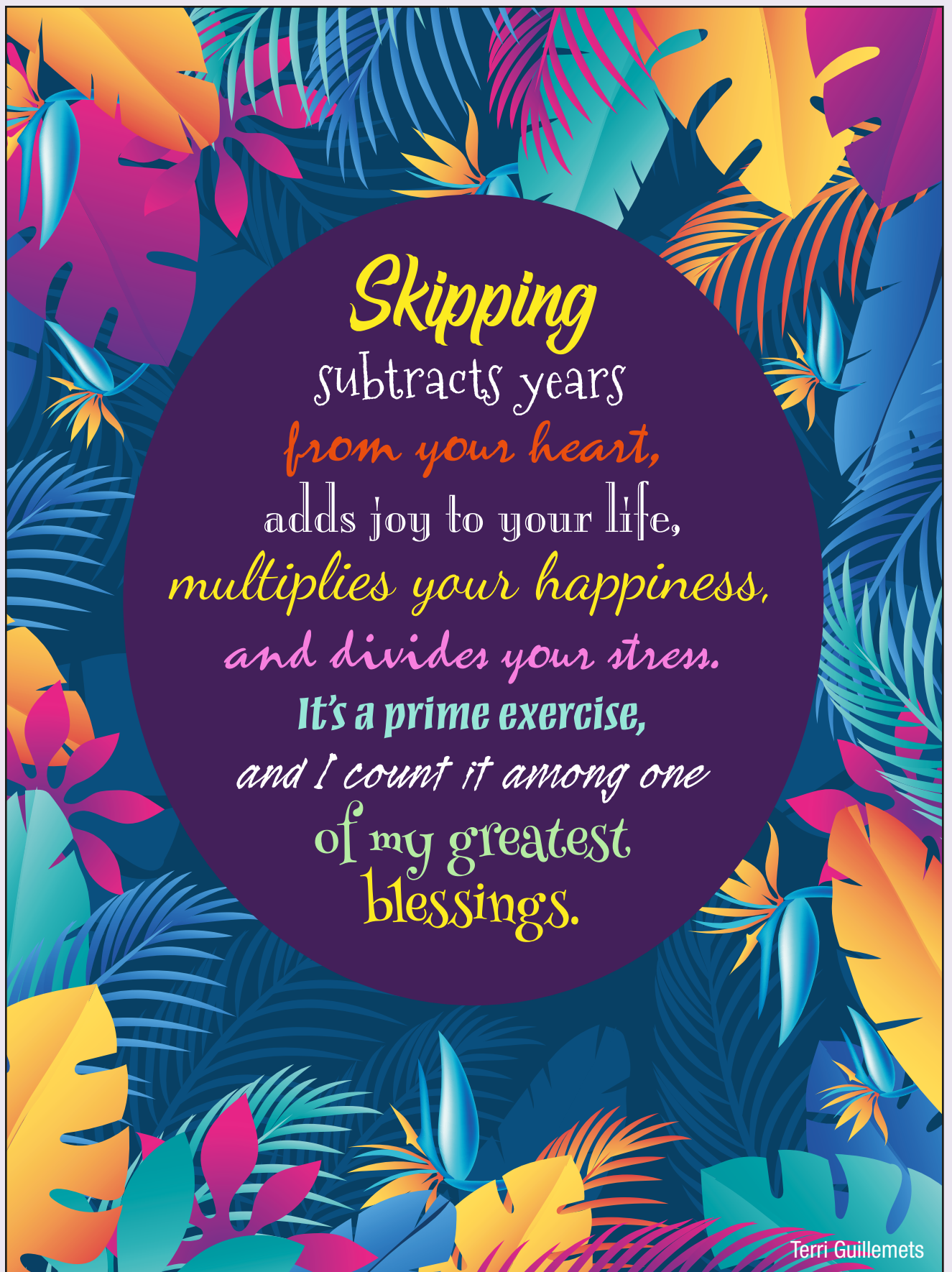


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WOODWORKING

Women and men interested in the wood working program must be familiar with all types of tools a carpenter would use as there is no formal instruction. Some materials are available for use. For safety, there must be 2 members in the shop at all times.

When: Monday – Friday
Time: 8:00 am – 3:00 pm
Fee: \$44/12 months & LSCO membership



Executive Director

Rob Miyashiro
rmiyashiro@lethseniors.com

The LSCO Live Well Showcase returned with a bang during Alberta Seniors’ Week 2022! After almost three years off, the Live Well Showcase returned in full force on June 9 & 10, with over 70 exhibitors and LSCO program displays. Close to 1800 people attended the show and almost 1000 attendees sat in on our six presentations! Many thanks to Kendall & Sandy and Elisha & Colin for organizing the show for us, and thanks also to our volunteers

and staff for ensuring we met the expectations of the exhibitors and our guests. We also had special guests this year as we viewed this show as a Grand Re-opening, of sorts: The Honourable Minister of Seniors and Housing, Josephine Pon, Lethbridge East MLA, Nathan Neudorf, and Deputy Mayor Jenn Schmidt-Rempel of Lethbridge City Council joined this writer to cut the ceremonial ribbon to open the show. We are grateful to the loyal exhibitors that stuck with us over the past few years and we were very happy to welcome new exhibitors to this great event.

This is a reminder that summertime means fewer staff available at the front counter and Admin desk to provide you with the high level of service you have come to expect at LSCO. Please be patient over July and August as we will endeavor to serve you as quickly as possible.

Stay safe and be kind. ★



SCSP
Navigation Team
Intake Line
403-329-1544



If you are interested in playing Scrabble please meet in the Card Area. If you have a scrabble board please bring it. Free for LSCO Members.

When: Thursdays
Time: 9:30 am – 12:00 pm
Fee: LSCO membership

The iconic Australian hat is bent on one side to allow the armed forces to maneuver rifles on and off their shoulders without hitting the brim. ~ weird-facts.org



IT MAY BE THE HOLIDAYS
BUT LSCO BOUTIQUE WILL BE OPEN
AS USUAL DURING JULY AND AUGUST
FOR YOUR SHOPPING PLEASURE.
COME CHECK OUT OUR SUMMER ITEMS.



FORT WHOOP-UP

Open JUN 29 – SEP 04

ALL AGES | 9:30 am – 12:30 pm | children to attend with adults | registration required | registration capacity 10 people | Spots are limited; please book your ticket in advance.

Niitsitapi (Blackfoot) Experience
Wed JUL 06, 13, 20, 27
Wed AUG 03, 10, 17, 24
This Blackfoot experience is an extended tour designed to provide visitors with more in-depth information about the culture of the Niitsitapi (Blackfoot) peoples.
\$40 per person + GST

Life and Labour of a Fort Trader
Thu JUL 07, 14, 21, 28
Thu AUG 04, 11, 18, 25
Trade in the modern life of 2022 and step back into the 1800s. With this tour, you will see what it would have been like to stay and work at the fort in the 1800s from a traders’ perspective.
\$40 per person + GST

Métis Experience
Fri JUL 08, 15, 22, 29
Fri AUG 05, 12, 19, 26
Our Michif Experience is designed to immerse visitors in how Métis people influenced the fort. This experiential tour will provide a glimpse into Métis culture and life in southern Alberta.
\$40 per person + GST

Belly River Valley Experience
Sat JUL 09, 23
Sat AUG 06, 20
Learn how the Belly River (Oldman River) valley has been used by the Niitsitapi and how it developed into the bustling park that you see today. Enjoy a picnic lunch near Fort Whoop-Up or take it with you and discover your favourite place in the valley.
\$60 per person + GST

The opportunity to learn about Blackfoot and Métis history, culture and art has never been better in southwestern Alberta. New and improved experience programming at Fort Whoop-Up this summer explores life on the prairies over time and from a variety of perspectives.

For more information and to book your Fort experience, visit fort.galtmuseum.com/experiences or call 403.320.3777.

OUR COMMUNITY PARTNERS

In recognition for the ongoing support of LSCO



Lethbridge
HEARING CENTRE





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In recognition for the ongoing support of LSCO Meals on Wheels









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 byLethbridge 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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Accounting Technician – Christine Toker
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Volunteer Support Assistant – Kari Martin
kmartin@lethseniors.com ext. 21
Head Chef – Fred Shelley. ext. 27
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 Centre1-877-644-9992
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!

