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## Join Us for

### COMMUNITY CONNECT MEET & GREET

Wednesday, August 10th  
(see page 5 for details)

### MOBILE FOOD TRUCK

Monday, August 22nd  
(see page 7 for details)

### WHOO-UP PANCAKE BREAKFAST


Tuesday, August 23rd  
(see page 2 for details)

### WHOO-UP BBQ

Friday, August 26th

### BUILDING HEALTHY RELATIONSHIPS

September 29 – November 3  
(see page 16 for details)



**LSCO**

**Whoop-Up Days**

**BBQ**

**Friday**

**August 26, 2022**

**11:00 am - 1:00 pm**

**Cheeseburger, Corn on the Cob  
& Bag of Chips \$5.00**

**Music with  
Reg Ellet**

**500 - 11th St. S  
403-320-2222**

LETHBRIDGE & AREA  
**SENIORS of DISTINCTION**  
AWARDS



AgeCare

*Vibrant Seniors,  
Vibrant Communities*

## Nominations Open for the Seniors of Distinction Awards

**Deadline for nominations is August 15<sup>th</sup>**  
Winners will be notified by September 1<sup>st</sup>

**NOMINATE ONLINE**  
**[agecare.ca/SeniorAwards](http://agecare.ca/SeniorAwards)**

OR

**DROP OFF NOMINATION**

AgeCare Columbia 785 Columbia Blvd. W, Lethbridge T1K 4T8





**WHOOP-UP**

**LSCO PANCAKE  
BREAKFAST**

**Tuesday**  
**August 23, 2022**

8:00 - 10:00 am  
\$2.<sup>00</sup>

Pancakes, Sausages,  
Coffee & Juice

Music with Brian Rainey

LSCO Parking Lot (under the awning)  
500 - 11th Street South  
403-320-2222



**LTH TOURS**  
LIFE TIME HIGHS

# 2022 TOURS

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

**Camrose, AB, Sept. 25 – 27** 3 days / 2 shows. Optional: Bailey Theatre featuring Bailey Buckeroo's. Sun. 25th (\$25 add'l) & Calvin Vollrath Canadian Fiddling Champion. Mon. 26th (\$35 add'l). **Dble Occp \$320, Single \$395**

**Prestige Okanagan Wine & Water Tour, Oct. 12 – 19** Golden, Salmon Arm, Kelowna, Nelson.   
Explore the vineyards of the Okanagan & the beauty of British Columbia. Water Front Hotels  
**Dble Occp \$1475, Triple/Quad \$1325, Single \$1895**

**Christmas in Branson, Nov. 13 – 26** Daniel O'Donnel last retirement performance, 5 more shows, meals & sightseeing included. **Fantastic Pricing Dble Occp \$3400, Triple Occp \$3200, Quad Occp \$3100, Single \$4200**

**Coeur d'Alene Casino & Resort, Idaho, Dec. 4 – 7** 3 days / 4 days. Baggage handling, Spokane shopping. Optional Christmas Light Boat Cruits, 60,000 sq.ft. Casino, Spa, Pool. 3 days – \$15 Meal discount in points, \$25 EPC for Casino  
**Dble Occp \$515, Triple Occp \$465, Quad Occp \$440, Single \$690**

## DAY TRIPS FROM CALGARY

**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. **PP \$90**

**Medieval Royal Feast, Aug. 21 & Sept. 16** A feast in the tradition of medieval times, dress the part, 3 hours / 5 course meal. **PP \$170**

**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. **PP \$175**

**Craft Brewery Tour, Aug. 11** Black Diamond, Turner Valley, learn about brewing & enjoy samples + some cute shopping. **PP \$90**

**More Day Trips:** Rosebud Theatre, Cow Patti Theatre, Yamnuska Wolf Sanctuary, Harvest Mystery Drive, Century Downs.

**Call for Details! Have a group for a Day Tour? Call to arrange from Lethbridge or Medicine Hat.**

GST, Taxes included in Prices  
CDN \$

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\* Prices / itinerary subject to change

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**CUPPER'S**  
TASTE THE WORLD IN YOUR CUP

*In recognition for the ongoing support of LSCO Meals on Wheels*









## 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.

For tickets visit [www.galtmuseum.com/events](http://www.galtmuseum.com/events) or call **403.320.3954**.







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](http://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:**

Executive Director – Rob Miyashiro  
rmiyashiro@lethseniors.com . . . . . ext. 24  
Operations Manager – Jodie McDonnell  
jmcdonnell@lethseniors.com . . . . . ext. 23  
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jblinco@lethseniors.com  
LEARN Case Manager – Amy Cook  
learn@lethseniors.com . . . . . 403-394-0306  
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hbursaw@lethseniors.com . . . . . ext. 57  
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volunteer@lethseniors.com . . . . . ext. 31  
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Seniors System Navigator Intake  
Connie-Marie Riedlhuber  
intake@lethseniors.com . . . . . 403-329-1544  
Seniors System Navigator Intake – Katie Harrold  
intake@lethseniors.com . . . . . 403-329-1544  
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Social Media Specialist – Rod Henriquez  
socialmedia@lethseniors.com . . . . . ext. 33  
In-Home Supports Coordinator – Shiloh Sabas  
mow@lethseniors.com . . . . . ext. 34  
Fitness Coordinator – Andrea Clarke  
fitness@lethseniors.com . . . . . ext. 61  
Accounting Technician – Christine Toker  
finance@lethseniors.com . . . . . ext. 59  
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 Centre . . . . . 1-877-644-9992  
[www.albertasupports.ca](http://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!*

Kanwal Singh                      Russ Coulter  
Myrna Horak                      Arlene Coulter  
Rose Schaafsma                      Donna O’Connell  
Lillian Wozny                      Wayne O’Connell

*A Smile is the Universal Welcome*

I love borders. August is the border between summer and autumn; it is the most beautiful month I know. ~Tove Jansson

### CLASSIFIED ADS

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**LSCO Gym 1 & Gym 2 will be CLOSED from August 8 – 28 for maintenance.**

**Re-opening Monday, August 29th. Thank you.**

A 75-year Harvard study found close relationships are the key to a person’s success. Having someone to lean on keeps brain function high and reduces emotional and physical pain. People who feel lonely are more likely to experience health declines earlier in life. ~ weird-facts.org

