SEPTEMBER 2022



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

INSIDE THIS ISSUE







Vibrant Seniors, Vibrant Communities

Nominations Open for the Seniors of Distinction Awards

DEADLINE HAS BEEN EXTENDED

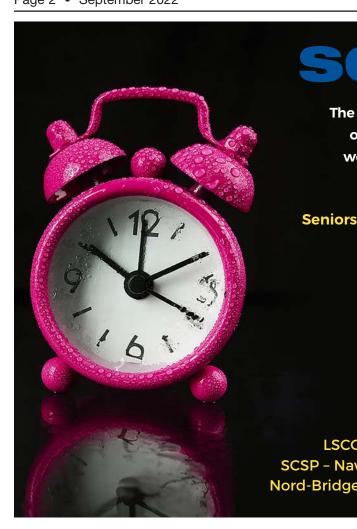
Deadline for nominations is September 15th
Winners will be notified by September 23rd

NOMINATE ONLINE agecare.ca/SeniorAwards
OR

DROP OFF NOMINATION

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

Page 2 • September 2022 LSCO TIMES



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



PROUDLY SERVING THE CLIENTS OF KRUSHEL FARRINGTON

The Paramount Building #260, 719 4th Avenue South Lethbridge, Alberta T1J 0P1

403.380.6005

If you are a present or former client of Krushel Farrington Law Firm please contact Alger Zadeiks Shapiro LLP

www.azlawyers.ca

Finnish police once found a dead mosquito while searching a stolen car. They tested the blood from the mosquito's last meal and used it to identify the thief. ~ weird-facts.org



Watercolours

In this watercolour class, you will learn different techniques such as mixing colours, brush strokes, grazing, using mediums for different effects, etc. Most of all, we are having fun! The class is for beginner to more experienced painters. Ask for a supply list upon registration.

When: Thursdays, September 15 – October 20

Time: 10:00 am – 12:00 pm Fee: \$50 LSCO M; \$70 NM

Instructor: Karina Mak

Register by: Friday, September 9

When: Thursdays, October 27 – December 1

Time: 10:00 am – 12:00 pm Fee: \$50 LSCO M; \$70 NM

Instructor: Karina Mak Register by: Friday, October 21

OUR COMMUNITY PARTNERS

In recognition for the ongoing support of LSCO









In recognition for the ongoing support of LSCO Meals on Wheels

teamworks career centre



ntpau dtocet





World Alzheimer's Month ~ 'Know Dementia, Know Alzheimer's

World Alzheimer's Day takes place during World Alzheimer's Month and is on 21 September every year. Each September, people unite from all corners of the world to raise awareness and to challenge the stigma that persists around Alzheimer's disease and all types of dementia.

LSCO TIMES Page 3 • September 2022



A MONTHLY PUBLICATION OF THE LETHBRIDGE SENIOR CITIZENS ORGANIZATION

A proprietary publication of the Lethbridge Senior Citizens Organization. Editorial or advertising enquiries should be directed to the LSCO, telephone 403-320-2222.

Check out the website! www.lethseniors.com and register online.

Layout, Advertising
& Circulation.....Lisette Cook
Printed by....Lethbridge Herald

The Officers of LSCO

2021 - 2022 Executive:

President Elect: President: Keith Sumner Past President: Secretary: Craig Rumer Treasurer: Merri-Ann Ford

Board of Directors:

Liz Iwaskiw and Reg Dawson.

Executive Director - Rob Miyashiro

LSC0 403-320-22

Staff Members:

Executive Director – Rob Miyashiro
rmiyashiro@lethseniors.com ext. 24
Operations Manager – Jodie McDonnell
jmcdonnell@lethseniors.comext. 23
LEARN Case Manager Advisor – Joanne Blinco
jblinco@lethseniors.com
LEARN Case Manager – Amy Cook
learn@lethseniors.com 403-394-0306
LSCO Social Worker / Case Manager – Heather Bursaw
hbursaw@lethseniors.com ext. 57
Volunteer Coordinator – Shiloh Sabas
volunteer@lethseniors.com ext. 31
Seniors System Navigator – Amy Labossiere
alabossiere@lethseniors.com ext. 25
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
Client Support Services Assistant – Diane Legault
dlegault@lethseniors.com ext. 30
Marketing & Media Coordinator – Lisette Cook
lcook@lethseniors.com
Program Department Manager – Shawn Hamilton
shamilton@lethseniors.comext. 26
Social Media Specialist – Rod Henriquez
socialmedia@lethseniors.comext. 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 Centre1-877-644-9992
www.albertasupports.ca
1.1

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 @Iscocommunitycentre

LSCO Vision Statement

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

Welcome New Members!

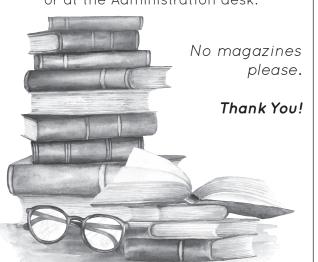
Sharon Mezei Joanne Thaxter Jeff Gardiner Nancy Gardiner

Shayne Manysiak Doreen Persinger John Persinger

A Smile is the Universal Welcome

LSCO Library

Books / Puzzles / DVD'S Donations gratefully appreciated.
Please drop off in the Library or at the Administration desk.



CLASSIFIED ADS

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

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

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

LSCO Monthly Support Services

DATE	TIME	LOCATION	BUSINESS	SERVICE	
Saturdays, Sept. 3, 10, 17 & 24	8:30 – 10:30 am	Room C/D	AA Eye Opener	Support Group	
Tuesday September 6	1:00 – 2:30 pm	Atrium	Community Connect Coffee Group	Support Group	
Tuesdays September 6 & 20	9:00 am – 12:00 pm	SCSP Quiet Room	Seniors Community Services Partnership	Drop-In Single Session Counselling	
Wednesdays September 7, 14, 21 & 28	10:00 – 11:30 am	Room C/D	Reconnect & Recharge Socialization Group	Partnership between AHS and SCSP	
Thursday September 8	9:00 am – 12:00 pm Clinic Room Lethbridge Hearing Centr		Lethbridge Hearing Centre	Hearing Screening	
Wednesday September 14	9:00 am – 12:00 pm	9:00 am – 12:00 pm SCSP Quiet AZ Lawyers Room		Free 15-minute Legal Consultation	
Thursday September 15	2:00 – 4:00 pm	Room C/D	Parkinson's Support Group	Support Group	
Wednesday September 21	.		Lethbridge College Massage Students	Free Neck & Shoulder Massages	

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!









IssueDeadlineOctober 2022September 16November 2022October 14

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

Page 4 • September 2022 LSCO TIMES

LSCO Community Connect Monthly Coffee Groups



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

e are excited to announce LSCO Community Connect Monthly Coffee Groups are beginning September 6th. The Coffee Groups are designed to connect, empower and educate Seniors through meaningful relationships by helping them to build connections and strengthening their access to community services & support.

We would like to invite:

- Seniors and Volunteers from our monthly phone support program (Keep In Touch/Community Connect)
- LSCO Members and Volunteers
- All interested retired seniors
- Retired Senior professionals who worked in Senior services or support careers.

Mentoring, personal connection and education are at the core of our Community Connections Coffee Groups. That is why we do what we do and try to leave no one to suffer alone. We care about seniors and in a society that is fast paced and constantly changing knowing that there is a place to go and spend some time visiting and learning can help make life a little brighter. Social isolation and loneliness are not new challenges for seniors and this group will



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

provide a place for Seniors to Keep in Touch with others.

There is power in connecting with others and sharing time and conversation and we hope that those of you reading this article who may be interested will give it a try as we will be building the group together as we go and you are all WELCOME! See you soon. ★



Coffee Groups

1st Tuesday of each month September 6, October 4, November 1 & December 6

1:00 - 2:30 pm

LSCO Atrium (Café)

Pie & Ice Cream will be served

Coffee Groups are designed to connect, empower and educate Seniors through meaningful relationships by helping them to build connections and strengthening their access to community services & support.





"We TAKE the TIME to HELP YOU get TOP DOLLAR for your home!"



ROYAL LEPAGE



Go to **keithpushor.ca** for a "Hands-On Approach" to Real Estate

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

weird-facts.org



"...there is a clarity about September. On clear days, the sun seems brighter, the sky more blue, the white clouds take on marvelous shapes; the moon is a wonderful apparition, rising gold, cooling to silver; and the stars are so big. The September storms... are exhilarating..." ~ Faith Baldwin



Earn extra income as a Tax Expert.

Enroll today at hrblocktaxacademy.ca 1-877-32BLOCK (322-5625)



Enrolment restrictions may apply. Enrolment in, or completion of, the H&R Block Tax Academy™ is neither an offer nor a guarantee of employment. This course is not intended for, nor open to any persons who are either currently employed by or seeking employment with any professional tax preparation company or organization other than H&R Block.

LSCO TIMES Page 5 ● September 2022



Breakfast served 8:00 – 11:00 am

Classic Breakfast \$8 Available until 1:00 pm

2 eggs any style with your choice of sausage, bacon or black forest ham. Served with hash browns and toast or tomato slices.

