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## Join Us for

### COMMUNITY CONNECT COFFEE GROUP

Tuesday, October 4  
(see page 4 for details)

### MOBILE FOOD TRUCK

Monday, October 17  
(see page 14 for details)

### FLU SHOTS

Monday, October 17  
& Tuesday, October 18  
(see page 17 for details)

### FREE NECK & SHOULDER MASSAGES

Wednesday, November 2  
(see page 5 for details)

HAPPY  
*Thanksgiving*

THANKSGIVING, AFTER ALL,  
IS A WORD OF ACTION.

~ W.J. CAMERON

## Do you like to play music?

We are looking for musicians  
to play music at LSCO on  
Friday afternoons.

We would love you  
to entertain us!

Give us a call at  
403-320-2222 for more info.







Executive Director

Rob Miyashiro  
rmiyashiro@lethseniors.com

Celebrate Seniors!

On December 14, 1990, the United Nations General Assembly designated October 1 as the International Day of Older Persons (UNIDOP). This was preceded by initiatives such as the Vienna International Plan of Action on Ageing, which was adopted by the 1982 World Assembly on Ageing and endorsed later that year by the UN General Assembly. In 1991, the General Assembly adopted the United Nations Principles for Older Persons. In 2002, the Second World Assembly on Ageing adopted the Madrid International Plan of Action on Age-

ing, to respond to the opportunities and challenges of population ageing in the 21st century and to promote the development of a society for all ages

The theme for 2022 is The Resilience and Contributions of Older women. While older women continue to meaningfully contribute to their political, civil, economic, social and cultural lives; their contributions and experiences remain largely invisible and disregarded, limited by gendered disadvantages accumulated throughout the life course. The intersection between discrimination based on age and gender compounds new and existing inequalities, including negative stereotypes that combine ageism and sexism. UNIDOP 2022 is a call to action and opportunity aimed to embrace the voices of older women and showcase their resilience and contributions in society, while promoting policy dialogues to enhance the protection of older persons human rights and recognize their contributions to sustainable development.

(source: <https://www.un.org/en/observances/older-persons-day>).

In Canada, October 1 is National Seniors Day. This is an occasion where all Canadians can join in celebrating older adults across Canada - whether a parent, a co-worker, a neighbour, or a friend. We're fortunate at LSCO as we celebrate older adults every day! Our Mission Statement provides for clear direction for the Board and staff to improve the lives of our members and of the aging population in the community:

Mission:

To provide older adults with:

- Opportunities for community and social engagement;
- Activities with meet their physical, emotional and intellectual needs;
- Advocacy and voice at individual and systemic levels; and,
- Services which enhance their quality of life.

This is accomplished through services provided at LSCO and through partnerships in the broader Lethbridge Community.

Find your own way to celebrate older adults on October 1! ★

**LETHBRIDGE DENTURE CLINIC LTD**

We offer complete quality Denture care; a result of intention, effort and professional skill.

#2 - 1718 3 AVE S, LETHBRIDGE AB  
403-381-4142  
[WWW.LETHBRIDGEDENTURECLINIC.COM](http://WWW.LETHBRIDGEDENTURECLINIC.COM)

**SOUTHERN OPTICAL LTD.**

**Fred Miller**  
Dispensing Optician & Prosthetic Eye Fittings

*We now do sight testing, or bring in your own doctor's prescription!*

**ATTENTION SENIORS**  
*Did you know?*  
**The Alberta Government is once again offering benefits on eye glasses!**

Come down to  
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for all the details.

1011 - 3rd Avenue South  
(2 blocks north of LSCO)  
**403-327-4145**

**Canadian Patient Safety Week 2022**

Canadian Patient Safety Week 2022 runs from October 24 to October 28, 2022, and the theme is "Press play on Safety Conversations" focusing on safer care of older adults through safety conversations and actions. When we have safety conversations, it changes the way we think about safety. *Ask questions, listen, and act.*

**IT'S A WONDERFUL LIFE**  
A LIVE RADIO PLAY  
BY JOE LANDAY

Directed by  
**FRAN RUDE**

Tickets available at the  
**Ticket Centre**  
329-SEAT (7328)

Yates Memorial Centre  
**November 18 & 19**  
7:30 pm

Sunday Matinee  
**November 20**  
2:00 pm

In February 1961, East Orange, NJ police arrested 14 people from their beds at home after midnight. Their crime was failing to return library books that were more than four months overdue.  
~ weird-facts.org

**OUR COMMUNITY PARTNERS**

*In recognition for the ongoing support of LSCO*

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





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Check out the website! [www.lethseniors.com](http://www.lethseniors.com) and register online.

