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Join Us for

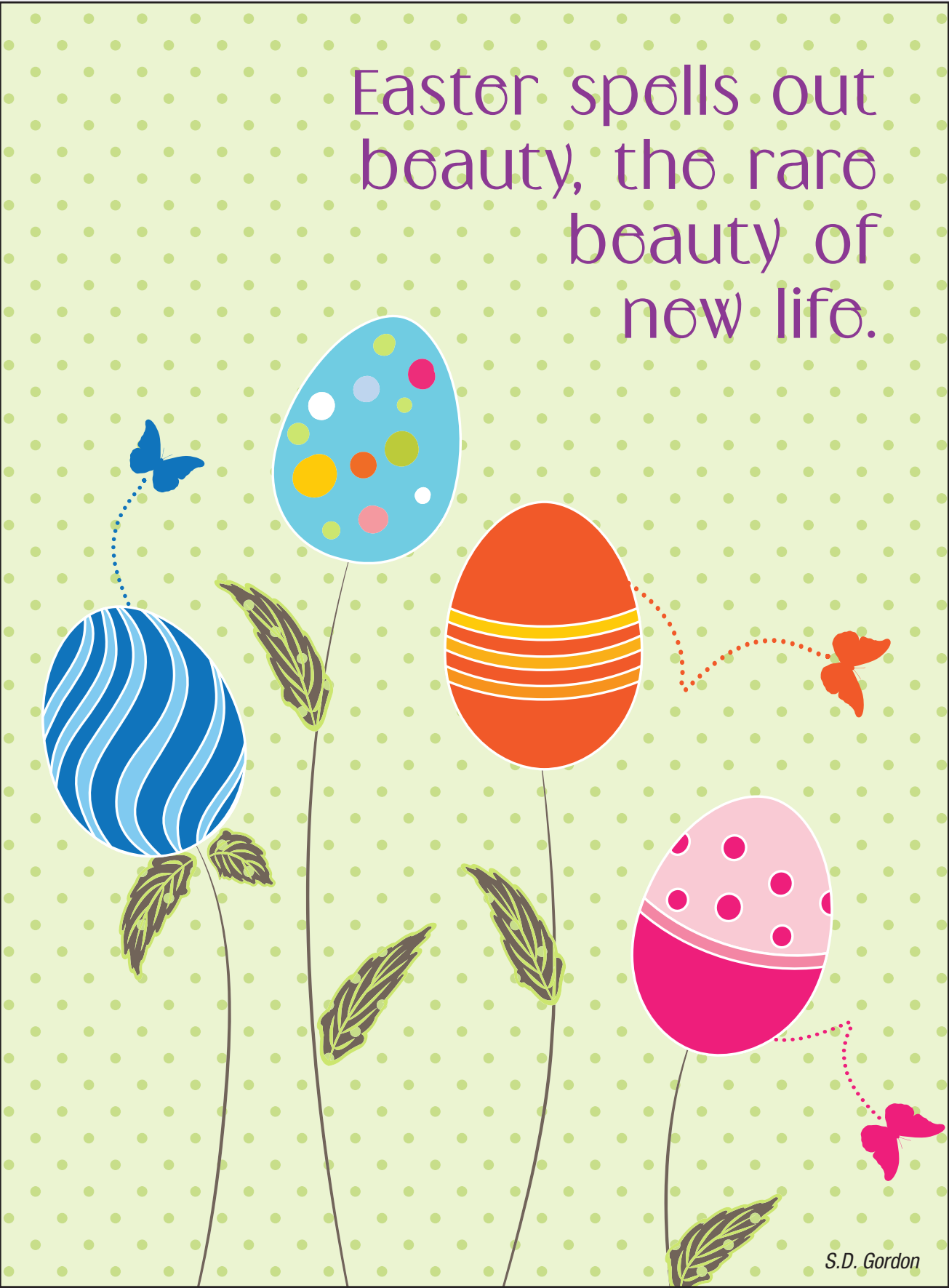
COMPASS FOR THE CAREGIVER
 April 5 – 26
 (see page 4 for details)

VOLUNTEER APPRECIATION
 Thursday, April 28
 (see page 16 for details)

VIRTUAL MINDFULNESS
 (see page 13 for details)

SINGLE SESSION DROP-IN COUNSELLING
 (see page 4 for details)

MOBILE FOOD SUPPORT
 (see page 17 for details)



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

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

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



2022 **Live Well Showcase**

A TRADE SHOW FOR ACTIVE AGING

85% Sold Out • 8 Booths Left!
 as of March 25th, 2022



Executive Director

Rob Miyashiro
rmiyashiro@lethseniors.com

Last month I wrote about LSCO keeping COVID-19 related restrictions in place for a while longer. The feedback we have received to date has been mostly positive, with the vast majority of our members, guests and participants expressing their appreciation for our attempt to keep the facility safe. As this information was gleaned informally through conversations, our next step will be to survey as many people as possible to in order to obtain the data required to make the most appropri-

ate decisions regarding restrictions. Expect the survey to be distributed on line and in-house in the first week of April.

Requiring full vaccination to gain entrance to LSCO has created a sense of comfortability for everyone wishing to attend here for their favourite reason. It also allowed us to host our first social event in over two years: our St. Patrick's Day Party! Over 100 people came to celebrate the day and most were extremely happy to enjoy the company of friends in a party atmosphere. Thank you to staff and volunteers who helped organize and work the party! We see from hosting this event that members and guests are craving this type of social connection, which has been in short supply until recently, and that LSCO can continue to provide what people want and need. Let's hope that's true as the Live Well Showcase is slated to return during the first week in June after a two year absence.

Stay safe and be kind. ★

April is Parkinson Awareness Month
A better life today for People Living with Parkinson's; a world without Parkinson's tomorrow.



HAPPY Easter

LSCO will be closed
Friday, April 15th through
Monday, April 18th

Fitness Centre closed
Saturday, April 16th





LIVINGSTONE IS NEARLY SOLD OUT!
Check out parksideliving.ca to learn more about Parkside Place — a new community of bungalow condos coming soon to Coaldale

LIVINGSTONE ESTATES

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2 Bed, 2 Bath



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for more information

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☎ **403.331.1132**
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location & hours

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Open by Appointment
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PROUDLY BUILT BY **NEWROCK DEVELOPMENTS**

The Massachusetts Institute of Technology offers a "pirate certificate" to students who complete the archery, sailing, fencing, and pistol or rifle shooting courses.
weird-facts.org

OUR COMMUNITY PARTNERS

In recognition for the ongoing support of LSCO



In recognition for the ongoing support of LSCO Meals on Wheels



Advance Care Planning
CANADA

Advance Care Planning Day
April 16

It's about conversations.
It's about wishes.
It's how we care for each other.

Find out more: www.advancecareplanning.ca

The 'Illusory truth effect' is the tendency to believe the information to be correct after repeated exposure. The illusory truth effect has played a significant role in election campaigns, advertising, news media, and political propaganda throughout history. ~ weird-facts.org



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:

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rmiyashiro@lethseniors.com ext. 24
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jmcdonnell@lethseniors.com ext. 23
LEARN Case Manager – Amy Cook
learn@lethseniors.com 403-394-0306
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hbursaw@lethseniors.com ext. 57
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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 Centre1-877-644-9992
www.albertasupports.ca

For all your health inquiries, call the Chinook
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It's free!

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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!

| | |
|-------------------|-----------------|
| Paul Peacock | Gerald Gardin |
| Karen McCallum | Chris Harty |
| Terrance Vogt | Roger Harty |
| Linda Misiwich | Trudy Nelson |
| Elaine Whitmore | Linda Dueck |
| Carol Lambe | Randy Ramage |
| Daisy Moshurchak | Patricia Ramage |
| Jana Zoeteman | Kenneth Maynard |
| Thomas Scott | Norman Clark |
| Elizabeth Findlay | Linda Clark |
| Lisa Garrett | |

*A Smile is the Universal
Welcome*



A variety of exercise machines, cardio equipment, free weights are available for individuals of all fitness levels to get a fantastic workout! For your safety, it is recommended that you schedule a free orientation to ensure you use the machines properly. Please ask at the Administration Desk.

Days Open: Monday – Friday
8:00 am – 3:30 pm
Saturdays
9:00 am – 1:00 pm
Fee: \$20 LSCO M; \$35 NM
(30 Days from date
of purchase)
Drop in Fee: \$7 LSCO M; \$10 NM

LSCO Monthly Support Services

| DATE | TIME | LOCATION | BUSINESS | SERVICE |
|-----------------------|---------------------|-------------|---|---------------------------------------|
| Tuesday April 5 | 9:00 am – 12:00 pm | SCSP Room | Seniors Community Services Partnership | Drop-In Single Session Counselling |
| Wednesday April 13 | 10:00 am – 12:00 pm | SCSP Room | AZ Lawyers | Free 15-minute Legal Consultation |
| Thursday April 14 | 10:00 am – 12:00 pm | Clinic Room | Lethbridge Hearing Centre | Hearing Screening |
| Tuesday April 19 | 9:00 am – 12:00 pm | SCSP Room | Seniors Community Services Partnership | Drop-In Single Session Counselling |

NOTICE

In order to keep our facility as safe as possible for our members, staff, participants and guests, LSCO will continue to implement the following restrictions:

- Proof of full vaccination or proof of medical exemption (negative COVID tests are not accepted)
- Social distancing where applicable
- Wearing of masks is **highly recommended**
- Staff to sanitize high touch surfaces (sanitizer also available throughout the building).

