

LSCO Times

500 – 11 Street South, Lethbridge, AB T1J 4G7 • Phone: 403-320-2222 • www.lethseniors.com

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9th ANNUAL

Live Well Showcase

A TRADE SHOW FOR ACTIVE LIVING
 Lethbridge Senior Citizens Organization

96% Sold Out ~ 3 Booths Left*!
 Over 75 Exhibitors and Speakers
*As of April 25th

Contact LSCO
 500 ~ 11 Street South, Lethbridge
 www.lethseniors.com

Presented by
CORNERSTONE
 FUNERAL HOME Ltd.
Honoured to Serve

LSCO LETHBRIDGE Senior Citizens ORGANIZATION

Thursday, June 9th 10 am - 5 pm
Friday, June 10th 10 am - 3 pm

Free Admission

★ Door Prizes ★

Speakers sponsored by Hosack Denture Clinic
 Travis Zentner ~ Cornerstone Funeral Home
9 Struggles Executors Face
 Dr. Joseph Bergman ~ Logan Health (Kalispell)
What's New in Joint Replacement & Staying Active with Arthritis
 Nadine Granson CPA, CA and Tyler Brack CPA, CA, CFP ~ Avail CPA
Estate Planning Demystified

Join Us for

SINGLE SESSION DROP-IN COUNSELLING
(see page 7 for details)

MOBILE FOOD SUPPORT
(see page 5 for details)

MOTHER'S DAY LUNCH
Friday, May 6
(see page 4 for details)

HEALTHY COMMUNICATION & RELATIONSHIPS
Wednesday, May 18
(see page 12 for details)

COMPASS FOR THE CAREGIVER
starts May 25
(see page 14 for details)

LSCO FITNESS CENTRE

FITNESS CENTRE HOURS

Monday – Friday
8:00 am – 3:30 pm

Saturdays 9:00 am – 1:00 pm

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. Memberships must be purchased prior to your orientation.

Fee: \$20 LSCO M; \$35 Non-Member
(30 Days from date of purchase)
Drop in Fee: \$7 LSCO M; \$10 NM



Executive Director

Rob Miyashiro
rmiyashiro@lethseniors.com

I would like to welcome Andrea and Fred to our staff group. Andrea, who actually started here several months ago (my apologies for the late recognition), is the new LSCO Fitness Coordinator. Her work centres around teaching classes and supervising the Fitness Centre. Fred is our new chef and fills a vacant spot on the kitchen team. He brings with him a long and varied cooking career to LSCO.

Last year, Nord-Bridge Executive Director David Ng and I had a friendly wager over whose organization could sell the most Cupper's Coffee. Would the winner be Nord-Bridge's "Get off My Lawn" blend (a tasteful, yet a bit bland regular roast) or would it be

LSCO's "Wrinkle Remover" (a superior dark roast blend, full of flavor and body)? It turned out to be no contest as Nord-Bridge outsold us by 60 pounds – yes, that is correct, 60! And what price did I have to pay because people at LSCO failed to recognize and purchase our superlative coffee? The bet was for the losing E.D. to go to the other Centre and pour coffee/hand out cookies or snacks in the dining room. After the resounding loss, I offered to meet my obligation at Halloween...an offer to which David refused (I think he laughed out loud before saying no). Christmas was out because they had their own Santa and didn't want me to infringe on that territory. David came up with the idea that I would have to pay the piper at Easter. I ventured to Nord-Bridge on the day before Good Friday – with Rod in tow to record this historic event for posterity – and David greeted me in his office with an Easter Bunny costume for me, complete with a full head and paws for my hands and feet! Regardless of my personal humiliation, a good time was had by all – the coffee was ok, but the cinnamon buns and cookies were great. PS. LSCO "Wrinkle Remover" is available at Cupper's in whole bean or your choice of grind.

Stay safe and be kind. ★



Charles Darwin was the first person known to put wheels on an office chair. He liked being able to roll around his office so he could study different specimens more quickly. ~ weird-fact.org

FRIDAY MUSIC IS BACK ONCE A MONTH
Friday, May 13
12:00 – 2:00 pm
LSCO Stage Area

Memorial Tea Celebrating the Life of Ruth Daw

The Family of Ruth Daw are inviting her friends and fellow volunteers to attend a Tea to honour her life.

May 16, 1:30 to 3:30 pm
LSCO Atrium
500 – 11 Street S. Lethbridge

In lieu of flowers, please send a donation to the charity of your choice.

Our mother Ruth Daw, volunteered for over 25 years at LSCO mostly with the Bingo volunteers, she was also as server for many functions. She loved coming for lunch in the cafeteria. This was a major part of her day between Bridge games and quilting. She passed away February 20 after 8 months in LTC at St. Mikes, she was 93. May 16th would be her 94 birthday.

OUR COMMUNITY PARTNERS

In recognition for the ongoing support of LSCO

Lethbridge HEARING CENTRE

servus credit union **Hosack DENTURE CLINIC LTD.**

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In recognition for the ongoing support of LSCO Meals on Wheels

teamworks career centre **SELECT PEOPLE SOLUTIONS**

urban grocer

ITALIAN TABLE ESTD 2018

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

Homework was considered very controversial in the 1800s and early 1900s. Physicians crusaded against it, and in 1901, California even banned homework for anyone under the age of 15. ~ 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:
 Secretary: Craig Rumer
 Treasurer: Merri-Ann Ford

Board of Directors:
 Liz Iwaskiw and Reg Dawson.

LSCO **403-320-2222**

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 Food Service Cashier – Georgette Mortimer ext. 27
 Adult Day Program Supervisor – Sharon Appelt
sappelt@lethseniors.com ext. 32
 Alberta Supports Call Centre 1-877-644-9992
www.albertasupports.ca

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

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

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

Visit us on Facebook and Instagram @lscocommunitycentre

LSCO Vision Statement

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

Welcome New Members!