Peter Lay	Candace Watson
Lorna Kambeitz	Daniela Fisher
Nancy Boisson	Tim Gor-Hickman
Gene Boisson	Edie Graf
Michele Ashbury	Barb Norgard
Cindy Chong	Laurie Lavorato
Barbara Phillips	Harold Teyke
Mike McCague	Michael Lycar
Jackie Gray	Joy Lawson
David John	

A Smile is the Universal Welcome

LSCO KARAOKE CLUB

The Karaoke singers meet weekly at LSCO. Please bring your own microphone.

When	Tuesdays
Time:	1:00 – 3:30 pm
Fee:	\$20/12 month & LSCO membership
Non Member:	\$2/day

Volunteer News

A big thank you to the event coordinators, exhibitors and volunteers that made the Live Well Seniors Show a success. It was great to be able to meet and connect with so many seniors in our community.

DRIVE HAPPINESS VOLUNTEERS

Since the show, the need for safe, cost effective and reliable transportation has become evident. Drive Happiness, LSCO's volunteer driving program, has received an influx of applications from seniors. Although the program currently has 21 volunteer drivers, the demand for rides is exceeding our limits. Important rides for medical appointments and food bank hamper deliveries are lapsing and left without a driver.

If you have thought about volunteering for seniors in our community, please consider this valuable program. Drivers have flexibility to pick and choose what rides they can take. Volunteering for a few rides a month can make all the difference in this program. Please see our LSCO website for more information on becoming a volunteer for Drive Happiness.

<https://lethseniors.com/volunteer-drivers/>

Knitting, Crochet & More



Whether you are interested in learning to knit, crochet, etc. come join us. Beginners to more experienced are so very welcome. We work on projects, socialize, share ideas and enjoy a coffee. If you have supplies bring them, if not we do have some to loan. Held in the Atrium.

When: Thursdays
Time: 1:00 – 4:00 pm
Fee: \$10/12 months & LSCO membership

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

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
August 2022	July 15
September 2022.	August 12

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



2022 TOURS

info@LHTours.ca
www.lthtours.ca
587-223-0203

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

Camrose, AB, Sept. 25 - 27 3 days / 2 shows. Optional: The Bailey Buckaroo's (\$32 add'l), Calvin Vollrath Canadian Fiddling Champion (\$37 add'l)

Prestige Okanagan Wine & Water Tour, Oct. 12 - 19 Salmon Arm, Kelowna, Nelson. Explore the vineyards of the Okanagan & the beauty of British Columbia. Water Front Hotels

Christmas in Branson, Nov. 13 - 26 Daniel O'Donnell last retirement performance, 7 more shows, meals & sightseeing included

DAY TRIPS FROM CALGARY

Drumheller Passion Play, July 1 Join us in Canadian Badlands for the epic story of faith, hope & love

Sylvan Lake Farmer's Market, Star Cheese & Snake Lake Crewing, Aug. 5 Shop your local fresh foods & crafts, grab a coffee, pick up some gouda cheese and enjoy a craft beer

Medieval Royal Feast, Aug. 21 - Sept. 16 A feast in the tradition of medieval times, dress the part, 3 hours / 5 course meal

Banff Cave, Basin & Lake Minnewanka, Sept. 7 Banff Caves Mineral Springs & Basin with Park History w interactive exhibits & stunning views, enjoy a Lake Minnewanka Cruise - be adventurous on Banff's largest lake

Craft Brewery Tour, Aug. 11 Black Diamond, Turner Valley, learn about brewing & enjoy samples + some cute shopping

More Tours Coming Coeur d'Alene Casino & Resort, Bonners Ferry, Deadwood, Edmonton River Cree.

Day Trips: Rosebud Theatre, Cow Patti Theatre, Yamnaska Wolf Sanctuary, Harvest Mystery Drive, Century Downs

Call for Details

GST, Taxes included in Prices
CDN \$

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* Prices subject to change

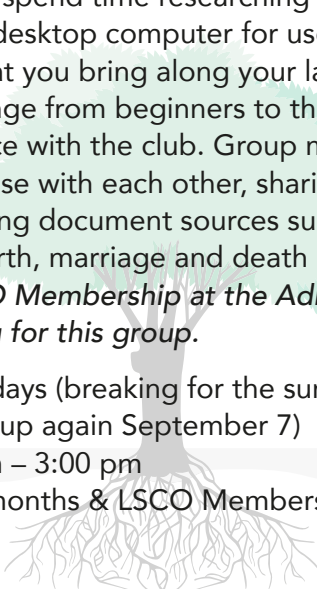
LSCO Genealogy

Weekly, members spend time researching their family history. LSCO provides a desktop computer for use however, it is recommended that you bring along your laptop if you have one. Members range from beginners to those with 5+ plus years of experience with the club. Group members share their genealogy expertise with each other, sharing tips on accessing web sites containing document sources such as immigration/ passenger lists, birth, marriage and death records, etc. *Please purchase an LSCO Membership at the Administration Desk before registering for this group.*

When: Wednesdays (breaking for the summer will start up again September 7)

Time: 10:00 am – 3:00 pm


Fee: \$20/12 months & LSCO Membership





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chinooklifecare@gmail.com

Chinook LifeCare is actively seeking new Board Members



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London's smallest statue, 'Two Mice Eating Cheese,' commemorates the death of two workmen who, in 1862, fell from scaffolding while arguing over a missing sandwich. It was actually stolen by mice. ~ weird-facts.org



SUMMER 2022

SPECIAL EVENT

Discover Downtown Lethbridge Festival
Wed JUL 13 | 5-8 pm

This event will feature at least 20 businesses located anywhere in the city. Businesses that do not have a physical location downtown will be able to set up spots in the Galt Museum & Archives' Viewing Gallery or patio.

ADULTS AND SENIORS | registration required | \$50.00 per ticket | 100 tickets per hour | Funds raised at the event go towards planned renovations of the Galt Museums main exhibit space Discovery Hall.

WEEK-LONG DAY CAMP

History Explorers Day Camp
Mon JUL 18-Fri JUL 22

Join us for a fun week filled with activities, crafts, stories, games and behind-the-scenes tours celebrating southern Alberta history!

8:30 am-4:30 pm | ages 6-10 | registration required | cost \$200 | maximum 12 participants

SPECIAL EVENT

A Journey of Discovery Escape Room
Thu AUG 18 | 7-8 pm

Collaborate with your team to solve a series of puzzles in Discovery Hall as you race against the clock. Do you have what it takes to unravel the mystery of the gallery? Developed by the team at **Escape from L.A.** and **The Great Escape Lethbridge**. If you're interested in our escape room your preferred date is unavailable, please call us at 403.320.3954 to inquire about alternate dates.

one team of **minimum 4 and maximum 8** players per game | \$25/ player, \$20/player for annual pass holders | registration required | Ages 7+ | To ensure a good experience for everyone, it is strongly recommended that any children under 12 play with an adult. | Please arrive 5 minutes early



WALKING TOURS

ADULTS AND SENIORS | registration required | \$10/ticket + GST, \$9/ticket + GST for annual pass holders | **Tickets are required in advance and must be purchased at least 2 hours before program start time.**

Mountain View Cemetery Tours
JUL 06, JUL 27, AUG 06, AUG 17

Serenely overlooking the coulees, Mountain View Cemetery hosts 120 years' worth of past Lethbridge residents. Walk with us as we commemorate the generations that built this city while learning of their deeds and stories. Meet at the Eternal Flame on Scenic Drive South.

Watch Lethbridge Grow: Lethbridge's Historic Downtown
JUL 07, JUL 13, JUL 23, AUG 04, AUG 11

From a couple of tents to a thriving city: join us as we wander through downtown Lethbridge and learn about how our city came to be what it is today. Meet at the Rotary Centennial Fountain in Galt Gardens.

St. Patrick's Cemetery Tours
JUL 09, JUL 21, AUG 10, AUG 24

Once known as both the Miners' Cemetery and the Pioneer Cemetery, St. Patrick's Cemetery is one of the oldest in our city. Walk with us as we commemorate the generations that started Lethbridge and provided the foundation for what our city would become. Meet at the west end of 5 Avenue N.