Eggs Benny \$9

Grilled English muffin, black forest ham and 2 poached eggs topped with rich Hollandaise sauce. Served with hash browns or tomato slices.

Eggs Blackstone \$9

Grilled English muffin with tomato slices, smoked bacon and 2 poached eggs topped with rich hollandaise sauce. Served with hash browns or grilled tomato slices.

Canadian Omelet \$10

3 eggs omelet with tomatoes, green onions, smoked bacon and sharp cheddar cheese. Served with hash browns and toast or tomato slices.

Denver Omelet \$9

3 eggs omelet with bell peppers, green onions and ham. Served with hash browns and toast or tomato slices.

Ham and Cheese Omelet \$9

3 eggs omelet with black forest ham and extra cheese. Served with hash browns and toast or tomato slices.

Breakfast Bun \$5

Fried egg, sharp cheddar cheese and choice of bacon or black forest ham.

French Toast \$6.50

White or whole wheat bread dipped in cinnamon and vanilla infused eggs, grilled to perfection and served with butter and maple syrup.

Blueberry Pancakes \$7.50

3 fluffy buttermilk pancakes and fresh blueberries grilled until golden and served with butter and maple syrup.

Corned Beef and Hash \$9

This classic breakfast is made with savory and salty corned beef, shredded hash browns, grilled onions, bell peppers and topped with 2 eggs any style.

Sides

Bacon (3 slices) \$3 Sausage (3 links) \$3 Ham \$3 Toast (1 slice \$1.00) (2 slice \$1.75) Hash browns \$2.00 Egg \$1.50 each





Lunch served 11:00 am - 1:00 pm

All burgers and sandwiches served with your choice of fries, soup or salad.

fno sides — \$2 less?

Bacon Cheddar Burger \$10

Homemade seasoned beef patty topped with sharp cheddar and apple-wood smoked bacon, lettuce, tomato, onion and pickle.

Mushroom Swiss Burger \$10

Homemade seasoned beef patty topped with grilled, seasoned mushrooms, swiss cheese, lettuce, tomato, onion and pickle.

Hamburger \$8

Homemade seasoned beef patty topped with lettuce, tomato, onion and pickle.

Cheese Burger \$9

Homemade seasoned beef patty topped with sharp cheddar cheese, lettuce, tomato, onion and pickle.

Chicken Cordon Bleu

Burger \$10

Crispy chicken breast topped with sliced black forest ham, swiss cheese and shredded lettuce.

B.L.T.C. \$8

Smoked bacon, lettuce, tomato, sharp cheddar and lots of mayo star in this toasted sandwich.

Grilled Ham and Cheese \$8

Sharp cheddar and black forest ham in grilled white or whole wheat bread.

Chicken Clubhouse Sandwich \$10

Grilled, seasoned chicken breast, lettuce, tomato, smoked bacon and sharp cheddar in this triple decker.

Tuna Melt \$9

Atlantic tuna tossed with green onions, dill and mayo. Served on a french loaf then baked with mozzarella and parmesan cheese.

Beef Dip \$10

Tender shaved roast beef stuffed in a grilled hoagie bun served with au jus.

Chicken Tenders \$9

Three crispy chicken tenders flash fried until golden. Comes with plum or honey mustard sauce and choice of fries, soup or salad.

Chili Con Carne \$7

Mildly spiced beef chili slow cooked, topped with shredded sharp cheddar cheese and served with homemade nacho chips.

Beef Taco Salad \$10

Crisp lettuce, tomatoes, grilled corn, black beans, bell peppers, green onions, taco beef, nacho cheese. Served with salsa, sour cream and our cajun ranch dressing all in a crispy tortilla bowl.

Caesar Salad \$7

(add Grilled Chicken Breast \$3)

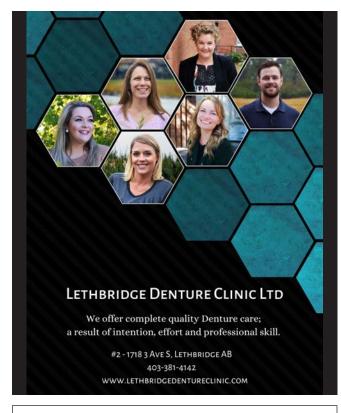
Crisp romaine lettuce tossed with creamy caesar dressing, parmesan cheese, and homemade croutons.

French Onion Soup \$7

Rich slow cooked onion soup topped with cheesy bread and broiled till melted and gooey.

Sides

Fries & Gravy \$5 Side Salad \$4





Are you looking to earn a little extra income or just keep active? Super 8 and EconoLodge are looking for some mature, responsible employees!!

Age isn't an object if you are comfortable learning new computer systems, good dealing with the public and understand the importance of customer service. We have full-time, part-time and casual positions available on front desk and in housekeeping. Even if you are a snowbird, it's ok — we are busiest in summers. Can't sleep at night — we have a position for that, too (if you have some accounting skills)!! Email your resume to super8.gmlethbridge@shaw.ca

Free Neck & Shoulder Massages!

The Lethbridge College Massage Therapy students will be at LSCO on **Wednesday, September 21, 2022** from 10:00 am until 12:00 pm in the Card Area of the LSCO Dining Room.

The students will provide free neck and shoulder massages on a first come, first served basis.

- Lethbridge College will supply any required personal protective equipment (PPE) that both practicum supervisors and students will be required to don. We are following guidelines from provincial Massage Therapy registration bodies. This will include, at a minimum:
 - Hand Sanitizer
 - Masks
 - Gloves (not worn during massage)
- All equipment will be properly disinfected between client massages.
- Proper hand hygiene will be performed before and after each client massage.





that anyone 18 and over can participate in most classes at LSCO?

Page 6 • September 2022 LSCO TIMES



From the Kitchen

Fred Shelley fshelley@lethseniors.com 403-320-2222 ext. 27

Over the last couple weeks we have been showcasing items from our new menu as" Daily Specials" and I have been getting a lot of helpful feedback, some suggestions, but mostly compliments.

I am very proud of this menu and I hope you enjoy it too!!

I thank you all and look forward to seeing you and having you taste our new items.

Cheers, Chef Freddie ★

Joke of the Month

I lent my car to a pasta chef friend of mine And he brought it back Al dente



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!



In the 1980s, A&W tried to compete with the McDonald's Quarter Pounder by selling a 1/3 pound burger at a lower cost. The product failed, because most customers thought ½ pound was bigger. ~ weird-facts.org





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

Check out our new Lunch & Breakfast Menus on page 5.



LSCO MENU~SEPTEMBER 2022

Breakfast served from 8:00 ~ 11:00 am • Lunch served from 11:00 am ~ 1:00 pm
The Dining Room is now accepting Debit, Credit, Cash or LSCO Gift Cards
Menu subject to change without notice

★ Sandwich & Salad Special Changes Daily ~ See Menu Board in Dining Room ★





Thursday, September 1 Friday, September 2

Entree: Chicken Parmesan
Starch: Pasta
Soup: Chef's Choice
Entree: Meatloaf
Starch: Mashed Potatoes
Soup: Chef's Choice

Monday, September 5	Tuesday, September 6	Wednesday,

Wednesday, September 7

Thursday, September 8

Friday, September 9

LSCO Closed for Labour Day

Entree: Fried Chicken
Starch: Roasted Potatoes
Soup: Chef's Choice

Entree: Beef Stew
Starch: Mashed Potatoes & Gravy
Soup: Chef's Choice

Starch: Rice
Soup: Chef's Choice

Entree: Ginger Beef

Starch: Rice

Soup:

Soup:

Entree: Sweet & Sour Pork

Starch: Mashed Potatoes
Soup: Chef's Choice

Entree: Hot Hamburger

Soup:

Monday, September 12

Entree: Chicken Alfredo
Starch: Garlic Toast
Soup: Chef's Choice

Tuesday, September 13

Tuesday, September 20

Tuesday, September 27

Entree: Beef Pot Pie
Starch: Mashed Potatoes
Soup: Chef's Choice

Wednesday, September 14

Entree: Mac & Cheese w/Chicken
Starch: Bun
Soup: Chef's Choice

Thursday, September 15

Chef's Choice

Thursday, September 22

Friday, September 16 Entree: Roast Beef Starch: Mashed Potatoes

Chef's Choice

Monday, September 19

Entree: Pineapple Chicken
Starch: Rice
Soup: Chef's Choice

Entree: Lasagna
Starch: Garlic Toast
Soup: Chef's Choice

Wednesday, September 21 Entree: Chili Con Carne

Chef's Choice

Starch: Bun

Soup:

Entree: BBQ Pork Chops
Starch: Roasted Potatoes
Soup: Chef's Choice

Friday, September 23

Entree: Pork Loin
Starch: Scalloped Potatoes
Soup: Chef's Choice

Starch: Mashed Potatoes

Soup: Chef's Choice

Monday, September 26

Entree: Veal Cutlet & Mushroom Gravy
Starch: Mashed Potatoes
Soup: Chef's Choice

Entree: Honey Garlic Ribs Starch: Rice

Soup:

Rice Chef's Choice

Wednesday, September 28 Entree: Salisbury Steak Starch: Roasted Potatoes Soup: Chef's Choice

Thursday, September 29

Entree: Chicken Cordon Bleu

Starch: Rice

Chef's Choice

Friday, September 30 Entree: Roast Beef

Page 7 • September 2022 LSCO TIMES

Should I file my income tax after I turn 65?