Allen DeBoer	Laura Kenway
Bruce Knight	Jacqueline McKay
Betty Dingreville	Maxine Jones
Peter Postnieks	Bruce Sabey
Ken Lowenberg	Lynda Desmarais
Patrick Casey	Dunston Mitchell
Dorothy Tipper	

A Smile is the Universal Welcome

The Rain Man (Laurence Kim Peek) was the only savant known to science who could read two pages of a book simultaneously – one with each eye

~ weird-facts.org

Volunteer News

MUSICAL TALENT?

LSCO is looking for people or groups of people to share their musical talents. If you or someone you know is interested, please contact Shiloh at 403-320-2222 ext. 31.

VOLUNTEER APPRECIATION

Thank you to everyone who attended and contributed to our volunteer appreciation event. It was amazing to see so many of you come and enjoy a few hours together. We truly appreciate you all.

VOLUNTEER DRIVERS NEEDED!

Drive Happiness volunteers ensure seniors get the transportation they need to live independently. We are looking for drivers to help support seniors in our community. Give us a call to find out how you can help.

LSCO Monthly Support Services

DATE	TIME	LOCATION	BUSINESS	SERVICE
Tuesday May 3	9:00 am – 12:00 pm	SCSP Quiet Room	Seniors Community Services Partnership	Drop-In Single Session Counselling
Wednesdays May 4, 11, 18 & 25	10:00 – 11:30 am	Room C/D	Reconnect & Recharge Socialization Group	Partnership between AHS and SCSP
Wednesday May 4	10:00 am – 12:00 pm	Room C/D	Dr. Bolokoski	Foot Care
Wednesday May 11	9:00 am – 12:00 pm	SCSP Quiet Room	AZ Lawyers	Free 15-minute Legal Consultation
Thursday May 12	9:00 am – 12:00 pm	Clinic Room	Lethbridge Hearing Centre	Hearing Screening
Tuesday May 17	9:00 am – 12:00 pm	SCSP Quiet Room	Seniors Community Services Partnership	Drop-In Single Session Counselling

“May” at LSCO Boutique

There is only one month left until summer.

Have you experienced the Boutique yet?

We have been up and running since August, 2021.

There are remarkable talented consignees who supply the crafts.

We also have wonderful volunteers to sell and maintain the Boutique every weekday.

Hope to see you soon!



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!



LSCO Times Publishing Schedule

Issue	Deadline
June 2022	May 13
July 2022	June 17

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

Mother's Day Lunch Special

Friday, May 6, 2022

11:00 am ~ 1:00 pm

Special Mother's Day Gift
to the first 50 Moms with
purchase of Lunch Special.

Chicken Mushroom Alfredo
with Rice & Veggie
Strawberry Shortcake for Dessert
\$10⁰⁰

LSCO
500 - 11th Street South ~ 403-320-2222
OPEN TO THE PUBLIC



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403.331.1132 Or visit
trisha@newrock.ca parksideliving.ca

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“The first day of spring is one thing, and the first spring day is another. The difference between them is sometimes as great as a month.”
— Henry Van Dyke

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Serving the Senior Community in Lethbridge for 10 Years

Downsizing Dilemma? Need to move on?

We are the professionals who help you clear out your ‘stuff’ so you can settle into your new space clutter free. We can help by completing the following tasks:

Sorting • Organizing • Packing
Arranging Movers • Unpacking
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Call Jody Johnson, Owner/Operator, for your complimentary in-home consultation and free estimate.

Cell: 403-330-8389

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In 1837, a British man sued a woman who bit off half of his nose after he tried to kiss her without consent. The judge ruled against him, stating that, “When a man kisses a woman against her will, she is fully entitled to bite his nose off, if she so pleases.” ~ weird-facts.org

Life is better with friends. And a chef.

Schedule a tour and enjoy lunch, on us.
587.800.0121

— —
THE VIEW AT LETHBRIDGE
Aria Retirement Canada

Ways to save on those accumulating costs

Has anyone else noticed a significant hike over the past few months when you purchase groceries, top up your fuel or pay your monthly utility bills? Just when you thought things couldn't get any harder ... they do! Here are a few tips to keep in mind when you are on your next grocery shopping trip:

- Swap out brand-name items for generic as much as possible.
- Utilize grocery loyalty cards
- Buy in bulk if doing so would allow you to purchase items at a lower unit price.
- Incorporate more meatless meals into your family's menu.
- Use grocery store weekly sales flyers to plan budget-friendly meals.
- Shop local farmers markets! Coming soon ...



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

- Incorporate more low-cost staple items into your meals, such as pasta or rice.
- Choose your shopping day wisely ... stick to advertised discount days
- Stock up on staples when they are on sale.
- Utilize food surplus programs such as the Mobile Food Support Program

Some bigger ways to save on those accumulating costs include:

- Start using a monthly budget.
- Cook more meals at home.
- Consolidate credit card debt.
- Shop around your insurance policies – home, auto etc.
- Switch banks to avoid bank fees, or receive customer incentives that might pay off.
- Downsize your cable package.
- Explore and cancel monthly/annual subscriptions
- Limit online shopping
- Plan some “no spend” days each week.

If you struggling financially and would like to talk, please reach out to us. We are here to help! ★

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




AVOID LATE FEES



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





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







“The yoga pose you avoid the most, you need the most.”

“One day Alice came to a fork in the road and saw a Cheshire cat in a tree. Which road do I take? She asked. Where do you want to go? Was his response. I don’t know Alice answered. Then said the cat it doesn’t matter.”