Remembering Lethbridge's Chinatown
JUL 14, JUL 28, AUG 20

We will explore the vibrant history of riots, rumours, places and faces as we get to know the families who lived and worked in Lethbridge's Chinatown. Meet on the steps in front of the Southern Alberta Art Gallery, 601 3 Ave S.



U.S. Air Force
The Hidden Handprints & Legacy of Early Chinese Canadian Immigrants
JUN 25-SEP 25.22



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Images are of a clients home.

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✉ trisha@newrock.ca parksideliving.ca

DIGITAL PHOTOGRAPHY

If you love to take photos and have a desire to improve your picture taking skills, register at the Admin Desk. Join us on Fridays at 9:00 am. \$10/12 months & LSCO Membership





Summer Fun LINE DANCING

Line dancing geared to bring together dancers of varying levels. Let's have fun together and dance like nobody's watching, because they truly are not. Guys are welcome too! Wear comfortable clothing, non marking soled shoes and bring a water bottle.

When: Wednesdays
July 6 –27

Time: 12:00 – 1:00 pm


Fee: \$20 LSCO M; \$28 NM

Instructor: Gloria-Rose Puurveen


Location: Gym 2

Life is better with friends.
And a chef.

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THE VIEW AT LETHBRIDGE
Apex Retirement Canada

Outback Steakhouse was founded in Tampa, FL, by four Americans who had never visited Australia. They saw an opportunity to capitalize on the wave of popularity of all things Australian following the release of the 1986 film Crocodile Dundee. Their concept was “American food and Australian fun.” ~ weird-facts.org



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, July 4-25

Time: 9:00 – 10:00 am

Fee: \$27 LSCO M; \$32 NM

Instructor: Jamie Hillier

Location: Gym 1

When: Fridays, July 8-29

Time: 9:00 – 10:00 am

Fee: \$27 LSCO M; \$32 NM

Instructor: Andrea Clarke

Location: Gym 1



SCSP Seniors Community Services Partnership

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
Nord-Bridge: 9:00 am – 12:00 pm

Wednesdays
LSCO: 9:00 am – 12:00 pm
Nord-Bridge: 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 • 403-320-2222
SCSP – Navigation Team Intake Line • 403-329-1544
Nord-Bridge: 1904 – 13 Avenue North • 403-329-3222





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

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International Self-Care Day (ISD), on 24 July each year, provides a focus and opportunity to raise the profile of healthy lifestyle self-care programmes around the world.



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.

When: Mondays, July 4-25

Time: 10:15 – 11:00 am

Fee: \$20 LSCO M; \$28 NM

Instructor: June Dow

Location: Gym 1

When: Wednesdays, July 6-27

Time: 10:15 – 11:00 am

Fee: \$20 LSCO M; \$28 NM

Instructor: Donna Tiefenbach

Location: Gym 1

Welcome summer! Spring seemed strange this year, neither good nor bad just different.

The Board thanks the organizers, volunteers, and vendors for all the work that went into the Livewell Showcase. It's a major fundraiser and as you know that is important for us post pandemic.

Since I last wrote I've met with several members to talk about fundraising and our image in the community. The consensus is the need for communication with members. We have the LSCO Times which works well for month-to-month planning. We have social media for



President's Message

Keith Sumner

daily or weekly updates. The gap that was pointed out to me was not all members use social media.

As far as fundraising goes the feeling is stay the course with a few tweaks, perhaps in the area of donations and gifting. Regarding communications the feeling is a need for either in house electronic billboard and/or a designated staff member whose sole responsibility is member liaison. I wonder if that position could include a fund development component.

It is my plan to discuss these ideas at length with the other Board members and Rob. Stay tuned, I'll let you know what plan we move forward with.

Namaste ★

Start your small business side hustle

With the rise of e-commerce and social media platforms, starting a business has never been easier. Whether you're interested in pursuing your passion project, creating a new product, or filling a need, a side hustle can be very rewarding with the bonus of extra income. It can also be a smart way to test the waters if you're thinking about making a career change. Here are a few tips to help you get started:

Be realistic about your time

The first step is to assess the time required; do the needs of the business match what you can balance in your life? Do a self-audit to figure out a reasonable weekly amount of hours you have available for your venture. Decide how much time you will devote to the side hustle, where it will fit in your schedule and how it will affect your other jobs. Remember, your time is money. Be sure to place a value on your time and track it carefully. This foresight

will help you avoid overscheduling and burnout.

Track your income and expenses

Side hustles can be extremely helpful for meeting your financial and life goals, but it's important to stay on top of all your expenses, income and balance sheets. Tracking your income and expenses can also help you predict the future of your side hustle and ultimately guide your decisions in becoming a full-time entrepreneur; just don't forget to include your time as an expense.

Never stop networking

For any stage of a personal venture, networking is key. Your network can be a great resource for landing new investors, finding future employees, meeting mentors, and reaching new customers. Obvious tools such as social media and events are great ways to network, but it can start

closer to home too. Keeping consistent communication with your customers even after their purchase, touching base with suppliers in between orders and asking for feedback from other professionals are great ways to network on a budget.

Make the most of free resources

You can't put a value on research, information and insights. Give your venture a leg up with up-to-date resources like newly released census data. This location-specific data offer information on average income and population makeup – valuable market research for any business. Understanding your customer's needs, behaviors and preferences are essential for side hustle longevity.

Find more information about the newly released census data at statcan.gc.ca/census

www.newscanada.com



LSCO MENU ~ JULY 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 ★





ENJOY YOUR Summer

Friday, July 1

LSCO Closed for Canada Day

Monday, July 4	Tuesday, July 5	Wednesday, July 6	Thursday, July 7	Friday, July 8
Entree: Chicken Stir Fry Starch: Rice Soup: Chef's Choice	Entree: Lasagna Starch: Garlic Toast Soup: Chef's Choice	Entree: Shepherd's Pie Starch: Bun Soup: Chef's Choice	Entree: Pork Roast Starch: Mashed Potatoes Soup: Chef's Choice	Entree: Fried Chicken Starch: Roasted Potatoes Soup: Chef's Choice
Monday, July 11	Tuesday, July 12	Wednesday, July 13	Thursday, July 14	Friday, July 15
Entree: Beef Stew Starch: Mashed Potatoes Soup: Chef's Choice	Entree: Chicken Cordon Bleu Starch: Rice Soup: Chef's Choice	Entree: Pepper Steak Starch: Rice Soup: Chef's Choice	Entree: Baked Ham Starch: Scalloped Potatoes Soup: Chef's Choice	Entree: Penne & Meatballs Starch: Garlic Toast Soup: Chef's Choice
Monday, July 18	Tuesday, July 19	Wednesday, July 20	Thursday, July 21	Friday, July 22
Entree: Teriyaki Chicken Starch: Rice Soup: Chef's Choice	Entree: Salisbury Steak Starch: Mashed Potatoes Soup: Chef's Choice	Entree: Sweet & Sour Pork Starch: Rice Soup: Chef's Choice	Entree: Shake 'n Bake Chicken Starch: Roasted Potatoes Soup: Chef's Choice	Entree: Roast Beef Starch: Mashed Potatoes Soup: Chef's Choice
Monday, July 25	Tuesday, July 26	Wednesday, July 27	Thursday, July 28	Friday, July 29
Entree: Pork Meatloaf Starch: Mashed Potatoes & Gravy Soup: Chef's Choice	Entree: Chicken Parmesan Starch: Penne Alfredo Soup: Chef's Choice	Entree: Sweet & Sour Meatballs Starch: Rice Soup: Chef's Choice	Entree: BBQ Pork Chops Starch: Roasted Potatoes Soup: Chef's Choice	Entree: Honey Garlic Chicken Starch: Rice Soup: Chef's Choice

MENU ITEMS AVAILABLE IN DINING ROOM

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

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

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, July 4-25
Time: 10:30 - 11:30 am
Fee: \$27 LSCO M; \$32 NM
Instructor: Andrea Clarke
Location: Gym 2

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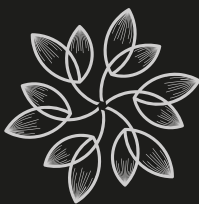
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Single Session Drop-In Counselling

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

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

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

SCSP Seniors Community Services Partnership

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

Funders include: City of Lethbridge
Family and Community Support Services



FIT BALL AND MORE

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

When: Tuesdays, July 5-26
Time: 9:00 – 9:50 am
Fee: \$27 LSCO M; \$32 NM
Instructor: Andrea Clarke



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, July 5 – 26
Time: 1:30 pm – 2:30 pm
Fee: \$27 LSCO M; \$32 NM
Instructor: Andrea Clarke
Regiser by: Monday, July 4
Location: Fitness Centre

An Open Letter of Thanks

The 2022 Live Well Showcase was another great success.