Tthought I would take a minute to touch on $oldsymbol{\perp}$ the importance of filing your income tax especially after you turn 65 years of age. There seems to be some confusion in the community about the importance and value of this.

The #1 reason why this is important is to ensure continuity and avoid interruptions to the benefit and credit payments you are currently receiving. This includes your Guaranteed Income Supplement, quarterly GST payments and any new provincial or federal credits, such as the climate rebate, that income tax EACH year, your access to these will be terminated.

All government funding issued is made available to you by way of income tax completion level. There seems to be a few common misperceptions that seniors don't need to file because able tax credits. If you are eligible to claim your personal situation. ★



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

are made available. Without you filing your 1) they have a low fixed income, 2) they are receiving government money anyway and/ or 3) they are over the age of 65 so the government doesn't need them to file anymore. These aren't true ... so PLEASE file!

and will impact you regardless of your income If you are worried that you might owe money, you may be able to claim certain non-refund-

them, these lower the taxes that you will owe at tax time. For example, you may be able to take advantage of pension income splitting or claim the: Canada caregiver credit; Disability tax credit; medical expenses; home accessibility expenses; age amount and/or pension income amount.

LSCO offers tax completion to the community during tax season, starting mid-March and finishing up at the end of April to single person's whose total income is under \$35,000 and couple's total combined income must be under \$45,000. If have questions about your eligibility to access this program please contact us at 403-320-2222. If you are experiencing financial difficulties and have not filed your income tax, please contact the Seniors System Navigation Intake line at 403-329-1544 and someone will speak to you about



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.

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

⊴Lethbridge





Full Body BLAST

Come make this class your own by challenging your major muscle groups for each exercise. With the use of body weight, barbells, dumbbells, tubing and other equipment your muscles will be working the whole time. All fitness levels welcome. Wear comfortable clothes, indoor exercise shoes, yoga/exercise mat and bring a water bottle. Location is Gym 2.

When: Mondays, September 12 – December 19 (no class Oct. 10)

Time: 9:00 - 10:00 am \$95 LSCO M; \$112 NM Fee: Instructor: **Tracy Simons** Friday, September 9 Register by:





This yoga class will change weekly (Instructor Choice Yoga (2)). We may begin with a few yin poses and venture into a more active flow class working to improve balance, strength and flexibility or we may do a full Vinyasa Flow class one week and quite possibily a full one hour yin class another week. Come with an open mind. Recommended for students that have yoga experience. Bring a yoga mat & water bottle.

When: Fridays, September 16-December 16

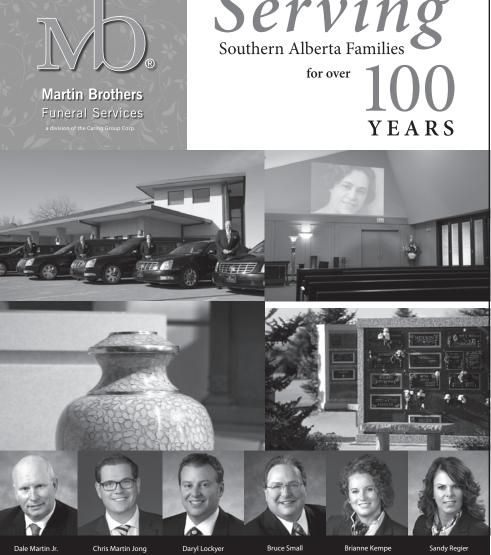
> (no class November 11) 9:00 - 10:05 am

Time: \$88 LSCO M Fee: Shawn Hamilton Instructor:

All Purpose Room (downstairs) Location: Register by: Tuesday, September 13



Southern Alberta Families



People you know. Friends you trust.

www.mbfunerals.com **Martin Brothers Funeral Services** Toll Free: 1.800.382.2901 403.328.2361 610-4 Street South Lethbridge, AB Page 8 • September 2022 LSCO TIMES

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, the first step of which will be hiring a full-time Fund Development Coordinator. 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.

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 Sumner Rob Miyashiro
Chair, Board of Directors Executive Director



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 TIMES Page 9 • September 2022

Fall 2022

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 and on weekends.
- 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 ask to find out if there is room!
- 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.

General Interest

LEARN TO PLAY CRIB

If you have always wanted to learn the game of crib consider joining us this fall. Boards and cards are supplied. Join anytime.

When: Mondays, September 12

(onging lessons) 1:30 – 3:00 pm

Fee: LSCO M Free; \$2 weekly NM

Instructor: Eileen Sawatzky

CERAMICS

Time:

If you are interested in ceramics, please leave your name and number at the Reception Desk.

Creative Arts

CREATIVE DIORAMAS

Do you remember making dioramas in elementary school? Let's take it up a notch. Using kits or creativity, we can make sophisticated scenes. We'll make a table-top piece that will be based on a favorite story or novel and have a lot of fun doing it! We'll learn about scale and many things 'mini'. You will need to collect junk, order a kit or find miniatures, cut, glue and paint. See you in October!

When: Tuesdays, October 4 – November 8

Time: 1:00 – 3:00 pm Fee: \$50 LSCO M; \$70 NM

Instructor: Amy Dodic

Register by: Tuesday, September 27

WATERCOLOURS

In this watercolour class, you will learn different techniques such as mixing colours, brush strokes, grazing, using mediums for different effects, etc. Most of all, we are having fun! The class is for beginner to more experienced painters. Ask for a supply list upon registration. Instructor is Karina Mak.

When: Thursdays

Time:

September 15 – October 20 10:00 am – 12:00 pm Fee: \$50 LSCO M; \$70 NM Register by: Friday, September 9

When: Thursdays, October 27 – December 1

Time: 10:00 am - 12:00 pm Fee: \$50 LSCO M; \$70 NM Register by: Friday, October 21

LEARN TO KNIT/CROCHET

This is your opportunity to learn how to knit and or crochet while socializing with this friendly group. Join us Thursday, September 8 for more information.

When: Thursdays, September 15

(onging tips)
Time: 1:00 – 4:00 pm
Fee: Free September 8
\$10/12 months LSCO M;

\$3 weekly NM Gladys Larson

Instructor: Gladys Larson

INTRODUCTION TO PAPER TOLE

Paper tole, also known as three-dimensional decoupage, is the art of handcrafting three-dimensional pictures from flat prints. This art is created by skill-fully cutting, shaping, and assembling pieces of paper layered onto an image until a three-dimensional version of the image emerges. There are a number of ways to use paper tole, one is to make gift cards, another is to frame the image in a deep wall frame and display it as wall art. If you would like to learn the techniques our experienced ladies will be in the Craft Room on Friday, September 16 to answer any of your questions. You will also be given a supply list.

When: Fridays

September 16 – November 4
Time: 9:30 am – 12:00 pm
Fee: \$20 LSCO M; \$30 NM
Register by: Friday, September 16

Exercise & Fitness

Important things to know:

- Please do not arrive more than 10 minutes prior to the start of your class.
- Dress in layers as the temperature of rooms vary.

- At the end of class please gather your belongings and exit so that the room can be prepared for the next class and you can enjoy a post exercise coffee, tea, etc. in the Dining Room ©
- Please complete an Exercise/Fitness Waiver available at the Reception Desk.

FITNESS CENTRE

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

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

Saturdays: 9:00 am – 1:00 pm (Members only Saturdays

no drop ins)

Fee: \$20 LSCO M; \$35 NM

(30 Days from Date of Purchase)
Memberships can now be
purchased for up to 4 months

at a time.

\$80 LSCO M; \$140 NM

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

ABS & CORE

This class will get you where it counts! ABS Lower and upper. Core strength stabilizing exercises targeted at the entire core and the back. During this challenging 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 an exercise mat and your water bottle. *Intermediate to Advanced Fitness Level*. Space is limited.

When: Mondays

Time:

Fee:

September 12 – December 19

(no class October 10) 10:15 – 11:15 am \$95 LSCO M; \$112 NM

Instructor: Tracy Simons

Location: All Purpose Room (downstairs)

Register by: Friday, September 9

Page 10 • September 2022 LSCO TIMES

When: Wednesdays

September 14 – December 21

Time: 10:15 – 11:15 am \$101 LSCO M: \$120 NM Fee:

Instructor: Tracy Simons

Location: All Purpose Room (downstairs) Register by: Monday, September 12

BARRE PLUS

This low impact class will provide a full body workout with elements of movement, strength (using light weights or bands), balance, mobility and flexibility. This class is suitable for everyone, and a range of options will be provided. We will focus on lengthening and toning, and we will move in all 3 planes of motion for a balanced workout. All Fitness Levels welcome.

When: Thursdays

September 15 – December 15

Time: 1:30 – 2:30 pm Fee: \$95 LSCO M; \$112 NM Instructor: Nancy Purkis All Purpose Room Location: Register by: Monday, September 12

BARS & PLATES

Participants will use body weight exercises and tools like barbells, plates, steps, etc. that allow participants to experience many different movements such as lunges, presses, curls and squats to increase muscle strength. This a low-weight, highrep class that may challenges endurance. Should have some exercise experience.