~ Lewis Carol, *Alice in Wonderland*

Since our last edition of LSCO Times the Board and senior staff meet on several occasions primarily to develop a succession plan. Our discussions made us aware we need to know where we want to go so we reviewed the strategic plan. One of the items talks about LSCO’s image in the community. Which lead us to the question what do our members want/need for LSCO to be an integral part of Lethbridge and area.

So, the question to you is, what contemporary activities, classes, services do you want from the organization?



President’s Message

Keith Sumner

The Board and staff need to know what members want in order to chart the course for our organization as we emerge from the pandemic and other current events. Please don’t be shy sharing your long range view of our destination.

Namaste ★

Breakfast SPECIAL
 8:00 AM - 1:00 PM
 WEEKDAYS
 OPEN TO THE PUBLIC
 \$6.50
 NON-MEMBERS ADD 15%

5 ways to get involved in your neighbourhood

The last few years have taught us the importance of community care and staying local. We’ve also spent more time in our neighbourhoods than ever before. So, why not devote some of that time to getting involved in ways that can have a positive impact? Here are some ideas to get started.

- 1. Help maintain a local park rink.** Parks have become a haven for many of us during the pandemic. From a place to get some fresh air, to a playground for our kids, a dog park for our pups and an outdoor sports hub, parks are essential for healthy active living. Give back to yours by helping maintain your local park and outdoor skating rink with your neighbours.
- 2. Start a little free library book exchange.** Little free libraries are popping up everywhere because they’re a great way to pass along books you’ve read and discover something new, all while taking a stroll through your neighbourhood.

You can DIY your own if you’re handy, or visit your local library to see what book donations they have available.

- 3. Learn about what’s needed.** It’s hard to get involved when you don’t know a lot about your city or town. To get informed, start by checking out the latest census data, which have information on demographics, housing and more for every place in Canada. Use this information to advocate for improvements that would benefit your community, like a new bus route, elementary school or local park.
- 4. Start a positive “YIMBY” club.** Most of us are familiar with the concept of NIMBY, or “not in my backyard.” People thinking this way can accept social programs and improvements as long as they themselves are not impacted. A YIMBY (i.e. yes in my back yard) club is the opposite, turning “not” to “yes,” giving you and your

neighbours the chance to be leaders for positive social change.

- 5. Map out community artwork.** A mapping project is a fun way to connect with your neighbours and discover exciting new things in your area. One idea is to map art in your community and share this info on social media or through your local library, so others can engage with it too. You can even chat with the local artists behind the pieces to add colour and background to your mapping project. You can also leverage census data to gather interesting facts about your neighbourhood, such as top languages spoken, population count, most common fields of study, commuting habits, average family size and more.

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

www.newscanada.com

LSCO MENU ~ MAY 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 ★



Monday, May 2	Tuesday, May 3	Wednesday, May 4	Thursday, May 5	Friday, May 6
Entree: Bangers & Mash Starch: Soup: Chef’s Choice	Entree: Seasoned Chicken Legs Starch: Oven Roasted Potatoes Soup: Chef’s Choice	Entree: Roast Beef Starch: Mashed Potatoes Soup: Chef’s Choice	Entree: Sweet & Sour Pork Starch: Rice Soup: Chef’s Choice	Entree: Mushroom Alfredo Chicken Starch: Rice Soup: Chef’s Choice
Monday, May 9	Tuesday, May 10	Wednesday, May 11	Thursday, May 12	Friday, May 13
Entree: Pepper Steak Starch: Egg Noodles Soup: Chef’s Choice	Entree: Chicken Cacciatore Starch: Rice Soup: Chef’s Choice	Entree: Beef Pot Pie Starch: Steamed Potatoes Soup: Chef’s Choice	Entree: Pork Roast Starch: Pasta Soup: Chef’s Choice	Entree: Stuffed Peppers Starch: Soup: Chef’s Choice
Monday, May 16	Tuesday, May 17	Wednesday, May 18	Thursday, May 19	Friday, May 20
Entree: Honey Garlic Chicken Thighs Starch: Rice & Peas Soup: Chef’s Choice	Entree: Swiss Steak Starch: Noodles Soup: Chef’s Choice	Entree: Salisbury Steak Starch: Mashed Potatoes Soup: Chef’s Choice	Entree: Pork Meatloaf Starch: Parsley Steamed Potatoes Soup: Chef’s Choice	Entree: Roast Beef Starch: Mashed Potatoes Soup: Chef’s Choice
Monday, May 23	Tuesday, May 24	Wednesday, May 25	Thursday, May 26	Friday, May 27
LSCO Closed for Victoria Day	Entree: Baked Pasta Starch: Garlic Toast Soup: Chef’s Choice	Entree: Teriyaki Pineapple Chicken Starch: Rice Soup: Chef’s Choice	Entree: Pork Chops Starch: Pasta Soup: Chef’s Choice	Entree: Beef Stew Starch: Steamed Potatoes & Bun Soup: Chef’s Choice
Monday, May 30	Tuesday, May 31	<p><i>Happy Mother’s Day</i> Join us for our Mother’s Day Lunch Special Friday, May 6th • 11:00 am – 1:00 pm</p>		
Entree: Beef Stroganoff Starch: Noodles Soup: Chef’s Choice	Entree: Cheese Burger Starch: Potato Salad Soup: Chef’s Choice			

MENU ITEMS AVAILABLE IN DINING ROOM

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

Toasted Denver Sandwich	MEM \$5.75	NM \$6.50
Toasted BLT Sandwich	MEM \$5.75	NM \$6.50
Hot Hamburger Sandwich	MEM \$5.75	NM \$6.50
Soup (Large)	MEM \$4.25	NM \$5.50
Soup (Small)	MEM \$3.25	NM \$4.00
Hamburger	MEM \$5.50	NM \$6.50