- First and foremost, we want to thank the many volunteers. You deserve a HUGE pat on the back. You helped at the information table, prepared and served the food and coffee, provided power for each booth, welcomed people at the door and a myriad of other duties. Thanks to all those who helped set-up and tear-down & put away all the rods & drapes. The cheerfulness and eagerness of all the volunteers is to be applauded. Your assistance made it possible for the LSCO to present another amazing show. We are always impressed with the volunteerism shown at LSCO and you really rose to the occasion again.
- A big Thank You to the staff at LSCO. We specifically want to single out Lisette Cook who looked after all our graphic requirements, Shiloh for arranging the volunteers, Kari & Diane at reception, and Fred Shelly and all the kitchen staff. Thanks to Christine in accounting and Shawn who looked after the LSCO Program area, and to Rod, who looked after all the ‘techie’ stuff. Finally, we thank Jodie and Rob. The two of them worked behind the scenes continually to help make this show a success. We pestered all the staff constantly for the past four months while preparing for the Showcase. They were always polite and responded to every request with a smile and a can-do attitude. They are amazing. We also know we add a lot of work to the custodian staff for this show, so thank you to Lawrence and all of them for stepping up to the challenge.
- Thank you to our main sponsor, Cornerstone Funeral Home for their continuing support.
- Thank you also to Hosack Denture Clinic for sponsoring all of the speakers, Dr. Joseph Bergman, Travis Zentner, Nadine Granson & Lynn Kenler, Dr. Bryan Kolb, Dr. Jon Doan and Dr. Athan Zovoilis.
- Thanks to all the exhibitors for setting up interesting displays and going out of their way to answer your questions. It’s a lot of work and we hope they found the show worthwhile.

You can see from all of the above that it takes a lot of people and coordination to run this 2-day trade show.

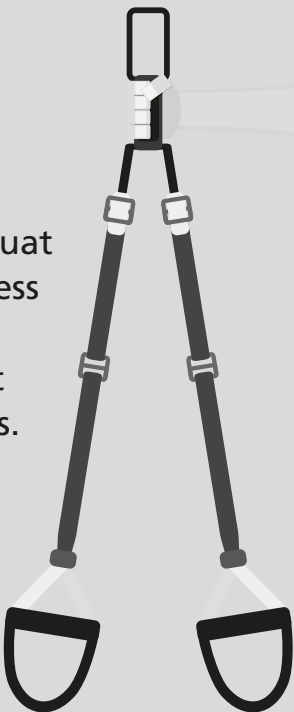
Finally, if you came to the show, we thank you for taking the time to discover more about your active aging lifestyle. We’re all ‘getting up there’ and the Live Well Showcase can certainly help guide us along. We are looking forward to learning more next year.

With our heartfelt thanks
Kendall and Sandy Gibson and Elisha Rasmussen
The Live Well Showcase Organizers

TRX COMBO

TRX (Suspension Training) uses straps, gravity, and your body weight. Push, pull, lunge, plank, hinge and squat your way to improved functional fitness and sport specific performance goals. A variety of other exercise equipment will be used including stationary bikes. Register early as space is limited. Bring a water bottle.

When: Thursdays, July 7 – 28
Time: 9:00 – 10:00 am
Fee: \$27 LSCO M; \$32 NM
Instructor: Andrea Clarke
Location: Gym 2



FRIDAY YOGA

Start 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.

When: Fridays, July 8, 15, 22, 29
Time: 9:00 – 10:00 am
Fee: \$27 LSCO M; \$32 NM
Instructor: Donna Tiefenbach
Location: All Purpose Room



In 2011, an entire village in Spain won the Christmas lottery jackpot of 940 million. ~ weird-facts.org

Did you know?

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

09 JULY - 04 SEPTEMBER 2022

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SOFT SMOKE | AZADEH ELMIZADEH & ELLA GONZALES
UNHOMELY | KELLEN SPENCER
PROJECT SPACES | u

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July Classes & Programs

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: Wednesdays, July 6 – 27
Time: 10:30 – 11:30 am
Fee: \$27 LSCO M; \$32 NM
Instructor: Andrea Clarke
Location: Gym 2

BIKE & BALL

Start your day with an energetic ride on a stationary bike. The fitballs will also be used in this class to work on your balance, mobility and to strengthen your core. A great overall workout. Wear comfortable clothes, bring a water bottle. Suitable for all fitness levels.

When: Wednesdays, July 6 – 27
Time: 9:00 – 10:00 am
Fee: \$27 LSCO M; \$32 NM
Instructor: Nancy Purkins
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, July 5 – 26
Time: 9:00 – 9:50 am
Fee: \$27 LSCO M; \$32 NM
Instructor: Andrea Clarke

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, July 4 – 25
Time: 10:30 – 11:30 am
Fee: \$27 LSCO M; \$32 NM
Instructor: Andrea Clarke
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, July 4 – 25
Time: 10:15 – 11:00 am
Fee: \$20 LSCO M; \$28 NM
Instructor: June Dow
Location: Gym 1

When: Wednesdays, July 6 – 27
Time: 10:15 – 11:00 am
Fee: \$20 LSCO M; \$28 NM
Instructor: Donna Tiefenbach
Location: Gym 1

SUMMER FUN LINE DANCING

Line dancing geared to bring together dancers of varying levels. Let's have fun together and dance like nobody's watching, because they truly are not. Guys are welcome too! Wear comfortable clothing, non marking soled shoes and bring a water bottle.

When: Wednesdays, July 6 – 27
Time: 12:00 – 1:00 pm
Fee: \$20 LSCO M; \$28 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, July 6 – 27
Time: 8:00 – 8:50 am
Fee: \$27 LSCO M; \$32 NM
Instructor: Deb Palmer
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, July 4 – 25
Time: 11:15 am – 12:15 pm
Fee: \$27 LSCO M; \$32 NM
Instructor: June Dow
Location: Room A/B

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, July 15 – August 19
Time: 10:00 – 10:45 am
Fee: \$40 LSCO M; \$48 NM
Instructor: Sheila Mulgrew
Location: Stage Area

POWER WALKING

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, July 6 – 27
Time: 9:00 – 10:00 am

Fee: \$27 LSCO M; \$32 NM
Instructor: Andrea Clarke/Jamie Hillier
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, July 5 – 26
Time: 1:30 pm – 2:30 pm
Fee: \$27 LSCO M; \$32 NM
Instructor: Andrea Clarke
Regiser by: Monday, July 4
Location: Fitness Centre

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, July 4 – 25
Time: 9:00 – 10:00 am
Fee: \$27 LSCO M; \$32 NM
Instructor: Jamie Hillier
Location: Gym 1

When: Fridays, July 8 – 29
Time: 9:00 – 10:00 am
Fee: \$27 LSCO M; \$32 NM
Instructor: Andrea Clarke
Location: Gym 1

TRX COMBO

TRX (Suspension Training) uses straps, gravity, and your body weight. Push, pull, lunge, plank, hinge and squat your way to improved functional fitness and sport specific performance goals. A variety of other exercise equipment will be used including stationary bikes. Register early as space is limited. Bring a water bottle.
When: Thursdays, July 7 – 28
Time: 9:00 – 10:00 am
Fee: \$27 LSCO M; \$32 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 older adults. You will be sure to have a great time. Wear comfortable clothes, footwear and bring a water bottle.
When: Thursdays, July 14 – August 18
Time: 9:00 – 9:45 am
Fee: \$40 LSCO M; \$48 NM
Instructor: Sheila Mulgrew
Location: All Purpose Room

Yoga

CHAIR YOGA/GENTLE YOGA

We were unable to confirm dates and times prior to going to print. If you would like to particpate in either of these classes please call and ask that your name be put on our interest list and we will contact you as soon as we know when they will begin.