These restrictions will be reviewed by Management and the Board of Directors by April 30th.

LSCO will be running most classes and programs that were previously offered. If you have not been contacted as to what programs and classes are taking place please contact us. The Dining Room and Fitness Centre will also be open.

We would like to thank every one of you, who continue to support us during this difficult time. Thank you for being patient. Please be kind and respectful as we are all working through this together.

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 |
| May 2022..... | April 15 |
| June 2022..... | May 13 |

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



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

Nord-Bridge • 1904 - 13th Avenue North • 403-329-3222



caregiversalberta.ca | 780.453.5088
office@caregiversalberta.ca | 1.877.453.5088 (toll-free)



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Do not put all your eggs in one basket. ~ Warren Buffett

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LSCO GIFT CARD

Use the LSCO Gift Card to pay for classes, fitness centre passes, parking passes, memberships fees and meals in the Dining Room.

WORK-IT-CIRCUIT

If you are looking to add variety to your regular routine, then come try this fun circuit style class. Get a full-body workout in 30 minutes as you are led through a series of exercises using timed intervals with a variety of equipment such as dumbbells, barbells, steps, resistance bands and more. All exercises can be modified to your fitness level. Class will be held in APR, Room A/B.

When: Fridays, April 22 – May 27
Time: 12:15 – 12:50 pm
Fee: \$40 LSCO M; \$56 NM
Instructor: Andrea Clarke
Register by: Thursday, April 21

2022 TOURS

info@LTHtours.ca
www.lthtours.ca
587-223-0203
GST included in Prices

Moose Jaw, April 25 – 28 Temple Gardens Hotel & Spa, Moose Jaw Casino, Side trip to Regina **Dble Occp \$525 pp**

Cranbrook, B.C., May 15 – 17 3 Days, St. Eugene Golf Resort & Casino, optional CBC debaters comedy show, Canadian Historic Center **Dble Occp \$375 pp**

Edmonton, June 25 – 28 River Cree Resort & Casino, optional tour at the Ukranian Village with Show & Shine event, Food & Music **Dble Occp \$500 pp**

Seattle, July 5 – 12 8 Days, 4 MLB games: Blue Jays vs Mariners; 3 Games in Row 37, 1 in Box Suite, Grand Hyatt Hotel downtown Seattle, Coeur D'Alene Casino & Resort w EPC Points **Dble Occp \$2187 pp**

MORE 2022 TOURS

Winnipeg Folklorama, August 6 – 12 6 shows, 3 casinos, sightseeing & more

Deadwood, SD, Sept. 11 – 17 Mt. Rushmore, Crazy Horse, Chuck Wagon Dinner & Show

Prestige Okanagan Wine & Water Tour, Oct. 12 – 19 Salmon Arm, Kelowna, Nelson

Christmas in Branson, Nov. 17 – Dec. 2 Immerse yourself in the holiday spirit!

Call for more details!

SERVING CALGARY, LETHBRIDGE, MEDICINE HAT AND POINTS IN BETWEEN.

LSCO Library

Books / Puzzles / DVD'S
Donations gratefully appreciated.

Please drop off in the Library or at the Administration desk.

No magazines lease.
Thank You!

Come one, Come all ...

As part of the work we have been doing within the community, the Seniors System Navigation Team noted a gap in counselling services that specifically targeted the needs of older adults. As a result of this identified gap, we are proud to work together with Lethbridge Family Services Counselling Department to offer Lethbridge’s first ever Drop-In Single Session counselling program.

According to Psychology research, “...many older adults experience grief and loss, whether it be in their occupation (e.g., retirement), mobility (e.g., becoming reliant on a walker), independence (e.g., not being able to drive), health decline (e.g. chronic illness) or interpersonal relationships (e.g., death of spouse or friends). The fear of cognitive decline or “losing one’s mind” often becomes increasingly prevalent with age. By definition, older adults have experienced the loss of youth and therefore all too often their own perceived value in today’s youth-focused society. Issues of loss, death and dying, physical and mental health changes, chronic illness and disability, and debilitating pain are often intertwined ...



LSCO
Social
Worker

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

... Older adults often face multiple challenges in obtaining counseling services due to physical, financial, and cultural obstacles. Limited physical mobility and restricted access to transportation can make attending appointments difficult. For those coping with such a loss of independence, “non-essential” activities such as counselling may quickly be cut from the list of priorities. Similarly, for those on a limited financial budget, interventions that are not quickly determined to be useful may likely be discontinued. Some older adults may also need assistance navigating benefits and

applications required to access counselling coverage. This leads to the need for counselling to be accessible, financially feasible, and most important, something that is valued as helpful. In an older population that may view counseling as something for those only with severe psychological problems, overcoming the stigma of counselling can be a challenge in itself.” <https://psychology.iresearchnet.com/counseling-psychology/counseling-process/counseling-the-elderly/>

While the Seniors System Navigation Team provides basic emotional support to older adults in the community, often needs are much deeper than a quick motivational talk can address. Access to counselling housed on-site in LSCO is instrumental in normalizing the use of support services for folks who are generationally reluctant not to seek help. We hope to change that through this initiative.

If you have ever felt that you could use someone to talk to, now is your opportunity to give it a try! For more information, please me at 403-320-2222 #57. ★



Downsizing Dilemma?
Need to move on?



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Operator

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I still believe in Santa, the Easter Bunny, the Tooth Fairy and true love. Don’t even try to tell me different.

~ Dolly Parton



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Single Session Drop-In Counselling

LSCO is very happy to host onsite drop-in counselling sessions at no cost to older adults 60+ years of age seeking help when they need it most.

- 1 ½ hour in length and offered the 1st and 3rd Tuesday of the month from 9:00 am – 12:00 pm at LSCO.
- Drop in style – meaning you may have to wait your turn in the event the counsellor is busy with someone else.
- Discussions are confidential.

This new service has been made possible through an ongoing collaboration between Seniors Community Services Partnership members.

SCSP

Seniors Community
Services Partnership

For more information please contact Heather Bursaw
MSW RSW, SCSP Seniors System Navigation Team Lead
403-320-2222 #57.


Funders include: City of Lethbridge
Family and Community Support Services



The world’s first Buddhist ruler, Emperor Ashoka, was the first ruler in human history to ban slavery, animal cruelty, and deforestation.n ~ weird-facts.org

I'm writing this on Saint Patrick's Day to meet the deadline for our April issue. So, I haven't had the opportunity to see our audited financial statements yet for 2021. By the time you read this we will have had our annual general meeting and you'll have had time to look at Avails audit report, particularly the bottom line. 2021 was a rough year but thanks to our staff and volunteers we made it through to carry on.

In 2019 your Board of Directors and staff spent several days developing a strategic plan for our organization. Then the pandemic struck. In essence the organization went into survival



President's Message

Keith Sumner

mode as there was no consistency to the path of the virus. The organization had to become reactionary to provide services as best it could.

Hopefully those days are behind us. We can dust off the strategic plan and review it to determine if adjustments need to be made. I'd ask that staff, volunteers and members have a look at the document and let the Board know what needs adjusting. I've asked Rob to have the document put on the website for your ease of reference.

We have several openings on the Board of Directors. If you have an interest in helping set the direction of our organization for the coming years, please give me a call, or leave a message for me at the administration office and I'll get back to you. Namaste ★

5 tips for discovering your new neighbourhood

Moving to a new place involves lots of changes, and it can take time to get used to your new surroundings, including new people, shops, parks and more. But living somewhere new is also an opportunity to explore and build community with your neighbours and in local spaces. Here are some tips to discover your area:

- 1. Check out local events.** While indoor events may be on pause or restricted on and off during the pandemic, communities are still trying to keep outdoor and online events running and accessible. So, join a local online crafting event or virtual trivia games night. Head to an open-air farmers' market or even go to your local outdoor skating rink to get a feel for your neighbourhood. Your public library's website is a good place to find upcoming events.
- 2. Spend more time outside.** If you're trying to meet people, it can be hard
- 3. Take a stroll along main street.** A great way to get to know your new community is by connecting with small businesses serving the area. Pick up some flowers or plants from your local florist, grab some takeout from the neighbourhood pub and buy some books from your local bookshop. Chat with the folks who work there to get recommendations and build connections.
- 4. Get active in public spaces.** Whether it's a community garden, your local library or a neighbourhood park, find something that interests you and get involved. You
- 5. Get to know your community through census data.** The 2021 Canadian census data are being released all throughout this year, and it's a great way to find out more about your city, town, or neighbourhood. Use them to discover what languages are commonly spoken in your area, how many families have kids of similar ages as your own and more. By being more informed about your area, you can help drive informed decisions by leveraging your community leaders to consider whether a new school or retirement home is a valuable addition to your neighbourhood.