Hamburger & Fries	MEM \$7.00	NM \$8.00
Cheeseburger	MEM \$6.25	NM \$7.25
Cheeseburger & Fries	MEM \$7.00	NM \$8.75
Chicken Fingers	MEM \$7.00	NM \$8.25
Chicken Fingers & Fries	MEM \$8.50	NM \$9.75
Homecut Fries	MEM \$3.25	NM \$4.00

The German Canadian Club of Lethbridge



902 - 6 Street North
Lethbridge, AB



LETHBRIDGE POLKA FEST

Friday, June 10 • \$25 (plus GST)

Doors open: 6:00 pm
Dance: 7:00 – 11:00 pm
(includes late lunch)

Saturday June 11 • \$60 (plus GST)

Doors open: 1:00 pm
Dance: 2:00 – 11:00 pm
Dinner: 6:00 pm
Catered by Chef Stella



Two Day Special

\$75 (plus GST)
Must be paid in advance



Music by

Leon Ochs & Country Squires

For more information & tickets
call 403-320-1689 (press "3" at prompt)
E-mail: germancanadianclub.leth@gmail.com

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3 month subscription to a
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Call TODAY!
403-327-5511



The average woman overpacks her suitcase by about double. A study of 2,000 women showed they need an average of 34 clothing items for a week-long trip, but will pack 60, "just in case." ~ weird-facts.org

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
Instructor: Tracy Simons
Location: Gym 2

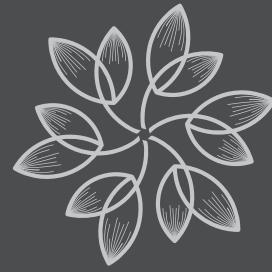
When: Wednesdays, May 4 – June 29
Time: 10:30 – 11:30 am
Fee: \$61 LSCO M; \$81 NM
Instructor: Tracy Simons
Location: All Purpose Room
(downstairs)



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
Location: Gym 1



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

CITY OF
Lethbridge



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, May 3 - 31
Time: 5:00 – 6:00 pm
Fee: \$34 LSCO M; \$40 NM
Instructor: Donna Tiefenbach
Register by: Monday, May 2
Location: Room A/B

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



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

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



Instructor's 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. Location: Gym 2.

When: Wednesdays
 May 4 – June 29
 Time: 8:00 – 8:50 am
 Fee: \$61 LSCO M; \$81 NM
 Instructor: Deb Palmer



Wildfire smoke: What you need to know

Wildfire smoke is a complex mixture of gases, particles and water vapour that can harm your health. Smoke can impact your health even at very low levels. Some people are at a higher risk of health problems when exposed, including seniors, people with an existing illness, pregnant people, young children and those who work outdoors.

What should you do?

The best way to protect your health is to reduce your exposure. If you're indoors and at home, be sure to follow these steps:

- Keep windows and doors closed and properly sealed. Make sure the temperature in your home remains comfortable by using air conditioning or finding other ways to keep cool.
- Use recirculation settings on your HVAC system to prevent smoke from entering your home.
- Use a clean, good quality air filter (for example, HEPA) in your ventilation system.

- Use an air purifier that uses HEPA filtration to help remove smoke from areas of your home.
- Drink lots of water to help your body cope with the smoke.
- Limit the use of kitchen and bathroom exhaust fans when you're not cooking.
- Reduce other sources of indoor air pollution. Avoid smoking and burning wood, candles or incense. Don't use home improvement or cleaning products that emit high levels of pollutants.
- Install and maintain at least one carbon monoxide alarm per floor, preferably near bedrooms.

Consider visiting community centres, libraries and shopping malls that have been identified as cleaner air spaces in your community. These places may have cooler, cleaner filtered air and can provide a break from the smoke. Please be sure to respect the guidance on physical distancing from the local authorities.

Pay attention to the Air Quality Health Index (AQHI), special air quality statements or other indicators of smoke levels in your community. If necessary, limit outdoor activity and strenuous physical activities. If you have difficulty breathing, stop non-essential activities altogether.

If you need to work outdoors, check with your local occupational health and safety organization or your health authority. They can provide guidance on how to work more safely outdoors.

It's not unusual to feel anxious, stressed, sad or isolated during a smoke event, so don't forget to take care of your mental health. Eating well, getting enough sleep, exercising and staying in contact with friends can help. If you're having trouble coping, seek help from a healthcare provider.

Learn more at airhealth.ca.

www.newscanada.com

We use the terms 'white meat' and 'dark meat' because the Victorians were prudish. In the early 1800s, people found it vulgar to say the words 'leg,' 'thigh,' or 'breast' (especially around women), so they had to find more 'appropriate' phrases to use when talking about their meat. ~ weird-facts.org

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
Instructor: Tracy Simons
Location: Gym 2

When: Wednesdays, May 4 – June 29
Time: 10:30 – 11:30 am
Fee: \$61 LSCO M; \$81 NM
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 band and more. All exercises can be modified to your fitness level.