### LSCO Monthly Support Services

DATE	TIME	LOCATION	BUSINESS	SERVICE
Tuesday August 2	9:00 am – 12:00 pm	SCSP Quiet Room	Seniors Community Services Partnership	Drop-In Single Session Counselling
Wednesdays August 3, 10, 17, 24 & 31	10:00 – 11:30 am	Room C/D	Reconnect & Recharge Socialization Group	Partnership between AHS and SCSP
Saturdays, August 6, 13, 20 & 27	8:30 – 10:30 am	Room C/D	AA Eye Opener	Support Group
Wednesday August 10	9:00 am – 12:00 pm	SCSP Quiet Room	AZ Lawyers	Free 15-minute Legal Consultation
Thursday August 11	9:00 am – 12:00 pm	Clinic Room	Lethbridge Hearing Centre	Hearing Screening
Tuesday August 16	9:00 am – 12:00 pm	SCSP Quiet Room	Seniors Community Services Partnership	Drop-In Single Session Counselling
Thursday August 18	2:00 – 4:00 pm	Room C/D	Parkinson’s Support Group	Support Group
Wednesday August 24	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.

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### Publishing Schedule

Issue    Deadline  
September 2022. . . . . August 12  
October 2022 . . . . . September 16

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



## LSCO Fund Development Strategy

In the June issue of the *LSCO Times*, the Executive Director’s article summarized our current financial position. In the interest of transparency, this article is a joint message from our Board Chair and Executive Director which will provide a deeper explanation of how the events of the past few years have affected LSCO.

March 2020 saw the onset of COVID-19 shutdowns worldwide and LSCO was closed in mid-March. We re-opened with restrictions in September and the number of members/participants returning was drastically less than in March. Some of our regular groups chose not to return and we also decided that it would be best for some groups to delay re-starting. We, again, stopped offering classes in December. As stated in the June E.D. article, COVID-related subsidies enabled LSCO to finish the year with only a \$863 deficit – which would have been in excess of \$145,000 without the subsidies.

We did not offer classes and groups until April of 2021, at which time we also allowed in-house dining. Participant uptake of classes and groups was 50% or less of pre-COVID attendance and the number of patrons in the dining room was similar. Our revenues fell to \$1.57 million while our expenses remained high at \$1.82 million. The COVID-related subsidies that were available in 2020 were no longer available in 2021, or had lower rates of subsidy. These factors contributed to a year-end deficit of \$155,000.

In 2022, our facility usage continues to be 50% or lower for our groups and we are offering more classes, while the dining room is seeing more breakfast and lunch customers. Overall, the numbers for these departments are encouraging and they seem to be holding their own. The fees we charge our groups have not kept pace with the

rate at which our lease has increased, but we’re not sure if a fee increase will solve our conundrum of diminishing return: We have a low return rate to our groups that already have a low fee, so will increasing the fee so that we have a more accurate fee structure actually increase attendance – and, therefore, revenues from those groups? We are not sure that will occur.

One of the largest impacts on our financial health is the loss of community bingo revenue from around 2012 to the present. At one point in LSCO’s history, community bingo revenue far exceeded our lease costs and was the main contributor to our capital costs with pre-COVID revenue falling short of paying our lease cost – meaning that shortfall had to be met with other revenue. Winners Bingo was closed from March 2020 to June 2021, with the only income earned was via video bingo. This calendar year has seen the return of in-person bingo, but our share of revenue has been about 20% of our previous earnings. In order to provide Meals on Wheels (which increased over the last two years), we purchased an upright freezer and had to replace our walk-in cooler and walk-in freezer and a steamer; and we had to do extensive repair on an upright cooler. This was paid for by our capital fund (which has almost been depleted) even though we made a public ask for donations to offset these capital costs.

Other impacts on our finances are associated with our Social Support programs. We operate nationally recognized services and supports at LSCO that we feel are important to seniors and the community, but funders don’t/won’t pay all of the costs associated with these services: things like full costs of computers/IT/communications as well as furniture and staff development. These items are necessary to maintain the high quality of services,

so the costs must come from other sources than the funders of the services.

Also tied to the above information is the fact that we haven’t had a dedicated fund development strategy for years. Sure, we have raised money via various means (and were reasonably successful) but we did not approach this task strategically – an especially detrimental misstep in light of diminishing bingo revenue. And we should mention that fundraising events such as Live Well Showcase and our annual musical presentations were not held in 2020 and 2021 (and if we were able to have events, they were poorly attended as people were reluctant to be in a crowded venue).

The Board of Directors will finalize its fund development strategy by the middle of September. However, we know that we are teetering precipitously on the edge of disaster if we don’t start raising funds sooner. We need to have a fully operational facility and staff group in order to provide important and necessary services and supports to our members and the community. If we don’t raise approximately \$300,000 in the next 6 months, LSCO will not be the same in 2023 – in fact, we would be forced to scale back everything we do and ultimately, close our doors.

We need our members, participants and those in the community who value what we do, who see that LSCO is an important part of the community – to donate what you can as quickly as you can. We are a registered charity and will happily provide all donors with an income tax receipt for their contributions.

Thank you in advance for contributing to our sustainability,  

Keith SumnerRob Miyashiro  
Chair, Board of DirectorsExecutive Director



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# Community Connect Meet & Greet



SCSP  
Intake

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

We are really excited to share that we will be hosting a Meet & Greet for the Community Connect (Keep in Touch Program) for our Seniors and Volunteers on Wednesday, August 10 from 1:00 – 3:00. Many of our Volunteers and Seniors have been connected through weekly phone calls since the beginning of the program 2 years ago. They will be welcomed to LSCO and have the opportunity to meet each other and the staff at LSCO.

LSCO Community Connect has many additional programs and resources to offer Seniors in our Community. We are bringing support to more seniors hoping to make a difference and enhance their lives through meaningful connections.

With appreciation,  
Connie-Marie Riedlhuber ★



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

Well it has been just over 2 months since the Keep in Touch program was transitioned to Lethbridge Senior Citizens Organization and all is going well thanks to the Keep in Touch volunteers and the staff at Lethbridge Senior Citizens Organization and Volunteer Lethbridge.



