

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

Free Admission & Over 70 Exhibitors

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

LSCO LETHBRIDGE Senior Citizens ORGANIZATION

Presented by **CORNERSTONE FUNERAL HOME Ltd.**
Honoured to Serve

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

Speakers sponsored by Hosack Denture Clinic

Joint Replacement: What's New & Staying Active with Arthritis
Dr. Joseph Bergman ~ Logan Health (Kalispell)

9 Struggles Executors Face
Travis Zentner ~ Cornerstone Funeral Home

Estate Planning Demystified
Nadine Granson CPA, CA, CEA & Lynn Kenler ACIA ~ Avail CPA

Stress, Brain Plasticity & the Onset of Dementia
Dr. Bryan Kolb ~ U of L, Neuroscience

Clinical Research & Parkinson's Disease
Dr. Jon Doan ~ U of L, Kinesiology & Physical Ed.

Alzheimer's Disease & Genomics
Dr. Athan Zovoilis ~ U of L, Neuroscience

See page 9 for Speaker's times.

Join Us for

ALBERTA SENIORS' WEEK
JUNE 6 - 12
<https://www.alberta.ca/seniors-week.aspx>

SHREDDING EVENT
Tuesday, June 7th
(see page 5 for details)

LIVE WELL SHOWCASE
June 9th & 10th
(see pages 9-11 for details)

SENIOR'S TALENT SHOWCASE
June 15th
(see page 16 for details)

VIRTUAL MINDFULNESS
(see page 8 for details)



20 Years of Being a Voice . . .
Keep Growing the Conversation

If you're concerned that someone you know is experiencing abuse, call the Family Violence Info line at 310.1818 or visit albertaelderabuse.ca to find a resource in your area.



June 15th

World Elder Abuse Awareness Day
#ABGrowTheConversation



Executive Director

Rob Miyashiro
rmiyashiro@lethseniors.com

LSCO is a not-for-profit, charitable organization that was incorporated as a society on July 25, 1975. We are governed by a Board of Directors that provides strategic direction for the organization and oversight of the operational head – the Executive Director.

Last fall I wrote about my disappointment at the low participation in our inaugural Grand Parade fundraising event (our first fundraising event since November of 2019) and the downline effect that reduced revenue has on LSCO. I wasn't as clear as I should have been back then – about our financial position – so please indulge me as I take a deeper dive into how LSCO “works”.

Pre-COVID, our annual budget was around \$2 million and we typically operated at near break-even – in 2019 our deficit was \$28,726 or 1.5%. Approximately 80% of our revenue is self-generated with the remainder coming from fee-for-services agreements with the City of Lethbridge and Province of Alberta.

Things took a dramatic turn in 2020, with the Spring onset of COVID-19. That year, our revenue fell to \$1.67 million but our expenses were \$1.82 million. Our expenses were proportionally higher because we kept our staff working during 2020. Please see our 2020 Annual Report on our website (lethseniors.com) for a summary of what our team worked on during the first and second COVID-19 shutdowns. Had it not been for the availability of various government COVID-related subsidies, our operating loss in 2020 would have been over \$145,000. The subsidies reduced that deficit to \$863.

Our bottom line did not improve in 2021 – in fact, our position was worse. The pandemic continued to affect the programs we could offer and attendance overall continued to be low. Our revenues fell to \$1.57 million while our expenses remained high at \$1.82 million. We ended up with a net deficit of \$155,000 or 9.8%. When we have an operating surplus we

are able to contribute to our retained earnings funds (capital and restricted funds) and, conversely, when we have a deficit we must draw from those funds. The slim margins we have operated on over the years, coupled with decreased revenue and increased expenses, have almost depleted our reserves.

I would like to thank all of our members and participants who have chosen to return to LSCO to engage in their favourite activities and classes. Our staff are thrilled and delighted at the increased traffic in our building and we are optimistic that our path to “normal” will happen quickly.

In order to address the financial issues I described above, our Board is working with Jodie and me to create a fund development strategy to ensure our long-term viability as a multi-service community organization. When the plan is implemented and communicated to our members and the public, please keep the above information in mind when you are deciding on your level of support for LSCO.

Please welcome Lachlan to our LSCO Team. He is working in our kitchen so please give him a wave when he is working the grill.

Stay safe and be kind. ★

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

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

Location: Stage Area




NATIONAL HEALTH & FITNESS DAY

JUNE 4

#LetsMoveCanada



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

2022 TOURS

- Edmonton, June 25 – 28** River Cree Resort & Casino, optional tour at the Ukrainian Village with Show & Shine event, Food & Music **Dble Occp \$500**
- Seattle, July 5 – 12** 8 Days, 4 MLB games: Blue Jays vs Mariners; 4 Games, Great hotels, 7 breakfasts & 1 dinner, Batting practice, \$50 Gift Certificate in T-Mobile Park, optional side tours
Dble Occp – Embassy Hotel \$2187 or Ramada \$1699
- Camrose, AB, Sept. 25 – 27** 3 days & 2 shows. Optional: The Bailey Buckeroo's (\$32 add'l) & Calvin Vollrath Canadian Fiddling Champion (\$37 add'l)
Dble Occp \$320
- Prestige Okanagan Wine & Water Tour, Oct. 12 – 19** Salmon Arm, Kelowna, Nelson. Explore the vineyards of the Okanagan & the beauty of British Columbia **Dble Occp \$1800**
- Christmas in Branson, Nov. 13 – 26** Daniel O'Donnel last retirement performance, 7+ more shows, meals & sightseeing included
Fantastic Pricing Dble Occp \$3200

Call for more details!
SERVING CALGARY, LETHBRIDGE, MEDICINE HAT AND POINTS IN BETWEEN.

OUR COMMUNITY PARTNERS

In recognition for the ongoing support of LSCO






In recognition for the ongoing support of LSCO Meals on Wheels







The founder of Safeway supermarkets was a preacher who felt that credit purchases were evil and named his cash-only stores to promote the “safe way to shop.” ~ 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**

Staff Members:

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rmiyashiro@lethseniors.com ext. 24
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jmcdonnell@lethseniors.com ext. 23
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 LEARN Case Manager – Amy Cook
learn@lethseniors.com 403-394-0306
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 Line Cook – Lachlan Dyer ext. 27
 Food Service Cashier – Georgette Mortimer ext. 27
 Adult Day Program Supervisor – Sharon Appelt
sappelt@lethseniors.com ext. 32
 Alberta Supports Call Centre 1-877-644-9992
www.albertasupports.ca

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

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

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

Visit us on Facebook and Instagram @lscocommunitycentre

LSCO Vision Statement

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

Welcome New Members!

Sara Day	Mei-Huey Chang
Phil Ashbury	Chris Koshman
Shirley Hunter	Betty-Ann Newman
Peter Lay	Grant Bullied
Colleen Gipman	Janet Miles
Katie Boser	Bruce Miles
Sandy Wiest	

A Smile is the Universal Welcome

It is exercise alone that supports the spirits, and keeps the mind in vigor. ~ Marcus Tullius Cicero

Happy Canada Day!