FRIDAY YOGA

Start 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.
When: Fridays, July 8, 15, 22, 29
Time: 9:00 – 10:00 am
Fee: \$27 LSCO M; \$32 NM
Instructor: Donna Tiefenbach
Location: All Purpose Room

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
11:15 am – 12:45 pm
When: Wednesdays, 11:15 am – 12:45 pm
When: Thursdays, 10:15 – 12:00 pm
Fee: \$66 & LSCO membership
Drop In Fee: \$3 LSCO M; \$5 NM

TABLE TENNIS

A great active game for eye hand coordination and individuals of all skill levels. Let us know if you need instruction and arrangements will be made. Bring your own paddle.
When: Mondays, Wednesdays
Time: 2:30 – 4:00 pm
When: Fridays
Time: 10:30 – 12:00 pm
Fee: \$44 & LSCO membership

PICKLEBALL

Summer play has begun and ends August 5th due to the gymnasiums undergoing maintenance. Times and space is limited. Players must have a good understanding of the game and experience playing. Beginner players should have had lessons. For information email lscopickleball@gmail.com.

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.

Special Interest

AMATEUR HAM RADIO

The purpose of the LSCO Seniors Amateur Radio club is to advance Amateur radio interests and where necessary, to provide emergency and community communications support. Newcomers are welcome to visit our club room on the second floor at the LSCO and view our collection of “bygone days and current” amateur radio equipment. Anyone wishing to join the club or use the equipment with a member present, must have an amateur radio license. If someone would like to obtain their “ham” license, we do have volunteers who may help you with the licensing process at no cost except for the training manual.
When: Monday – Friday
Time: 9:00 – 11:00 am (or longer on request and with notice).
Fee: \$28/12 months & LSCO membership

BILLIARDS

Members are welcome to play pool daily. The tables are located on the second floor and are accessible by the elevator or stairs. If you are new to the game it is important for you to let us know so

that arrangements can be made for you to receive some instructions. Members & non members may drop in provided they are accompanied by a billiard member. Fee: \$6 M; \$7 NM.
When: Monday – Friday
Time: 8:30 am – 3:00 pm
Fee: \$53/12 months & LSCO membership

DIGITAL PHOTOGRAPHY

If you love to take photos and have a desire to improve your picture taking skills register at the Administration Desk. You do not have to be an expert as the group members vary in levels and interests. Some like to do landscapes; some like to do food, and others like to do birds. Some are advanced, but others are not as advanced.
At times we take trips outside of LSCO.
When: Fridays
Time: 9:00 am
Fee: \$10/12 months & LSCO Membership

GENEALOGY

Weekly, members spend time researching their family history. LSCO provides a desktop computer for use however, it is recommended that you bring along your laptop if you have one. Members range from beginners to those with 5+ plus years of experience with the club. Group members share their genealogy expertise with each other, sharing tips on accessing web sites containing document sources such as immigration/passenger lists, birth, marriage and death records, etc. Please purchase an LSCO Membership at the Administration Desk before registering for this group.
When: Wednesdays, (breaking for the summer will start up again September 7)
Time: 10:00 am – 3:00 pm
Fee: \$20/12 months & LSCO Membership

KARAOKE

The Karaoke singers meet weekly at LSCO. Please bring your own microphone.
When: Tuesdays
Time: 1:00 – 3:30 pm
Fee: \$20/12 month & LSCO membership
Non Mem: \$2/day

KNITTING, CROCHET & MORE

Whether you are interested in learning to knit, crochet, etc. come join us. Beginners to more experienced are so very welcome. We work on projects, socialize, share ideas and enjoy a coffee. If you have supplies bring them, if not we do have some to loan. Held in the Atrium.
When: Thursdays
Time: 1:00 – 4:00 pm
Fee: \$10/12 months & LSCO membership

LAPIDARY (Stonecrafters)

Are you interested in making jewelry or other pieces of art that uses rocks and fine gems? If the answer is yes, sign up today. If you are new to this program arrangements will be made for instructions. It is important that 2 people are in the room at all times. Supply costs extra. Please check to see if the group is breaking for the summer.
When: Wednesdays
Time: 10:00 am – 3:00 pm
Fee: \$35/12 months & LSCO membership

PAPER TOLE WORKSHOP

If you are familiar with the art of paper tole and would like to work on your projects while socializing, consider signing up for this weekly workshop. Ideas are shared, however, no formal instruction is given. Supply costs extra. Beginner lessons may be offered in the fall.

When: Fridays
Time: 9:00 am – 3:00 pm
Fee: \$22/12 months & LSCO membership

QUILTING

If you have basic quilting skills join our friendly quilters. They socialize, help and share ideas with each other. Must bring your own supplies. Please sign up at the Administration Desk.

When: Tuesdays
Time: 12:00 – 3:00 pm
Fee: LSCO membership

TAI CHI

LSCO Members with a great deal of Tai Chi experience may be interested in joining this Tai Chi session. If you are unsure whether this is a good fit for you leave your phone number and you will be contacted.

When Mon/Wed/Fri
Time: 8:15 – 9:15 am
Fee: \$20 & LSCO membership

WOOD CARVING

Wood carving is a form of working with wood using cutting tools. If you are interested in learning this craft pay \$5 at the Administration Desk. Newcomers will be loaned equipment needed to complete a small project. If you choose to continue you will be required to purchase your own tools, wood, etc. and pay the remainder of the fee (\$15).

This program usually takes place on Thursday afternoons. Please call and leave your name and phone number and we will contact you when the program begins. We expect it to be in the fall.

WOOD WORKING

Women and men interested in the wood working program must be familiar with all types of tools a carpenter would use as there is no formal instruction. Some materials are available for use. For safety, there must be 2 members in the shop at all times.

When: Monday – Friday
Time: 8:00 am – 3:00 pm
Fee: \$44/12 months & LSCO membership

Cards/Board Games

CRIB

If you enjoy playing crib or would like to learn feel free to join in on the fun every week. Newcombers are welcome.

When: Thursdays
Time: 1:00 – 3:00 pm
Fee: LSCO membership
Location: Card Area or Atrium

SCRABBLE

If you are interested in playing Scrabble please meet in the Card Area. If you have a scrabble board please bring it. Free for LSCO Members.

When: Thursdays
Time: 9:30 am – 12:00 pm
Fee: LSCO membership

LSCO Members are welcome to play cards and other board games throughout the day in the Atrium provided tables are available. Players must provide their own cards, game boards, etc. Gather some friends and see you soon!

HELEN SCHULER

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Volunteer with us!

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403-320-3064 OR Lethbridge.ca/nature

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Nordic Walking

Warming Up

Warm up with foot/ankle rotations, light leg swings, torso twists and shoulder rolls forward and back. Easy neck rotations, wrist curls. These are also great to do after your walk too.

Stretching

Stretching takes place AFTER your workout. Hold each stretch below for approximately 15 seconds.

Front Thigh Stretch

- Stand upright in good posture, holding pole for support on the weight bearing side or use a wall.
- Gently bend your knee behind you to grasp your pant leg or ankle with the other hand. Bending your knee with your heel coming towards you rear end might be enough of a stretch.
- Keep your knee aligned under the hip as you lift the foot, then switch legs.

Remember that you do not want to feel pain in your knees

Back Stretch

- Place both poles shoulder width apart and in front of your body for stability.
- Step several inches away from the poles with both feet.
- With long legs and arm, extend tailbone behind you.

Back Thigh Stretch

- Place both poles approximately shoe-width apart and in front of your body for stability
- Extend left leg in front, heel on ground, toes pointed up
- Gently bend right support knee while pushing the tailbone backward, the switch sides. You should feel a stretch in the back of your leg (hamstring, calf).

Arm Stretch

- Grasp pole grip with right hand
- Bring pole overhead and down the back; grasp other end with left hand.
- Left hand pulls downward until you feel a stretch in the back of your arms
- Switch sides

Chest/Upper Shoulder Stretch

- Grasp pole behind back, hands a little wider than shoulder width
- Lift pole up towards head; only lift as high as you can maintain upright posture
- You can also lift poles up in front of face and behind head

Lateral Torso Flexion

- Grasp pole with a wide overhead grip with both hands
- Standing upright in good posture, push the left hand to the ceiling and reach the right hand to the right side
- Change sides.

Nordic Walking Poles are available to purchase at LSCO Boutique. Please ask at the Administration desk.