Find more information at statcan.gc.ca/census.

www.newscanada.com

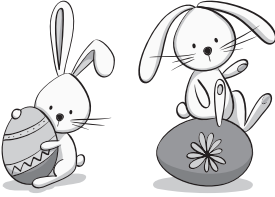
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ATTENTION SENIORS
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for all the details.
1011 - 3rd Avenue South
(2 blocks north of LSCO)
403-327-4145



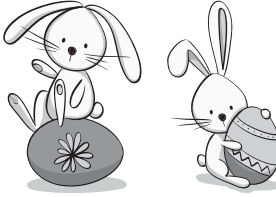
LSCO MENU ~ APRIL 2022

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 ★



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| <div><div><h1>Happy  Easter</h1><div></div><div></div></div></div> <div><div>Friday, April 1</div><div><div>Entree:</div><div>Roast Beef</div></div><div><div>Starch:</div><div>Mashed Potatoes</div></div><div><div>Soup:</div><div>Chef's Choice</div></div></div> | | | | | <div>Monday, April 4</div> <div><div>Entree:</div><div>Teriyaki Meatballs</div></div> <div><div>Starch:</div><div>Noodles</div></div> <div><div>Soup:</div><div>Chef's Choice</div></div> <td colspan="5"><div>Tuesday, April 5</div><div><div>Entree:</div><div>Butter Chicken</div></div><div><div>Starch:</div><div>Rice</div></div><div><div>Soup:</div><div>Chef's Choice</div></div><td colspan="5"><div>Wednesday, April 6</div><div><div>Entree:</div><div>Beef Stew</div></div><div><div>Starch:</div><div>Steamed Potatoes</div></div><div><div>Soup:</div><div>Chef's Choice</div></div><td colspan="5"><div>Thursday, April 7</div><div><div>Entree:</div><div>Lasagna</div></div><div><div>Starch:</div><div>Garlic Toast</div></div><div><div>Soup:</div><div>Chef's Choice</div></div><td colspan="5"><div>Friday, April 8</div><div><div>Entree:</div><div>Apple Chicken Sausage</div></div><div><div>Starch:</div><div>Hashbrown Casserole</div></div><div><div>Soup:</div><div>Chef's Choice</div></div></td></td></td></td> | | | | | <div>Tuesday, April 5</div> <div><div>Entree:</div><div>Butter Chicken</div></div> <div><div>Starch:</div><div>Rice</div></div> <div><div>Soup:</div><div>Chef's Choice</div></div> <td colspan="5"><div>Wednesday, April 6</div><div><div>Entree:</div><div>Beef Stew</div></div><div><div>Starch:</div><div>Steamed Potatoes</div></div><div><div>Soup:</div><div>Chef's Choice</div></div><td colspan="5"><div>Thursday, April 7</div><div><div>Entree:</div><div>Lasagna</div></div><div><div>Starch:</div><div>Garlic Toast</div></div><div><div>Soup:</div><div>Chef's Choice</div></div><td colspan="5"><div>Friday, April 8</div><div><div>Entree:</div><div>Apple Chicken Sausage</div></div><div><div>Starch:</div><div>Hashbrown Casserole</div></div><div><div>Soup:</div><div>Chef's Choice</div></div></td></td></td> | | | | | <div>Wednesday, April 6</div> <div><div>Entree:</div><div>Beef Stew</div></div> <div><div>Starch:</div><div>Steamed Potatoes</div></div> <div><div>Soup:</div><div>Chef's Choice</div></div> <td colspan="5"><div>Thursday, April 7</div><div><div>Entree:</div><div>Lasagna</div></div><div><div>Starch:</div><div>Garlic Toast</div></div><div><div>Soup:</div><div>Chef's Choice</div></div><td colspan="5"><div>Friday, April 8</div><div><div>Entree:</div><div>Apple Chicken Sausage</div></div><div><div>Starch:</div><div>Hashbrown Casserole</div></div><div><div>Soup:</div><div>Chef's Choice</div></div></td></td> | | | | | <div>Thursday, April 7</div> <div><div>Entree:</div><div>Lasagna</div></div> <div><div>Starch:</div><div>Garlic Toast</div></div> <div><div>Soup:</div><div>Chef's Choice</div></div> <td colspan="5"><div>Friday, April 8</div><div><div>Entree:</div><div>Apple Chicken Sausage</div></div><div><div>Starch:</div><div>Hashbrown Casserole</div></div><div><div>Soup:</div><div>Chef's Choice</div></div></td> | | | | | <div>Friday, April 8</div> <div><div>Entree:</div><div>Apple Chicken Sausage</div></div> <div><div>Starch:</div><div>Hashbrown Casserole</div></div> <div><div>Soup:</div><div>Chef's Choice</div></div> | | | | |
| <div>Monday, April 11</div> <div><div>Entree:</div><div>BBQ Chicken</div></div> <div><div>Starch:</div><div>Oven Roasted Potatoes</div></div> <div><div>Soup:</div><div>Chef's Choice</div></div> <td colspan="5"><div>Tuesday, April 12</div><div><div>Entree:</div><div>Curry Beef & Rice Casserole</div></div><div><div>Starch:</div><div>Bun</div></div><div><div>Soup:</div><div>Chef's Choice</div></div><td colspan="5"><div>Wednesday, April 13</div><div><div>Entree:</div><div>Turkey Stuffing</div></div><div><div>Starch:</div><div>Mashed Potatoes</div></div><div><div>Soup:</div><div>Chef's Choice</div></div><td colspan="5"><div>Thursday, April 14</div><div><div>Entree:</div><div>Roast Beef</div></div><div><div>Starch:</div><div>Mashed Potatoes</div></div><div><div>Soup:</div><div>Chef's Choice</div></div><td colspan="5"><div>Friday, April 15</div><div><div>LSCO Closed for Good Friday</div></div></td></td></td></td> | | | | | <div>Tuesday, April 12</div> <div><div>Entree:</div><div>Curry Beef & Rice Casserole</div></div> <div><div>Starch:</div><div>Bun</div></div> <div><div>Soup:</div><div>Chef's Choice</div></div> <td colspan="5"><div>Wednesday, April 13</div><div><div>Entree:</div><div>Turkey Stuffing</div></div><div><div>Starch:</div><div>Mashed Potatoes</div></div><div><div>Soup:</div><div>Chef's Choice</div></div><td colspan="5"><div>Thursday, April 14</div><div><div>Entree:</div><div>Roast Beef</div></div><div><div>Starch:</div><div>Mashed Potatoes</div></div><div><div>Soup:</div><div>Chef's Choice</div></div><td colspan="5"><div>Friday, April 15</div><div><div>LSCO Closed for Good Friday</div></div></td></td></td> | | | | | <div>Wednesday, April 13</div> <div><div>Entree:</div><div>Turkey Stuffing</div></div> <div><div>Starch:</div><div>Mashed Potatoes</div></div> <div><div>Soup:</div><div>Chef's Choice</div></div> <td colspan="5"><div>Thursday, April 14</div><div><div>Entree:</div><div>Roast Beef</div></div><div><div>Starch:</div><div>Mashed Potatoes</div></div><div><div>Soup:</div><div>Chef's Choice</div></div><td colspan="5"><div>Friday, April 15</div><div><div>LSCO Closed for Good Friday</div></div></td></td> | | | | | <div>Thursday, April 14</div> <div><div>Entree:</div><div>Roast Beef</div></div> <div><div>Starch:</div><div>Mashed Potatoes</div></div> <div><div>Soup:</div><div>Chef's Choice</div></div> <td colspan="5"><div>Friday, April 15</div><div><div>LSCO Closed for Good Friday</div></div></td> | | | | | <div>Friday, April 15</div> <div><div>LSCO Closed for Good Friday</div></div> | | | | | | | | | |
| <div>Monday, April 18</div> <div><div>LSCO Closed for Easter Monday</div></div> | | | | | <div>Tuesday, April 19</div> <div><div>Entree:</div><div>Veal Cutlet</div></div> <div><div>Starch:</div><div>Mashed Potatoes</div></div> <div><div>Soup:</div><div>Chef's Choice</div></div> <td colspan="5"><div>Wednesday, April 20</div><div><div>Entree:</div><div>Pork Chops</div></div><div><div>Starch:</div><div>Oven Roasted Potatoes</div></div><div><div>Soup:</div><div>Chef's Choice</div></div><td colspan="5"><div>Thursday, April 21</div><div><div>Entree:</div><div>Ginger Beef</div></div><div><div>Starch:</div><div>Rice</div></div><div><div>Soup:</div><div>Chef's Choice</div></div><td colspan="5"><div>Friday, April 22</div><div><div>Entree:</div><div>Chicken Masala</div></div><div><div>Starch:</div><div>Pasta</div></div><div><div>Soup:</div><div>Chef's Choice</div></div></td></td></td> | | | | | <div>Wednesday, April 20</div> <div><div>Entree:</div><div>Pork Chops</div></div> <div><div>Starch:</div><div>Oven Roasted Potatoes</div></div> <div><div>Soup:</div><div>Chef's Choice</div></div> <td colspan="5"><div>Thursday, April 21</div><div><div>Entree:</div><div>Ginger Beef</div></div><div><div>Starch:</div><div>Rice</div></div><div><div>Soup:</div><div>Chef's Choice</div></div><td colspan="5"><div>Friday, April 22</div><div><div>Entree:</div><div>Chicken Masala</div></div><div><div>Starch:</div><div>Pasta</div></div><div><div>Soup:</div><div>Chef's Choice</div></div></td></td> | | | | | <div>Thursday, April 21</div> <div><div>Entree:</div><div>Ginger Beef</div></div> <div><div>Starch:</div><div>Rice</div></div> <div><div>Soup:</div><div>Chef's Choice</div></div> <td colspan="5"><div>Friday, April 22</div><div><div>Entree:</div><div>Chicken Masala</div></div><div><div>Starch:</div><div>Pasta</div></div><div><div>Soup:</div><div>Chef's Choice</div></div></td> | | | | | <div>Friday, April 22</div> <div><div>Entree:</div><div>Chicken Masala</div></div> <div><div>Starch:</div><div>Pasta</div></div> <div><div>Soup:</div><div>Chef's Choice</div></div> | | | | | | | | | |
| <div>Monday, April 25</div> <div><div>Entree:</div><div>Asian Chicken</div></div> <div><div>Starch:</div><div>Egg Noodles</div></div> <div><div>Soup:</div><div>Chef's Choice</div></div> <td colspan="5"><div>Tuesday, April 26</div><div><div>Entree:</div><div>Salisbury Steak</div></div><div><div>Starch:</div><div>Mashed Potatoes</div></div><div><div>Soup:</div><div>Chef's Choice</div></div><td colspan="5"><div>Wednesday, April 27</div><div><div>Entree:</div><div>Baked Ham</div></div><div><div>Starch:</div><div>Scalloped Potatoes</div></div><div><div>Soup:</div><div>Chef's Choice</div></div><td colspan="5"><div>Thursday, April 28</div><div><div>Entree:</div><div>Chili Cheese Dog</div></div><div><div>Starch:</div><div>Pasta</div></div><div><div>Soup:</div><div>Chef's Choice</div></div><td colspan="5"><div>Friday, April 29</div><div><div>Entree:</div><div>Roast Beef</div></div><div><div>Starch:</div><div>Mashed Potatoes</div></div><div><div>Soup:</div><div>Chef's Choice</div></div></td></td></td></td> | | | | | <div>Tuesday, April 26</div> <div><div>Entree:</div><div>Salisbury Steak</div></div> <div><div>Starch:</div><div>Mashed Potatoes</div></div> <div><div>Soup:</div><div>Chef's Choice</div></div> <td colspan="5"><div>Wednesday, April 27</div><div><div>Entree:</div><div>Baked Ham</div></div><div><div>Starch:</div><div>Scalloped Potatoes</div></div><div><div>Soup:</div><div>Chef's Choice</div></div><td colspan="5"><div>Thursday, April 28</div><div><div>Entree:</div><div>Chili Cheese Dog</div></div><div><div>Starch:</div><div>Pasta</div></div><div><div>Soup:</div><div>Chef's Choice</div></div><td colspan="5"><div>Friday, April 29</div><div><div>Entree:</div><div>Roast Beef</div></div><div><div>Starch:</div><div>Mashed Potatoes</div></div><div><div>Soup:</div><div>Chef's Choice</div></div></td></td></td> | | | | | <div>Wednesday, April 27</div> <div><div>Entree:</div><div>Baked Ham</div></div> <div><div>Starch:</div><div>Scalloped Potatoes</div></div> <div><div>Soup:</div><div>Chef's Choice</div></div> <td colspan="5"><div>Thursday, April 28</div><div><div>Entree:</div><div>Chili Cheese Dog</div></div><div><div>Starch:</div><div>Pasta</div></div><div><div>Soup:</div><div>Chef's Choice</div></div><td colspan="5"><div>Friday, April 29</div><div><div>Entree:</div><div>Roast Beef</div></div><div><div>Starch:</div><div>Mashed Potatoes</div></div><div><div>Soup:</div><div>Chef's Choice</div></div></td></td> | | | | | <div>Thursday, April 28</div> <div><div>Entree:</div><div>Chili Cheese Dog</div></div> <div><div>Starch:</div><div>Pasta</div></div> <div><div>Soup:</div><div>Chef's Choice</div></div> <td colspan="5"><div>Friday, April 29</div><div><div>Entree:</div><div>Roast Beef</div></div><div><div>Starch:</div><div>Mashed Potatoes</div></div><div><div>Soup:</div><div>Chef's Choice</div></div></td> | | | | | <div>Friday, April 29</div> <div><div>Entree:</div><div>Roast Beef</div></div> <div><div>Starch:</div><div>Mashed Potatoes</div></div> <div><div>Soup:</div><div>Chef's Choice</div></div> | | | | | | | | | |