LSCO will be closed Friday, July 1st for Canada Day



WEARING A FACE MASK IS ENCOURAGED

LSCO Board & Staff thank you for your cooperation in keeping LSCO a safe place for our members and guests the past several months. As of May 1, 2022, LSCO will no longer be verifying vaccination status upon entry into LSCO. We will continue with our enhanced cleaning & sanitizing procedures, hand sanitizer will be readily available in many locations in the building and we will encourage mask wearing in public gathering areas.

Thank You, LSCO Board & Management.

LSCO Monthly Support Services

DATE	TIME	LOCATION	BUSINESS	SERVICE
Wednesday June 8	9:00 am – 12:00 pm	SCSP Quiet Room	AZ Lawyers	Free 15-minute Legal Consultation
Thursday June 9	9:00 am – 12:00 pm	Clinic Room	Lethbridge Hearing Centre	Hearing Screening
Tuesday June 14	9:00 am – 12:00 pm	SCSP Quiet Room	Seniors Community Services Partnership	Drop-In Single Session Counselling
Wednesdays June 15 – August 24	10:00 – 11:30 am	SCSP Quiet Room	LSCO	Drop-In Recharge & Reconnect Group
Tuesday June 28	9:00 am – 12:00 pm	SCSP Quiet Room	Seniors Community Services Partnership	Drop-In Single Session Counselling
Wednesday June 29	10:00 am – 12:00 pm	Room C/D	Dr. Bolokoski	Foot Care

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
July 2022	June 17
August 2022	July 15

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

In Home Supports & Volunteer News

9TH ANNUAL LIVE WELL SHOWCASE

LSCO is excited to have the Live Well Showcase returning to LSCO June 9 – 10th.

If you are interested in volunteering for this event, we would love to hear from you.

LSCO Kitchen Volunteer Opportunities (snacks/ lunch provided in 3 hour shift).

MEALS ON WHEELS

Did you know that approximately 100 meals a day are prepared, packaged and delivered to Meals on Wheels clients Monday-Friday? This program has grown 30% in the past year. We are committed to providing nutritious and affordable meals and rely on volunteer support.

KITCHEN VOLUNTEERS

We are in need of **dishwashers**: minimum of 2 people each day (8:00 – 11:00 am and 11:30 am – 2:30 pm). This job involves scrubbing



In Home Supports & Volunteer Coordinator

Shiloh Sabas

volunteer@lethseniors.com

403-320-2222 ext. 31

pots, soaking coffee cups and cutlery and running everything through our commercial dishwasher. Training and support provided.

We are in need of **preparation cooks and bakers**: (9:00 am – 12:00 pm) Training and support provided by our chef and staff.

Thank you to all LSCO Volunteers; your community thanks you! ★

403-942-HEAR (4327)

The **ONLY** Hearing Clinic on the North Side
Located in Center Village Mall
1240 - 2A Avenue North

- > Free Hearing Tests
- > 45 day free trial of hearing aids
- > AADL, WCB, NIHB and Veterans Affairs
- > Financing options
- > Hearing aid clean, checks and maintenance
- > Locally owned and operated

New budget line available!
Hearing aids to fit every budget and lifestyle



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



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
Time: 9:00 – 10:00 am
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Andrea Clarke
Location: Gym 1

When: Fridays, May 6 – June 24
(no class June 10)
Time: 9:00 – 10:00 am
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Tracy Simons
Location: Gym 1

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

ONLINE REGISTRATION

WWW.LETHSENIORS.COM



We have some news! The Volunteer Lethbridge *Keep in Touch* program is in transition and will be moving to the Lethbridge Seniors Citizens Organization effective June 1st, 2022! The Volunteer Lethbridge *Keep in Touch* program has been very successful thanks to the commitment of all the staff at Volunteer Lethbridge.

As part of this transition, *Keep in Touch* will now be referred to as LSCO *Community Connect*. We look forward to having our senior participants and dedicated volunteers move to LSCO with us and to continue the great work and dedication. The Lethbridge Seniors Citizens Organization offers many programs and support services to seniors in our community. With the addition of the *Community Connect* program to LSCO's extensive array of programs, wrap around services will be available to the participants of the program ensuring they have access to a wide array of support.

In response to feedback and many requests, staff are planning an in-person event for this summer – a Meet and Greet where seniors, volunteers, and staff will have an opportunity to meet in person and tour LSCO should they wish!

We look ahead to 2022 as a year where we are able to bring support to more seniors; hoping to make a difference and enhance their lives.



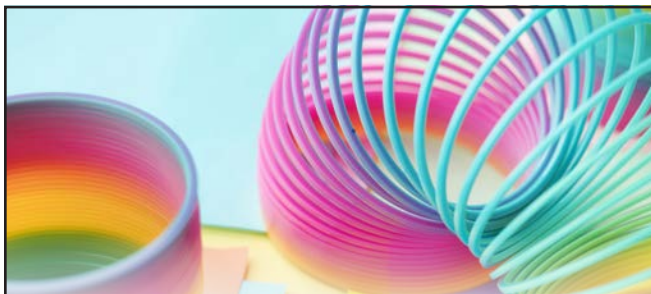
Men who kiss their wives before leaving for work get into fewer car accidents. According to a study that was conducted during the 1980's, men who kiss their wives before leaving for work live longer, get into fewer car accidents, and have a higher income than married men who don't. ~ weird-facts.org



POWER WALK

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

When: Wednesdays, May 4 – June 29 (no class June 8)
 Time: 9:00 – 10:00 am
 Drop In Fee: \$7 LSCO M; \$10 NM
 Instructor: Tracy Simons/Nancy Purkis



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: Wednesdays
 May 4 – June 29
 (no class June 8)
 Time: 10:15 – 11:00 am
 Drop In Fee: \$7 LSCO M; \$10 NM
 Instructor: Donna Tiefenbach

When: Fridays, May 4 – June 29
 (no class June 10)
 Time: 10:15 – 11:00 am
 Drop In Fee: \$7 LSCO M; \$10 NM
 Instructor: Tracy Simons



DID YOU KNOW THAT:

One in two Canadians is expected to develop cancer in their lifetime and most don't know about cancer wellness programs that can help them live well with cancer?

ON JUNE 26TH, JOIN THE MOVEMENT!



Shredding Event

It's spring and time to de-clutter!

**Tuesday, June 7th
 12:45 - 1:30 pm ~ LSCO Parking Lot**

**Bring in your personal documents
 to LSCO for secure shredding.**

By donation to LSCO.

Please note: Paper ONLY!

Staples, paper clips and soft metal fasteners can stay intact.
Cardboard, binders & plastics are not accepted.

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

I was in the dining room the other day and one of our friendly volunteers suggested she had an idea about branding for LSCO. Your Board is talking about branding and fundraising as we work on a succession plan, so I was eager to hear her views. Over coffee she suggested LSCO consider a name change to "Lethbridge Mature Adult Organization" to attract younger members. If you use social media at all you'll see the pun in the abbreviation L.M.A.O.