When: Fridays, April 22 – May 27
Time: 12:15 – 12:50 pm
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Andrea Clarke

CYCLE COMBO

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

When: Wednesdays, May 4 – June 29
Time: 9:00 – 9:50 am

Fee: \$61 LSCO M; \$81 NM
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Tracy Simons/Nancy Purkis
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 waterbottle. If you have a yoga/exercise mat please bring it as floor work may be included. All fitness levels welcome.
Location: Gym 1

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

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

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
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 30

(no class May 23)
Time: 10:15 – 11:00 am
Fee: \$40 LSCO M; \$72 NM
Instructor: June Dow

When: Wednesdays, May 4 – June 29
(no class June 8)
Time: 10:15 – 11:00 am
Fee: \$40 LSCO M; \$72 NM
Instructor: Donna Tiefenbach

When: Fridays, May 4 – June 29
(no class June 10)
Time: 10:15 – 11:00 am
Fee: \$40 LSCO M; \$56 NM
Instructor: Tracy Simons

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
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
Location: Gym 2

A mind free from all disturbances is Yoga
- Patanjali

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
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, May 5 – 26
Time: 5:15 – 6:15 pm
Fee: \$32 LSCO M; \$40 NM
Instructors: Michelle Dimnik, Michie Moline, Val Kunimoto and other special guest
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 29
(no class May 23)
Time: 11:15 am – 12:15 pm
Fee: \$54 LSCO M; \$72 NM
Instructor: June Dow
Location: Room A/B

POUND & STRETCH (Afternoons)

This class consists of a fun 45 min Pound (ie cardio drumming) session, followed by 15 mins of flexibility, balance, and relaxation. You will leave feeling great! The participants in this class are friendly and welcoming, and it is suitable for everyone. Modifications will be provided. 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
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
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
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 clothes and indoor footwear. Space is limited-register early.

When: Tuesdays, May 10 – June 14
Time: 1:30 pm – 2:30 pm
Fee: \$40 LSCO M; \$56 NM
Instructor: Andrea Clarke
Register by: Monday, May 9
Location: Fitness Centre

When: Thursdays, May 12 – June 16
Time: 1:30 pm – 2:30 pm
Fee: \$40 LSCO M; \$56 NM
Instructor: Andrea Clarke
Register by: Wednesday, May 11
Location: Fitness Centre

STRENGTH & CONDITIONING**Rise & Shine**

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

When: Mondays, May 2 – June 30
(no class May 23)
Time: 8:00 – 8:50 am
Fee: \$54 LSCO M; \$72 NM
Instructor: Tracy Simons
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, May 3 – June 27
(no class May 23)
Time: 9:00 – 10:00 am
Fee: \$54 LSCO M; \$64 NM
Instructor: Andrea Clarke
Location: Gym 1

When: Fridays, May 6 – June 24
(no class June 10)
Time: 9:00 – 10:00 am
Fee: \$48 LSCO M; \$56 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
Drop In Fee: \$7 LSCO M; \$10 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, May 2 – 30
(no class May 23)
Time: 11:00 – 11:45 am
Fee: \$28 LSCO M; \$36 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
Location: All Purpose Room

Tai Chi

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
Location: Gym 2

Yoga

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
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
Location: All Purpose Room (downstairs)

When: Thursdays, May 5 – June 30
Time: 10:00 – 11:00 am

Fee: \$59 LSCO M; \$81 NM
Location: All Purpose Room (downstairs)

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. Bring a yoga mat & water bottle. Props are available however, if you have your own feel free to bring them. Drop ins will be accepted if

When: Tuesdays, May 3 – 31
Time: 5:00 – 6:00 pm
Fee: \$34 LSCO M; \$40 NM
Instructor: Donna Tiefenbach
Register by: Monday, May 2
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

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 12, 14, 19, 21
Time: 1:00 – 3:00 pm
Fee: \$50 LSCO M; \$70 NM
Instructor: Rod Henriquez

Sports

GOLF LESSONS

Evergreen Golf Centre is offering Golf Lessons for Seniors. Please visit: evergreen.golf for dates and times.

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.

The attitude of gratitude is the highest yoga.

~ Yogi Bhajan

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.



The Alberta 55+ Winter Games were held in Edmonton April 7th – 10th

A number of LSCO Pickleball Members, and players from the surrounding area attended the games, coming away with a number of medals.

Congratulations to them and all who participated in the Games. See Pickleball winners below.

Men's Doubles 65+

Gold
Richard Boras
Kent Toone

Men's Doubles 60+

Gold
Ron Erasis
Klaus Witzke

Women's Doubles 65+

Gold
Val Boras
Ira Fazio

Women's Doubles 60+

Gold
Elaine Hudson
Sue Rougeau

Women's Doubles 55+

Silver
Cathy Cooper
Jackie Barnett

Mixed Doubles 65+

Gold
Marjio Marse
Kent Toone

Mixed Doubles 60+

Bronze
Sue Rougeau
Klaus Witzke

Mixed Doubles 55+

Silver
Ron Erasis
Cathy Cooper



Healthy Communication & Relationships

Good communication is key in every relationship. This presentation covers how to engage your active listening skills within your personal relationships to ensure you have healthy, positive relationships.

Personal boundaries are also discussed.

Wednesday, May 18, 2022

1:30 – 2:30 pm

Nord-Bridge Senior Centre
904 – 13 Avenue North

Please register at Nord-Bridge Senior Centre
or call 403-329-3222



GLENN KLASSEN
music director

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ART AUCTION 2022

SAAG SOUTHERN ALBERTA ART GALLERY
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Join us for this high profile event, featuring delectable food & drinks, the launch of our auctions, and a special musical performance by Mauvey.

MAY 7

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SAAG.CA/ARTAUCTION

Hosted by LEVIS, Canada Council for the Arts, Alberta Foundation for the Arts, CITY OF Lethbridge

GOLF LESSONS

Evergreen Golf Centre is offering Golf Lessons for Seniors. Please visit: evergreen.golf for dates and times.



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 clothes and indoor footwear. Space is limited-register early.