| MENU ITEMS AVAILABLE IN DINING ROOM | | | | | | | | |
|--|------------|------------|-----------------------------------|------------|-----------|-----------------------------------|------------|-----------|
| Breakfast Special | MEM \$6.50 | NM \$7.50 | Toasted Denver Sandwich | MEM \$5.75 | NM \$6.50 | Hamburger & Fries | MEM \$7.00 | NM \$8.00 |
| Toasted Egg, Ham & Cheese Sandwich . . . | MEM \$5.75 | NM \$6.50 | Toasted BLT Sandwich | MEM \$5.75 | NM \$6.50 | Cheeseburger | MEM \$6.25 | NM \$7.25 |
| Dinner Special | MEM \$9.00 | NM \$10.35 | Hot Hamburger Sandwich | MEM \$5.75 | NM \$6.50 | Cheeseburger & Fries | MEM \$7.00 | NM \$8.75 |
| Sandwich Special | MEM \$5.75 | NM \$6.95 | 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 |

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, May 2 – June 27
(no class May 23)
Time: 10:30 – 11:30 am
Fee: \$54 LSCO M; \$72 NM
Register by: Thursday, April 28
Instructor: Tracy Simons
Location: Gym 2

When: Wednesdays, May 4 – June 29
Time: 10:30 – 11:30 am
Fee: \$61 LSCO M; \$81 NM
Register by: Thursday, April 28
Instructor: Tracy Simons
Location: All Purpose Room
(downstairs)



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 water bottle. If you have a yoga/exercise mat please bring it as floor work may be included. All fitness levels welcome. Class will be held in Gym 1.

When: Tuesdays, May 3 – June 28
Time: 9:00 – 9:50 am
Fee: \$60 LSCO M
Instructor: Andrea Clarke
Register by: Thursday, April 28

When: Thursdays, May 5 – June 30
(no class June 9)
Time: 9:00 – 9:50 am
Fee: \$54 LSCO M
Instructor: Gabrielle Dumont
Register by: Thursday, April 28



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



ONLINE REGISTRATION

WWW.LETHSENIORS.COM



EVERGREEN
Cremation Services
Because Cost Is An Option

Phone: 403-329-4934
www.evergreenfh.ca
A division of the Caring Group Corp.
**We Lessen the Expense
~ Not the Care**

Government Announces Support for GIS Receiving Seniors who Received CERB

While the pandemic has been challenging for everyone... seniors have been particularly affected. Some of these challenges include social isolation, reduced/loss of access to physicians and medical services, and financial hardships. It's been a difficult couple of years. We have seen many seniors who have accidentally applied for, and wrongfully received CERB. There are a multitude of reasons that seniors have found themselves in this situation; whether it had been a misunderstanding of eligibility and purpose of receiving CERB, or a family member who had applied for it on their behalf. The fallout from this error has left so many seniors with their Alberta Seniors Benefit (ASB) and Guaranteed Income Supplement (GIS) pensions garnished, which continues to carry massive ripple effects in seniors' lives in a world where prices are soaring day by day.




Seniors System Navigator

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

I would like to share with you an update from the government of Canada. The Government announced that they are introducing Bill C-12, which amends the *Old Age Security Act* from excluding CERB, CRB, Canada Recovery Caregiving Benefit, Canada Recovery Sickness Benefit and Canada Worker Lockdown Benefit from being considered income in their assessment of eligibility for GIS in July 2022. For

those of you that received CERB in 2021 and are receiving GIS or eligible GIS, I know how stressful this has been – but I hope you can take a breath and find peace in knowing that your GIS is on its way to being rectified. The government also announced that they will be issuing a one-time payment to seniors who were rightfully receiving CERB, but had their GIS garnished due to CERB being counted as income. These payments will come to direct deposit recipients on April 19, 2022, and will come via cheque for those without direct deposit no later than the end of April 2022. Please note that this one-time payment will be issued automatically to those who are eligible, there is no need to apply.

Source: <https://www.canada.ca/en/employment-social-development/news/2022/03/legislation-to-support-low-income-seniors-who-received-pandemic-benefits-receives-royal-assent.html>. ★













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Funeral Services
a division of the Caring Group Corp.

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Southern Alberta Families


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Dale Martin Jr. Chris Martin Jong Daryl Lockyer Bruce Small Brianne Kempe Sandy Regier

People you know. Friends you trust.

Martin Brothers Funeral Services www.mbfunerals.com 
Toll Free: 1.800.382.2901 403.328.2361 610-4 Street South Lethbridge, AB



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. Location: Gym 1.

When: Wednesdays, May 4 – June 29
(no class June 8)

Time: 9:00 – 10:00 am

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

Instructor: Tracy Simons/Nancy Purkis

Register by: Thursday, April 28



APRIL 2022 HAPPENINGS

THE GALT PRESENTS...