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](mailto:intake@lethseniors.com)
- or by dropping in and speaking to the program coordinators Connie-Marie & Katie.



## Meet & Greet

Wednesday, August 10, 2022  
1:00 ~ 3:00 pm  
LSCO Atrium  
Pie & ice cream will be served  
*Introduction to services/programs offered at LSCO*  
Opportunity to tour LSCO

RSVP to  
[kmartin@lethseniors.com](mailto:kmartin@lethseniors.com)  
August 1, 2022

500 - 11th Street South  
403-320-2222



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☎ **403.331.1132** Or visit us at

✉ **trisha@newrock.ca** **parksideliving.ca**

## 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



“Fears are educated into us, and can, if we wish, be educated out.”

~ Karl A. Menninger

Good day!

We have just lived through a couple of years we wouldn’t have chosen for ourselves. Currently we seem to be in a transition phase or gap. Supposedly the threat of illness has subsided, but life hasn’t entirely returned to what we use to consider as normal. We don’t know what the new normal will look like. Humans seem to default to fear of the unknown.

Lisa Fritscher in her article “What is Fear?” says (in part) fear has two components: a biochemical reaction and an emotional response. I understand her to mean the biochemical reaction is present in every human being. It’s the fight or flight decisions we must make



# President’s Message

Keith Sumner

on the spur of the moment. The emotional response is very personal depending on our upbringing and life experiences.

The biochemical response is probably necessary for our very survival. I wonder if the emotional response can be “educated out”.

Often fear manifests itself as anger. We’ve been told since childhood we must face our fears. But what if there is an alternate cure for the emotional response component of fear. What if trust is the antidote for it. What if we trust things will work out for the best? We’ve all lived through situations that we wouldn’t have chosen for ourselves and when we look back, we can honestly say the situation turned out for the best given the circumstances.

Our organization is in the gap period right now, it’s not business as usual yet. Changes will need to be made. Let’s not fear the unknown changes but trust matters will work out for the best for all who are associated with LSCO.

Namaste ★

**From the Kitchen**

We would like to introduce our new Head Chef Frederick Shelley (Freddie), who comes to us from the Sunshine Coast of BC where he was the Executive Chef at the Sunshine Golf and Country Club.

Fred has been with us just over three months and has been a real breath of fresh

air with both staff and volunteers.

We are so happy he has joined our team and look forward to his new menu for the dining room in September.

Fred has often been heard saying “I am cooking and preparing hundreds and hundreds of meals for Meal on Wheels every week. Different soups, dinners and desserts for the most vulnerable seniors in Lethbridge. I cook every dish like I am cooking for my mom ~ with pride and love

every time!!.. And that will never change” he said.

He has much support and commitment from the volunteers and just loves the seniors and Lachlan Dyer, his cook Extraordinaire, that help make this centre’s food so awesome.

They are all unique in their own way and work together in harmony and have fun, laugh and sometimes sing.

Fred says “It’s just beautiful. I love my job and I thank you all.”

Did you know?

Breakfast is served from 8:00 am until 1:00 pm in the LSCO Dining Room.

# LSCO MENU ~ AUGUST 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, August 1	Tuesday, August 2	Wednesday, August 3	Thursday, August 4	Friday, August 5
LSCO Closed for Heritage Day	Entree: BBQ Pork Chops Starch: Roasted Potatoes Soup: Chef’s Choice	Entree: Chicken Alfredo Starch: Garlic Toast Soup: Chef’s Choice	Entree: Pepper Steak Starch: Rice Soup: Chef’s Choice	Entree: Roast Pork Starch: Roasted Potatoes Soup: Chef’s Choice
Monday, August 8	Tuesday, August 9	Wednesday, August 10	Thursday, August 11	Friday, August 12
Entree: Salisbury Steak Starch: Mashed Potatoes & Gravy Soup: Chef’s Choice	Entree: Beef Pot Pie Starch: Carrots Soup: Chef’s Choice	Entree: BBQ Chicken Starch: Roasted Potatoes Soup: Chef’s Choice	Entree: Honey Garlic Pork Starch: Rice Soup: Chef’s Choice	Entree: Roast Beef Starch: Mashed Potatoes Soup: Chef’s Choice
Monday, August 15	Tuesday, August 16	Wednesday, August 17	Thursday, August 18	Friday, August 19
Entree: Beef Stew Starch: Mashed Potatoes Soup: Chef’s Choice	Entree: Lasagna Starch: Garlic Toast Soup: Chef’s Choice	Entree: Chicken Cordon Bleu Starch: Rice Soup: Chef’s Choice	Entree: Hot Hamburger Starch: Roasted Potatoes & Gravy Soup: Chef’s Choice	Entree: Baked Ham Starch: Scalloped Potatoes Soup: Chef’s Choice
Monday, August 22	Tuesday, August 23	Wednesday, August 24	Thursday, August 25	Friday, August 26
Entree: Pork Meatloaf Starch: Mashed Potatoes Soup: Chef’s Choice	Entree: Pineapple Sweet & Sour Chicken Starch: Rice Soup: Chef’s Choice	Entree: Penne & Meatballs Starch: Garlic Toast Soup: Chef’s Choice	Entree: Chicken Mac ’n Cheese Starch: Bun Soup: Chef’s Choice	Entree: Roast Beef Starch: Mashed Potatoes Soup: Chef’s Choice
Monday, August 29	Tuesday, August 30	Wednesday, August 31	<div><p>create your own sunshine</p></div>	
Entree: Shake ’n Bake Chicken Thighs Starch: Rice Soup: Chef’s Choice	Entree: Honey Garlic Ribs Starch: Rice Soup: Chef’s Choice	Entree: Fried Chicken Starch: Mashed Potatoes & Gravy 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



# Go Friendly Shuttle

## Door-to-Door Transportation Service

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

MONDAY TO FRIDAY: 8:00 AM – 3:00 PM

BOOK YOUR RIDE BY CALLING  
**403-329-3222**

\$3 each way  
10 pass – \$21  
Monthly – \$28  
Yearly – \$280

PLEASE CALL NO LATER THAN  
3:00 PM THE DAY BEFORE





# 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





## Feeling disconnected? Tips to stay in touch with others

Many of us have felt first hand the harmful effects of social isolation in recent months. In fact, more than a third of Canadians say that the pandemic has hurt their mental health. And, according to Statistics Canada, seniors are at greatest risk of feeling disconnected from family and friends.