When: Tuesdays, May 10 – June 14
Time: 1:30 pm – 2:30 pm
Fee: \$40 LSCO M; \$56 NM
Instructor: Andrea Clarke
Register by: Monday, May 9
Location: Fitness Centre

When: Thursdays, May 12 – June 16
Time: 1:30 pm – 2:30 pm
Fee: \$40 LSCO M; \$56 NM
Instructor: Andrea Clarke
Register by: Wednesday, May 11
Location: Fitness Centre



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

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

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

Thoughts on Parliamentary Democracy

A lot has been written lately about our local AMP and her comments about our Prime Minister and alleged dictatorship. It bears repeating, a parliamentary system of government is designed to be a revolving door where a person gets elected to run the country or a province and they usually come in a blaze of glory and optimism. Most citizens believe that the newly elected leader can do no wrong. Within a period, usually 4 to 5 years, most citizens grow tired of that once exalted leader and can't wait to remove them from power. Think of any Canadian Prime Minister in recent history that has left office at just as high an approval rating as when they came into power. If the main opposition party can put up a strong enough leader, they will likely get elected to power, especially if the main party has been in power for one or at most two election cycles.

This leads me to Rachel Thomas's recent comment about our Prime Minister. A Prime Minister is one of the most powerful forms of leader in the democratic world. They are totally in control of the direction of the government, and they can pass almost any form of legislation they deem fit, without having any support from the opposition, if they have a majority. Prime Minister Trudeau does not have a majority and that is why he joined in a coalition with the NDP. A Prime Minister does what he thinks is necessary to build



Legal Tips and Information

Douglas Alger

enough of a case to win the next election cycle. However, if they recognize that their reign only lasts so long, they can simply do what they think is best and the opposition can really have no say or input into government policy. Trudeau may do as he pleases, within the law, and the opposition can only lie in wait to remove him, when the time is right. But to call the Prime Minister a dictator is to put him in a different category of leader. The Prime Minister does not have to listen to the opposition, unless he thinks they have a good idea for governance of the country. This does not make him a dictator, but simply a leader in a parliamentary system of government.

There was a time when I thought the United States style of government was best where the head of the country was a President, but that President had to present his ideas for running the country to the Congress for approval

and consideration. The President becomes a relatively powerful figure head for people to look up. Citizens generally want a powerful leader and while a Prime Minister does have a lot of power, he is not the head of state. This means his power is only temporary and not subject to people creating a cult of personality over a leader. A true dictator is one who is the head of state and citizens think that only that person can lead the country to greatness. They are deceived into thinking only that leader can make their country great. Vladimir Putin is such a dictator; he thinks that only he can lead Russia back to greatness and he has the backing of most of his fellow citizens. I doubt very much that Prime Minister Trudeau thinks this way and we can be thankful he does.

Beware of any politician who claims to have all the answers. We can think of leaders, past and present who think this way. They are the dictators. We can be thankful that our system of politics is a revolving door, that doesn't allow one person to think they know best. As they say, "Absolute power, corrupts absolutely." ★

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 LSCO.

Giving Money to the Kids Safely

I'm a 71-year-old widow with an income of about \$26,000 a year consisting of Canada Pension Plan (CPP) and Old Age Security (OAS) benefits and a small survivor's pension. I've paid off my mortgage, and this income is adequate for my needs. I also have \$200,000 in a RRIF and will soon have to start making withdrawals. I don't need the money, so I plan to put some into a tax-free savings account (TFSA), but I'm wondering if I should take out more than the minimum and start giving the money to my 30-year-old daughter. She just gave birth to her second child, and she and her husband are struggling to live on his salary while she takes care of the kids. If I have a lot of money left in the RRIF when I die, it's going to go to the government rather than my daughter, but I don't want to leave myself short down the road.

Since your current income comprises government pensions plus a private pension, it should be secure over the long term. However, while you may not need that RRIF income now, prices for everything keep rising, and inflation is a major consideration. Moreover, while you're in good health now, you may at some point become less healthy and need ongoing care. How much will that cost?

Inflation

Inflation is unpredictable, but both CPP and OAS benefits are indexed, providing you with some protection against rising prices. If that other pension is also indexed, so much the better. On the other hand, the indexation formulas these plans use generally don't take everything into account, so it's wise to add a margin of safety.

As for needing personal care in the future, that's another unknown, but you can get an idea of your prospects through discussions with your doctor based on your own health and your family's medical history. In his book *Retirement Income for Life* (Milner & Associates, 2018), Frank Vettese writes: "The majority of people will never need long-term care and many of those who do will need it only for a relatively short period of time, like one or two years."

Based on your letter, you seem to have enough wealth to afford giving some to your daughter. The questions are how much to give and how best to give it.

RRIF

If you take too much from your RRIF in a given year, it'll push your income into a higher tax

bracket. In your home province of Alberta, the lowest marginal rate of 25 per cent applies on income up to about \$50,000, but the next \$50,000 is taxed at 30.5 per cent.

If you were to take \$20,000 from the RRIF over a number of years (rather than the age-72 minimum of about \$10,800), it would all be taxed at the lowest marginal rate.

TFSA

You should continue to move money into your TFSA until you've reached the lifetime cumulative limit and contribute the maximum every year after that. Then, given that you own your home and will have a sizable amount in TFSAs, you might be able to give as much as one-third or even one-half of what remains of that \$200,000 RRIF to your daughter over the next several years without jeopardizing your financial security.

I suggest that you discuss the matter with a financial planner, who can help you plan while taking into account all the variables that apply in your circumstances.

By Olev Edur
goodtimes.ca
March 2022



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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.

May 25, June 1, 8 & 15, 2022
Wednesdays from 1:30 – 3:30 pm
 Location: LSCO (SCSP Quiet Room)
 \$50 registration fee
 Contact LSCO at 403-320-2222 to register

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



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



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.