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



Wed 06 | History of Lethbridge Transit
Diane Boulton spent her career with City of Lethbridge Transit. She worked her way through the department starting in 1978 as school bus operator until retiring in 2013 as member of the LT Management Team. Her experience and extensive knowledge of the history of public transit in Lethbridge make her an expert on the topic.



Wed 20 | The Art of Takao Tanabe
Canadian art historian **Ian Thom** presents an engaging talk and slide show on the life and art of West Coast artist **Takao Tanabe**—a formidable painter who has captured the essence of intimate and expansive vistas on the coast and prairies for over six decades. Thom has written two books about Tanabe. Learn about the evolution of the artist from illustrator, to abstractionist, Sumi painter, and lastly as a master of the landscape.



Sun 24 | Beadwork Conversations
There is much more to Blackfoot beading than picking up a needle. From a very young age **Kalli Eagle Speaker** learned both the art and the rich history of beading from her mother and sister. Discover the culture of beading in the Blackfoot community.

HISTORY MAKERS

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



Thu 21 | 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 **Serene Weasel Traveller**. No beading talent required!

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 02 | Suncatcher
Be inspired by the geometric patterns of Islamic art and create a colourful suncatcher for your window.



Tue 05 | Suncatcher Be inspired by the geometric patterns of Islamic art and create a colourful suncatcher for your window.
Tue 19 | Cherry Blossom Lantern
Capture the spirit of the cherry blossom season in your own painted lantern.

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 05 | Suncatcher Be inspired by the geometric patterns of Islamic art and create a colourful suncatcher for your window.
Tue 19 | Cherry Blossom Lantern
Capture the spirit of the cherry blossom season in your own painted lantern.

SPECIAL EVENTS



Sat 16 | 10-12:30 pm
Easter at the Galt
children to attend with adults | registration required | museum admission applies | free to annual pass holders | allergy warning: eggs will be present
Easter activities for all ages! Enjoy performances by Lethbridge's **Troyanda Ukrainian Dance Club**, challenge your family to an egg battle, make a craft, and go on an Easter egg hunt. Groups start at staggered times, and spots are limited so book early on our website!



Wed 20 | 5-8 pm
Discover Downtown Lethbridge Festival
ADULTS & SENIORS | registration required | \$50 per ticket | 100 tickets per hour | Funds raised go towards the planned renovation of the Galt Museum's main exhibit space, Discovery Hall
Discover twenty businesses in Downtown Lethbridge, their history, and what they offer through samples and discounts. Visit each and fill out your passport to be entered in a draw for a gift basket from the businesses. Tickets include special guided tours of current museum exhibits with performances by musicians with the Lethbridge Buskers Association.



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, April 5 – 26
Time: 5:15 – 6:15 pm
Fee: \$27 LSCO M; \$36 NM
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Erich Dyck
Location: Gym 2

2022 Upcoming Classes

HOW DO I REGISTER?

- In person.
- Online at www.lethseniors.com. Find the Memberships & Programs tab at the top of the page and click. Additional tabs will be visible for you to click on and review.

HOW DO I PAY?

- By debit, cash, cheque, Visa or MasterCard. Not required to use Paypal when registering online.

ONLINE REGISTRATIONS

- Members and non-members are able to register online for many of the classes.
- If a program says Out of Stock feel free to give us a call as space may be available or to put your name 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.

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, May 2 – June 27
(no class May 23)
Time: 10:30 – 11:30 am
Fee: \$54 LSCO M; \$72 NM
Register by: Thursday, April 28
Instructor: Tracy Simons
Location: Gym 2

When: Wednesdays, May 4 – June 29
Time: 10:30 – 11:30 am
Fee: \$61 LSCO M; \$81 NM
Register by: Thursday, April 28
Instructor: Tracy Simons
Location: All Purpose Room (downstairs)

WORK-IT-CIRCUIT

If you are looking to add variety to your regular routine, then come try this fun circuit style class. Get a full-body workout in 30 minutes as you are led through a series of exercises using timed intervals with a variety of equipment such as dumbbells, barbells, steps, resistance bands and more. All exercises can be modified to your fitness level.

When: Fridays, April 22 – May 27
Time: 12:15 – 12:50 pm
Fee: \$40 LSCO M; \$56 NM
Instructor: Andrea Clarke
Location: APR, Room A/B
Register by: Thursday, April 21

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. If

session is not full, dropins are welcome. Please ask.

When: Wednesdays, May 4 – June 29
Time: 9:00 – 9:50 am
Fee: \$61 LSCO M; \$81 NM
Instructor: Tracy Simons/Nancy Purkis
Register by: Thursday, April 28
Location: Gym 2

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 water bottle. 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, May 3 – June 28
Time: 9:00 – 9:50 am
Fee: \$60 LSCO M
Instructor: Andrea Clarke
Register by: Thursday, April 28

When: Thursdays, May 5 – June 30
(no class June 9)
Time: 9:00 – 9:50 am
Fee: \$54 LSCO M
Instructor: Gabrielle Dumont
Register by: Thursday, April 28

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, May 2 – June 30
(no class May 23)
Time: 9:00 – 10:00 am
Fee: \$54 LSCO M; \$72 NM
Instructor: Tracy Simons
Register by: Thursday, April 28
Location: Gym 2

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, May 2 – June 27
(no class May 23)
Time: 10:15 – 11:00 am
Fee: \$40 LSCO M; \$64 NM
Instructor: June Dow
Register by: Thursday, April 28

When: Wednesdays, May 4 – June 29
(no class June 8)
Time: 10:15 – 11:00 am
Fee: \$40 LSCO M; \$64 NM
Instructor: Donna Tiefenbach
Register by: Thursday, April 28

When: Fridays, May 6 – June 24
(no class June 10)
Time: 10:15 – 11:00 am
Fee: \$35 LSCO M; \$56 NM
Instructor: Tracy Simons
Register by: Thursday, April 28

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, May 4 – June 29
Time: 1:00 – 2:00 pm
Fees: \$45 LSCO M; \$63 NM
Instructor: Gloria-Rose Puurveen
Register by: Thursday, April 28
Location: All Purpose Room

EXPERIENCED BEGINNER 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, May 4 – June 29
Time: 11:40 am – 12:40 pm
Fees: \$45 LSCO M; \$63 NM
Instructor: Gloria-Rose Puurveen
Register by: Thursday, April 28
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, May 4 – June 29
Time: 8:00 – 8:50 am
Fee: \$61 LSCO M; \$81 NM
Instructor: Deb Palmer
Register by: Thursday, April 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, April 7 – 28
Time: 5:15 – 6:15 pm
Fee: \$32 LSCO M: \$40 NM
Instructors: Michelle Dimnik, Michie Moline, Val Kunitomo & other special guest
Register by: Tuesday, April 5
(to ensure program runs)
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, May 2 – June 27
(no class May 23)
Time: 11:15 am – 12:15 pm
Fee: \$54 LSCO M; \$72 NM
Instructor: June Dow
Register by: Thursday, April 28
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, May 3 – June 28
Time: 1:30 – 2:30 pm
Fee: \$61 LSCO M; \$81 NM
Instructor: Nancy Purkis
Register by: Thursday, April 28
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, May 6 – June 30
(no class June 10)
Time: 10:00 – 10:45 am
Fee: \$48 LSCO M; \$63 NM
Instructor: Sheila Mulgrew
Register by: Thursday, April 28
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.

When: Wednesdays, May 4 – June 29
(no class June 8)
Time: 9:00 – 10:00 am
Fee: \$54 LSCO M; \$72 NM
Instructor: Tracy Simons/Nancy Purkis
Register by: Thursday, April 28
Location: Gym 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, April 23 – May 28
Time: 12:00 – 1:00 pm
Fee: \$40 LSCO M; \$56 NM
Instructor: Andrea Clarke
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, April 5 – 26
Time: 5:15 – 6:15 pm
Fee: \$27 LSCO M; \$36 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 work-out clothes, indoor sneakers. Bring a water bottle, yoga/exercise mat. Intermediate to advanced fitness level.

When: Mondays, May 2 – June 27
(no class May 23)
Time: 8:00 – 8:50 am
Fee: \$54 LSCO M; \$72 NM
Instructor: Tracy Simons
Register by: Thursday, April 28
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.

When: Mondays, April 4 – 25
(no class April 18)
Time: 8:45 – 9:45 am
Fee: \$21 LSCO M; \$27 NM
Instructor: Erich Dyck
Location: Gym 1

When: Fridays to April 29 (no class April 15)
(New session will begin in May dates TBA)
Time: 9:00 – 10:00 am
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Tracy Simons
Location: Gym 1

TRX EXPRESS

Feeling short on time? Come join this fun 30 minute full body workout. TRX is functional training using a suspension system that allows you to use gravity and bodyweight as resistance to build strength,balance,coordination, core, and joint stability. All exercises can be modified to your fitness level.

