beginner program soon.
Call 403-320-2222.

Sunrise Rotary Finds its New Home at LSCO

In the Spring of 2021, the Rotary Club of Lethbridge Sunrise was in need of a new meeting spot. We are a breakfast club, so food service at a reasonable price was very important. We have members from all parts of the city and even Coaldale, so we wanted a central location. On-site technology in the form of WiFi and a computer and projector was another factor. And, of course, plenty of parking. All signs pointed to LSCO – Sunrise Rotary found its new home.

Here is some information about our Club and what a great fit it is with LSCO.

Rotary is a service club – our motto is *service above self*. We are happily dedicated to strengthening communities – right here in Lethbridge, and throughout the world. How do we do that? By committing time, energy, and financial resources to help people lead healthy and productive lives. We also commit time, energy, and financial resources to provide amenities and infrastructure to our local community and communities in need throughout the world.

In addition to this, Rotary strengthens communities by having a very deep and very wide cross-section of people as members. We welcome people ages 9 to 90, and from all walks of life into our membership.

Rotary programs and services fall into three major categories:

1. Youth Services
2. Community Services
3. International Services

How does Sunrise Rotary fulfill these commitments?

Youth Services

- Westminster School Breakfast Program
- Victoria Park High School – food hampers
- Sponsoring students to attend regional youth programs
- Sponsoring students on international exchange programs
- Hosting international exchange students
- Young Lions Jazz Concert
- Scholarships

Community Services

- Harbour House
- YWCA
- Rotary House
- Community Gardens

International Service

- Los Amigos Project
- Shelter Boxes (disaster aid)
- End Polio

The Rotary Club of Lethbridge Sunrise recently celebrated its 20th Anniversary. We are grateful to LSCO for welcoming us as we begin the next decade of service to our community.

Are you interested in knowing more about Rotary in general or Sunrise Rotary in particular? We are more than happy to talk to you!

Rotary
Club of Lethbridge Sunrise





Compass for the Caregiver



COMPASS is a supportive facilitated workshop for anyone 55+ who identifies as a caregiver for a spouse, children, grandchildren, extended family, close friend, or neighbour near or far.

If you are supporting someone experiencing challenges related to: health, age, family dynamics, mental health, pressures generated by "sandwich generation" responsibilities and/or distance.

We discuss dealing with guilt and grief, managing stress, improving communication, navigating the system and planning for the journey ahead.

April 5, 12, 19 & 26, 2022
Tuesdays from 1:30 – 3:30 pm

Location: Nord-Bridge Board Room

\$50 registration fee

Contact Nord-Bridge at 403-329-3222 to register

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PAINTING Spring Landscape

This class is for acrylic painters who like to paint landscapes. We will focus on a spring theme, learn how to work with bright greens and flowering trees. Green can be a very difficult colour to work with but you will learn how to mix your own. Any level is welcome because we will cover the basics. Ask for a supply list when registering.

When: Wednesdays, March 30 - May 4
 Time: 10:00 am - 12:00 pm
 Fee: \$50 LSCO M; \$70 NM
 Instructor: Donna Gallant
 Register by: Friday, March 25

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ONLINE SHOPPING

Do you have some trepidation about shopping on the Internet? Want to learn how to shop online safely? In this class you will learn about the potential hazards of shopping online as well as showing you how you can shop securely and with confidence. Learn about Pay Pal, Amazon, VPN's and much more in this class.

When: Tuesday & Thursday
March 8 & 10

Time: 1:00 - 3:00 pm

Fee: \$20 LSCO M; \$40 NM

Instructor: Rod Henriquez

Register by: Friday, March 4

Location: Computer Lab



Medication Safety

Join Aaron Kogler, Pharmacist, Westbridge Pharmacy

Engage with a pharmacist to discuss overall medication safety and management. Bring any questions and concerns you may have.