When: Thursdays

September 15 – December 15

Time: 11:15 am – 12:15 pm \$95 LSCO M; \$112 NM Fee:

Jamie Hillier Instructor: Location: Gym 2

Register by: Monday, September 12

WEIGHTS for the BEGINNER

This strength class is designed for individuals who would like to learn how to use weights and other exercise equipment, as well as for those who may have minimal amount of experience or have been away from exercising for awhile. It is designed to develop muscular endurance, strength, balance agility and more. Regular strength training helps to reduce body fat and preserve your muscle mass and bone density. A benefit for all ages and All Fitness Levels. Wear comfortable clothes, indoor exercise foot wear and bring a water bottle. Class will be held in the Fitness Centre or Stage Area.

When: Session 1: Thursdays

September 15 – October 27

10:15 - 11:00 am Time: Fee: \$47 LSCO M; \$112 NM

Instructor: Jamie Hillier

Register by: Monday, September 12

When: Session 2: Thursdays

November 3 – December 15

Time: 10:15 – 11:00 am \$47 LSCO M; \$112 NM Fee:

Instructor: Jamie Hillier Register by: Monday, October 31

CYCLE COMBO

Join this challenging cycle class for a fun workout on and off the bike. Class will include resistance training and stretching. Wear comfortable clothes, bring your water bottles. Class held in Gym 2. This class is for members LSCO Members only.

When: Tuesdays

September 13 – December 20

9:00 – 10:00 am Time: \$101 LSCO M Fee: Instructor: Jamie Hillier Register by: Friday, September 9

BIKE BALL & MORE

This class will spend approximately 30 mins on the bike for a fun, music based cardio workout, and then transition to strength, balance, and mobility exercises using the stability ball and more! Wear comfortable clothes, bring your water bottles. Beginner to Advanced cyclers welcome. Class held in Gym 2. If session is not full, drop-ins are welcome. Please ask.

When: Wednesdays

September 14 – December 14

Time: 9:00 – 9:55 am Fee: \$95 LSCO M; \$112 NM

Instructor: Nancy Purkis

Register by: Monday, September 12

PEDAL POWER

Indoor cycling is a great low impact cardiovascular workout that will burn calories while improving endurance and strength. The instructor will lead the class through a 40 minute ride that will include a variety of drills such as timed intervals, hill climbs and sprints. Stretching to follow. Let's Ride! All Fitness Levels welcome. If session is not full, drop-ins are welcome. Please ask.

When: **Mondays**

September 12 – December 19

10:15 – 11:15 am Time: Fee: \$95 LSCO M; \$112 NM

Jamie Hillier Instructor:

Register by: Thursday, September 8

FITBALL

This class is done using a stability ball and various other types of equipment to improve balance, coordination, cardiovascular fitness, strength and muscle conditioning. Wear comfortable clothing, indoor footwear, bring a water bottle. If you have a yoga/exercise mat please bring it as floor work may be included. All Fitness Levels Welcome. Class is for LSCO members only. Location: Gym 1.

When: Tuesdays

September 13 – December 13 Time: 9:00 - 9:50 am

Fee: \$95 LSCO M Instructor: Shawn Hamilton Register by: Friday, September 9

When: Thursdays

September 15 – December 15

Time: 9:00 – 9:50 am Fee: \$95 LSCO M

Shawn Hamilton/Jamie Hillier Instructor: Register by: Friday, September 9

FULL BODY BLAST

Come make this class your own by challenging your major muscle groups for each exercise. With the use of body weight, barbells, dumbbells, tubing and more; your muscles will be working the whole time. All Fitness Levels Welcome. Wear comfortable clothes, indoor exercise shoes, yoga/exercise mat and bring a water bottle.

When: Mondays

September 12 – December 19

(no class October 10) 9:00 - 10:00 am \$95 LSCO M; \$112 NM

Tracy Simons Instructor: Register by: Friday, September 9

Location: Gym 2

Time:

Fee:

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 and abilities are encouraged to attend. Classes held in Gym 1.

When: Mondays

September 12 – December 19

(no class October 10) Time: 10:15 - 11:00 am Fee: \$74 LSCO M; \$112 NM

Instructor: June Dow

Register by: Thursday, September 8

When: Wednesdays

September 14 - December 21

10:15 - 11:00 am Time: \$78 LSCO M; \$120 NM Fee: Instructor: Donna Tiefenbach Register by: Monday, September 12

When: Fridays

LINE DANCING

September 16 – December 16 (no class November 11)

Time: 10:15 - 11:00 am Fee: \$68 LSCO M; \$104 NM Andrea Clarke Instructor:

Register by: Wednesday, September 9

EXPERIENCED BEGINNER

This class is intended for those who have taken a beginner dance class, and/or have some line dance experience and are comfortable dancing to faster music. Less time will be spent on reviewing and more dancing will occur. Come dance like no one is watching!! Guys are welcome too! Space is limited, register early.

When: Wednesdays

September 14 – December 14

Time: 11:40 am - 12:40 pm Fees: \$56 LSCO M; \$98 NM Instructor: Gloria-Rose Puurveen Register by: Friday, September 9

Gym 2 Location:

BEGINNER LINE DANCING

If you love music and dancing however, have never line danced before (or maybe just a little) and want to learn, this class is for you. Gloria-Rose will teach you basic line dances. Guys are welcome too. Wear comfortable indoor footwear, cool clothing and bring a water bottle. Space is limited.

When: Wednesdays

September 14 – December 14

1:00 - 2:00 pm Time: Fees: \$56 LSCO M; \$98 NM Instructor: Gloria-Rose Puurveen Register by: Friday, September 9

Location: TBA

CARDIO STRENGTH

Start your week out right with this mixed/cardio and strength workout. Participants will use many different pieces of fitness equipment and are encouraged to exercise at their own level. Wear comfortable workout clothes, indoor runners. Bring a water bottle, yoga/exercise mat. Intermediate to advanced fitness level.

When: Mondays

Time:

Fee:

September 12 – December 19

(no class October 10) 8:00 - 8:50 am \$95 LSCO M: \$112 NM Instructor: Gabrielle Dumont Register by: Friday, September 9

Location: Gym 1 or 2

Hi/Low INTENSITY

Jamie will lead you through weekly workouts during these 20 min. Cardio, 20 min. Strength, 20 min. ABS & Stretch classes. You can be assured you will LSCO TIMES Page 11 • September 2022

be using all types of exercise equipment and get a great workout. Wear comfortable clothing, indoor footwear and bring a water bottle. Modifications will be given. Both High and Low Intensity options will be given. Intermediate to Advanced Fitness Levels.

When: Wednesdays

September 14 – December 21

Time: 9:00 – 10:00 am Fee: \$101 LSCO M; \$120 NM

Instructor: Jamie Hillier

Register by: Monday, September 12

Location: Gym 1

INSTRUCTOR'S CHOICE

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

September 14 – December 21

Time: 8:00 – 8:50 am

Fee: \$101 LSCO M; \$120 NM

Instructor: Deb Palmer

Register by: Monday, September 12

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

September 12 – December 19

(no class October 10)
Time: 11:15 – 12:15 pm
Fee: \$95 LSCO M; \$112 NM

Instructor: June Dow

Register by: Friday, September 9

Location: Room A/B

When: Thursdays

September 15 – December 15

Time: 10:15 – 11:15 am Fee: \$95 LSCO M; \$112 NM

Instructor: June Dow

Register by: Monday, September 12

Location: Room A/B

POUND & STRETCH (Afternoons)

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

When: Tuesdays

September 13 – December 13

Time: 1:30 – 2:30 pm Fee: \$95 LSCO M; \$112 NM

Instructor: Nancy Purkis
Register by: Friday, September 9

Location: All Purpose Room (downstairs)

POUND FITNESS (Mornings)

This energizing seated and/or standing workout combines cardio, conditioning, and strength training. Drumming with Pound Rip Stix® (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

September 16 – December 16 (no class November 11)

Time: 10:00 – 10:45 am

Fee: \$88 LSCO M; \$104 NM

Instructor: Sheila Mulgrew

Register by: Tuesday, September 13

Location: Stage Area

FUNCTIONAL FITNESS

This class is designed for anyone with limited mobility and impaired motor control looking to improve activities of daily living. Class will focus on building strength, core and balance. A variety of exercise equipment will be used if participants are comfortable using it. Wear comfortable light clothing. Bring your water bottle too.

When: Mondays

September 12 – October 24 (no class October 10) Time: 10:00 – 11:00 am Fee: \$36 LSCO M; \$48 NM

Instructor: Andrea Clarke Register by: Friday, September 9

Location: Stage Area

STRENGTH & MOBILITY TRAINING

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. Wear comfortable exercise cloths and indoor footwear. Classes held in the Fitness Centre. Instructor is Andrea Clarke.