All walking is discovery. On foot we take the time to see things whole. ~ Hal Borland

alger zadeiks shapiro LLP

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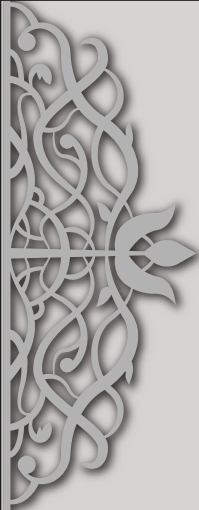
www.azlawyers.ca

July LSCO Weekly Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Pickleball 7:00 am-8:30 am Gym 1		Pickleball 7:00 am-8:30 am Gym 1	Rotary Lethbridge Sunrise 6:30 am-8:15 am Atrium	Pickleball 7:00 am-8:30 am Gym 1	
	Administration 8:00 am-4:30 pm Lobby Area Dining Room 8:00 am-3:00 pm Cafeteria Fitness Centre 8:00 am-3:30 pm Library 8:00 am-4:00 pm Tai Chi Club 8:15 am-9:15 am Stage Area Billiards 8:30 am-3:00 pm Pool Room Carpentry/Woodworking 8:30 am-3:00 pm Carpentry Shop	Administration 8:00 am-4:30 pm Lobby Area Dining Room 8:00 am-3:00 pm Cafeteria Fitness Centre 8:00 am-3:30 pm Library 8:00 am-4:00 pm Billiards 8:30 am-3:00 pm Pool Room Carpentry/Woodworking 8:30 am-3:00 pm Carpentry Shop	Administration 8:00 am-4:30 pm Lobby Area Dining Room 8:00 am-3:00 pm Cafeteria Fitness Centre 8:00 am-3:30 pm Library 8:00 am-4:00 pm Instructors Choice 8:00 am-8:50 am Gym 2 Tai Chi Club 8:15 am-9:15 am Stage Area Billiards 8:30 am-3:00 pm Pool Room Carpentry/Woodworking 8:30 am-3:00 pm Carpentry Shop	Administration 8:00 am-4:30 pm Lobby Area Dining Room 8:00 am-3:00 pm Cafeteria Fitness Centre 8:00 am-3:30 pm Library 8:00 am-4:00 pm Billiards 8:30 am-3:00 pm Pool Room Carpentry/Woodworking 8:30 am-3:00 pm Carpentry Shop	Administration 8:00 am-4:30 pm Lobby Area Dining Room 8:00 am-3:00 pm Cafeteria Fitness Centre 8:00 am-3:30 pm Library 8:00 am-4:00 pm Tai Chi Club 8:15 am-9:15 am Stage Area Billiards 8:30 am-3:00 pm Pool Room Carpentry/Woodworking 8:30 am-3:00 pm Carpentry Shop	
Pickleball 9:30 am-3:30 pm Gym 2	Amateur Radio 9:00 am-11:00 am Radio Room Tabata 9:00 am-10:00 am Gym 1	Amateur Radio 9:00 am-11:00 am Radio Room Cycle Combo 9:00 am-10:00 am Gym 2 Fit Ball & More 9:00 am-9:50 am Gym 1	Amateur Radio 9:00 am-11:00 am Radio Room Bike & Ball 9:00 am-10:00 am Gym 2 Power Walking 9:00 am-10:00 am Gym 1	Amateur Radio 9:00 am-11:00 am Radio Room Zumba Gold 9:00-9:45 am APR Scrabble 9:00 am-12:00 pm Card Area TRX Combo 9:00-10:00 am Gym 2	Amateur Radio 9:00 am-11:00 am Radio Room Paper Tole 9:00 am-3:00 pm Arts & Crafts Room Tabata 9:00 am-10:00 am Gym 1 Yoga 9:00 am-10:00 am APR	
	Full Body Workout 10:30 am-11:30 am Gym 2 Boutique 10:00 am-3:00 pm Gentle Exercise 10:15 am-11:00 am Gym 1	Boutique 10:00 am-3:00 pm Pickleball Ladies 10:05 am-11:30 am Gym 1	Boutique 10:00 am-3:00 pm Lapidary 10:00 am-3:00 pm Lapidary Room Gentle Exercise 10:15 am-11:00 am Gym 1 ABS & Core 10:30 am-11:30 am Gym 2	Boutique 10:00 am-3:00 pm Badminton 10:15 am-12:00 pm Gym 1	Pound Fitness 10:00 am-10:45 am Stage Area Boutique 10:00 am-3:00 pm Table Tennis 10:30 am-12:00 pm Room C; Room D	Pickleball 10:45 am-4:30 pm Gym 2
	Badminton 11:15 am-12:45 pm Gym 1	Pickleball Mens 11:45 am-1:15 pm Gym 1	Badminton 11:15 am-12:45 pm Gym 1		Pickleball 11:00 am-12:45 pm Gym 2 Badminton 11:15 am-12:45 pm Gym 1	
		Quilting 12:00 pm-3:00 pm Stage Area	Line Dancing Summer Fun All Levels 12:00 pm-1:00 pm Gym 2	Pickleball 12:30 pm-4:55 pm Gym 1; Gym 2		
	Computer Club 1:00 pm-3:00 pm Computer Lab Pickleball 1:00 pm-4:55 pm Gym 1; Gym 2	Karaoke 1:00 pm-3:30 pm Board Room Pickleball 1:15 pm-4:55 pm Gym 1; Gym 2 Senior Strength 1:30 pm-2:30 pm Fitness Centre	Computer Club 1:00 pm-3:00 pm Computer Lab Pickleball 1:00 pm-4:55 pm Gym 1 Pickleball 1:45 pm-8:45 pm Gym 2	Knitting Needlework 1:00 pm-4:00 pm Atrium Crib 1:00 pm-3:00 pm Atrium	Computer Club 1:00 pm-3:00 pm Computer Lab Pickleball 1:00 pm-4:55 pm Gym 1; Gym 2	
	Table Tennis 2:30 pm-4:00 pm Room C; Room D		Table Tennis 2:30 pm-4:00 pm Room C; Room D			
	Pickleball 5:00 pm-8:45 pm Gym 2	Pickleball 6:45 pm-9:00 pm Gym 2	Pickleball 5:00 pm-8:45 pm Gym 2		Pickleball 5:00 pm-8:45 pm Gym 2	

For more information regarding programs contact the Administration Desk at 403-320-2222.
Note: Some programs are for members only while others are open to the community.
Schedule may change without notice. The Dining Room is open to the public. See page 9 for class information.

For information about LSCO programs go to www.lethseniors.com and register online.



PAPER TOLE

If you are familiar with the art of paper tole and would like to work on your projects while socializing, consider signing up for this weekly workshop. Ideas are shared however, no formal instruction is given. Supply costs extra. Beginner lessons may be offered in the fall.

When: Fridays
Time: 9:00 am – 3:00 pm
Fee: \$22/12 months
& LSCO membership



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. Instructor is June Dow. Location: Room A/B.

When: Mondays, July 4 – 25
Time: 11:15 am – 12:15 pm
Fee: \$27 LSCO M; \$32 NM



Billiards

Members are welcome to play pool daily. The tables are located on the second floor and are accessible by the elevator or stairs. If you are new to the game it is important for you to let us know so that arrangements can be made for you to receive some instructions. Members & non members may drop in provided they are accompanied by a billiard member. Fee: \$6 M; \$7 NM.

When Monday – Friday
Time: 8:30 am – 3:00 pm
Fee: \$53/12 months & LSCO membership

Neverending Stories

As far back as I can remember, I haven't gone a day without reading – several books a week, from all over and in all genres. Imagine my dilemma when our book-publishing colleagues at Bayard Canada suggested that we pose with our favourite books for World Book and Copyright Day. *If This Is a Man*, by Primo Levi, came to mind right away, but in the end, I chose *The Neverending Story*, by Michael Ende, a fantasy novel for young readers in which a misfit teen finds himself literally drawn into an old magic manuscript that takes him on all kinds of fantastic adventures on the back of a massive flying dragon.

Every book is like that – it opens a world to us, with emotions to experience, characters to meet, and journeys that sweep us along. Books are our everyday companions, oases of escape, places where we can dream at every stage of our lives. They allow us to travel in time so we can stroll through New York's Gilded Age in *The House of Mirth*, spend time in the Château d'If with *The Count of Monte Cristo*, experience the aftermath of the First World War with *Three Day Road*, or visit Prince Edward Island in the late 19th century with *Anne of Green Gables*. They make us want to visit other lands – Elena Ferrante's *Naples*, Haruki Murakami's *Japan*, or the Alaska of Jon Krakauer's *Into the Wild*.