Here are a few ways to stay connected as you age:

**Create community**

It's natural for your social circle to shift throughout your life. As kids move out and you step back from work responsibilities, you may feel more isolated. Developing new circles of friends or reconnecting with those you've lost touch with can help drive meaningful social connections.

To build new friendships, take part in group activities that bring you joy and offer opportunities to socialize. Try a walking group, a bird watching club or even a book club. You'll be able to meet people at similar stages and forge connections to help you thrive.

**Establish a schedule**

Get in the habit of staying in touch with friends and family. Rather than waiting for others to reach out, take the initiative to reconnect with loved ones – and make it an ongoing commitment. Whether it's once a month or once a week, setting aside recurring virtual or in-person time for socializing will take the work out of making plans, while also giving you something to look forward to on an ongoing basis.

**Go virtual**

Digital technologies can connect us with loved ones and resources – near or far – they can help us participate in virtual catch-ups and community activities. That's especially useful if you're staying home due to COVID-19, or even if you're less mobile. Adding phone calls, emails, video chats and social media to your repertoire can help you stay connected and boost feelings of community.

If this all seems intimidating, not to worry. Check out your library or community centre for workshops to help you feel more comfortable, or look for free online resources that can help.

There are also programs like the Telus Mobility for Good for Seniors program, which provides discounted smartphones and wireless plans to eligible seniors. Their Internet for Good for Seniors program also provides low-cost, high-speed internet plans for seniors in some provinces, along with digital literacy resources to help you get online and thrive. If you or somebody you know are on government assistance, you might be eligible.

[www.newscanada.com](http://www.newscanada.com)

Trees are able to communicate with each other through an underground network known as the 'wood-wide web'. This system allows trees to loan sugar to neighboring trees, send warning signals about injury or disease, nurture their own offspring, and donate resources to conserve the forest.

~ weird-facts.org

# Lethbridge Food Bank

# Mobile Food Support



# Free Food for All!

*Working people welcome / no income testing...  
fresh food support to help support people during  
this time of tight household budgets.*



The Lethbridge Food Bank attends pre-determined locations around the city and operates on a 1st come 1st served basis. They remain on site until all food has been distributed.

Mobile Food Support Truck full of great fresh food for anyone who shows up!

# Monday, August 22, 2022

# 5:00 – 7:00 pm

Lethbridge Senior Citizens Organization  
(LSCO) Parking Lot • *Please bring your own bags.*  
500 - 11th Street South • 403-320-2222



# How to cool your house without A/C

Hello everyone! We are in the midst of summer, which is fantastic, but those pesky heat waves are not always so fantastic... especially if you don't have air conditioning! It's important to stay cool to avoid dehydration, heat exhaustion and heat stroke. I was doing some research on how to keep a home cool and comfortable, and I'd like to share some tips I came across.

- Close the blinds! Windows can let in up to 25% of heat from the outside
- If you have ceiling fans, rotate them to run counter clockwise and on high speed
- Drywall and weather-stripping not only help in the cold winter months, but also help keep your home cool during these hot summer days
- Try to reserve running ovens, dishwashers, washing machines etc. until the evening



**Seniors System Navigator**  
**Amy Labossiere**  
alabossiere@lethseniors.com  
403-320-2222 ext. 25

- Dehumidifiers can make the heat feel more comfortable
- Fill a mixing bowl full of ice and put the bowl in front of a running fan
- Spray your window curtains with cold water and cover the open window to induce a colder breeze

- Turn on your bathroom fans/kitchen exhaust fans... it drags the hot air out of your home
- Purchase insulated window films... they can provide up to 98% infrared heat reduction compared to non-filmed windows
- Purchase a cooling pillow
- Open the top section of your window on the downside of your house, and bottom section on the upwind side to create a cooling pressure current in your home
- Open the windows at night
- Install a duct booster fan
- Switch from incandescent lights to fluorescent lights (this will also lower your utility bill!) ★

Source: <https://www.readersdigest.ca/home-garden/home-improvement/how-to-cool-your-house-without-ac/>



## 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 LSCO M; \$7 NM.

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

### What not to forget when planning your estate

When it comes to planning your estate, there's more to consider than you might realize. Luckily, knowing the most common mistakes can help you avoid them. Whether you're creating your first estate plan or updating an existing one, here are some things to consider.

**Digital assets**

We live in a technology-driven time, and that makes digital estate planning a must. From online banking and automatic billing to emails, social media accounts and even digital currency, digital assets are worth looking after. As you would with other parts of your plan, name a Digital Executor who can ensure all digital assets are handled properly.


**In case of emergency file**

This file places all critical documents in one place, so executors have direct and easy access to the will, bank statements, insurance policies, birth and marriage certificates, the cemetery deed and so forth. Other important information to include are funeral preferences, real estate deeds, property taxes, tax returns and computer user IDs and passwords.

**Firearms**

For those that enjoy firearms activities such as hunting, shooting or collecting, there are rules to follow when dealing with guns as part of an estate or inheritance. It is recommended that any executors, heirs or estate advisors are notified that you own firearms and the legal requirements surrounding transfer of ownership. If there is no heir for the firearm, the executor may sell, export, deactivate or dispose of it through the police, following the Canadian Firearms Program instructions. More information is available at [canada.ca/firearms](http://canada.ca/firearms).





[www.newscanada.com](http://www.newscanada.com)









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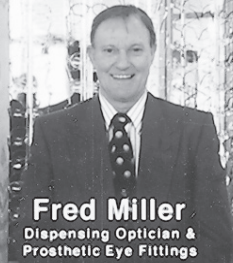
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# August Programs

## HOW DO I REGISTER?

- In person.
- Online at [www.lethseniors.com](http://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

**Please note: Gym 1 and Gym 2 will be closed from August 8th to August 28th. As a result classes have been moved to a number of different rooms. Class sizes may be limited. Register early. Dropping in to a class may be available provided the classes are not full.**

### 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,  
August 3 Gym 2  
August 10 – 31 APR  
Time: 10:30 – 11:30 am  
Fee: \$34 LSCO M; \$40 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. If session is not full, dropins are welcome. Please ask.