When: **Session 1:** Tuesdays & Thursdays September 13 – October 27

Time: 1:30 – 2:30 pm
Fee/session: \$95 LSCO M; \$112 NM
Register by: Friday, September 9

When: **Session 2:** Tuesdays & Thursdays

November 1 – December 15

Time: 1:30 – 2:30 pm
Fee/session: \$95 LSCO M; \$112 NM
Register by: Friday, October 28

SATURDAY STRENGTH & MOBILITY

When: **Session 1:** Saturdays

September 24 – October 29

Time: 12:00 – 1:00 pm
Fee: \$41 LSCO M; \$48 NM
Register by: Thursday, September 15

When: **Session 2:** Saturdays

November 5 – December 10

Time: 12:00 – 1:00 pm
Fee: \$41 LSCO M; \$48 NM
Register by: Thursday, November 2

TABATA

This high energy fitness class is designed to give you a tough, exhilarating work out! Participants will perform a variety of timed exercises that will push you in a new way (20 seconds of work at maximum effort, followed by 10 seconds of rest; 8 times). Wear comfortable exercise clothes, indoor shoes and bring your water bottle. Intermediate to advanced fitness level. Location is Gym 1.

When: Mondays

September 12 – December 19

(no class October 10)
Time: 9:00 - 10:00 am
Fee: \$95 LSCO M; \$112 NM

Jamie Hillier

Register by: Thursday, September 8

When: Fridays

Instructor:

September 16 – December 16 (no class November 11)

Time: 9:00 – 10:00 am
Fee: \$88 LSCO M; \$104 NM
Instructor: Tracy Simons

Register by: Wednesday, September 14

TRX

TRX is functional training using a suspension system that allows you to use gravity and bodyweight as resistance to build strength, balance, coordination, core and joint stability. You will learn all the basics of this system and more. Wear comfortable clothing. All fitness levels welcome.

When: Tuesdays

September 13 – October 25

Time: 11:15 am – 12:00 pm Instructor: Andrea Clarke

Fee: \$47 LSCO M; \$56 NM Register by: Friday, September 9

Location: Gym 2

TRX COMBO

TRX (Suspension Training) uses straps, gravity, and your body weight to increase strength, balance, flexibility, and core stability. Simply by changing resistance and altering body position, each participant can customize their workout for their own needs and goals, making it a great option for ALL FITNESS LEVELS! It's also a great option for anyone who wants to add cross-training into their workouts. A variety of equipment will be used including stationary bikes.

When: Thursdays

September 15 – December 22

Time: 9:00 – 10:00 am

Fee: \$101 LSCO M; \$120 NM

Instructor: Andrea Clarke
Register by: Monday, September 12

negister by. Monday, September

ZUMBA®

Take the work out of workout and join the dance party moving to the beat of Latin and International music. Don't you worry...the moves will be easy to follow. A great way to start your weekend! Wear comfortable clothes and footwear that you can move in. Bring a water bottle and be prepared to have fun. If class runs dropins will be welcome.

When: Saturdays

September 24 – October 29

Time: 9:00 – 9:55 am Fee: \$40 LSCO M; \$51 NM

Instructor: Nancy Purkis

Register by: Wednesday, September 21

ZUMBA GOLD

This easy to follow, fun class lets you move your body at your own speed. It is an invigorating class held to upbeat music that provides modified, low impact moves for active older adults. You will be sure to have a great time. Wear comfortable clothes, indoor footwear and bring a water bottle.

When: Tuesdays

September 13 – December 19

Time: 11:15 am – 12:00 pm Fee: \$95 LSCO M; \$112 NM Instructor: Sheila Mulgrew

Register by: Friday, September 9
Location: All Purpose Room

30/30 ZUMBA GOLD/ ZUMBA GOLD TONING

This class combines the best of both Zumba Gold (dance fitness without weights) for 1/2 of the class and Zumba Gold Toning, the other 1/2 of the class (using the hand held toning sticks to focus on muscle toning and conditioning, to help increase your strength and bone density). Truly exercise in disguise!! Wear comfortable clothes, footwear and bring a water bottle. Location: All Purpose Room.

When: Thursdays

September 15 – December 15

LSCO TIMES Page 12 • September 2022

Time: 11:15 am – 12:00 pm Fee: \$95 LSCO M; \$112 NM Instructor: Sheila Mulgrew

Register by: Tuesday, September 13

Tai Chi & QiGong

Important things to know:

- Please do not arrive more than 10 minutes prior to the start of your class.
- Dress in layers as temperatures vary in the rooms.
- At the end of class please gather your belongings and exit so that the room can be prepared for the next class and you can enjoy a post exercise coffee, tea, etc. in the Dining Room.

QiGONG

QiGong is an ancient Chinese form of wholistic health with exercises, that can heal the physical, the energetic and spiritual aspects of participants, while improving general well-being. The techniques can be adjusted for individual fitness levels and/ or limitations. Wear comfortable cloths and clean footwear that are easy to move in. Please Note: We are not able to accommodate drop in participants or guests for this program. Space is limited.

When: Tuesdays & Thursdays

September 13 - October 20

Time: 10:15 - 11:00 am Fee: \$80 LSCO M; \$116 NM

Instructor: Dave Scotland Register by: Friday, September 9

Location Gym 2

TAI CHI YANG 16 FORM

Tai Chi is an ancient form of exercise performed slowly to improve general health of mind and body. The main aspect of class will be learning the Yang 16 form. Beginners are welcome. Wear comfortable cloths and clean footwear that are easy to move in. Please Note: We are not able to accommodate drop in participants or guests for this program. You must pre-register. Space is limited.

When: Tuesdays & Thursdays

October 25 - December 1 11:15 am – 12:00 pm Time: \$80 LSCO M; \$116 NM Fee:

Dave Scotland Instructor: Register by: Friday, October 21

Gym 2 Location:

TAI CHI 108 Form Practice

Note: this is not a lesson. It is a practise for individuals with some experience in the 108 Form.

When: Wednesdays

September 7 - December 14

10:15 - 11:15 am Time: \$50 LSCO M: \$75 NM Fee: Register by: Tuesday, September 6

Location: Gym 2

Yoga

ACTIVE CHAIR YOGA

This gentle form of yoga can be done while sitting in a chair, or standing while using the chair for support. Participants will explore versions of twists, stretches, forward bends and more. The movements and poses can help maintain mobility, improve flexibility, concentration, strength, even boost your mood. Options will be given. If you have a yoga mat feel free to bring it as you may decide to sit/stand on it. Wear comfortable clothing.

When: Mondays

September 12 - October 24

11:30 am - 12:15 pm Time:

\$30 LSCO M; \$48 NM Fee: Instructor: Shawn Hamilton Location: Stage Area

Register by: Friday, September 9

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

October 5 - December 14 Time: 10:00 – 10:45 am

\$55 LSCO M: \$88 NM Fee: Corrine Myers Instructor: Register by: Friday, September 30

Location: Stage Area

BEGINNER YOGA

Whether you are new to yoga or are familiar with the practice, beginner yoga will help you develop balance, strength and flexibility without feeling overwhelmed or confused. In this class we will take our time to get into postures focusing on the basics. We will combine yoga postures and breathing exercises to strengthen the body, reduce stress and calm the mind. No yoga experience is required. Dress in comfortable clothes, dress in layers, bring a yoga mat and water bottle.

Wednesdays When:

September 21 – October 26

1:00 – 2:00 pm Time: Fee: \$41 LSCO M; \$48 NM Shawn Hamilton Instructor: Register by: Friday, September 16

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. Classes held in the All-Purpose Room (downstairs).

When: Tuesdays, September 13 – 27 Time: 10:00 – 11:00 am Fee: \$27 LSCO M; \$32 NM Instructor: Donna Tiefenbach Register by: Friday, September 9

When: Thursdays, September 15 – 29

10:00 - 11:00 am Time: Fee: \$27 LSCO M; \$32 NM Instructor: Donna Tiefenbach Register by: Tuesday, September 13

GENTLE YOGA

When: Tuesdays, October 4 – December 20

10:00 - 11:00 am Time: Fee: \$81 LSCO M; \$96 NM Corrine Myers Instructor:

Register by: Friday, September 30

When: Thursdays

October 6 – December 22

Time: 10:00 – 11:00 am \$81 LSCO M; \$96 NM Fee: Instructor: Corrine Myers

Register by: Tuesday, October 4

MEN'S YOGA

This class is designed for gentlemen interested in working on balance, flexibility and increasing mobility. Join Skip Cooper as he leads you through gentle, calming movements. Chairs and other props may be used. Wear comfortable clothing, bring a yoga mat and water bottle.

When: Wednesdays

October 5 – December 7

Time: 8:30 - 9:30 am Fee: \$67 LSCO M; \$80 NM Register by: Monday, October 1 Location: Room A/B

YIN/TAOIST YANG YOGA

Yin yoga is a great companion to the more active yang yoga or exercise. It is a calm simple practice that focuses on stimulating the body's connective tissue (facia) primarily in the joints. Most of the Yin poses are seated and last several minutes. Practicing yin yoga contributes to increased flexibility, mobility, mindfulness and relaxation. It is a great practice to bring balance into the body and mind. There will be an optional short Taoist yang practice at the end of the class. Dress in layers as the room temperature varies. Some props are available to use. If you have your own feel free to bring them along with your yoga mat.