When: Tuesdays, April 12 – May 31
Time: 12:15 – 12:50 pm
Fee: \$40 LSCO M; \$56 NM
Instructor: Andrea Clarke
Location: Gym 2

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 until April 25
(no class April 18)
(New session will begin in May dates TBA)
Time: 11:00 – 11:45 am
Fee: \$8 LSCO M; \$10 NM
Instructor: Sheila Mulgrew
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, May 5 – June 30
Time: 11:15 am – 12:00 pm
Fee: \$61 LSCO M; \$81 NM
Instructor: Sheila Mulgrew
Register by: Thursday, April 28
Location: All Purpose Room

Tai Chi & Yoga

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, May 4 – June 29
Time: 10:15 – 11:15 am
Fee: \$27 LSCO M; \$52 NM
Register by: Thursday, April 28
Location: Gym 2

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, May 4 – June 29
Time: 10:00 – 10:45 am
Fee: \$45 LSCO M; \$81 NM
Register by: Thursday, April 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, May 3 – June 28
Time: 10:00 – 11:00 am
Fee: \$59 LSCO M; \$81 NM
Register by: Thursday, April 28
Location: All Purpose Room (downstairs)

When: Thursdays, May 5 – June 30
Time: 10:00 – 11:00 am
Fee: \$59 LSCO M; \$81 NM
Register by: Monday, May 2
Location: All Purpose Room (downstairs)

When: Thursdays until April 28
Time: 11:15 am – 12:15 pm
Drop In Fee: \$7 LSCO M; \$10 NM
Location: Room A/B

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 until May 4
Time: 8:30 – 9:30 am
Drop In Fee: \$7 LSCO M; \$10 NM
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 until April 26
Time: 5:00 – 6:00 pm
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Donna Tiefenbach
Location: Room A/B

Technology

These classes are held in the Computer Lab (second floor).

IPHONE WORKSHOP

Do you have an iPhone and are not quite sure how to use it? If so, register for this 4-day course. If you have an Android this class is NOT for you. Space is limited. Bring your iPhone fully charged.

When: Tuesdays & Thursdays
May 3, 5, 10, 12
Time: 1:00 – 3:00 pm
Fee: \$50 LSCO M; \$70 NM
Instructor: Rod Henriquez
Register by: Thursday, April 28

INTRODUCTION TO YOUR iPad

If you have a tablet this class is not for you. If you need some assistance to learn how to connect to the Internet, find and install a variety of “Apps” this class is for you. You must own an iPad to register. Bring it fully charged each day. It is expected that participants registering will have different skills and knowledge therefore you are encouraged to bring a list of things you would like to learn.

When: Tuesdays & Thursdays
May 17, 19, 24 & 26
Time: 1:00 – 3:00 pm
Fee: \$50 LSCO M; \$70 NM
Register by: Thursday, May 12
Instructor: Rod Henriquez

Sports

BADMINTON

Everyone of all skill levels are welcome to play badminton weekdays however; many have been playing for awhile and at times, games become more competitive. Arrive no earlier than 10 minutes prior to start time. Note: Times may change.

When: Mondays & Fridays
11:00 am – 12:45 pm
When: Wednesdays, 11:30 am – 12:45 pm
When: Thursdays, 10:15 – 12:15 pm
Fee: \$66 & LSCO membership

PICKLEBALL COURT BOOKINGS

If you are interested booking a court with other players please call us at 403-320-2222 for more information. You must have your own paddles and balls.

Badminton

Everyone of all skill levels are welcome to play badminton weekdays however; many have been playing for awhile and at times, games become more competitive. Arrive no earlier than 10 minutes prior to start time. Note: Times may change.

When: Mondays & Fridays
11:00 am - 12:45 pm

When: Wednesdays
11:30 am - 12:45 pm

When: Thursdays
10:15 - 12:15 pm

Fee: \$66 & LSCO membership




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).

play
PICKLEBALL



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, May 2 – June 27
(no class May 23)
Time: 10:15 – 11:00 am
Fee: \$40 LSCO M; \$64 NM
Instructor: June Dow
Register by: Thursday, April 28

When: Wednesdays, May 4 – June 29
(no class June 8)
Time: 10:15 – 11:00 am
Fee: \$40 LSCO M; \$64 NM
Instructor: Donna Tiefenbach
Register by: Thursday, April 28

When: Fridays, May 6 – June 24
(no class June 10)
Time: 10:15 – 11:00 am
Fee: \$35 LSCO M; \$56 NM
Instructor: Tracy Simons
Register by: Thursday, April 28

A 2013 survey found that 46% of mothers said their husbands caused them more stress than their children. ~ weird-facts.org



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, May 3 – June 28
Time: 10:00 – 11:00 am
Fee: \$59 LSCO M; \$81 NM
Register by: Thursday, April 28
Location: All Purpose Room (downstairs)

When: Thursdays, May 5 – June 30
Time: 10:00 – 11:00 am
Fee: \$59 LSCO M; \$81 NM
Register by: Tuesday, March 1
Location: All Purpose Room (downstairs)

When: Thursdays, until April 28
Time: 11:15 am – 12:15 pm
Drop In Fee: \$7 LSCO M; \$10 NM
Location: Room A/B

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, May 5 – June 30
Time: 11:15 am – 12:00 pm
Fee: \$61 LSCO M; \$81 NM
Instructor: Sheila Mulgrew
Register by: Thursday, April 28
Location: All Purpose Room

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, April 7 – 28
Time: 5:15 – 6:15 pm
Fee: \$32 LSCO M; \$40 NM
Instructors: Michelle Dimnik, Michie Moline, Val Kunimoto and other special guest
Register by: Tuesday, April 5 (to ensure program runs)
Location: Gym 2

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.

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
May 3 – June 28
Time: 1:30 – 2:30 pm
Fee: \$61 LSCO M; \$81 NM
Instructor: Nancy Purkis
Register by: Thursday, April 28
Location: All Purpose Room (downstairs)



Researchers played continuous loops of Led Zeppelin, A Tribe Called Quest, and Mozart to cheese wheels to determine how sound waves impacted flavor. Cheese wheels that were exposed to hip-hop music had the strongest flavor. ~ weird-facts.org

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
April 23 – May 28
Time: 12:00 – 1:00 pm
Fee: \$40 LSCO M; \$56 NM
Instructor: Andrea Clarke
Register by: Wednesday, April 27
Location: Fitness Centre

CLASSIFIED ADS

CERTIFIED ELECTRICIAN. Semi-retired and Member of LSCO. Small Jobs for Reasonable Rates. Lights, Fans, Switches, Receptacles or general cleanup of unsafe wiring. Ph/Text Bill at 403.394.1958.

FRESH PURE UNPASTEURIZED HONEY for sale. Various sizes from 300 gram jars to 10 lb. pails. 100% natural Beeswax hand & body cream. Will deliver. Call 403-381-1653.

Karen's Kare Services. Senior Care/ Recovery Assistance. 20+ years experience in Community Service. HOME cooked meals-errands-cleaning-laundry-Indoor/ outdoor or seasonal chores. Valid First Aid and CPR. Valid license w/liability. Call Karen to book a visit today 403-315-9025. References available.

FOR SALE: Immediate possession. CONDO UNIT GRANDVIEW VILLAGE Lethbridge: ONE OWNER – 55 & over, bright & spacious southern exposure, 2 bedroom 2 bath with balcony on 4th floor. Appliances and some furnishings included. Amenities include exercise room, overnight guest lodging, large & bright spacious 4th floor library and meeting area, underground heated parking with storage facility. Very accessible (mostly within walking distance) city, retail and banking services, minutes to hospital via trail access. Secure location across from police station, 2 blocks from fire hall. Environment of community of neighbours who are responsible for the administration and care of the collective premises. Reduced \$209,000.00. To view call 403-328-1520.



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, drop-ins are welcome. Please ask.

When: Wednesdays
May 4 – June 29
Time: 9:00 – 9:50 am
Fee: \$61 LSCO M; \$81 NM
Instructor: Tracy Simons/Nancy Purkis
Register by: Thursday, April 28
Location: Gym 2

During the 2014 Winter Olympics in Sochi, Russians made a small “mouse” hole into a secure anti-doping lab and exchanged “clean” urine samples for those showing their athletes’ PED use. Over 100 dirty samples were smuggled out by a Russian agent pretending to be a sewer engineer.
~ weird-facts.org

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



EXPERIENCED BEGINNER 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, May 4 – June 29
Time: 11:40 am – 12:40 pm
Fees: \$45 LSCO M; \$63 NM
Instructor: Gloria-Rose Puurveen
Register by: Thursday, April 28
Location: Gym 2



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. Class will be held in the Stage Area.

When: Wednesdays, May 4 – June 29
Time: 10:00 – 10:45 am
Fee: \$45 LSCO M; \$81 NM
Register by: Thursday, April 28

While studying the belly button fluff of 60 people, Scientists found 1,458 bacteria entirely new to science. One participant's fluff contained oil found only in soil from Japan, where he had never been.
~ weird-facts.org

We are All Ukrainian

I am at a loss for words for the tragedy unfolding in Ukraine. I had thought that war of this kind, at least in Europe, would never happen again. Putin has shown himself to be a Russian version of Hitler, without the over-the-top speeches. In many ways he is more dangerous than Hitler. He is a cold psychopathic killer, hiding behind a calm façade. I did not think he would go this far, but surely our intelligence reports knew he was capable of this. Have we been duped like Chamberlain was in 1938?

It seems that Putin’s goal is the complete destruction, at any cost, of a country of 45 million people. There is no way out for him now, even if he came begging for forgiveness. He is a war criminal. We will play this diplomatic game for now, but if there is some sort of truce, Putin will have to go at some point. Our only hope is that his own people rise up and remove him.