When: Tuesdays,  
August 2 Gym 2  
August 9 – 23 Room A/B  
August 30 Gym 2  
Time: 9:00 – 10:00 am  
Fee: \$34 LSCO M; \$40 NM  
Instructor: Andrea/Jamie

### CYCLE COMBO

When: Thursdays, August 11,18, 25  
Where: Room A/B  
Time: 9:00 – 10:00 am  
Fee: \$20 LSCO M; \$30 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, August 8 – 22  
APR (or outside weather permitting)  
August 29 Gym 2  
Time: 10:30 – 11:30 am  
Fee: \$27 LSCO M; \$32 NM  
Instructor: Andrea Clarke

### GENTLE EXERCISE

Participants will have an opportunity to increase their strength, range of motion and flexibility by participating in this Gentle Exercise class. Chairs and a variety of exercise equipment will be used ex: hand weights, tubing, balls, chairs and more. Wear comfortable clothes to move freely in. Bring a water bottle too! Individuals of all skill levels are encouraged to attend. Space is limited – register early!

When: Mondays,  
August 8 – 22 Stage Area  
August 29 Gym 1  
Time: 10:15 – 11:00 am  
Fee: \$20 LSCO M; \$32 NM  
Instructor: Andrea Clarke

### POUND FITNESS

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 (ends August 19)  
Time: 10:00 – 10:45 am  
Drop In Fee: \$7 LSCO M; \$10 NM  
Instructor: Sheila Mulgrew  
Location: Stage Area

### POWER WALK/FULL BODY

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, August 3  
Location: Gym 1  
Instructor: Andrea Clark  
  
August 10, 17, 24 APR  
(or outside weather permitting)  
August 31 Gym 1  
Time: 9:00 – 10:00 am  
Fee: \$31 LSCO M; \$34 NM  
Instructor: Jamie Hillier

### 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, August 8 – 22 APR  
(or outside weather permitting)  
August 29 Gym 1  
Time: 9:00 – 10:00 am  
Fee: \$27 LSCO M; \$32 NM  
Instructor: Jamie Hillier

When: Fridays, August 5 Gym 1  
August 12, 19, 26 Room A/B  
(or outside weather permitting)  
Time: 9:00 – 10:00 am  
Fee: \$27 LSCO M; \$32 NM  
Instructor: Andrea Clarke  
Nancy Purkis (August 19)

### TRX Combo

When: Thursdays, August 4  
Where: Gym 2  
Time: 9:00 – 10:00 am  
Drop In Fee: \$7 LSCO M; \$10 NM  
Instructor: Andrea Clarke



## 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, August 3 – 31  
Time: 10:00 – 10:45 am  
Fee: \$25 LSCO M; \$35 NM  
Instructor: Corrine Myers  
Location: Stage Area

### GENTLE YOGA

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

When: Tuesdays, August 2 – 30  
Time: 10:00 – 11:00 am  
Fee: \$34 LSCO M; \$40 NM  
Location: All Purpose Room

When: Thursdays, August 4 – 25  
Time: 10:00 – 11:00 am  
Fee: \$27 LSCO M; \$32 NM  
Location: All Purpose Room

### 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, August 5 – 26  
Time: 9:00 – 10:00 am  
Fee: \$27 LSCO M; \$32 NM  
Instructor: Donna Tiefenbach/Shawn Hamilton  
Location: APR

## Sports

### BADMINTON

Play ends August 5th due to gymnasiums under-going maintenance. Gymnasiums are scheduled to reopen Monday, August 29th.

### 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 ends August 5th due to the gymna-siums undergoing maintenance. Information for fall play will be available late August.

## 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 com-munity 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. Any-one wishing to join the club or use the equipment, with a member present, must have an amateur ra-dio 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 ex-cept 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. Drop-In Fee: \$6 LSCO 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 – 12:00 pm (time may vary)  
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, cro-chet, etc., come join us. Beginners to more expe-rienced are so very welcome. We work on projects socialize, share ideas and enjoy a coffee. If you have supplies, bring them, if not we 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 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: 8:30 – 9:30 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.

### 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 instruc-tion. 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

## FALL PROGRAM REGISTRATION

Registration for Fall Programs opens Friday, August 26th.  
Online registrations begin Monday, August 29th.



# 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!

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Wrigley's was originally a soap company that gifted baking powder with their soap. The baking powder became more popular than the soap so they switched to selling baking powder with chewing gum as a gift. The gum became more popular than the baking powder so the company switched to selling gum. ~ weird-facts.org

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Helping you live independently at home  
*Chinook LifeCare Association is southern Alberta's personal emergency response system.*

- local non profit, helping keep costs down to help seniors
- money stays locally in southern Alberta
- local office open 5 days a week
- local personal service technicians with over 10 years' experience
- providing in home service and installation, for you and your family's peace of mind
- GPS units are now available



Chinook LifeCare Association  
403-320-1170 Toll Free 1-855-320-1170  
Located within Nord-Bridge Senior Centre  
#2, 1904 - 12th Avenue North, Lethbridge, AB T1H 4W9  
[chinooklifecare@gmail.com](mailto:chinooklifecare@gmail.com)

*Chinook LifeCare is actively seeking new Board Members*

# NOMINATIONS ARE NOW OPEN FOR THE SENIORS OF DISTINCTION AWARDS

The Senior of Distinction Awards is an occasion to recognize local seniors and the valuable contributions they have made, and continue to make, in our communities, workplaces, and families.