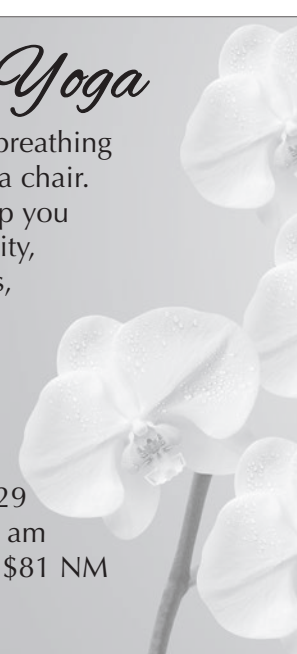
When: Tuesdays, May 3 – June 28
 Time: 10:00 – 11:00 am
 Fee: \$59 LSCO M; \$81 NM
 Location: All Purpose Room (downstairs)

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

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
 Location: Stage Area



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.

LSCO Library

Books / Puzzles
 DVD'S

Donations gratefully appreciated.
 Please drop off in the Library or at the Administration desk.

No magazines please.

Thank You!

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
 Location: All Purpose Room

LSCO GIFT CARD

Use the LSCO Gift Card to pay for class registrations, fitness centre passes, parking passes, memberships fees and to pay for your meal in the Dining Room.



Pilates

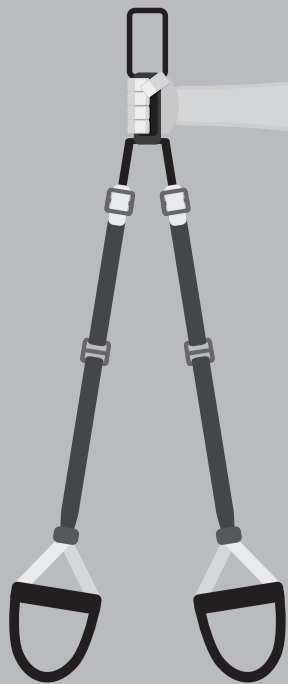
This class involves a series of classical pilates exercises performed on an exercise mat. Each exercise emphasizes breath, core conditioning, and body awareness. We will pay special attention to alignment and form. Light weights, resistance tubing and other props may be used to add strength and stretch 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
 Location: Room A/B

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
 Drop In Fee: \$7 LSCO M; \$10 NM
 Instructor: Andrea Clarke
 Location: Gym 2




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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. Location: Gym 2.

When: Wednesdays, May 4 – June 29
 Time: 10:15 – 11:15 am
 Fee: \$27 LSCO M; \$52 NM



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

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

Seniors System Navigation Team Walk-in Hours

Mondays
LSCO: 9:00 am – 12:00 pm

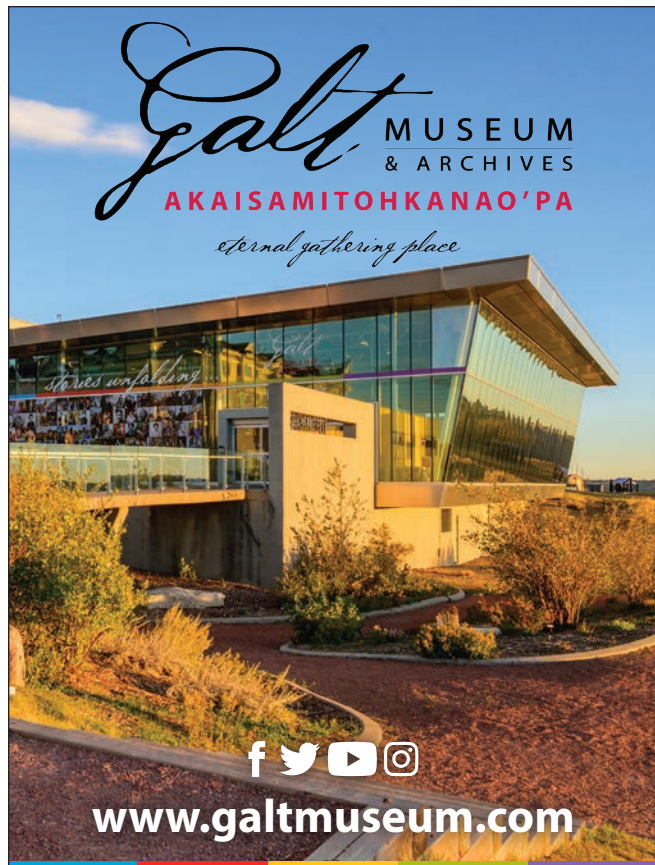
Wednesdays
Nord-Bridge – Seniors Helping Seniors: 9:00 am – 12:00 pm
Nord-Bridge: 1:00 – 4:00 pm

Thursdays
LSCO: 9:00 am – 12:00 pm
Nord-Bridge – Seniors Helping Seniors: 9:00 am – 12:00 pm

Fridays
LSCO: 9:00 am – 12:00 pm
Nord-Bridge: 9:00 am – 12:00 pm

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

Before escaping prison, Winston Churchill left a letter of apology on his bed. The letter began: "I have the honour to inform you that as I do not consider that your Government have any right to detain me as a military prisoner, I have decided to escape from your custody."
~ weird-facts.org



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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, May 3 – June 27 (no class May 23)
Time: 9:00 – 10:00 am
Fee: \$54 LSCO M; \$64 NM
Instructor: Andrea Clarke
Location: Gym 1

When: Fridays, May 6 – June 24 (no class June 10)
Time: 9:00 – 10:00 am
Fee: \$48 LSCO M; \$56 NM
Instructor: Tracy Simons
Location: Gym 1

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, May 5 – 26
Time: 5:15 – 6:15 pm
Fee: \$32 LSCO M; \$40 NM
Instructors: Michelle Dimnik, Michie Moline, Val Kunimoto and other special guest
Location: Gym 2