Doubt the Board would consider that name change seriously but you get the idea, we need to attract new members if we want to continue to be a viable organization serving the mature citizens of Lethbridge and area.

The other area, fundraising, is a more immediate concern. Because our income generating activities were restricted last year due



President's Message

Keith Sumner

to the pandemic, we had a deficiency of revenue over expenses totalling \$242,109. Some of that loss was offset by other income from such sources as Canadian Emergency Wage Subsidy and rent subsidy. Our net loss for the year 2021 was \$154,890.

The subsidies have ended but our income from normal program operations have lagged expenses. It goes without saying the demand for our social services did not diminish during pandemic closures.

So here is the ask! Support your organization. If you are playing sports register early, renew your gym membership, sign up for a class, join one of the clubs, rent rooms for private functions, share breakfast, lunch, or a coffee with friends in our dining room. If we don't have member support, we won't be able to afford to keep the doors open.

And if you have an idea regarding branding or fundraising, no matter how far fetched, let's have a coffee and chat about it. I promise I won't L.M.A.O.

Namaste ★

Father's Day gifts your Dad will actually use

Struggling to find the perfect way to show your dad some love this Father's Day? Here are some gifts that won't end up in the back of the closet:

1. For the sports fanatic: a custom sign featuring his favourite team

Dad can show off team pride with a custom sign to hang in a garage, bar area or man cave. Try looking at local markets or an online craft marketplace to find a sign that you can personalize just for him.

2. For the grill master: a Bluetooth meat thermometer

A Bluetooth meat thermometer lets you view the food's temperature from your phone, so there's no need to jump up every

few minutes to check on the grill. Find great deals at your local Canadian Tire or at a specialty outdoors store.

3. For the adventure seeker: waterproof running shoes

Whether Dad's out for a hike or exploring a new city, a pair of waterproof running shoes will keep his feet dry and comfortable. Canadian brand Vessi is a great option for these – plus, there are often seasonal sales that can help you save.

4. For the handyman: an innovative multi-tool

If your dad is always rummaging through his tool kit for just the right piece, try gifting him a multi-tool this Father's Day. Check

Amazon or local retailers for options to suit your budget.

5. For the tech lover or big saver: a smart thermostat

Are high energy bills annoying your dad? Get him a smart thermostat – they're proven to help lower energy costs up to 23 per cent. If you're looking to save even more, see if your utility company offers additional discounts for going green. For example, Enbridge Gas customers can save \$75 on popular brands like Google Nest or ecobee.

Find more information at enbridgegas.com/smarthermostat.

www.newscanada.com

LSCO MENU ~ JUNE 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, June 6		Tuesday, June 7		Wednesday, June 8		Thursday, June 9		Friday, June 10	
Entree:	Pepper Steak	Entree:	Baked Ham	Entree:	Lasagna	Entree:	Teriyaki Chicken Breast	Entree:	Hot Beef
Starch:	Roasted Potatoes	Starch:	Scalloped Potatoes	Starch:		Starch:	Rice	Starch:	Roasted Potatoes
Soup:	Chef's Choice	Soup:	Chef's Choice	Soup:	Chef's Choice	Soup:	Chef's Choice	Soup:	Chef's Choice
Monday, June 13		Tuesday, June 14		Wednesday, June 15		Thursday, June 16		Friday, June 17	
Entree:	Hot Hamburger & Gravy	Entree:	Honey Garlic Pork	Entree:	Sweet & Sour Meatballs	Entree:	Chicken Pot Pie	Entree:	Roast Beef
Starch:	Mashed Potatoes	Starch:	Rice	Starch:	Rice	Starch:	Roasted Potatoes	Starch:	Mashed Potatoes
Soup:	Chef's Choice	Soup:	Chef's Choice	Soup:	Chef's Choice	Soup:	Chef's Choice	Soup:	Chef's Choice
Monday, June 20		Tuesday, June 21		Wednesday, June 22		Thursday, June 23		Friday, June 24	
Entree:	Shake & Bake Chicken Thighs	Entree:	Salisbury Steak	Entree:	Chicken Alfredo	Entree:	Beef Pot Pie	Entree:	Chicken Chow Mein
Starch:	Roasted Potatoes	Starch:	Mashed Potatoes	Starch:	Penne	Starch:	Roasted Potatoes	Starch:	
Soup:	Chef's Choice	Soup:	Chef's Choice	Soup:	Chef's Choice	Soup:	Chef's Choice	Soup:	Chef's Choice
Monday, June 27		Tuesday, June 28		Wednesday, June 29		Thursday, June 30		<i>It was June, and the world smelled of roses. The sunshine was like powdered gold over the grassy hillside. ~ Maud Hart Lovelace</i>	
Entree:	Roast Beef	Entree:	BBQ Chicken Legs	Entree:	Honey Garlic Pork	Entree:	Roast Beef		
Starch:	Mashed Potatoes	Starch:	Rice	Starch:	Rice	Starch:	Mashed Potatoes		
Soup:	Chef's Choice	Soup:	Chef's Choice	Soup:	Chef's Choice	Soup:	Chef's Choice	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

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.

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

March 21 – Nord-Bridge: 1-3 pm	August 22 – LSCO: 5-7 pm
April 22 – LSCO: 5-7 pm	September 19 – Nord-Bridge: 1-3 pm
May 26 – Nord-Bridge: 1-3 pm	October 17 – LSCO: 5-7 pm
June 20 – LSCO: 5-7 pm	November 21 – Nord-Bridge: 1-3 pm
July 19 – Nord-Bridge: 1-3 pm	December 12 – LSCO: 5-7 pm

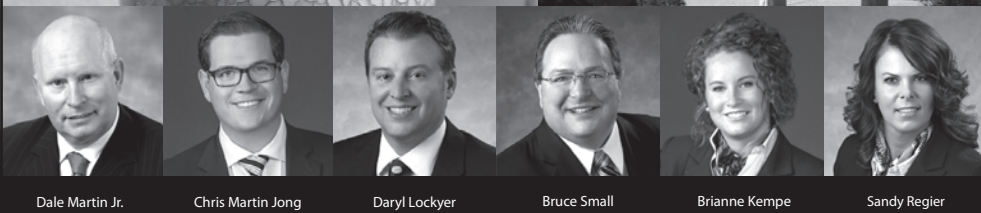



NORD-BRIDGE SENIORS CENTRE
 1904 - 13 Avenue North
 403-329-3222

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

mb
Martin Brothers Funeral Services
 a division of the Caring Group Corp.