**SENIORS CAN BE NOMINATED FOR:**

1. ARTS
2. LEADERSHIP
3. COMMUNITY SERVICE
4. HEALTH LIVING



**NOMINATE ONLINE**  
[agecare.ca/SeniorAwards](http://agecare.ca/SeniorAwards)

OR

**PRINT AND DROP OFF**  
AgeCare Columbia  
785 Columbia Blvd W, Lethbridge

**Deadline is August 15<sup>th</sup>**  
*Winners will be notified by September 1<sup>st</sup>*

Hosted By:



Media Sponsor:





# 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](https://fort.galtmuseum.com/experiences) or call 403.320.3777.

# 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

# 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.

# 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  
August 3-31

Time: 10:00 – 10:45 am

Fee: \$25 LSCO M; \$35 NM

Instructor: Corrine Myers

Location: Stage Area

# SCRABBLE

## 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.



# 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



# Gentle Yoga

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

When: Tuesdays, August 2-30  
Time: 10:00 – 11:00 am  
Fee: \$34 LSCO M; \$40 NM  
Location: All Purpose Room  
Instructor: Corrine Myers

When: Thursdays, August 4-25  
Time: 10:00 – 11:00 am  
Fee: \$27 LSCO M; \$32 NM  
Location: All Purpose Room  
Instructor: Corrine Myers



August LSCO Weekly Schedule						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Rotary Lethbridge Sunrise 6:30 am-8:15 am Atrium		
	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 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	
	Amateur Radio 9:00 am-11:00 am Radio Room Tabata 9:00 am-10:00 am	Amateur Radio 9:00 am-11:00 am Radio Room Cycle Combo 9:00 am-10:00 am	Amateur Radio 9:00 am-11:00 am Radio Room Power Walking 9:00 am-10:00 am	Amateur Radio 9:00 am-11:00 am Radio Room Scrabble 9:30 am-12:00 pm Card Area Cycle Combo 9:00-10:00 am	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 Yoga 9:00 am-10:00 am APR	
	Full Body Workout 10:30 am-11:30 am Boutique 10:00 am-3:00 pm Gentle Exercise 10:15 am-11:00 am	Boutique 10:00 am-3:00 pm	Boutique 10:00 am-3:00 pm Lapidary 10:00 am-3:00 pm Lapidary Room ABS & Core 10:30 am-11:30 am	Boutique 10:00 am-3:00 pm	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	
		Quilting 12:00 pm-3:00 pm Stage Area				
	Computer Club 1:00 pm-3:00 pm Computer Lab	Karaoke 1:00 pm-3:30 pm Board Room	Computer Club 1:00 pm-3:00 pm Computer Lab	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	
	Table Tennis 2:30 pm-4:00 pm Room C; Room D		Table Tennis 2:30 pm-4:00 pm Room C; Room D			
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 <a href="http://www.lethseniors.com">www.lethseniors.com</a> and register online.						

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

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



# 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](mailto:fitness@lethseniors.com) for more information or call her at 403-320-2222 ext 61.



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

A man in Algeria sues his new bride for “fraud” after seeing her without makeup for the first time.  
~ weird-facts.org

## 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



## Better to Lease a Car or Buy One?

***My wife and I have just retired; we’re thinking about getting a new car, but we can’t agree on whether to buy or lease. Is one option better than the other? What are the pros and cons? Is one less expensive than the other?***

As to which is better, that’s as much a matter of preference as of money. Some people simply prefer to drive new or almost new cars, regardless of the costs involved, and so they’ll either lease their cars or buy and replace them every few years. In this case, the cost comparison could go either way and would depend on lease cost versus purchase price, trade-in versus buy-back (or, residual) value, and how long the lease lasts versus how long you own the car before replacing it.

However, if you want the less expensive option, then buying a car and holding onto it for as long as possible is almost certainly the way to go. The actual dollars-and-cents equation depends on a number of factors—primar-

ily the reliability of the vehicle purchased. This depends on the make and model of the vehicle, as well as on maintenance history, driving habits, and driving conditions. (Road salt, for example, or excessive sand and dust can reduce a car’s lifespan.)

In general, though, it’s fairly easy to see why “buy and hold” is less costly than leasing. According to [edmunds.com](http://edmunds.com), a California-based automotive research firm, the residual value on a three-year lease tends to be around 50 per cent of the purchase price; that means that in three years, you’ll have paid for more than half the cost of the vehicle (given that the lessor certainly will want to have made a profit on the transaction). If you then take out a new lease, you start paying that amount again.

In other words, you’ll be paying more than half the value of a new car every three years, which means that over two lease terms, you’ll have paid more than the full cost of a new car. (Some leases run four years or even longer, but

then the residual value will be lower, so the overall equation doesn’t change that much.)

When you buy and hold, however, you pay the full price of the car once and that’s it for the lifetime of the vehicle. And these days, cars are lasting longer than ever. According to DesRosiers Automotive Consultants in Richmond Hill, Ont., Canadians keep a vehicle for an average of nine years, but more than 50 per cent of the vehicles on our roads survive 15 years of ownership, up from only one-third in 2000. After 15 years of leasing, you’ll have paid for the equivalent of two and a half cars.

It’s true that if you keep a car for 15 years, you’re going to have ongoing repair and maintenance costs to consider, but if you choose a vehicle with a good record of reliability and maintain it properly, the total cost will still be significantly less than if you lease and replace every few years.

By Olev Edur  
<https://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**

**5 tips for gardening with sore joints**

- The days are getting longer, the temperature is getting warmer, and many of us are itching to get our hands dirty in the garden again.
- Whether you choose to grow colourful blooms or nutritious veggies, gardening can be great for your mind and body. But, if you have arthritis, it can also be hard on your joints.
- “There are many benefits that come with gardening, but it’s important to remember to avoid pushing yourself too much,” says Trish Barbato, president and CEO of the Arthritis Society. Here are some tips she shares.
- 1. Start low and go slow.**  
Gradually increase the amount of time you’re active and the effort you make while gardening. Schedule tasks like weeding, mulching or pruning over several days to avoid overexerting yourself.
  - 2. Use the right tools.**  
Tools with larger grips or extended handles can make many tasks easier for those with arthritis. Use a seat or kneeling pads to avoid putting stress on your knees.
  - 3. Bring the garden to you.**  
If working at low levels is difficult for your joints, consider raised planters or an elevated container garden.
  - 4. Build in breaks.**  
Set an alarm at least every hour to take a 10-minute pause. This will help you avoid stiffness and pain the next day.
  - 5. Avoid the heavy lifting.**  
Carry smaller loads, or better yet, delegate more challenging tasks to family and friends.
- Find more information and resources to help you garden at arthritis.ca.