Books can touch our hearts – and render us unable to put them down at a reasonable hour before bed! Louise Penny's Chief Inspector Gamache has given me many sleepless nights, as have the heroes of Patricia Cornwell, Harlan Coben, and Stieg Larsson. Are you able to resist the urge to read a thriller from cover to cover in one sitting? Our team challenges you to test your willpower with their favourite thrillers on page 16 of our June issue.

Summer is here, with its long hours of lounging in the garden, at the park, or at the cottage. What novels have transported you, touched you, resonated with you? Why not recommend them to other readers to give them some ideas for summer reading? Simply send the name of the book you want to suggest and why to editor@goodtimes.ca. We'll share all your recommendations on our Facebook page so we can embark on new journeys together!



June 21, 2022
Monica Landry
From Aline Pinxteren
Publisher & Interim Editor-in-Chief
goodtimes.ca



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

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

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

Explore the community while making a needed contribution.

Get your application from the volunteer office at LSCO or call Shiloh Sabas, Volunteer Coordinator
403-320-2222



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.

A NEGATIVE
MINDSET
WILL HOLD
YOU BACK
A POSITIVE
MINDSET
WILL PROPEL
you forward

@simplepurposefulliving



The purpose of the LSCO Seniors Amateur Radio club is to advance Amateur radio interests and where necessary, to provide emergency and community communications support. Newcomers are welcome to visit our club room on the second floor at the LSCO and view our collection of “bygone days and current” amateur radio equipment. Anyone wishing to join the club or use the equipment with a member present, must have an amateur radio license. If someone would like to obtain their “ham” license, we do have volunteers who may help you with the licensing process at no cost except for the training manual.

When: Weekdays 9:00 to 11:00
(or longer on request and with notice)
Fee: Only \$28/12 months & LSCO membership

Today is life-the only life you are sure of. Make the most of today. Get interested in something. Shake yourself awake. Develop a hobby. Let the winds of enthusiasm sweep through you. Live today with gusto.

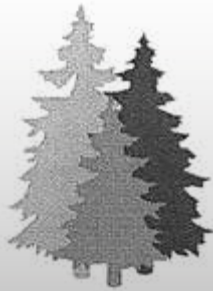
~Dale Carnegie



POWER WALKING

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, July 6-27
Time: 9:00 – 10:00 am
Fee: \$27 LSCO M; \$32 NM
Instructor: Andrea Clarke/Jamie Hillier
Location: Gym 1




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Probate Applications Simplified

I recently attended a seminar on the new procedures for submitting a will to court for probate. This new procedure involves an all-new digital submission system that will greatly aid in getting probate done quickly and efficiently. It will eliminate many errors that happened with the previous system. This is very good news for people who have a proper professionally done will.

Let me explain how the new system will work. As an example, I saw a client whose parent had passed away recently. I was able during a single appointment, put together the application for probate for this client. This was due to the way the new process is set up on a website and through a course of answers to key questions, the application is finalized for submission to the courts. The old system was set up on the basis that before it could be submitted to court, you had to have a detailed inventory list of assets, and this took some time to complete due to banks not being very cooperative in providing that information. Now with the new system we submit the list of assets after the grant is given by the courts. This allows the application to proceed while the representative of the estate is figuring out



Legal Tips and Information

Douglas Alger

the value of the assets of the estate. While I don't know how quickly Judges are going to sign off the digital applications, I have heard that it will save the estate approximately two months in waiting time. With most estates the sooner the grant is given, the sooner the estate representative can begin to wrap up the affairs of the estate. This is not to say that there is a lot of work for the representative, as there is, but it does mean that the headache of getting a grant from the court should be less stressful.

To take advantage of this service, you will have to have proper legal will and you will

have to consult with a lawyer, as only lawyers will have access to the system for now. Not all situations will fit in with these facts and a lawyer can explain to you whether your will qualifies. If your will won't quite fit within the new system, there are also all new PDF forms for estate applications. These forms are user friendly and have been simplified from the prior estate forms. For now, with the nuances of the new processes for these forms, it is recommended you consult with a lawyer to get them completed.

If you have been appointed as a representative of someone's estate, it is a daunting task, but with the assistance of a lawyer experienced in estate matters it can be less so. If you have any questions regarding this new process, please reach out to me. It is a step in the right direction of wills and estates and a properly drawn up will is the key to making this all work smoothly. ★

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.

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, July 15 – August 19
Time: 10:00 – 10:45 am
Fee: \$40 LSCO M; \$48 NM
Instructor: Sheila Mulgrew
Location: Stage Area



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: Wednesdays, July 6 – 27
Time: 10:30 – 11:30 am
Fee: \$27 LSCO M; \$32 NM
Instructor: Andrea Clarke
Location: Gym 2



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3:00 PM THE DAY BEFORE





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.



Now that the LSCO Community Connect has transitioned from Volunteer Lethbridge, we are ready to accept referrals for folks in need of support by way of a phone connection. Referrals are being accepted by: referral form on website <https://lethseniors.com/lSCO-community-connect/>, phone calls to SCSP line at 403-329-1544, via e-mail to intake@lethseniors.com or by dropping in and speaking to the program coordinators Connie-Marie & Katie.

During WWII, a Great Dane named Juliana defused a bomb by peeing on it. She earned a Blue Cross Medal. ~ weird-facts.org

QUILTING?

If you have basic quilting skills join our friendly quilters. They socialize, help and share ideas with each other. Must bring own supplies. Please sign up at the Administration Desk.

When:	Tuesdays
Time:	12:00 – 3:00 pm
Fee:	LSCO membership

LSCO FITNESS CENTRE

Monday – Friday
Hours: 8:00 am – 3:30 pm

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

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.

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For details, call 403-320-9363 or visit agecare.ca/RetireColumbia

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Seniors System Navigation Team’s New Staff



SCSP
Intake
**Connie-Marie
Riedlhuber**
intake@lethseniors.com
403-329-1544



Seniors Community
Services Partnership



LETHBRIDGE
Senior Citizens
ORGANIZATION



SCSP
Intake
Katie Harrold
intake@lethseniors.com
403-329-1544

LSCO and the SCSP Seniors System Navigation Team would like to welcome 2 new staff to the team.

Connie-Marie Riedlhuber and Katie Harrold have been hired as Seniors System Navigation Intake workers, taking calls from concerned community members who seek information and support for age-related issues. Resources will be provided during the call and/or additional outreach support will be coordinated for concerns of a more complex nature.

Connie-Marie and Katie will also be responsible for coordinating services for seniors being supported by LSCO Community Connect (previously known as the Keep in Touch program). Our newest team members will work alongside Amy and Heather on the 2nd floor of LSCO across from the Radio Club. Stop in and say hello. ★

5 everyday items you wouldn’t expect contain plastic

We all know that plastic harms the environment. Despite many Canadians’ attempts to limit the number of plastic products they use – it’s a part of everyday life.

Environmental expert Dr. Bruce Lourie shares, “Plastics have become one of the biggest environmental challenges facing the globe. In some cases, the plastic is very obvious, as seen by the huge quantities floating in our oceans, washing up on our shores and harming wildlife. What we can’t see are the tiny microplastics that break down and end up inside our own bodies.”

Here are five everyday items you may not expect contain microplastics:


- Chewing Gum** Many modern chewing gums have a plastic base made from synthetic rubber. For a plastic-free alternative, look for plant-based gum brands next time you’re out.
- Coffee cups** To-go coffee cups are often lined with plastic to keep the cup light and disposable without leaking liquid. But converting to reusable travel mugs is worth it. Not only will also keep your beverage warmer longer, on top of reducing your plastic use – but you may also get a discount at your local coffee shop.
- Bandages** Many common adhesive bandages contain some form of plastic. However, with a little research, you can find plastic-free alternatives such as bamboo adhesive bandages. You can find them at health food stores and increasingly at standard drugstores.
- Premium ‘silken’ tea bags** Premium ‘silken’ tea bags are sometimes made of PET or Nylon. This makes them non-compostable and puts your body at risk for ingesting microplastics with each sip. Using loose leaf teas with a metal steepener is an easy way to avoid these plastics.
- Disposable cleaning wipes** Many disposable cleaning and disinfecting wipes on the market are made with plastic, but non-plastic options increasingly available. In fact, Lysol has launched a new plant-based disinfecting wipe that is biodegradable in home and municipal composts; check locally as appropriate municipal composting facilities may not exist in your area. They’re shown to be just as effective as their traditional wipes at killing viruses and bacteria.