Tuesday
March 29, 2022
1:30 ~ 2:30 pm
LSCO Room A/B




#20-872 Heritage Blvd West
Lethbridge, AB T1K 7V5
Phone: 403-942-0120
<https://westbridgepharmacy.com/>



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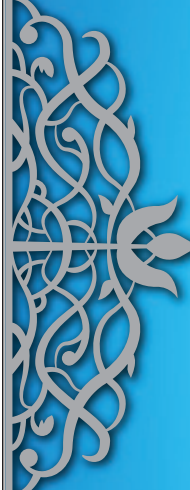
www.foxdentureclinic.ca



PAPER TOLE

If you are familiar with the art of paper tole and would like to work on your projects while socializing, consider signing up for this weekly workshop. Ideas are shared however, no formal instruction is given. If you are interested in learning this art please leave your name on the interest list at the Administration Desk. Please purchase an LSCO Membership at the Administration Desk before registering for this group.

When: Fridays
Time: 9:00 am - 3:00 pm
Fee: \$22/year & LSCO membership
Location: Craft Room



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Candice Elliott-Boldt
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Jake Boldt
Hearing Technician

"Witch windows," or diagonal windows, exist almost exclusively in Vermont. The name comes from the superstition that witches cannot fly their broomsticks through the tilted windows.

~ weird-facts.org

Computer Corner

by Sjoerd Schaafsma

Is it Time for a New Computer? Part 1

No, put your mind at rest, this is not about Windows 11. Microsoft will continue to support Windows 10 until October 14, 2025. The site below is reliable, but as always watch out for misleading ads.

<https://www.howtogeek.com/737125/when-will-microsoft-stop-supporting-windows-10/>

I've been setting up a few older laptops recently as part of a donation project. It struck me that if I didn't know better, I'd say a lot of these were next to useless. Having experienced older and misbehaving computers before, I see them as having potential.

So, when is it time for a 'new to you' computer? The simple answer is, "when it no longer does what you want or need it to do."

However; first we need to ask, "Why won't it do what you want?" To use a vehicle analogy, "Why won't my car start smoothly?" Old battery, dirty spark plugs, bad gas, is it cold, can you really expect it to start smoothly at minus 40 without being plugged in? Any one of those might not be reason enough to buy a new car. A computer that won't start, or runs poorly might just need a bit of a tune up. Sometimes it's pretty obvious that there is a drastic problem. I "lifted the hood" to see what was wrong on a computer that kept shutting down. I saw some parts (capacitors) that looked damaged, a possible cause of the problem. A faulty power supply could also be the cause, and would be an easier fix. When the power supply was switched with another working power supply, **POP!** Hmm that doesn't sound good, or smell good either. Ammonia is not something you normally smell in a computer. Verdict: dead motherboard, the guts of the computer. I'd been hoping it was the power supply which would have been an easy replacement. Another vehicle analogy, the motor died, is it worth it to put in another motor? You might, but when the car has 400,000 km on it and is starting to rust out maybe it's time for a new one. In the case of this computer, it's 9 years old and not worth repairing.

This month, we take a look at computer problems, next month, the possible solutions.

Things that seem to be serious problems but might not be:

- A very slow computer

Possible reasons; the computer is:

- backing up
- updating software
- an antivirus program is scanning your computer
- you're trying to do something your computer was never designed to handle, like editing massive video files. For a more in-depth look at this question check out, the following article.

<https://askleo.com/are-you-asking-too-much-of-your-computer/> (October 2020)

- you've picked up malware which is gobbling up the computer's resources
- the hard drive is low on space
- the hard drive is wearing out
- your computer doesn't have enough RAM memory

A computer that won't or doesn't seem to start:

Possible reasons:

- dead power supply (even if the fan still spins the power supply might be damaged)
- broken switch
- computer is not plugged in
- broken cable
- dead battery, either the main battery on a laptop or the RTC (real time clock) battery on any computer
- a dead, disconnected, or turned off monitor
- a component inside the computer has come loose
- a disconnected keyboard

Is something else in your system not working?

- you no longer have Network access or it has become very slow
- your computer randomly stops working ie, it freezes
- no sound
- the display is bad, or erratic
- the web browser opens up windows you don't want to see

Next month we'll look at **Replacement and or Repair Options.**

Links to software or internet articles are from sites that I've personally used and consider to be reliable. But navigate and read the site carefully, little on the internet is static, and the embedded ads can be misleading.

The Computer Corner and LSCO Times can be read online at:

<http://lethseniors.com/about/lSCO-times-publications/>.

Computer Club WORKSHOPS & Events

The LSCO Computer Club has access to the computer lab on Mondays and Wednesdays from 1:00 – 4:30 pm. This time may be pre-empted for other events.