Serving
 Southern Alberta Families
 for over **100 YEARS**



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

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
 June 14, 16, 21, 23
 Time: 1:00 – 3:00 pm
 Fee: \$50 LSCO M; \$70 NM
 Instructor: Rod Henriquez



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
 Time: 11:00 – 11:45 am
 Drop in Fee: \$7 LSCO M; \$10 NM
 Instructor: Sheila Mulgrew
 Location: All Purpose Room

Alberta Seniors Benefit & Special Needs Assistance

Hello everyone! I have now been in this position for over two years, and one thing that I've noticed as a consistent trend is the number of seniors who are unaware of Alberta Seniors Benefit (ASB) and/or Special Needs Assistance (SNA).

Most seniors are aware of the federal pensions – Canada Pension Plan (Retirement or Disability) (CPPR/CPPD), Old Age Security (OAS) and Guaranteed Income Supplement (GIS). However, it seems less common to know about the provincial pension.

Eligibility for Alberta Seniors Benefit:

- be 65 years of age or older (benefits may start the month of your 65th birthday, or if you are over 65 you can receive back pay for up to 11 months if you qualified during that time)
- have lived in Alberta for at least 3 months immediately before applying
 - be a Canadian citizen or permanent resident



Seniors System Navigator

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

- receive the Old Age Security pension from the Government of Canada
- meet financial eligibility criteria
 - Single senior annual income: \$29,285 or less
 - Senior couple combined annual income: \$47,545 or less

Special Needs Assistance:

In this program, the financial eligibility criteria are the same as ASB. When you submit an application for ASB, you are also applying for SNA. Once your application is approved,

you get assigned an accommodation category – either primary, or both primary and secondary. Single seniors with \$24,885 or less get primary & secondary; \$24,886-\$29,285 get primary only; and those with over \$29,285 are not eligible. Senior couples with \$39,345 or less get primary & secondary; \$39,346-\$47,545.

The maximum assistance available in a benefit year is \$5,105. The amount you may be eligible to receive is determined by:

- your accommodation category
- your marital or cohabitation status
- your income – combined with your spouse/partner's income

There are booklets available on SNA that outline what is covered: <https://www.alberta.ca/seniors-special-needs-assistance.aspx>

If you have any questions about either of these programs, please give our Seniors System Navigators a call at 403-320-2222. We are happy to sit down and go over this with you in more detail. ★

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 so register early!

When: Tuesdays
May 3 – June 28
Time: 1:30 – 2:30 pm
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Nancy Purkis
Location: All Purpose Room (downstairs)



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Friday, June 10 • \$25 (plus GST)

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Virtual Mindfulness



Mondays: 1:30 ~ 2:30

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



In 2011, an Australian bartender found an ATM glitch that allowed him to withdraw way beyond his account balance. In a bender that lasted some five months, he spent around \$1.6 million of the bank's money. He threw lavish parties, chartered private jets, and paid off his friends' university fees. Later, he felt guilt and turned himself to the police. ~ weird-facts.org

**9th
ANNUAL**



Live Well Showcase

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Thursday, June 9th

10 am - 5 pm

Friday, June 10th

10 am - 3 pm

Live Well Showcase Speakers

Speakers presented by Hosack Denture Clinic

Thursday, June 9th ~ 11:00 am

(Stage Area – Dining Room)

What's New in Joint Replacement and Staying Active with Arthritis

*Dr. Joseph Bergman, Orthopaedic Surgeon
Logan Health (KalisPELL)*

Learn about the new treatment options available for total joint replacement. Dr. Bergman will also discuss the importance and benefits of staying active if you have arthritis.

Thursday, June 9th ~ 1:00 pm

(Stage Area – Dining Room)

9 Struggles Executors Face

Travis Zentner, Cornerstone Funeral Home

Travis will walk you through the obstacles that executors face following a death and provide useful strategies to navigate them.

Thursday, June 9th ~ 3:00 pm

(Stage Area – Dining Room)

Estate Planning Demystified

Nadine Granson CPA, CA, CEA & Lynn Kenler ACIA AVAIL CPA

Learn how to simplify the estate planning process for you, your executor, and your beneficiaries. Ensure your assets retain their maximum value and keep your taxes to a minimum.

Friday, June 10th ~ 10:00 am

(Upper Gym)

Stress, Brain Plasticity and the onset of Dementia

Dr. Bryan Kolb, University of Lethbridge, Neuroscience

Dr. Kolb will offer evidence that stress is a risk factor for Alzheimer's disease. He will share suggestions to reduce the risk.

Friday, June 10th ~ 11:00 am

(Stage Area – Dining Room)

Centering Clinical Research Among People Living with Parkinson's Disease

*Dr. Jon Doan, University of Lethbridge,
Kinesiology & Physical Ed.*

Learn how researchers are understanding Parkinson's Disease better by actually working closely with patients and their caregivers.

Friday, June 10th ~ 1:00 pm

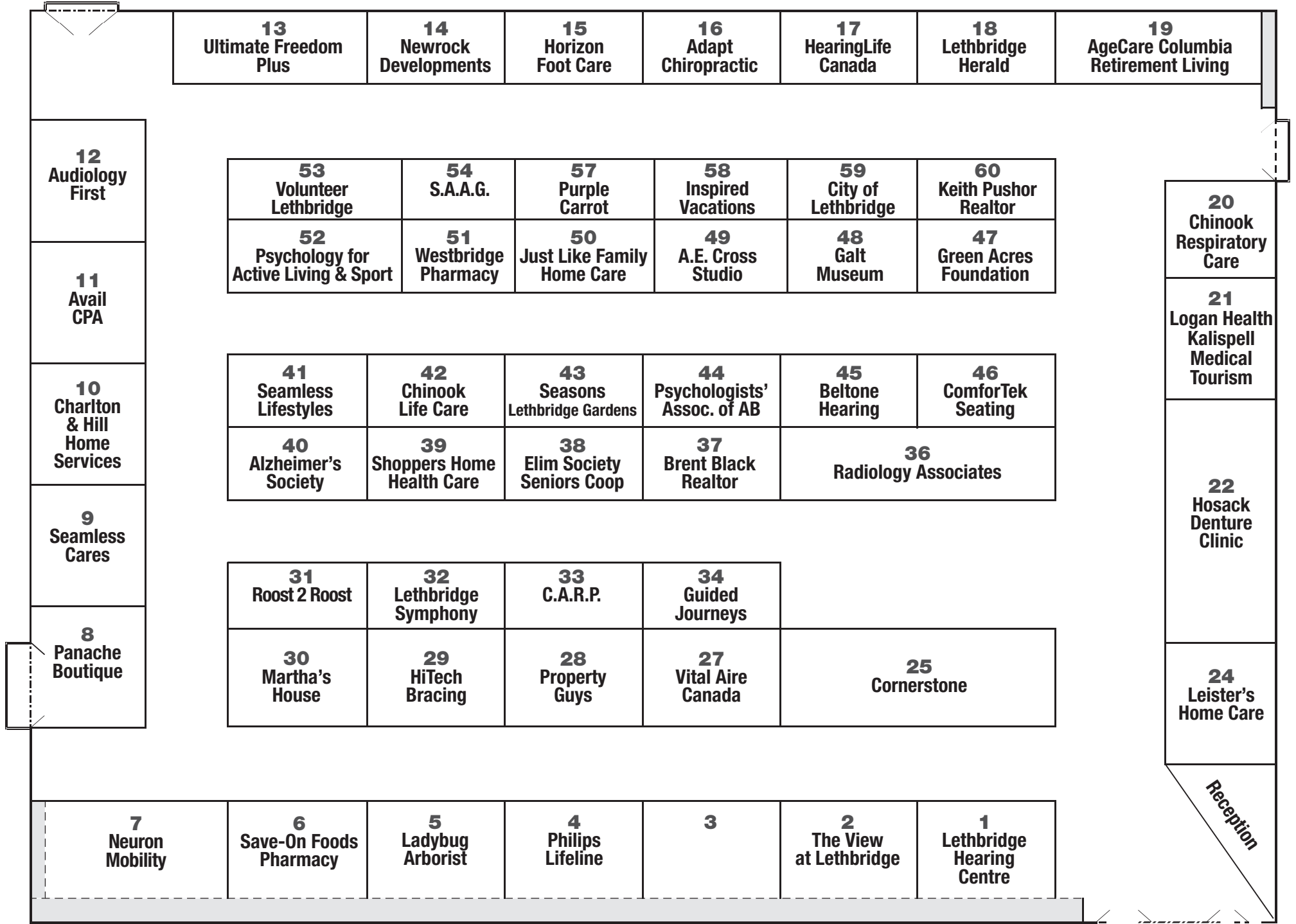
(Upper Gym)