Whatever the outcome of this war, the world has changed for the foreseeable future. It will take some time to repair the damage this war has wrought. The question is whether we even make it to that stage of Russia being defeated and going home. Putin has threatened to unleash nuclear weapons, whether by seizing nuclear power plants or using actual missiles. This is what makes this war different from any other war before. Prior to the invasion the world relied on the concept of mutually assured self-destruction. In other words, I won’t nuke my



Legal Tips and Information

Douglas Alger

enemy, because he will nuke me, a war that no one wins. Putin has turned this theory on its head and is relying on the threat of nuclear weapons to prevent any NATO country from fully entering the fray. Nuclear détente relied on superpowers being reasonable and hoping that all leaders love their children as much as we do. Even though the prior Soviet Union was an evil empire, it did have one thing that helped avoid this issue and that was the Politburo, which helped diffuse the power of the leader. Khrushchev could not go rogue due to the fact he might be removed from power by his other members of the Politburo. Putin has no such constraints, nor for that matter do the leaders of China or North Korea.

As Canadians, we can only stand back and watch the crisis unfold day by day. I wish there was a magic wand we could wave, but there isn’t. This is without doubt the most seri-

ous crisis in Europe since World War II. Look around at all our friends and acquaintances that we have grown up, no doubt a very large portion of these came from Europe after 1945, including many of you reading this article. The very same thing will happen again, and displaced innocent people will once again come to Canada looking to recreate the life they left behind in Ukraine.

Estate Planning Tip of the Month

An estate plan can involve many different professionals. Of course, your lawyer is one of them. Don’t forget your accountant and your financial advisor when trying to come up with an estate plan as well. Before you make any plans to simplify your estate affairs, first consult with a lawyer and if you have one your accountant. Many people turn to financial institutions to make these decisions and end up coming up with a plan that causes problems. Your lawyer and accountant are the best people to advise on what a good estate plan looks like. Once you have their advice then you can proceed accordingly at your local financial institution with that advice.

Until next month and the months to come, we are all Ukrainian. ★

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.

\$6⁵⁰

BREAKFAST

8:00 am ~ 1:00 pm Weekdays

Non-members add 15%

There is a spray that makes everything smell like cat head. Cat owners have been known to compare their cat’s head to the smell of sunshine or freshly baked bread, so a company from Japan spent 4 months sniffing cats to bottle the scent.

~ weird-facts.org

Do you want to meet people
in an interesting and
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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

LSCO

Drive
Happiness

An Increase in Grandparent Scams

I have heard from many sources like banks, and older adults themselves that grandparent scams are on the rise. I wanted to share a story of something that happened to my own grandparents to show you just how clever these scammers can be.

Last week, my grandpa got a call from someone claiming to be my brother. The caller somehow knew that my brother’s name was Ryan and identified himself as such. When asked why he was calling from an unfamiliar number, the caller said he was using his friend’s phone.

“Ryan” told my grandpa that he had just been in a car accident because he was on his phone while driving. In this accident, “Ryan” said he had injured the driver of the other vehicle and the police could prove he was on his phone, so he was currently in jail. To get out of jail, “Ryan” needed upwards of 50 thousand dollars to pay a lawyer fee. By this time, my grandpa had noticed a few things weren’t lining up. My grandpa said that it did not sound like Ryan’s voice, and the caller said that was because he had broken his nose in the collision which was impacting his speaking. The caller



LEARN
Case
Manager

Amy Cook
learn@lethseniors.com
403-394-0306

also said that they were driving their friend’s vehicle, to make the story more believable in the case that Ryan didn’t have his own. “Ryan” told my grandpa that he could not get ahold of my mom, which is why he was calling him instead. Although there was a lot of holes in the story, there was also a lot of consideration on the caller’s part to make the story sound believable. Bizarre, but believable, especially considering grandparents are often willing to go to great lengths for their grandchildren.

Throughout the conversation, my grandpa had doubts, but the caller provided explanations for those doubts, such as having a broken nose and that being why he sounded dif-

ferent. Ultimately, when my grandpa declined the request to send money, the caller broke his character and told my grandpa he would be placed under arrest and even executed if he did not send the money. Although these threats can be scary, they lack legitimacy and only serve to scare people into sending the funds, as that is the caller’s Submmain goal.

If you receive a call like this or are in any situation where your gut is telling you to ask more questions or move forward with caution, it is not wrong of you to do so! With the advancement of technology, scammers are getting more and more difficult to catch, so it is up to you, the person on the other end of the line, to protect yourself and be diligent when someone is asking you for money.

If it doesn’t feel right, it probably isn’t right! ★

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.

Life happens . . .
BE READY



Find out how at advancecareplanning.ca/acpday
Advance Care Planning Day | April 16 | #ACPD2022



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.
When: Wednesdays until May 4
Time: 8:30 – 9:30 am
Drop In Fee: \$7 LSCO M; \$10 NM
Location: Room A/B

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



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.

In Home Supports & Volunteer News

Spring is on the horizon! LSCO recently had a St. Patrick's Day Pub. It was so exciting to have people physically together again. LSCO is looking forward to more of these events.

NATIONAL VOLUNTEER WEEK

National Volunteer Week is recognized in the third week of April. This year we will celebrate our volunteers together April 24-30. The theme this year is, "Volunteering is Empathy in Action."

Empathy is a quality that connects people from diverse backgrounds and experiences and forms healthy, supportive communities. The act of volunteering deepens our understanding of others and their experiences; empathy motivates volunteers to act.

As I reflect on the past year and the work of LSCO volunteers, I am humbled. It is a privilege to be in touch with people that are dedicated to and give so much to our community.



In Home
Supports &
Volunteer
Coordinator

Shiloh Sabas
volunteer@lethseniors.com
403-320-2222 ext. 31

OUR VOLUNTEERS ARE VITAL!

LSCO volunteers are vital to our organization.

- LSCO board members are volunteers
- Volunteers work at our Winners Bingo weekly fundraiser- funds our operations
- Meals on Wheels kitchen volunteers and 40 teams of drivers and couriers, ensure the quality of meals and safe delivery 5 days a week

- Drive Happiness volunteers ensure seniors get the transportation they need to live independently
- Various other LSCO volunteers help at our centre in: LSCO Boutique, computer club, completing income tax returns, special event administration and decorating, gardening (in our atrium) and much more.

COME CELEBRATE WITH US

We are having a celebration on Thursday, April 28 from 1:00 – 3:00 pm in the LSCO dining room and atrium area. All LSCO volunteers, who have volunteered with our organization in the past year, are invited and will be recognized and appreciated for bringing heart to our community. This will be an informal event with refreshments. Volunteers are encouraged to stop by, if only for a few minutes, to celebrate together and feel appreciated. ★

**VOLUNTEERING IS
EMPATHY IN ACTION**
Volunteers Bring Heart to Canada's Communities

Join Us
**Thursday,
April 28th**
to celebrate
our Volunteers

LSCO Dining Room & Atrium
1:00 – 3:00 pm

**NATIONAL VOLUNTEER WEEK
APRIL 24-30, 2022**

APRIL 7, 2022
CANADIAN TRANSPLANT ASSOCIATION
GREEN SHIRT DAY
LOGAN BOULET EFFECT HUMBOLDT STRONG
TOGETHER STRONG
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**AVOID
LATE
FEES**

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

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. Class will be held in Room A/B.

When: Mondays, May 2 – June 27 (no class May 23)
Time: 11:15 am – 12:15 pm
Fee: \$54 LSCO M; \$72 NM
Instructor: June Dow
Register by: Thursday, April 28

Go Friendly Shuttle

Door-to-Door Transportation Service

We pick you up at your home and take you to LSCO or Nord-Bridge and return.

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Lethbridge Food Bank

Mobile Food Support





Mobile Food Support is a service provided by Lethbridge Food Bank that provides community members access to food support at various locations around Lethbridge. It is open to **ANYONE** who may need a little extra food assistance.

STEP BY STEP

Walk Up
Check In
Receive Food

HOW TO ACCESS

We only need your postal code.
E-mail is optional.

Pick Up Food at these Locations 5:00 – 7:00 pm

| | |
|------------------------|----------------------------|
| March 21 – Nord-Bridge | August 22 – LSCO |
| April 22 – LSCO | September 19 – Nord-Bridge |
| May 26 – Nord-Bridge | October 17 – LSCO |
| June 20 – LSCO | November 21 – Nord-Bridge |
| July 18 – Nord-Bridge | December 12 – LSCO |



NORD-BRIDGE
SENIORS CENTRE
1904 - 13 Avenue North
403-329-3222



LSCO LETHBRIDGE
Senior Citizens
ORGANIZATION
500 - 11 Street South
403-320-2222

Did you know?

the Dining Room at LSCO is open to the public and serves breakfast and lunch?

In Wayne, West Virginia, two dogs who were locked in a car while their owner shopped, drove the vehicle straight into a Walmart. ~ weird-facts.org



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Computer Corner

by Sjoerd Schaafsma

Is it Time for a New Computer? Part 2 Troubleshooting

The LSCO computer club has members whose experience covers a wide range of expertise from computer engineers, tinkerers, and writers with decades of experience to beginners. We are happy to give advice and share our knowledge with members. If you aren’t sure if your computer is worth fixing, bring it in, and we can probably let you know. If we can’t fix it we can probably connect you with someone who can.