These are low key sharing events geared for seniors interested in learning more about computer technology and how to use it. We are here to help.

Unless otherwise stated **Workshop events will run from 1:00 - 4:00 pm.** These don't usually take up the entire time slot.

There is no guarantee that a club member will be present on any given sharing day. Send an email with a preferred date if you want help.

March 2022

- | | |
|---------------------|---|
| Monday 7 | Updates, installs, sharing & help |
| Wednesday 9 | Dealing with compatibility problems with Document and other file types |
| Wednesday 23 | Zoom: learning to use it properly, installing and setting up |
| Monday 28 | Planning session, sharing & help |

Suggestions for other workshops are welcomed. Check the bulletin boards in the main lobby and beside the computer lab for last minute changes.

Notice of workshop updates will be via the Computer Club email list.

Email computerclub@lethseniors.com to be added to the email list or to ask for help from the computer club.

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RachaelThomas.ca | Rachael.Thomas@parl.gc.ca | 403-320-0070

When the Spanish landed on the Yucatan Peninsula, they asked "where are we?", to which the indigenous population responded "Yucatan", meaning "I don't understand what he just said". ~ weird-facts.org

It is very interesting that the name with which the peninsular region would be known, was the product of the impossibility of communication during the encounter of those two different worlds. ~ <https://www.theyucatantimes.com/>

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Detaching with Love

As I go through life, I have learned that sometimes when we think we are helping someone, we may actually be enabling them. Enabling often occurs when we, as a loved one, swoop in to save or fix a problem for someone else that they may have been caused by their own actions or inactions. Sometimes this saving happens repeatedly. While I was looking into this, I came across the concept of “detaching with love.” I wanted to share with you all, in hope it would provide some insight or comfort for you, as it did for me. The following is an excerpt from an article written by Michelle Marie Warner in 2020:

“[...] When we detach without love, we might be holding onto resentment and anger. We build walls instead of bridges. We push away the ones who hurt us. Detachment with love is different. We detach from trying to control people, outcomes, and results. We accept life on life’s terms. Detachment with love means we let go of expectations and refocus attention towards ourselves. We don’t try to control or manipulate outcomes. We allow others to be in charge of their lives, and we take charge of ours. We care enough to let them take guidance from their own Higher Power. We give them the grace and dignity to make decisions without our interference.

I was in a relationship with an alcoholic when he relapsed. I needed Al-Anon to address my codependency within my relationship. I began to neglect my needs, as I was focused on him getting well. He wasn’t ready to be sober, and it wasn’t my job to save him. [...] At first, I didn’t admit I needed to focus on myself. [...]

I thought I was detached because I stopped contact and didn’t ask about him. [...] When I read the news of his drug-related arrests, I learned to release him with love. It’s ok to have feelings about it, but my healthier self can detach from anything he’s doing. I found closure without his participation. I put a period at the end of my sentence.

We’re rarely taught to detach. Everywhere we turn, society encourages attachment, to find someone to complete us. When our relationship ends, we feel like a part of us died. How could we ever recover when we believe we need someone else to be a whole person? Then we desperately search for someone else. We attach ourselves to the idea of a partnership to solve our problems. When a person rejects us, we fight it. How could they push us away like that? There must be something wrong with them. Or there’s something wrong with us. But what if there’s nothing wrong? What if you had an unattached approach to all of your relationships? Wouldn’t it be much easier to let go of what others say and do? You’d avoid a ton of emotional turmoil this way.

One day, you’ll stop fighting. [...] You’ll let go of outcomes and expectations, enjoying each moment as it comes. You’ll stop trying to save people. You’ll have



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boundaries. When someone can’t or won’t respect them, you’ll move on. Some relationships will end, but it’s ok. You’ll feel the sadness, but not wallow in it. You’ll stay open to endless possibilities for love of self and others. There’s always an opportunity to share your love. You don’t need to be attached to express it, either. Sometimes attachment gets in the way of a healthy relationship.