When: Mondays

September 19 – December 5

(no class October 10) 8:45 – 10:15 am

Time: Fee: \$110 LSCO M; \$132 NM

Register by: Thursday, September 15 Instructor: Karen Toohey Location: Room A/B

MORNING YOGA

Wake up your body and mind by participating in this slower paced flow class. We will sit, stand, balance, flow up and down from the mat, use a variety of props and relax. Wear comfortable clothes, dress in layers, bring your mat and water bottle. Space is limited.

When: Tuesdays

September 13 – December 13

Time: 10:15 – 11:15 am Fee: \$95 LSCO M; \$112 NM Instructor: Shawn Hamilton Register by: Friday, September 11

Room A/B Location:

5:00 PM YOGA FLOW

End your day releasing tension and feel refreshed in this class for all bodies. The focus of the practice will be on breath and movement, creating a flow of postures that enhance flexibility and strength. Intended for all skill levels as modifications are offered. Bring a yoga mat & water bottle. Props are available however, if you have your own feel free to bring them.

When: Tuesdays

September 13 - December 20

Time: 5:00 - 6:00 pm

Fee: \$102 LSCO M; \$120 NM Instructor: Donna Tiefenbach

Location: Room A/B

YIN YOGA

Props are used to support the body in this slow static practice. Poses are held from 3 – 5 minutes (sometimes more) allowing us to work our ligaments, joints, deep fascial networks, even our bones. Alignment is not required as Yin postures require stillness of the body and calmness of the mind. Wear warm clothes, bring your yoga mat, we do have props but if you would like to bring yours feel free.

When: Wednesdays

September 14 - December 14

10:15 - 11:30 am Time: Fee: \$105 LSCO M Instructor: Shawn Hamilton Register by: Monday, September 12

Room A/B Location:

FRIDAY YOGA

This yoga class will change weekly (Instructor Choice Class ©). We may begin with a few yin poses and venture into a more active flow class working to improve balance, strength and flexibility or

LSCO TIMES Page 13 • September 2022

we may do a full Vinyasa Flow class one week and quite possibility a full one hour yin class another week. Come with an open mind. Recommended for students that have yoga experience. Bring a yoga mat & water bottle.

When: Fridays

Time:

September 16 – December 16

(no class November 11) 9:00 – 10:05 am

Fee: \$88 LSCO M
Instructor: Shawn Hamilton
Register by: Tuesday, September 13
Location: All Purpose Room (downstairs)

SATURDAY YOGA

See Morning Yoga description. Instructors vary.

When: Saturdays

September 17 – October 29 (no class October 8)

Time: 10:15 – 11:15 am Fee: \$42 LSCO M; \$50 NM

Location: Room A/B

Register by: Wednesday, September 14

Technology

LSCO's Computer Club offers a variety of information sessions and workshops. Please see page 18 for their upcoming offerings.

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, Wednesdays & Fridays

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 COURT BOOKINGS

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

PICKLEBALL @ LSCO

Fall play information will be posted on www.lethseniors.com. If you require additional information email shamilton@lethseniors.com or Iscopickleball@gmail.com.

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 or 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 & with notice). \$28/12 months & LSCO membership

BILLIARDS

Fee:

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 a LSCO Membership at the Administration Desk before registering for this group.

When: Wednesdays beginning 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

NM \$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 im-

portant that 2 people are in the room at all times. Supply costs extra. Please ask for more information.

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.

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: 8:15 – 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.

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 join in on the fun every week. Newcomers 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. Free for LSCO Members and \$2 weekly for Non-members.

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

NOTE: 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!

Page 14 • September 2022 LSCO TIMES

September LSCO Weekly Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Pickleball 7:00 am-8:30 am, Gym 2		Pickleball 7:00 am-8:30 am, Gym 1		Pickleball 7:00 am-8:30 am, Gym 1	
	Fitness Centre 8:00 am-3:30 pm Library 8:00 am-4:00 pm Cardio/Strength 8:00 am-8:50 am, Gym 1 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 Yin/Taoist Yang Yoga 8:45 am-10:15 am Room A/B	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	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	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	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 Full Body Blast 9:00 am-10:00 am, Gym 2	Amateur Radio 9:00 am-11:00 am Radio Room Cycle Combo 9:00 am-10:00 am Gym 2 Fit Ball 9:00 am-9:50 am Gym 1	Amateur Radio 9:00 am-11:00 am Radio Room Bike, Ball & More 9:00 am-9:55 am, Gym 2 Hi-Low Intensity 9:00 am-10:00 am, Gym 1	Amateur Radio 9:00 am-11:00 am Radio Room Fitball 9:00-9:50 am, Gym 1 Scrabble 9:30 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 Digital Photography 9:00 am Computer Lab Paper Tole 9:00 am-3:00 pm Arts & Crafts Room Intro to Paper Tole 9:30 am-12:00 pm Arts & Crafts Room Tabata 9:00 am-10:00 am, Gym 1 Yoga 9:00 am-10:00 am, APR	Fitness Centre 9:00 am-1:00 pm
	Functional Fitness 10:00 am-11:00 am Stage Area Pedal Power 10:15 am-11:15 am Gym 2 ABS & Core 10:15 am-11:15 am APR Boutique 10:00 am-3:00 pm Gentle Exercise 10:15 am-11:00 am Gym 1	Gentle Yoga 10:00 am-11:00 am APR Boutique 10:00 am-3:00 pm Pickleball Ladies 10:05 am-11:30 am Gym 1 Morning Yoga 10:15 am-11:15 am Room A/B QiGong 10:15 am-11:00 am Gym 2	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 10:15 am-11:15 am APR Tai Chi Practice 10:15 am-11:15 am Gym 2 Yin Yoga 10:15 am-11:30 am Room A/B	Gentle Yoga 10:00 am-11:00 am, APR Boutique 10:00 am-3:00 pm Pilates 10:15 am-11:15 am Room A/B Weights for Beginners 10:15 am-11:00 am Fitness Centre QiGong 10:15 am-11:00 am, Gym 2 Zumba Gold & Toning 10:15 am-11:00 am APR 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 Gentle Exercise 10:15 am-11:00 am, Gym 1 Table Tennis 10:30 am-12:00 pm Room C/D	Pickleball 10:45 am-4:30 pm Gym 2
	Pilates 11:15 am-12:15 pm Room A/B Badminton 11:15 am-12:45 pm Gym 1 Active Chair Yoga 11:30 am-12:15 pm Stage Area	TRX 11:15 am-12:15 pm Gym 2 Zumba Gold 11:15 am-12:00 pm APR Pickleball Mens 11:45 am-1:15 pm Gym 1 Quilting	Badminton 11:15 am-12:45 pm, Gym 1 Line Dancing EXP 10:40 am-12:40 pm, Gym 2	Bars & Plates 11:15 am-12:15 pm, Gym 2 Pickleball	Pickleball 11:00 am-12:45 pm, Gym 2 Badminton 11:15 am-12:45 pm, Gym 1	Strength & Mobility
		12:00 pm-3:00 pm Stage Area		12:30 pm-4:55 pm Gym 1; Gym 2		Training 12:00 pm-1:00 pm Fitness Centre
	Computer Club 1:00 pm-3:00 pm Computer Lab Pickleball 1:00 pm-4:55 pm Gym 1; Gym 2 Learn to Play Crib 1:30 pm-3:00 pm Card Area	Karaoke 1:00 pm-3:30 pm Board Room Pickleball 1:15 pm-4:55 pm Gym 1; Gym 2 Pound & Strength 1:30 pm-2:30 pm APR Strength & Mobility 1:30 pm-2:30 pm Fitness Centre	Beginner Line Dancing 1:00 pm-2:00 pm APR Beginner Yoga 1:00 pm-2:00 pm, Room A/B Watercolour Group 1:00 pm-3:00 pm Craft Room 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, Card Area Barre Plus 1:30 pm-2:30 pm, APR Strength & Mobility 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; Gym 2	
	Table Tennis 2:30 pm-4:00 pm, Room C/D		Table Tennis 2:30 pm-4:00 pm, Room C/D			
	Pickleball 5:00 pm-8:45 pm, Gym 2	Yoga 5:00 pm-6:00 pm, Room A/B	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.

LSCO TIMES Page 15 • September 2022

Estate Probate and Enduring Powers of Attorney and Personal Directives Legal Updates

In the last couple of months, I have come $oldsymbol{oldsymbol{1}}$ across a couple of legal estate planning issues that I thought I would bring to your attention.

The first one is to bring you up to date on the new Surrogate Court digital filing system and what I have learned since starting to use the service. You may recall I discussed this in a previous article. The new system allows one to file a completely digital application for probate and the first question I had was how fast the service was. I am happy to report that it is fast indeed and takes a matter of weeks from submission to the grant of probate. Previously grants could take as long as 4 to 6 months. This allows estates to be wrapped up quickly. It still does not deal with financial institutions who seem reluctant to let go of bank accounts and send the deceased's money to the lawyer for processing under the estate. It seems that financial institutions they owe money to someone.