The classic reply when you call a help desk is often, “restart your computer”.
Yes, that’s often all it takes.
Here’s a variant on an old bit of help desk humor, somewhat changed and abbreviated.
Client “How do I restart the computer.”
Help desk “Find the on off switch and press it.”
“What does it look like.”
“It should look like a round or square button on the top or front of your PC.”
“I can’t see anything like this.”
“Can you turn on a brighter light.”
“No, the power is off in the building.”

Troubleshooting an apparently dead PC

First, the simple fixes: ie. problems you can solve yourself. Knowing the possible problem could save you repair hassles and computer tech hourly costs. By dead I mean it makes no noise, the monitor is blank, there is no response to repeatedly pressing the power switch.

If your computer worked fine but you recently changed something, anything from vacuuming under the desk, moving it, re-arranging your cables, to installing a new piece of equipment, trouble shoot this first. If your problem started after a thunder storm, check any and all breakers.

| Issue – computer seems dead | Y | N | Comment |
|--|---|---|---------|
| Is there power in the room? ☺ | | | |
| Are all the cables plugged in? | | | |
| Power switch working? Sometimes they break and might require more than one tap or press, or a longer press. | | | |
| Keyboard – is it plugged in, is a key pressed down and stuck? | | | |
| Monitor - plugged in? turned on? Sometimes when moving a monitor the power switch gets pressed. | | | |
| Power supply if it’s a laptop – plugged in both ends, is it the right power supply? | | | |
| Power bar switch on? | | | |
| UPS (uninterruptible power supply) switch on? | | | |
| Plug a lamp into your power source, does it work? | | | |
| Some computers have an extra on/off switch on the power supply, located at the back of the computers, is it on? | | | |
| Is the fan spinning- If you can’t hear it, feel for blowing air. If everything else so far was good, and it’s not spinning, you might just have a dead power supply, if a fan is always howling, it may be about to die. | | | |
| Replacing a dead PS is usually and easy DIY repair. | | | |

Did you solve the problem? Congratulations!

If an easy solution didn’t work it might be time to do some research on the internet. Try to get a user manual online from the manufacturer of your computer, or take your PC to a trusted local repair service or tech.

DON’T CALL A “MICROSOFT HELP LINE” phone number you’ve found on the internet, **they are usually scams.**

Ask what it costs just to have your computer looked at, do they do house calls? What’s the cost for home service? When I’ve helped people out at home I’ve often had to take their computer home because the repair would take too long. Beware of sites or software that claim to have the ultimate solution. Two reliable sites are listed below. Don’t always assume the worst.

Computer Tip: Stop the scroll bar from hiding

In order to prevent scrollbars from hiding automatically on Windows 10, use the following steps:
Open Settings. – Click on Ease of Access – Click on Display. Under “Simplify and personalize Windows” turn off the “Automatically hide scrollbar in Windows” toggle switch.
Next month we’ll look at other computer issues, speed, erratic behaviour, and connectivity problems.
Reliable help sites. **Beware of ads!**

Multiple articles from HowToGeek
<https://www.howtogeek.com/t/troubleshooting/>
13 Tips to Troubleshoot Your Internet Connection from PC magazine
<https://www.pcmag.com/news/12-tips-to-troubleshoot-your-internet-connection>
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.

April 2022

- Monday 4Updates, installs, sharing & help.
- Wed. 131 PM Safer Browsing and Downloading – Danger signs, passwords, safe sites, quick escapes, Ad blockers, operating systems, browsers.
- Monday 251 PM Photo Sharing presentation – Bring a collection of photos ready to share on the big screen. Photos could be artistic, a travel log, a blog, examples of what makes for good photography, a story. The idea is to have fun sharing.
- Wed. 27Planning session for fall, summer, Live Well Showcase June 9 & 10, sharing and help.

April is usually the last month for planned events. 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.



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 until April 26

Time:

5:00 – 6:00 pm

Drop In Fee:

\$7 LSCO M; \$10 NM

Instructor:

Donna Tiefenbach

Location:

Room A/B

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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, May 4 – June 29
Time: 10:15 – 11:15 am
Fee: \$27 LSCO M; \$52 NM
Register by: Thursday, April 28
Location: Gym 2



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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. Location: Gym 2.

When: Mondays, May 2 – June 30
(no class May 23)

Time: 9:00 – 10:00 am

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

Instructor: Tracy Simons

Register by: Thursday, April 28

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THE SMITHS OF HOOD RIVER VALLEY

Chapter 10: The Family Secret

At last the secret is out, as it always must come in the end,...

~ W.H. Auden 1907-1973

This is the story, the family secret, that I am hesitant to write about, but it is an important part of our family story. How do I know this? Research, results, and (most importantly), the letter. The truth is that my great-great grandfather, Silas Rogers (originally Rouget) had syphilis. There is no record of how he contracted the disease, but the effects are there in the family history. Silas was born in France (his last name was originally Rouget). He married Mrs. Amelia Tostivin on May 15th, 1861 in Racine, Wisconsin. By the time that they married, Silas's syphilis would have gone dormant in his body but it was still there. A danger to him, his wife, and to his descendants. A real life-changer for everyone involved.

Much of what I have been able to glean about the family is from a diary that Amelia kept from January 1, 1880 until October 1881. From reading her diary we learn that the couple had lost 3 babies in their married life, Ephie, Emmie, and Ada. Amelia grieved over the loss of these babies but was also a good mother to their two surviving children, Cora Mary and, (5 years younger), Arthur John. During the time that Amelia was writing in her diary she seemed to be a reasonably happy (although grieving) housewife. She mentions washing clothes, shopping, sewing clothes (even undergarments), and family outings. What she doesn't mention is that both her children were nearly blind and very deaf. This we know from family history. I can remember my great-grandma, Cora and her tiny little glasses.

Silas worked as a yardmaster at the Chicago Stockyards so we can guess that they had a reasonably good income for the times. They also had extra family members living with them, some of whom also worked at the stockyards. Silas, himself, referred to his job as a "cattle buyer" during a census. So far I have been unable to find a date of death for Silas but we do know that Amelia was first a widow for two years, and then died at 42 years of age. This means that Silas was about 40 years of age when he died. Cora was 17, Arthur was



The Widow's Walk

Kay Long, BSW, RSW

12 when their mother died. So it appears that these young children managed to carry on with the business of living on their own until Cora married John (Jack) Embly Binns when she was in her early 20s.

The three, Jack, Cora, and Arthur next appear in Hood River, Oregon, where Jack applied for a homestead on what became known as Binns Hill. How Cora managed life I have no idea but they built a house, a barn and other out buildings. Jack also worked in the lumber industry while they were farming. Along with all the work and daily chores, Cora managed to give birth to three children, My grandmother, Grace Elizabeth, her brother, Robert Earl, and second brother, Roy William. Roy passed away from membranous croup when he was 5 years old. He has one of the largest tombstones in the Hood River cemetery.

Now, the letter. My grandmother, Grace, received a letter from a relative, (unknown) which stated that Silas Rogers had syphilis, likely a latent form of the disease during the time that he married and had children. However, the resulting tragedies of stillborn children, and the effect on the vision, hearing and health of Cora and Arthur were likely a result of his contracting the disease, possibly without him knowing it at the time. At that time the only treatments for syphilis was using mercury and arsenic which could also be lethal. (Old saying: "A night with Venus, and a lifetime with mercury.") The letter went on to say that the disease would be dormant in a family until the 3rd generation when it would appear again in some of the grandchildren. My grandmother must have been worried most of her

life that some of her children would have an active outbreak of the disease. This "rumour" is totally false. Syphilis does damage to the immediate family. It is not carried down for 3 generations.

So I have studiously learned about family health, studied what illnesses I could learn about, and listened carefully when one of my aunts told me about the letter that she had also read. I once ask my Dad why my great-grandmother, Cora and her brother, Arthur, had vision and hearing problems. His answer was rather vague but suggested that they had scarlet fever when they were young. I've found no evidence that this was true. I don't think he was really aware of the family history and would have been horrified had he known the truth.

I included this family secret in the book because syphilis is making a comeback. If we think it is an old disease that has been cured by antibiotics that is not true. It is caused by a bacterium called *Treponema pallidum* and was, for a while, treated and almost defeated with antibiotics such as penicillin. We have become complacent worldwide, and the results are that the disease is still with us and growing in numbers. As Dr. Richard Arnold wrote in 1986:


"Syphilis was once a dreaded and dreadful disease involving millions of US citizens. Before the introduction of penicillin, the heavy-metal cure often caused thousands of deaths each year. The morbidity and mortality of the disease itself was horrendous, involving all ages from the fetus to the elderly."

Be fearful, readers. This horrible disease is with us still, and everyone should be aware that the danger has not gone away, nor has it been wiped out by antibiotics.

Next month: We take a family trip as written about in Amelia's Diary.

The Widow's Walk: A Survivor's Handbook can be purchased by calling Kay Long, 403-320-6856, or emailing annieo@shaw.ca. The book is \$15 which covers mail or delivery.

Abraham Lincoln created the secret service just hours before he was assassinated.
~ weird-facts.org



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