Alzheimer's Disease and Genomics: Answering old questions with new tools

Dr. Athan Zovoilis, University of Lethbridge, Neuroscience

Discover how Alzheimer's Disease may be caused by genetics and environmental factors rather than by individual genes.

What can you do about it?



Exhibitor	Booth #	Exhibitor	Booth #
Adapt Chiropractic	16	Lethbridge Symphony Association	32
A.E. Cross Studio	49	Logan Health – Kalispell	21
AgeCare – Columbia Assisted Living	19	LSCO Amateur Radio Club	67
Alzheimer Society of AB & NWT (Lethbridge)	40	LSCO Computer Club	69
Audiology First	12	LSCO LEARN	64
Avail CPA	11	LSCO Photography Club	68
Beltone Hearing Centre	45	LSCO Seniors System Navigation Team	62
Brent Black – Remax Real Estate-Leth	37	Martha’s House	30
CARP Calgary	33	MOW & In-Home Support Program	63
Charlton & Hill Home Services	10	Neuron Mobility	7
Chinook LifeCare	42	NewRock Developments	14
Chinook Respiratory Care	20	Panache Boutique	8
City of Lethbridge – Cemetery Services	59	Philips Lifeline Canada	4
ComforTek Seating	46	PropertyGuys.com	28
Cornerstone Funeral Home	26	Psychologist’s Association of Alberta	44
Elim Society for Senior Care	38	Psychology for Active Living & Sport	52
Galt Museum & Archives	48	Purple Carrot Health Foods & Wellness	57
Green Acres Foundation	47	Radiology Associates	36
Guided Journeys Foundation	34	Roost 2 Roost	31
Hear Right Canada	61	Save On Foods	6
HearingLife Canada	17	Seamless Cares	9
HiTech Bracing	29	Seamless Lifestyles Inc.	41
Horizon Foot Care Ltd.	15	Season’s Lethbridge Gardens	43
Hosack Denture Clinic	22	Shoppers Home Health Care	39
Inspired Vacations	58	Southern Alberta Art Gallery	54
Just Like Family Home Care	50	The View – Atria Retirement Canada	2
Keith Pushor – Royal LePage S. Country	60	Ultimate Freedom Plus	13
Ladybug Arborists	5	Vital Aire Canada	27
Leisters Home Care Equipment	24	Volunteer Lethbridge	53
Lethbridge Hearing Centre	1	Westbridge Pharmacy	51
Lethbridge Herald	18		

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A woman once found her ex-boyfriend in her attic 12 years after breaking up with him. ~ werid-facts.org

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The Live Well Showcase is a very professional trade show for Seniors and features over 75 exhibitors as well as some very interesting speakers. This show will be held June 9th & 10th at the Lethbridge Senior Citizens Organization.

The show features all the aspects of "active aging". This is a huge opportunity for people to view services and products available to the broad aging market. We are again expecting over 2000 attendees to the show.

Ralph Zentner, owner of Cornerstone Funeral Home is honoured to be the major sponsor. "We are proud to be involved in the ninth annual showcase and firmly believe that educating yourself and being prepared for your future is vital." Cornerstone is an avid community supporter and realizes the importance of those in the community who are here to help.

Admission is FREE and the Showcase takes place at LSCO, 500 – 11th Street South.

Thursday, June 9th – from 10 am – 5 pm and Friday, June 10th – from 10 am – 3 pm

Hosack Denture Clinic is proud to present 6 very interesting speakers. See page 11 for details on the speakers and their topics, ranging from Alzheimer's to Wealth Management.

Rob Miyashiro, Executive Director of the LSCO, is thankful for all the sponsors, vendors, the staff and volunteers for their support of this very worthwhile fund-raising effort.

Learn about all the services and opportunities that are available to everyone as we age. Anybody over 50 will get A GREAT DEAL out of this special event, whether planning for their own future or for assisting loved ones.

DON'T MISS IT. For further information contact the LSCO at 403-320-2222.