[www.newscanada.com](http://www.newscanada.com)



In 1978 a lone pilot flying in Australia reported to air traffic control that he was being accompanied by an aircraft above him. Asked to identify the aircraft, he radioed “It isn’t an aircraft”. His plane disappeared and has never been found.  
~ weird-facts.org



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





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*Because Cost Is An Option*

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[www.evergreenfh.ca](http://www.evergreenfh.ca)  
A division of the Caring Group Corp.  
*We Lessen the Expense  
~ Not the Care*





# Building Healthy Relationships with our Adult Children

*The parent-child relationship is one of the longest  
lasting social ties human beings establish.*

*This 6 week group offers education, support  
and resources to older adults that are grappling  
with relationship issues with their adult children.*

Thursdays, September 29 – November 3  
1:00 – 3:00 pm • LSCO Board Room

Topics include:  
Communication • Boundaries  
Roles & Relationships

Please register at LSCO Administration Desk.  
Group limited to 12 participants. Please bring your own refreshments.  
403.320.2222

## 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. Drop-ins welcome if the class is not full. Space is limited – register early!

When: Fridays, ends August 19  
Time: 10:00 – 10:45 am  
Drop In Fee: \$7 LSCO M; \$10 NM  
Instructor: Sheila Mulgrew  
Location: Stage Area



When Ernest Seton turned 21, his father charged him for all of the expenses associated with his childhood, including the fee for his delivery at birth. He paid the bill, but changed his name and never spoke to his father again. ~ weird-facts.org



## Gentle Exercise

Participants will have an opportunity to increase their strength, range of motion and flexibility by participating in this Gentle Exercise class. Chairs and a variety of exercise equipment will be used eg: hand weights, tubing, balls, chairs and more. Wear comfortable clothes to move freely in. Bring a water bottle too! Individuals of all skill levels are encouraged to attend. Space is limited: register early.

When: Mondays  
August 8 – 22 Stage Area  
August 29 Gym 1  
Time: 10:15 – 11:00 am  
Fee: \$20 LSCO M; \$32 NM  
Instructor: Andrea Clarke



## GOT YARN! 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

## 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, August 8 – 22  
APR (or outside weather permitting)  
August 29 Gym 1  
Time: 9:00 – 10:00 am  
Fee: \$27 LSCO M; \$32 NM  
Instructor: Jamie Hillier

When: Fridays, August 5 Gym 1  
August 12, 19, 26  
Room A/B (or outside weather permitting)  
Time: 9:00 – 10:00 am  
Fee: \$27 LSCO M; \$32 NM  
Instructor: Andrea Clarke  
Nancy Purkis (August 19)

## Breakfast MENU

8:00 am – 1:00 pm Weekdays  
OPEN TO THE  
PUBLIC  
\$6.50  
Non-Members  
Add 15%





# Full Body 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, August 3 Gym 1  
Instructor: Andrea Clarke

When: Wednesdays, August 10,17, 24 APR (or outside weather permitting)  
Wednesday, August 31 Gym 1

Time: 9:00 – 10:00 am  
Fee: \$34 LSCO M; \$31 NM  
Instructor: Jamie Hillier

## 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 – 12:00 pm (time may vary)  
Fee: \$10/12 months & LSCO Membership



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The scientist who developed the vaccine to fight leprosy was still working to find a vaccine for cancer on his 100th birthday. Described as a popular hero, he never charged a patient for the care he gave. He published his last study at age 100 in 2013. ~ weird-facts.org

## Experience What All-Inclusive Retirement Living Has To Offer!

- Bright, private suites with kitchenettes
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- 3 meals daily plus coffee, tea and snacks
- Social and recreational activities
- Pet-friendly community
- Utilities (heat, electricity, water)
- And much more!



In light of hard times, we will not be increasing rates in 2022!





1 Bedroom

From \$2048 - \$2405



Studio

From \$1772 - \$2040

For details, call 403-320-9363 or visit [agecare.ca/RetireColumbia](https://agecare.ca/RetireColumbia)





We have some news! The Volunteer Lethbridge *Keep in Touch* program is in transition and will 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.



### WELCOME POLICY

*As of 2018 the Welcome Policy subsidy threshold was increased.*

The Welcome Policy allows individuals to access membership and programs at LSCO at a lower cost. Please ask for more information at the Administration Desk. The subsidy is dependent on the income of the individual(s). Please bring in your prior year income tax for verification. See income guidelines below.

SINGLE		COUPLE	
Prior Year Income (line 150 of Tax return)	Fee Subsidy	Prior Year Income (line 150 of Tax return)	Fee Subsidy
<30,000	25%	<50,000	25%

In 2010, when Tokyo officials went to congratulate the oldest man in the city on his 111th birthday, they instead found his skeletal remains on his bed. He had been dead for 30 years and the family was taking in the pension money he was still receiving. ~ weird-facts.org

### LSCO Lawn Care Services

Did you know that the LSCO coordinates *lawn care services* for low income seniors who receive **guaranteed income supplement**?

If you qualify and would like more information, please contact Diane Legault at the administration desk at 403-320-2222.



### LSCO GIFT CARD


Use the LSCO Gift Card to pay for classes, fitness centre passes, parking passes, facility day pass, 10x class/fitness pass, drop-in fees, memberships fees and meals in the Dining Room.




### 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, August 3  
Location: Gym 2  
August 10 – 31  
Location: APR  
Time: 10:30 – 11:30 am  
Fee: \$34 LSCO M; \$40 NM  
Instructor: Andrea Clarke






### LSCO PARKING PASSES

If you are planning on being at LSCO longer than 2 hours, purchase a parking pass to avoid getting a ticket. To renew your Parking Pass, we require your *old pass*.