I’m not always the best at letting go. But I’ve gotten much better at detaching with love. [...] Detachment has been excruciatingly difficult for me over the years. I’ve held onto fixed patterns in relationships. I’ve been pining for the person who’s emotionally unavailable to reciprocate. He’s no exception. Although distance helps me stay somewhat detached, he tends to take up residence in my heart far too often. If he wanted to connect and felt like he had something to offer, I’d happily keep him nestled in my heart space. But he doesn’t, so I won’t. I need to practice letting go of expectations. I’ve hit an emotional bottom. I can’t climb out if I keep going to the hardware store for bread. If you’re continuously revisiting the same patterns, forming unhealthy attachments to those who don’t reciprocate, take heart. It’s possible to move past it. I know, because I’ve done it before. Here are a few ways to practice detachment with love:

Acceptance

Accepting a person, place, or situation exactly as its supposed to be right now is the key to a happy, healthy life. When we accept what is, we can live in the present moment. Being here now releases us from worry about the future or pain from our past. Accepting my ex’s silence over the years helps me move on and live more comfortably. I recognize when a relationship falls out of balance. My self-esteem has improved since I stopped waiting for this particular human to give me attention. I accept the painful truth of his absence. I actively love myself. I’m not saving anyone but me these days.

Boundaries

I let my ex drive my car when a part of me knew he was loaded. He came home at 3 am, guilty and remorseful. I took the keys and told him he couldn’t drive my car anymore. It’s kind of hard to detach if you’re getting used or abused. It doesn’t matter if he was unwell, he lost the privilege to my car that night. If you’re living with an addict, you’ll need to make some hard calls. I

left his belongings on our front porch soon after he stole our yard sale money. I felt regret when he got angry with me. But ultimately, I restored peace and serenity in my home. He made it to sober living, too.

Honesty

Detachment with love means we’re honest with ourselves and others. I had to stop living the lie of any possible reconciliation. I’m doing it again now with my long-distance friend. Admit when it’s time to release your fierce grip on another person. It won’t help you get closer. You’ll push them away and still not get anything you need or desire.

Letting go

Letting go is the essence of detaching with love. We’re free from the bondage of ego-driven selves. We can relax and let our Higher Power guide us where we need to be. Letting go of others’ issues and problems give us time to focus on ourselves. When we stop forcing solutions, we’ll find peace. When we let go of controlling outcomes and results, we’ll find more freedom than ever. Isn’t it wonderful we don’t have to solve everyone else’s problems? We don’t have to take responsibility for anyone else’s feelings or actions.

Be gentle with yourself

We’re never going to be perfect. It’s ok if we backslide and check up on people. It’s understandable if we feel obsession take over again. But we have spiritual tools to help us find relief again whenever we choose. We can always ask for help from Source or Higher Power, whatever you choose to call God. Be gentle with your big feelings. Sometimes you’ll get angry. You might be a little irrational at times. If you’re willing to go to any lengths to find serenity, you’ll find it inside of you.

Final thoughts

Detaching with love doesn’t mean we don’t care. It means we love ourselves and each other enough to let go. Sharing how to detach with love helps me stay sane and serene. It gives me space to practice what I’ve told you. When our culture places so much emphasis on being attached, it feels like we’re swimming uphill. We need to stay grounded in our truth. The truth can initially sting. We might not be prepared for acceptance and surrender of outcomes. I’ve found that I shift my perspective when my old ideas stop working. I continue detaching when I feel better about myself, and my relationships begin to improve. We can’t force people to do, think, or feel what we want. When we’re clear on what we can control (ourselves), we’re much happier. We can allow healthy relationships to flourish.”

Detaching with love is possible in all types of relationships, whether it be with a partner or a child. What I want for each of you is for your relationships to flourish. As always, if you feel you, or a loved one, are in a situation that makes you feel unsafe or uncomfortable, please call me (Amy) at 403-394-0306 and we can work together to find solutions. An electronic and full version of the above article can be found at <https://psiloveyou.xyz/how-to-detach-with-love-in-your-relationships-324fc8684de0>

The Lethbridge Elder Abuse Response Network (LEARN) is a collaboration of human service organizations working together to educate and support senior citizens at risk of or experiencing abuse. For more information or to report a concern, please contact the LEARN Case Manager, Amy Cook at 403-394-0306 or e-mail: learn@lethseniors.

During the Jim Crow era in 1929, First Lady Lou Hoover would not allow racism in the White House. The staff worried about an upcoming party because the wife of one of the guests was black, but Lou insisted she come. Newspapers accused Lou of “defiling” the White House, but she refused to acknowledge the controversy. ~ weird-facts.org

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