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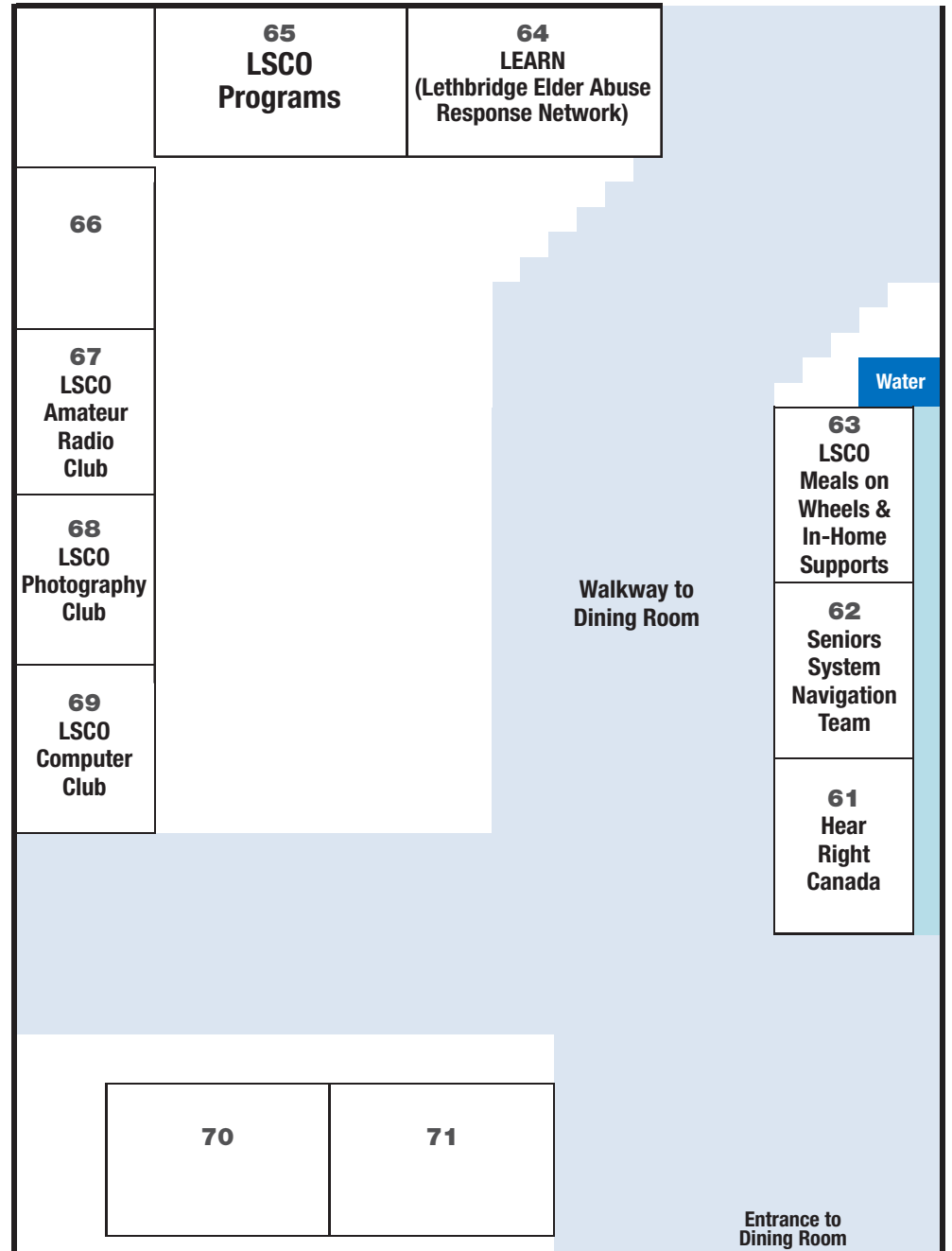
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In 2006, the British Hedgehog Preservation Society won a campaign to force McDonald's to redesign their McFlurry cups due to hedgehogs repeatedly getting stuck in them and dying.
~ weird-facts.org



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Adult Interdependent Relations or AIR

Issues of Concern with Estate Planning

It has been coming to my attention lately that several estates deal with the issue of adult interdependent relationships and the issue of people wishing to avoid probate at any cost. Both issues, if not deal with properly can pose significant problems with your estate after you are gone.

Adult Interdependent Relations or AIR

I have spoken of this matter before and AIR deal with those relations that don't fall within a traditional marriage. The classic example is a couple that lives together but doesn't get married. There are other examples, but let's stick with this one for ease of explanation. Essentially people used to live with one another but didn't want the commitment or legal entanglement of a marriage. Today however there is no longer any such distinctions. Whether you live together or get married, there are essentially the same rights to property and support during the relationship and after death.

In Alberta, one can leave their estate to whomever they please, as long as they make adequate provision for their dependents, if any, in their will. If you die single, with no children, there are no rules regarding who you leave your estate to. You may feel obligated to leave something to your siblings or nieces and nephews, but you don't have to. Once you are married or living in an AIR, then everything changes, and you must consider your significant other as the primary beneficiary of your estate. This requires a lawyer to help advise you on how to properly



Legal Tips and Information

Douglas Alger

draft your will under these circumstances. As you can imagine, things can get complicated with an AIR, if you have children from a previous relationship and are wanting to leave them something as well. It requires you to have a meeting with your partner and a lawyer to go over an estate plan, that both of you can live with.

The other issue with an AIR is that now the former Matrimonial Property Act or now the Family Property Act, applies to AIRs. This means that as part of your estate planning you have to consider whether your will complies with the Family Property Act. Again, if you and your partner have a meeting with a lawyer, you can discuss these issues and deal with them up front.

Joint Ownership of Assets

It seems a common thread that people wish to avoid probate at all costs. Some of the reasons people think this way, is that they feel the government will tax the estate if it goes through probate. This isn't true. Other people think that probate is a long-winded

court process, it isn't, provided that the will is properly drafted. I like to think of probate as a cleansing process for your estate. If done properly, probate makes sure your beneficiaries receive your estate, it makes sure that your taxes and debts are paid, and it ensures that your once your beneficiaries receive their gift that the estate is finalized.

When you transfer bank accounts or assets into joint names with your beneficiaries, you are putting your estate into an unknown process and giving up control of your assets while you are still living. I tell my clients that you are the master of your ship and there is usually no good reason to transfer assets to joint names. I have frequently seen these types of situations where well-intentioned people do this and then the consequences become apparent after death. My philosophy is that why subject your estate to possible stormy seas when you can have a clearly laid out process to deal with your estate after you are gone. There are exceptions to this, but before you decide to do this, consult with your lawyer and your accountant, if you have business assets in your estate.

I am a big believer in simplifying your estate planning and not deviating from prevailing common sense when it comes to drafting your will. If you have any questions on your estate documents, please do not hesitate to contact me. ★

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.

In 2011, archaeologists discovered the skeletal remains of a Roman couple who have been holding hands for 1500 years. ~ weird-facts.org

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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

Thursdays

LSCO: 9:00 am - 12:00 pm

Nord-Bridge - Seniors Helping Seniors: 9:00 am - 12:00 pm

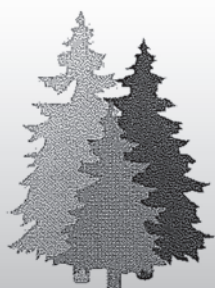
Fridays

LSCO: 9:00 am - 12:00 pm

Nord-Bridge: 9:00 am - 12:00 pm

LSCO: 500 - 11th Street South

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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

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

Instructor: Tracy Simons

Location: Gym 2

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 – June 17
& Thursday, June 23

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

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

Instructor: Tracy Simons/Nancy Purkis

Location: Gym 2

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

Drop In Fee: \$7 LSCO M; \$10 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: Wednesdays, May 4 – June 29
(no class June 8)

Time: 10:15 – 11:00 am

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

Instructor: Donna Tiefenbach

When: Fridays, May 4 – June 29
(no class June 10)

Time: 10:15 – 11:00 am

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

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

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

Instructor: Gloria-Rose Puurveen

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

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

Instructor: Deb Palmer

Location: Gym 2

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

Drop In Fee: \$7 LSCO M; \$10 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
Drop In Fee: \$7 LSCO M; \$10 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
Drop In Fee: \$7 LSCO M; \$10 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 cloths and indoor footwear.