The other change under the new digital surrogate system is the requirement to list joint assets of the deceased that were jointly owned at the time of death. For example, say you have a mother that you have placed her bank accounts in joint names for the sake of convenience to deal with her accounts. Further let's say your mother has other assets that are



Legal Tips and Information **Douglas Alger**

way the beneficiaries know exactly what they will be receiving under the estate when the estate is wrapped up. As I have stated before, the probate process is usually a good process as it cleanses the estate of any potential claims and guarantees the estate proceeds end up in the hands of the beneficiaries. This new addition of joint assets to the probate process help achieve that objective.

have different rules when it comes to when Overall, the new probate process is a winner and hopefully as they work out the glitches, will alleviate people's fears about probating a will. For now, the process is only available to lawyers, so if you have a will that needs probate, I would be happy to assist you. There is more to dealing with a person's estate that just probate but having a lawyer and tax person to guide you through the process, will help alleviate some of the stress.

just in her name only. All those assets are to The other matter I wish to talk about is the from 10 to Noon. Appointments can be made be listed in the application for probate. This question of capacity when you are preparing by contacting LSCO.

an enduring power of attorney and personal directive. It has come to my attention that medical doctors and lawyers have a slightly different perception of what capacity you require to execute and EPA and PD. My belief is that the amount of capacity needed, depends on the totality of the circumstances and each case is different. I will say that that there is a difference between the capacity needed to prepare a will and the capacity for preparation of an EPA and PD. Practically speaking if an individual has enough capacity to recognize that they are appointing a loved one to look after their affairs and recognize that they need help, then I see nothing wrong with that individual executing an EPA and PD. There is a convergence of legal and medical advice needed to make the right decision, so if you have a loved one who needs an EPA and PD consult with your lawyer to determine what the right course of action is and if your lawyer does have doubts then a consult with a doctor might be in order.

The importance of an EPA and PD as part of your estate plan cannot be overstated, get yours done if you haven't already done so.

Enjoy the upcoming fall season and your pumpkin spice drinks. ★

Doug Alger of AZ Lawyers is available for legal advice every second Wednesday of the month

What for upcoming news about the Adult Day Program (ADP) launch

Starting October 6, 13, 20 & 27 Thursday afternoons from 1:00 – 3:00 pm

October schedule of events coming in the October issue of LSCO Times

Lethbridge Food Bank

Mobile Food



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, October 17, 2022 5:00 - 7:00 pm

> Lethbridge Senior Citizens Organization (LSCO) Parking Lot 500 - 11th Street South • 403-320-2222

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

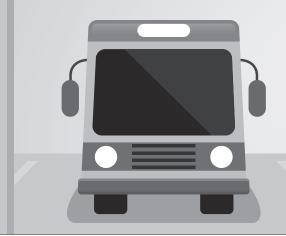
\$3 each way

10 pass - \$21

Monthly - \$28

Yearly - \$280

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



PICKLEBALL Court Bookings

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

Page 16 • September 2022 LSCO TIMES

NOMINATION DEADLINE EXTENDED! 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. HEALTHY LIVING





NOMINATE ONLINE agecare.ca/SeniorAwards

0R

PRINT AND DROP OFF

AgeCare Columbia 785 Columbia Blvd W, Lethbridge

Deadline has been extended! September 15th

Winners will be notified by September 23rd

Hosted Bv:



Media Sponsor:



In the last seven decades, nearly 90 commercial airliners have gone missing — without a single piece of wreckage ever located. ~ weird-facts.org





Compass for the Caregiver



COMPASS is a supportive facilitated workshop for anyone 55+ who identifies as a caregiver for a spouse, children, grandchildren, extended family, close friend, or neighbour near or far.

If you are supporting someone experiencing challenges related to: health, age, family dynamics, mental health, pressures generated by "sandwich generation" responsibilities and/or distance.

We discuss dealing with guilt and grief, managing stress, improving communication, navigating the system and planning for the journey ahead.

October 4, 11, 18 & 25, 2022 Tuesdays from 1:30 - 3:30 pm

Location: Nord-Bridge Board Room \$55 registration fee Maximum 8 participants Contact Nord-Bridge at 403-329-3222 to register

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

care givers albert a. ca



103 323 3222

1.877.453.5088 (toll-free)

780.453.5088



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

In 2009, a 10 year old British girl tried to sell her "annoying" grandmother on eBay for \$3500 as a joke. ~ weird-facts.org





RUBBER STONE

is extremely durable and can be applied over the old surface. No demolition needed. This saves you money!

SIERRA STONE

is a beautiful stone and epoxy overlay that bonds directly to the existing concrete! No costly removal necessary!



CALL FOR A FREE ESTIMATE AT

403-453-5511 www.rubberstonecgy.ca





If you have always wanted to learn the game of crib consider joining us

this fall. Boards and cards are supplied. Join anytime.

Mondays, September 12 (onging lessons) When: 1:30 - 3:00 pm Time:

LSCO M Free; \$2 weekly NM Fee:

Instructor: Eileen Sawatzky







SEPTEMBER-DECEMBER 2022

SPECIAL EVENT

Week of Truth Thu SEPT 22—Thu SEPT 29

Join us for a series of lectures, films and hands-on programs focused on truth and reconciliation.

Free admission

Visit www.galtmuseum.com for details.

SPECIAL EVENT.



Galt Museum Holiday Shopping Event Fri **NOV 18 | 5-9** pm Sat NOV 19 | 10 am-5 pm

Join us for a unique holiday shopping experience at the Galt Museum & Archives! Including special promotions.

FORT WHOOP-UP SPECIAL EVENT _



Spooktober

Sat OCT 29 & Sun OCT 30

Come visit Fort Whoop-Up for a day of spooky crafts, live blacksmithing, games, candy and fun!

1–5 pm | all ages | registration required | Fort admission applies | free to members

SPECIAL EVENT



Indigenous Winter Market Fri **NOV 18 | 5–9** pm

Sat **NOV 19 | 10** am**-5** pm

Support Indigenous small businesses and shop local for authentically made Indigenous crafts and miscellaneous items. We have invited Indigenous crafters and entrepreneurs to promote themselves at a market in the compound of Fort Whoop-Up!

Contact Kristin Krein, kristin.krein@galtmuseum.com to inquire about setting up a booth at the market, or for any general inquiries and questions.



FORT WHOOP-UP SPECIAL EVENT

Christmas at the Fort

Sat **DEC 10 | 1–5** pm Sun **DEC 11 | 1-5** pm Sat **DEC 17 | 1–5** pm Sun **Dec 18 | 1-5** pm

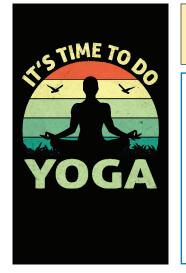
Join us at Fort Whoop-Up to celebrate the holidays. Make a Christmas craft, collect a hand-forged trinket from the blacksmith, have a yummy Christmas treat, and meet Santa Claus himself!

1-5 pm | all ages | registration required | Fort admission applies | free to members

For tickets visit www.galtmuseum.com/events or call 403.320.3954.







There is an island called *Just Enough Room* where there's just enough room for a tree, and a house.

~ weird-facts. org



Residential & Commercial We can do a little or a lot ~ whatever your needs.

Move in, move out. Windows inside & out too! **EXCELLENT SERVICE, REFERENCES AVAILABLE** CALL 403-331-8892

paulaspristine@gmail.com

Experience What All-Inclusive

Retirement Living Has To Offer!

- Bright, private suites with kitchenettes
- Weekly housekeeping and maintenance
- 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!





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

Page 18 • September 2022 LSCO TIMES

Computer Corner

by Sjoerd Schaafsma

Sorting and Filing Email

Periodically I run across computer related articles that I think would be a good fit for this column. The trick is to find them again. Any decent email program will allow you to filter messages and place them into a folder or assign them a label.

Once I've used the idea in the email what do I do with it so I don't go back and repeat the same idea? In the case of Gmail labels, I've just decided to add another label. An idea I recently decided was a good fit, was this one about upgrading your pc:

"https://www.reviewgeek.com/122719/when-do-you-really-need-to-upgrade-your-pc/" now labeled computercorneridea is getting an extra label called <u>USED</u>; computercorneridea/USED.

Granted not everyone wants to keep links to ideas for future reference, and this is not the only way to do it. It's just another option.

The article referred to above showed up just after I had written a string of articles on the subject of "When or if you need to upgrade your PC".

I found it an interesting contrast to my own criteria.

The author's first heading is: "Security is the most important consideration". Check it out if you're concerned, When Do You Really Need to Upgrade Your PC? by Dave Mcquilling, Jul 30, 2022, and keep in mind there is more than one way to keep your computer safe.

The number one problem with computer security is YOU, the USER! Be AWARE, and EDUCATE yourself! Don't fall for false computer error scams, don't spend hundreds of dollars on a security subscription you don't need!! Don't get fooled into thinking more anti malware programs are better than one. To use one of my favorite driving analogies, I repeat "Would you rather have one co-pilot / navigator, or 3 back seat drivers telling you where to go?"

Yes, I've said it before but it's worth repeating. To use a snippet I recently heard re: telling stories more than once. "If you've heard this before don't stop me... I like telling it." (thanks JPB ©)

Creating a label

To create a label in Gmail both for mobile and desktop versions check out the following article <u>Creating a Label in Gmail</u> or run the following search in Chrome "How to Create a New Folder in Gmail". The search term above will give multiple results. The addition of How-to-Geek.com "How-to-Geek.com Create a New Folder in Gmail" will bring you to the site I used.