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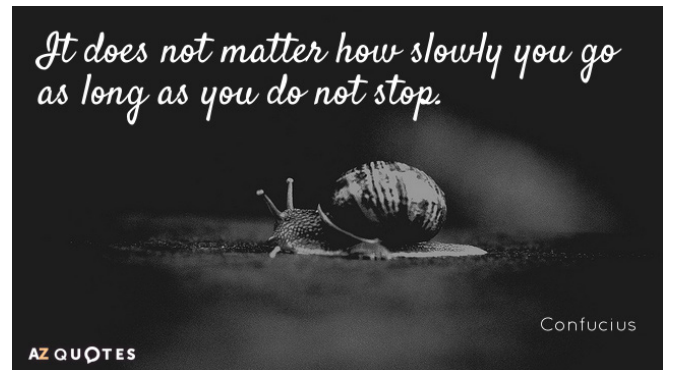
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Computer Corner

by Sjoerd Schaafsma

Is it Time for a New Computer? Part 3 Troubleshooting

While I've been writing this string of articles, I've been updating a new to me laptop. I bought it for what I considered a fair price, knowing that I'd have to put some work into it to get it going the way I wanted. When it's running well, it's what I consider plenty fast enough for the uses I plan to put it to. However, sometimes it just sits there and hangs, in computer terms this means you can't do anything, until the problem is resolved, in the case of my laptop it fixes itself. It's frustrating, and usually I can live with it. When talking to other users about this, and researching causes on the internet, there are plenty of references to similar problems, (and lack of a simple fix, even those with almost new PCs,). I'm still digging into the guts of the operating system, trying to make the problem go away.

My point is that sometimes the problem is so obscure that no matter your level of expertise or the age of your computer, you either learn to live with it or buy another computer. If it's a brand new computer under warranty, get it fixed or replaced. There are lemons in the computer world too.

Back to Troubleshooting

Issue – No internet	Y	N	Comment
1 Is there service (do other devices near you get internet service)?			
2 Is cable to router, switch or modem plugged in?			
3 Is there a physical wifi switch on your laptop?			
4 Is wifi switch turned on?			
5 Is there a keyboard combination to turn wifi on and off?			
6 Can you connect via cable but not wifi?			
7 Is your internet provider having problems?			
8 Are the lights on your router/switch/modem lit up?			

1. If no other devices in your network are working the problem is likely with your router or the company providing you with the internet service.
2. They do come loose and sometimes Ethernet cables become defective over time, especially if they run along a floor susceptible to foot traffic or pets.
3. Some laptops have a physical switch, usually indicated by a light to indicate if the wifi is on or not. To save space or avoid accidental switching, some of these are tucked away in unexpected places with tiny labeling.
4. Did you flip a switch and get lucky? Congratulations! Problem solved.
5. Many laptops enable turning wifi on or off with the use of a function key. This usually involves holding down a key labeled **fn** at the same time as one of the function keys on the top row of the keyboard, usually labeled with a wifi symbol. **B**
6. If you can connect with an Ethernet cable but not wifi, you may not be connected to the local wireless network, which is the simple problem, or the wireless adapter may be "taking a rest", and saving power. Running the network troubleshooter can often fix the problem.
7. This happens, call them and ask if their network is down in your area, or if your smart phone has internet access check for outages on the internet.
8. Is the modem/router/switch provided by your internet service provider working? Sometimes they have a problem, and yes, restarting the device often does solve the problem. The location of your device could be anywhere from your desktop to the basement. Usually it's a matter of powering off and waiting a minute before turning the device back on.

Is your computer overheating? An overheated computer can lead to multiple problems with: network, display, system crashes and other weird behaviour. Be sure your computer is getting plenty of fresh air, raise the bottom of your laptop, blow the dust bunnies out of your fan; is your desktop neatly out of sight in a closed cabinet? Give it room to breathe.

The complete version of the April computer help joke can be found at the following site.

http://wise-obs.tau.ac.il/~friedel/computer_fun/jokes/help-desk.html

Mobile Tip: When reading email is difficult on a mobile phone or tablet, try the 'view in browser' option. On the iPad this allows you to read the full width of the screen in landscape mode. Easier than pinching out or stretching to enlarge text and repeatedly dragging text back and forth.

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.

May 2022

There are no planned workshops from May until September.

The club is planning to have a table at the Live Well Showcase on June 9 & 10.

Suggestions for workshops are welcomed.

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

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~ Amelia Earhart

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MAY 2022

May is Speech & Hearing Month in Canada!

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This year we will be focusing on drawing attention to the importance of access to speech-language pathology and audiology services in long-term care homes.

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International Nurses Day is celebrated around the world every May 12, the anniversary of Florence Nightingale's birth. ICN commemorates this important day each year with the production and distribution of the International Nurses' Day (IND) resources and evidence.

In 1938, a Kindergarten teacher who witnessed a burglary was jailed for five days because she wore a pair of slacks into court the day she was called to testify. ~ weird-facts.org

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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
Winnipeg, MB, August 6 - 12 7 days, Folklorama Folk Festival, 3 casinos, 6 - 8 Folk festival shows. Delta Hotel - Regina, Canada Inns, Winnipeg	Dble Occp \$TBA soon

MORE 2022 TOURS

- Bonnars Ferry, ID, Sept. 6 - 9 Overlooking the Kootenai River, Cdn & US Slots
- Prestige Okanagan Wine & Water Tour, Oct. 12 - 19 Salmon Arm, Kelowna, Nelson
- Camrose, Oct. 25 - 27 Casino & Resort, Bailey's Theatre Show, ladies shopping
- Christmas in Branson, Nov. 17 - Dec. 2 Immerse yourself in the holiday spirit!

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Stay tuned for more information!



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A little Madness in the Spring Is wholesome. ~Emily Dickinson

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~ weird-facts.org



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