When: Tuesdays, May 10 – June 14
Time: 1:30 pm – 2:30 pm
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Andrea Clarke
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
Drop In Fee: \$7 LSCO M; \$10 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
Time: 9:00 – 10:00 am
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Andrea Clarke
Location: Gym 1

When: Fridays, May 6 – June 24
(no class June 10)
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
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
Time: 11:00 – 11:45 am
Drop in Fee: \$7 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
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Sheila Mulgrew
Location: All Purpose Room

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
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Tracy Simons/Nancy Purkis
Location: Gym 2



Cards & Games

LSCO Members are welcome to play Crib, Scrabble & other games throughout the day in the Atrium provided tables are available. Players must provide their own cards, game boards, etc.

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

Technology

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
June 14, 16, 21, 23
Time: 1:00 – 3:00 pm
Fee: \$50 LSCO M; \$70 NM
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

Special Interest

SCRABBLE

If you are interested in playing Scrabble please meet in the Card Area Thursdays from 9:00 am – 12:00 pm. Free for LSCO Members.

LSCO Line Dancers at the Dragon Boat Festival

The Line Dancers will be performing Saturday, June 25th 7:30 pm at the Dragon Boat Festival. Gloria-Rose Puurveen will lead the dancers. You will have an opportunity to learn a dance yourself! Come join in on the fun.

Nothing
is
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World Elder Abuse Awareness Day

SENIOR'S TALENT SHOWCASE

To bring awareness to elder abuse, Lethbridge Elder Abuse Response Network is hosting a **SENIOR TALENT SHOWCASE**

Wednesday, JUNE 15, 2022

1:00 pm – 3:00 pm
at LSCO

Everyone is invited!
There will be speeches, snacks, cake and entertainment!



500 – 11th Street South
403-320-2222

LEARN

PLAY PICKLEBALL



LSCO is offering a Summer Pickleball Pass for individuals who have taken lessons, or for players who know the game well. If you have questions about this please e-mail: shamilton@lethseniors.com or lscopickleball@gmail.com.

FEES
30 Day Pass (from date of purchase):
\$15 LSCO M; \$30 Non-Member

Summer Pass (from May 15 to August 5th):
\$30 LSCO M; \$50 Non-Member

Summer passes are only available for sale up until June 10th and 30-day passes up until July 7th. There may be an opportunity to restart play using the Summer Pass as early as August 29th before the Fall 2022 Pickleball sessions begin.

Note: New Summer Pass holders (not listed on the 2021/2022 Fall/Winter TeamReach list) are not guaranteed Fall 2022 play.

SENIORS WEEK SOCIAL PLAY
Celebrate Seniors Week with us. This is the perfect opportunity to meet other players for friendly, but competitive games. Book in as of **Tuesday, June 7th**. See schedule on TeamReach. All levels welcome.

PADDLE DEMO PLAY
Summer Pass holders will have an opportunity to try out a variety of Poach Paddles Monday, June 6 at 1:00 pm. Book yourself in to play on TeamReach so you don't miss out.

Unlike eyesight, which people address by getting glasses as soon as it fades, hearing loss tends to be **IGNORED OR PUT OFF FOR AS LONG AS POSSIBLE**

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There are at least 10 recorded cases of people dying from laughter. ~ weird-facts.org

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Do you look after an older family member who is not living in a nursing home?

We are looking for family caregivers to interview by phone or the zoom program.

We want to learn what help is needed by family caregivers across Alberta.

We hope for a short (15 minute interview once a week with you).

We have \$20 to give you for each interview, as we know your care is time consuming and expensive.

For more information about this study, please call 780-492-5574 and leave a telephone number. We will call you back that day or the next day. You could also email us at donna.wilson@ualberta.ca and she will get back to you that day or the next day.

Thank you.

Donna Wilson, Nursing Professor at the University of Alberta
Approved study: PR00119491

Calling all Caregivers

As part of a call to review and improve support for Caregivers in Alberta, the Faculty of Nursing at the University of Alberta is looking to interview caregivers across the province to understand the needs caregivers experience. LSCO provides support to caregivers through the COMPASS for Caregivers support group that runs every other month, as well as through individual connections with the In Home Support services (Meals on Wheels, Housekeeping service etc.) and the SCSP Seniors System Navigation Team to empower caregivers to advocate and successfully work their way through the complicated systems caregivers are often overwhelmed by.

If you are interested in participating in this research project and/or wish to access caregiving supports that LSCO offers, please let us know.

I can be reached at 403-320-2222 #57 for any concerns related to caregiver support or questions about this provincial initiative.

Heather Bursaw MSW RSW
Seniors System Navigator Team Lead



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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.

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
Time: 8:00 - 8:50 am
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Tracy Simons
Location: Gym 2



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Computer Corner

by Sjoerd Schaafsma

Is it Time for a New Computer? Part 4 Solutions?

Yes, this is the last column in the series. Hopefully by the end of this article you'll have enough information to make an informed decision.

Why upgrade, update or replace your computer?

The bottom line is "When it no longer does what you need it to do."

Factors to consider before getting a new to you computer:

- the cost to purchase a reliable replacement
- the cost to repair
- reliability – how old is your computer, can it benefit from simple upgrades?
- what is the expected use?
- refurbished or new, a good refurbished computer can be a fraction of the cost of a new one
- physical space, portability i.e. laptop or desktop
- will you be able to use your current accessories with a new computer or operating system?
- will you need to learn a new operating system?

Possible solutions for a slow computer:

- Increase the amount of RAM memory. If you bought a relatively inexpensive computer, the manufacturer may have tried to save money by scrimping on memory, or, memory may have been hard to get at the time. Depending on the computer this may be a cheap effective fix. Memory which cost a premium when your computer was new may cost a fraction of its new price now. Check the price and availability of memory for your computer on line. Retail outlets usually charge full price, or don't carry old stock.
- Upgrade your hard drive; a solid state hard drive (SSD) is no longer a high price item. An SSD can read data up to 10 times as fast as a traditional platter hard disk drive. An average 500 Gb SSD internal drive costs in the neighborhood of 100\$, even less on sale.
- Update your computer more often, let it update at night so it's not slowing you down when you want to use it. This is a setting that can easily be automated.
- Automate backups to run when you aren't using the computer. *You are backing up your computer aren't you?* ☺
- Hibernate your computer instead of turning it off. The power will be off, but whatever you were working on will be right where you left it.



The LSCO computer lab has bits and pieces of computers that can be swapped out, to determine if just one part of your computer needs to be replaced. This can sometimes provide a simple answer to a problem.

More about keyboard switches: besides the wifi switch, there are often switches i.e. a combination of keys, for controlling sound, blanking the screen, increasing brightness, power saving options, or playing multimedia. If one of these is set the wrong way it could account for something not working as it should.

Computer Tip: Situation – The CAP LOCK DISPLAY IS REVERSED, that is caps lock is on but the text is all lower case. This function can be reversed by **pressing Ctrl+Shift+Caps Lock**. You can set it back to normal by pressing this combination of keys again. This is the sort of thing that can happen when you press too many of the wrong keys at once. ☺... I've done it, drove me nuts for a while.