Find more information at www.lysol.ca/en/biodegradable/biodegradable-wipes/

www.newscanada.com



A guy named Dale Schroeder grew up poor in Iowa, never married, had no children, and worked as a carpenter at the same company for 67 years and only owned two jeans. He spent his life savings to send 33 students to college.
~ weird-facts.org




**SCSP
Navigation Team
Intake Line
403-329-1544**

The mandate of the Seniors System Navigation Team is to offer information & referrals, short term case management and outreach support to seniors in need over the age of 60 years of age. The Team can help seniors identify needs, connect to resources, provide psychosocial support and education and offer advocacy and community outreach as needed.

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 older adults. You will be sure to have a great time. Wear comfortable clothes, footwear and bring a water bottle.

When:	Thursdays, July 14 – August 18
Time:	9:00 – 9:45 am
Fee:	\$40 LSCO M; \$48 NM
Instructor:	Sheila Mulgrew
Location:	All Purpose Room



Computer Corner

by Sjoerd Schaafsma

Summer Tips, Hints and Reminders

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.

Here I sit with the rain pounding against the window, and the thermometer reading 10 degrees, and yet, by the time this article goes to print it will indeed be summer. During showcase I was asked if the links I provide are reliable. Yes, they are, HOWEVER, many reliable sites use third party advertising to support their work. This advertising can be misleading, so always read carefully. Learn to tell the difference between the valid information and the plugs for software or sites that don't interest you.

Reminders!

- 1. **BACK UP YOUR COMPUTER!** Whether with your operating system's built in back up routine or a third party application; back up your hard drive(s) to an external hard drive(s). If you do fall victim to ransomware or a nasty virus your data will still be available. With an image, your entire system can be restored.

What's the Best Way to Back Up My Computer?

<https://www.howtogeek.com/242428/whats-the-best-way-to-back-up-my-computer/>

What You Need to Know About Creating System Image Backups

<https://www.howtogeek.com/192115/what-you-need-to-know-about-creating-system-image-backups/>

- 2. **Clean out the DUST BUNNIES!** Don't leave your laptop in a HOT VEHICLE! Summer's hot days can put your computer under added stress. Heat is one of a computer's biggest enemies. Either, open up the case and blow out the dust with a can of compressed air, or find the cooling vents in your laptop (if it has them) and blow out the fan area. Don't use your shop air compressor... like some blowhards it can spew liquids. Most computers don't like liquids, some however do have liquid cooling.

5 Cooling Solutions to Prevent Your PC From Overheating

<https://www.howtogeek.com/192196/5-cooling-solutions-to-prevent-your-pc-from-overheating/>

How to Reduce Laptop Heat

<https://computerinfobits.com/how-to-reduce-laptop-heat/>

Tips: The Context Menu

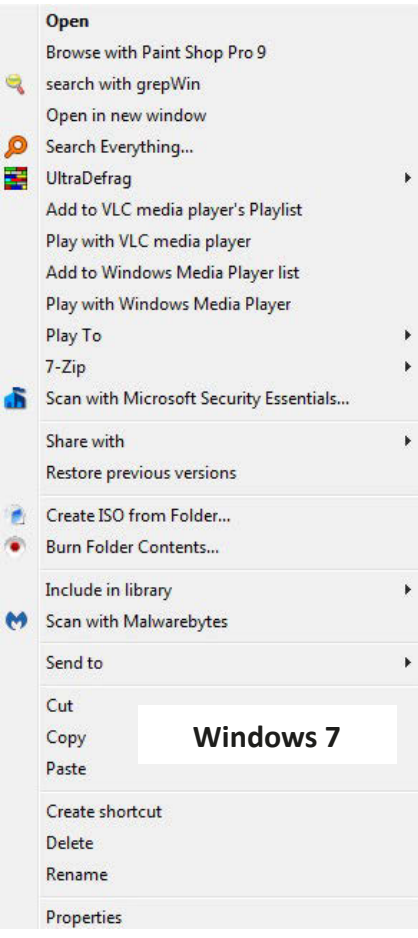
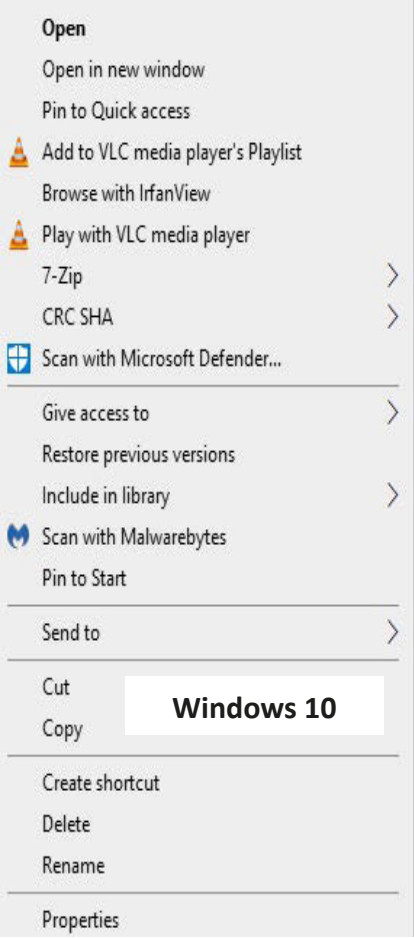
In Windows right clicking on an item in File Explorer will bring up a list of options.

The length of the list depends on the version of Windows and the number of programs you've installed. Some common options are open, copy, cut, delete, scan, and properties.

In the examples below, the one on the left is from a newer Windows 10 installation of the LSCO computer club menu, and the one on the right is from an older Windows 7 installation.

In both cases, left clicking on one of the options will act on the item or folder. Items with a right arrow will bring up another sub menu.

My favorites are *Properties* which I usually use to find out how much space is being used on either a drive or a group of files and *Open in new window* which opens a second explorer window.



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.

There are no planned workshops from May until September. 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.

The Computer Corner and LSCO Times can be read online at: <http://lethseniors.com/about/lSCO-times-publications/>.



PLAY TABLE TENNIS

A great active game for eye hand coordination and individuals of all skill levels. Let us know if you need instruction and arrangements will be made. Bring your own paddle.

When	Mondays, Wednesdays
Time:	2:30 - 4:00 pm
When	Fridays
Time:	10:30 - 12:00 pm
Fee:	\$44 & LSCO membership

Tai Chi

LSCO Members with a great deal of Tai Chi experience may be interested in joining this Tai Chi session. *If you are unsure whether this is a good fit for you leave your phone number and you will be contacted.*

When	Mon/Wed/Fri
Time:	8:30 – 9:30 am
Fee:	\$20 & LSCO membership



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Beautiful Lady looking forward to meeting the man of her dream. A man between the ages of 49 to 79 years old. I am looking for someone to share with me the simple pleasures of life. I am willing to relocate and enjoy life with that special person that contacts me. Call or text me now on +1 403 306 0649 and let's meet for a good time.

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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, 11:15 am - 12:45 pm

When: Wednesdays, 11:15 am - 12:45 pm

When: Thursdays, 10:15 - 12:15 pm

Fee: \$66 & LSCO membership

Drop In Fee: \$3 LSCO M; \$5 NM

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This program usually takes place on Thursday afternoons. Please call and leave your name and phone number and we will contact you when the program begins. We expect it to be in the fall.

World Elder Abuse Awareness Day 2022



LEARN
Case
Manager

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

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



LEARN would like to thank everyone who helped us put on our Senior’s Talent Showcase to recognize World Elder Abuse Awareness Day!

We appreciate our network members supporting and volunteering for the event. We would also like to thanks MLA Nathan Neudorf and Police Chief Mehdizadeh for attending in support of the work that LEARN and LSCO do to address elder abuse in the community!

Finally, we would like to thank those who performed and provided the audience with such fantastic entertainment!!

June 15th

World Elder Abuse Awareness Day

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