• **Renewal: \$10** • **New Pass: \$13** • **Day Parking: \$3**





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**EXHIBITION PARK**

**AUGUST 22, 2022**  
**7:30 AM - 10 AM**

 **RACHAEL THOMAS**  
LETHBRIDGE ALBERTA MP

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**- Don't Dump or Donate it -**  
**WE MAY BUY IT OR KNOW SOMEONE THAT WILL**

**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, August 5 – 26  
Time: 9:00 – 10:00 am  
Fee: \$27 LSCO M; \$32 NM  
Instructor: Donna Tiefenbach/Shawn Hamilton  
Location: APR



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When: Tuesdays, Aug 2 Gym 2  
Aug 9 – 23 Room A/B  
Aug 30 Gym 2  
Time: 9:00 – 10:00 am  
Fee: \$34 LSCO M; \$40 NM  
Instructor: Andrea/Jamie

When: Thursdays, August 11, 18, 25 Room A/B  
Time: 9:00 – 10:00 am  
Fee: \$20 LSCO M; \$30 NM  
Instructor: Andrea Clarke

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# THE SMITHS OF HOOD RIVER VALLEY

## Chapter 12: And the Winner Is...

No matter where life takes us,  
We begin and end with Family.

~ Anonymous

When one is researching family history one must be forgiven if certain ancestors become your favourites in the family tree. After the stories I've heard and finding dates and places where my ancestors lived and migrated from and to, I've found that I love the stories of three special people. I did know one of them in my very young days, but the other two I never saw. But I did see pictures of them.

Cora Mary Rogers Binns and her husband, John Embly Binns were a most courageous couple and as hard working people as one could ever know. Along with them was Cora's little brother, Arthur Rogers who was with his sister for most of his life. He needed, not only her company, but help for everyday living. Both Arthur and Cora were nearly blind and very hard of hearing. His handicaps were much worse than hers. We find them both living in the Hyde Park section of Chicago, close to Lake Michigan. Their parents cared deeply for them because they were the two surviving offspring out of 5 (that I've found evidence of). From what I've found recorded in mother Amelia's diary they had a good working class life. Then tragedy struck when Silas died in 1880 at the age of 40. This left Amelia alone with the two children and the relatively good income the family had was gone. Then, two years later (1882), Amelia passed away leaving a 17 year old girl in charge of Arthur. Tiny though Cora was, she was the most capable of the two of them.

Now, at this point, the story is partly from what I know of the family nature and how family oriented we are. These two young children were really not alone in the world just because their parents had died. The Tostivans, Amelia's family lived back home in Racine. I'm sure that at one point after the death of the parents some of the large Tostivan family took them in. John Embly Binns, was an older gentleman from The Isle of Guernsey. My best guess is that this man had connections (family or acquaintances) with the Tostivan family and he came to visit. The Tostivans also had ties to the Isle of Guernsey and the island people tended to stay in touch in the new world. The story we've always heard was that "Jack" was a sailor who jumped ship. He may have been an older man but he was handsome. Tall and thin, with a mustache and dark hair (I have pictures). The next record I've



### The Widow's Walk

Kay Long, BSW, RSW

found is that Cora married John Binns in 1891. She was 26; he was 41. Soon after they migrated to Oregon. I believe that Cora would not have left her brother, Arthur so there was likely 3 who took to the trail to Oregon. Cora kept her little brother close for the rest of her life.

Free land was a draw for many families back in those days. Coming from England, or even the Midwest meant land ownership was nearly impossible for the average working family. John and Cora homesteaded what is now known as Binns Hill in Hood River, Oregon. I have a copy of a picture of a house, a smaller house in back, a barn and other out buildings. And lots of snow with two children standing outside in what was probably the garden area. Grace Elizabeth (my grandmother) was born in 1891, in Hood River on the homestead. She was soon followed by Robert Earl, 3 years later. The last child was Roy W. Binns. Little Roy died when he was 5 years, 6 months, and 5 days. This information is on his very large tombstone which the family still maintains today. Roy, like many of the family, suffered from weak lungs and passed away from membranous croup. His namesake (my father Leroy Earl) suffered from the same malady in his lifetime. Both Roy and Leroy were named after Grandpa's (Frank's) oldest brother.

One of my favourite stories that I heard from my grandmother, (Grace Elizabeth), was about her Dad, Jack. Being an old sailor, Jack Binns, developed a love of liquor. Now my Grandmother was opposed to drinking of any kind and this may be the reason why. When Jack would go to town with the wagon and horses to fetch supplies he always came home late. Cora, Grace and Robbie would hear the wagon climbing the long hill. The horses knew the way home which was a good thing considering the shape that Jack was in. Cora told the kids, "Now when they get here I'll get him inside to

bed. You kids find what's left of his jug, dump it out, and take care of the horses." Grandma Cora was a teetotaler and always attended the Christian Valley Church when she could. These feeling carried down to her daughter, Grace, who hated it when any of her boys showed signs of drinking. Of course, all her boys (and some of her girls) did like the taste of alcohol - especially beer and wine. Everything in moderation she could have taught them.

So Cora Mary and John Embly is my favourite couple on the Smith family tree. To set out for new land, without kin or any other kind of help was an extraordinarily brave thing to do. John was long gone by the time I was born but Cora was there until I was 3 years old. When she passed away a friend of the family took me to the funeral so I didn't have to sit behind the curtain with the family. When she held me up to look at my Grandma Cora and say goodbye, I said (in my squeaky little voice), "That's not my Grandma. She doesn't have her glasses on." And she didn't. Since she was almost blind at the end of her life I always saw her with those little, round glasses.

My third favourite person on the family tree is Arthur Rogers. I feel for him because he needed to have someone care for him all of his life. He was nearly blind and very hard of hearing. He came west with his sister and her new husband. Arthur lived on Binns Hill until Jack died and Cora had to leave. At some point Cora lived at the Hood River Hotel on Main Street in the downtown area. Arthur worked as one of the hotel caretakers. My Dad (Leroy Smith) said it was very dark down in the basement where Arthur worked and stayed but, because of his blindness, he could get around just fine. The saddest part to his story is that he always had someone who loved him and cared for him until Cora died. His beloved sister died in 1941 and Arthur lived in a nursing home for another two years after losing her. I'm sure that my Grandmother (Grace Elizabeth) would have done her best to visit him when she could but she was pretty busy raising a family of 9 children. Grandma Smith was a strong and remarkable woman and I was fortunate to be the first grandchild.

*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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~ weird-fact.org

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THE VIEW AT LETHBRIDGE





"If you tell the truth, you don't have to remember anything." ~ Mark Twain