10 Quick Ways to Speed up a slow windows pc

<https://www.howtogeek.com/228570/10-quick-ways-to-speed-up-a-slow-windows-pc/>

10 Quick Steps to Increase PC Performance

<https://www.howtogeek.com/670939/10-quick-steps-to-increase-pc-performance/>

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.

June 2022

There are no planned workshops from May until September.

**Come visit us at the Live Well Showcase
Thursday and Friday, June 9 & 10, 2022**

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.

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.**

When: Wednesdays
May 4 – June 29
Time: 8:00 – 8:50 am
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Deb Palmer
Location: Gym 2



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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.



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Time: 11:40 am – 12:40 pm
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Gloria-Rose Puurveen
Location: Gym 2



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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 - June 17 & Thursday, June 23
Time: 12:15 - 12:50 pm
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Andrea Clarke

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King Tut had a club foot, feminine hips, an overbite. He had Kohler's disease. DNA determine that Pharaoh's parents were undoubtedly brother and sister. ~ weird-facts.org

AVOID LATE FEES

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

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Chapter 11: A Look at the Family Tree

We have some outstanding people in our family tree but they lived so long ago all we have for one in particular is word of mouth. The other person did leave some written word that is most precious, her diary.

The Smith family fought for the north in the Civil War. There were several brothers that served, but I have no information about how many made it home. One in particular was a special man. He was called a giant. Well over six feet tall, strong, and muscular. Towards the end of the war when the soldiers had to scrounge for food to keep themselves alive, this man could carry a shoat, (a weaned pig), while he ran. He was a favourite around the campfire those nights they ate spare ribs. He did make it home after the war and told stories about lifting a mired horse out of a ditch. He crawled under the horse's belly and lifted with his back under the horse and his strong legs planted in the mud. Unfortunately, I do not know his name. The name did not come down through the family along with the legend. What I do know is that he was Simeon Milton Smith's uncle and his strength was legend. The use of all that strength did not bode well for the man. In his old age he went blind and eventually died, likely from a stroke or heart attack. Smiths seem to have a strong mind and a weak heart. They also produced big men.

The other outstanding person in the family tree is Amelia Tostavin Rogers. She kept a diary towards the end of her life and I have a copy of it. The best part is her story about a trip the family took to Racine, Wisconsin. Here it is:

Chicago Oct 5th 1881

Our Visit to Racine and Back

Left Chicago this AM at eight o'clock. Ada and I on the street car. Si, Cora, and Arthur in the buggy. Met the train at the Northwestern Depot at a quarter of ten. Ada and Cora took the train at ten AM for Racine. Si, Arthur, and I left the depot when the train left. Got in the buggy and started for Racine also. Arrived at Evanston at twelve o'clock. Got our dinner and fed the horse, then left at quarter of two for Waukegan. Very nice roads all the way. Arrived at Highland Park at half past four. Reached Lake Forrest at twenty minutes of six. Waited until six o'clock to let the Chicago train go by then we started again and arrived at Waukegan at a quarter of eight P.M. Had supper, Si gone to the barn had a man take care of his horse. Arthur felt a little tired have just put him to bed. At nine o'clock we retired also.



The Widow's Walk

Kay Long, BSW, RSW

Waukegan October 6th 1881

Thursday morning got up at half past six, had breakfast. The horse feels good after driving 47 miles yesterday. Left the Sherman House at a quarter of eight A.M. About nine o'clock it began to rain and kept on raining but not hard enough to get wet, till we arrived at Kenosha. That was at half past ten, Stopped at the Grant House, got our dinner, and fed the horse. All feeling splendid. At twelve o'clock left Kenosha for Racine. And arrived at Racine at two o'clock, Thursday afternoon. Found the girls there. Sisters Rachel and Addie busy getting through their work to watch our coming but we were at the door before they knew it. Si drove the horse to the Throop's Livery Stable. Had the horse well cared for. The weather got quite cold before night. Passed the rest of the day very pleasantly. Not very tired after our long drive. We all enjoyed our drive very much indeed. Got all the apples we wanted to eat on the road. It was a very pleasant drive...

Friday, October 14th, eight o'clock AM, all ready to leave Racine for Chicago. Si gone for the horse and buggy. Cora and Arthur are going to wait for Sol and Rachel. They are going on the excursion tomorrow morning leaving Racine at ten o'clock. The weather looks very gloomy. We had gone but a few miles when it began to rain hard. Arrived at Kenosha at twenty minutes after eleven. We were chilly and wet. Stopped and had a nice dish of oyster stew. Got warm and dry and little tired have just put him to bed. At nine o'clock we retired also.

Waukegan Oct 6th 1881

Thursday morning got up at half past six, had breakfast. The horse feels good after driving 47 miles yesterday. Left the Sherman House at a quarter of eight AM. About nine o'clock it began to rain and kept on raining, but not hard enough to get wet, till we arrived at Kenosha. That was at half past ten, stopped at the Grant

House, got our dinner and fed the horse. All feeling splendid. At twelve o'clock left Kenosha for Racine. Not raining and arrived at Racine the horse fed and dry and left Kenosha about one o'clock PM for Waukegan. Raining all the time till we arrived at Waukegan at three o'clock PM. I was not wet but Si was wet through. I had a lap robe wrapped around me. We drove to the Sherman House. Si dried his coats put on dry clothes. The landlady made a fire in the parlor. Had supper at six went to our room at half past six. Raining very hard. Si told the porter to wake us at half past eleven as we intended to leave at twelve o'clock at night to try and get in Chicago by the time the excursion got in. The porter said he would stay up and call us at that time. At ten I heard the town clock strike. It was thundering very hard and lightening and pouring rain. When called we got up. Si went to the barn while I was drying and just ready to go downstairs. Si came in saying we would not go till morning. It was so very dark and raining hard.

We sat up till one o'clock. Si smoking a cigar while I am writing. We will go back to bed and will not leave till after breakfast. We got up at six had a nice breakfast. The sun shining bright and the weather quite warm. It is a beautiful morning leaving Waukegan at seven o'clock A.M. Got at Lake Forrest at half past eight. Waited there for the excursion to go by. It went by at half past nine. Sol was standing on the platform. We started again. We started again. Got at Evanston at half past twelve staid there till half past one then drove slowly home arrived at the house at four o'clock P.M. The children were home safe. Sol and Rachel had gone to Brither Nics. Found all the folks well, so this ends our visit from Chicago to Racine and back and enjoyed it very much indeed.

Yours truly, Mr. and Mrs. Si Rogers, Oct 15th 1881"

I've tried to leave this excerpt from Amelia's diary as she wrote it (did delete some to reduce words), and added some punctuation. This was written October 1881 when Amelia was 41 years old. She died two years later. Not long after Silas. I have inherited the Tostavin (Amelia Tostavin Rogers) family Bible.

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.

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