If you are reading the online version of the LSCO Times, clicking on the hyperlinks will take you to the articles referenced.

WEIGHTS FOR THE BEGINNERS THE

This strength class is designed for individuals who would like to learn how to use weights and other exercise equipment, as well as for those who may have minimal amount of experience or have been away from exercising for awhile. It is designed to develop muscular endurance, strength, balance agility and more. Regular strength training helps to reduce body fat and preserve your muscle mass and bone density. A benefit for all ages and All Fitness Levels. Wear comfortable clothes, indoor exercise foot wear and bring a water bottle. Class will be held in the Fitness Centre or Stage Area.

When: Session 1: Thursdays, September 15-October 27

Time: 10:15 - 11:00 am
Fee: \$47 LSCO M; \$112 NM
Instructor: Jamie Hillier
Register by: Monday, September 12

When: Session 2: Thursdays, November 3 - December 15

Time: 10:15 - 11:00 am
Fee: \$47 LSCO M; \$112 NM
Instructor: Jamie Hillier
Register by: Monday, October 31

Creative Digramas

Do you remember making dioramas in elementary school? Let's take it up a notch. Using kits or creativity, we can make sophisticated scenes. We'll make a table-top piece that will be based on a favorite story or novel and have a lot of fun doing it! We'll learn about scale and many things 'mini'. You will need to collect junk, order a kit or find miniatures, cut, glue and paint. See you in October!

When: Tuesdays

October 4 - November 8

Time: 1:00 - 3:00 pm Fee: \$50 LSCO M; \$70 NM

Instructor: Amy Dodic

Register by: Tuesday, September 27

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 for the summer but the lab will be available to members. Send us an email if you want specific help. Suggestions for workshops are welcomed. As soon as we have workshops planned we'll put up a poster in the entrance hallway as well as sending out an email to the members.

Email <u>computerclub@lethseniors.com</u> 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/.



PEDAL POWER

Indoor cycling is a great low impact cardiovascular workout that will burn calories while improving endurance and strength. The instructor will lead the class through a 40 minute ride that will include a variety of drills such as timed intervals, hill climbs and sprints. Stretching to follow. Let's Ride! All Fitness Levels welcome. If session is not full, drop-ins are welcome. Please ask.

When: Mondays

September 12 – December 19

Time: 10:15 – 11:15 am

Fee: \$95 LSCO M; \$112 NM
Instructor: Jamie Hillier

Register by: Thursday, September 8

BARRE PLUS

This low impact class will provide a full body workout with elements of movement, strength (using light weights or bands), balance, mobility and flexibility. This class is suitable for everyone, and a range of options will be provided. We will focus on lengthening and toning, and we will move in all 3 planes of motion for a balanced workout. All fitness levels welcome.

When: Thursdays

September 15 – December 15

Time: 1:30 - 2:30 pm

Fee: \$95 LSCO M; \$112 NM

Instructor: Nancy Purkis

Register by: Monday, September 12 Location: All Purpose Room



EVERGREEN

Cremation Services

Because Cost Is An Option

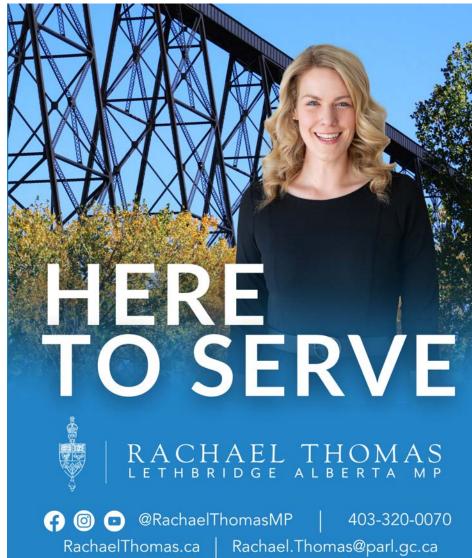
Phone: 403-329-4934

www.evergreenfh.ca A division of the Caring Group Corp.

We Lessen the Expense ~ Not the Care

Page 19 • September 2022 LSCO TIMES









Contact Trisha for More Information: **403.331.1132** Or visit us at

trisha@newrock.ca

parksideliving.ca



30 - 4012 4th Ave S Lethbridge, Alberta T1J 5M6

Member of the College of Alberta Denturists Member of the Denturist Association of Alberta www.foxdentureclinic.ca

A woman spent 12 years in a Kansas mental institution against her will after being diagnosed as a schizophrenic because they assumed she was mentally ill and speaking gibberish. She was really Tarahumara Indian from Mexico who spoke a rare dialect.

~ weird-facts.org



Make an appointment at the front desk for your FREE Hearing Consultation at LSCO on the 2nd Thursday of every month.

- Locally owned & family operated
- University educated
- Full hearing evaluations
- AADL, DVA & WCB Vendor
- Digital hearing devices
- Repairs & adjustments on all makes/models
- Devices for all budgets & lifestyles
- Conveniently located with free parking



403.320.6000 www.lethbridgehearing.ca

120, 2037 Mayor Magrath Dr. S. Lethbridge, AB

Candice Elliott-Boldt BC-HIS, Registered Hearing Aid Practitioner

Jake Boldt Hearing Technician

LSCO TIMES Page 20 • September 2022

In Home Supports & Volunteer News

Thave met and seen so many new faces at lacksquareLSCO over the summer; I would like to reintroduce myself! My name is Shiloh and I am the In Home Supports and Volunteer Coordinator at LSCO.

LSCO In Home Supports are programs designed to support seniors in their homes. The Senior Systems Navigation Team and I work closely and collaboratively, ensuring the right support programs are available to seniors in our community.

LSCO COMMUNITY CONNECT

Our newest program is called *Community* Connect, a volunteer calling program that reaches out to seniors that are isolated and need a consistent, weekly telephone call.

The 1982 movie Poltergeist used real skeletons as props because they were cheaper than plastic. ~ weird-facts.org



Need to move on?

LTH TOURS

Mon. 26th (\$35 add'l).

Columbia. Water Front Hotels.

We can help....

Sorting • Organizing Packing • Arranging Movers • Unpacking Estate Home Clearouts/Sales

Call Jody Johnson for your complimentary in-home consultation and free estimate.

Cell: 403-330-8389

2022 TOURS

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.

Prestige Okanagan Wine & Water Tour, Oct. 12 - 19

vineyards of the Okanagan & the beauty of British

Golden, Salmon Arm, Kelowna, Nelson. Explore the



In Home Supports & Volunteer Coordinator

Shiloh Sabas

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

Recently, LSCO invited our Community Connect Volunteers and their participants to meet in our dining room for pie, ice cream and to connect with each other face to face. Thank you to everyone that attended this event. It was very special to see you all come together. LSCO looks forward to more of these meet and greet events in the future.

VOLUNTEER NEWS

LSCO would like to thank the students that helped us with Meals on Wheels and in the kitchen over the summer. The"kids", as they are affectionately called by the staff, really helped our kitchen in July and August; giving our regular volunteers time to enjoy their vacations and have a break. Thank you for all your service and volunteering for seniors in our community.

I would like to express my sincere thanks to Kari Martin, (Volunteer Coordinator Assistant) for all the work she does with volunteers in our centre and in supporting me in my role.

My equal thanks and appreciation to Diane Legault (Meals on Wheels Assistant) for all her support in the Meals on Wheels office.

Together, we make a good team! Thank you! ★



Downsizing Dilemma?



Operator

info@LTHTours.ca

Dble Occp \$320, Single \$395

Dble Occp \$1475, Triple/Quad \$1325

www.lthtours.ca 587-223-0203

Single \$1895

yoga blend

Latha yoga

flow yoga

It's yoga practice, not voga perfect.



anytime, anywhere...

with the help of implant supported dentures.

Call us today for your complete denture care needs



Giving you something to smile about!

604 - 6 Street South • Lethbridge (403) 327-7244 • Toll Free 1-877-467-2251

Downsizing to move? Clearing an estate?

My team and I can help in the process.

I buy VINTAGE FURNITURE & HOUSEWARES from the 1950s +

For Fair prices, call: **587-893-0716** Free estimates - Lethbridge & Surrounding areas.

- Don't Dump or Donate it -

WE MAY BUY IT OR KNOW SOMEONE THAT WILL

Christmas in Branson, Nov. 13 - 26 Daniel O'Donnel last retirement performance, 6 more shows, 8 meals, 4 attractions, 11 b/fasts & sightseeing. 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 Cruise, 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

GST, Taxes included in Prices, CDN \$ * Prices / Itinerary subject to change

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



LSCO Boutique

We hope your summer was great. We are in need of new consignees. If you are interested, check with the ladies that work Monday and Tuesday mornings in the Boutique and they can provide you with any information you need.

Hearing Instruments Don't Make You Old, They Make You Smart.

GET SMART. COME HEAR...

EXPERIENCE COUNTSI

60 YEARS of SERVICE to Southern Alberta

bernafon[®]







Michael B. Golia, BC-HIS, RHAP-Alberta Beth Golia - Office Manager



www.trinityhearinglethbridge.com

403-327-3877 | Toll FREE: 1-888-327-7868

#214-740-4 Ave. S. Professional Bldg.

(Downtown, next door to Post Office)