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

## The Officers of LSCO

### 2021 – 2022 Executive:

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

**Board of Directors:**  
Liz Iwaskiw and Reg Dawson.

**LSCO . . . . . 403-320-2222**

### Staff Members:

Executive Director – Rob Miyashiro  
[rmiyashiro@lethseniors.com](mailto:rmiyashiro@lethseniors.com) . . . . . ext. 24  
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Line Cook – Lachlan Dyer. . . . . ext. 27  
Food Service Cashier – Georgette Mortimer . . . . . ext. 27  
Adult Day Program Supervisor – Sharon Appelt  
[sappelt@lethseniors.com](mailto:sappelt@lethseniors.com) . . . . . ext. 32  
Alberta Supports Call Centre . . . . . 1-877-644-9992  
[www.albertasupports.ca](http://www.albertasupports.ca)

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

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

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

Visit us on Facebook and Instagram @lscocommunitycentre

## LSCO Vision Statement

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



## LSCO Monthly Support Services

DATE	TIME	LOCATION	BUSINESS	SERVICE
Saturdays, Oct. 1, 8, 15, 22 & 29	8:30 – 10:30 am	Room C/D	AA Eye Opener	Support Group
Tuesday October 4	9:00 am – 12:00 pm	SCSP Quiet Room	Seniors Community Services Partnership	Drop-In Single Session Counselling
Tuesday October 4	1:00 – 2:30 pm	Atrium	Community Connect Coffee Group	Support Group
Thursdays, Oct. 6, 13, 20 & 27	1:00 – 3:00 pm	Board Room	Building Healthy Relationships	Workshop
Wednesday October 12	9:00 am – 12:00 pm	SCSP Quiet Room	AZ Lawyers	Free 15-minute Legal Consultation
Thursday October 13	9:00 am – 12:00 pm	Clinic Room	Lethbridge Hearing Centre	Hearing Screening
Wednesday October 19	8:30 am – 12:00 pm	Room C/D	Dr. Bolokoski	Foot Care
Wednesday October 19	12:30 – 3:30 pm	SCSP Quiet Room	Seniors Community Services Partnership	Drop-In Single Session Counselling
Thursday October 20	2:00 – 4:00 pm	Room C/D	Parkinson's Support Group	Support Group

## 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!



## Publishing Schedule

Issue	Deadline
November 2022. . . . .	October 14
December 2022 . . . . .	November 11

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



# The Season of Changes and Connections



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

As October arrives and a chill is in the air I have began making changes in our home and bringing out the flannel sheets and blankets as well as warm clothes and good old-fashioned wool coats. I also like to change my every day dishes and pillows on the couch. There are four seasons in the year but I only have 2 seasons where I make any changes to my home, summer and winter. The older I get the more work it seems, but I love when everything is done and I feel prepared for winter.

If I were honest I would say that as the air gets cooler so does my enthusiasm. I know I want to make plans to connect with family and friends but it can be harder over the winter months to get together. I also really need to continue to move which for me means keeping up with my fitness. When I am connecting with Seniors that are living alone in their own

homes or apartments they often share how much they miss connecting with their grown children and grandchildren who it seems are busier than ever! I have learned that if I want get-togethers not to wait for an invitation that may never come but to invite others. I hear so many Seniors tell me how they don't connect much with their children because they don't want to bother them so they don't invite them and connections are lost.

My husband and I provide support to my in-laws who are housebound due to health reasons and we have regular weekly times that we connect as well as celebrating special occasions. My husband checks in and gets their grocery list Wednesday evenings and every 2 weeks we pick up their groceries Saturday mornings and run errands that are necessary. It makes it easier for us to plan for as well as being better for them because they know when to expect us. No matter how busy we are we plan our time to connect and I believe our parents are never too old to need something to look forward to!

For those who do not have family or have family that doesn't live in the area you still need to connect for your health and well-being. LSCO has fitness classes for those who want gentle exercise and card and board games where newcomers are welcome. You can learn many



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

other creative options and you are always welcome to have lunch in the café. Leisure activities can help you overcome isolation and loneliness and defeat depression.

The hardest part about connecting is initiating which is defined as to begin, get going or originate. The greatest part about connecting is that it helps us to lead a happier life. So as fall arrives look around at what you would like to change in your home over the winter months and what you would like to do and if you want an activity where you can simply connect join Katie and I at our Monthly Community Connect Coffee Groups the 1st Tuesday of each month. Call LSCO at 403-320-2222 to RSVP.

*We would love to CONNECT with you! See you soon! ★*



## Monthly Community Connect Coffee Groups

1st Tuesday of each month  
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.

RSVP (one week in advance) by calling Kari @ 403-320-2222 or e-mailing kmartin@lethseniors.com

*Thank you to our Coffee Group Sponsor for October*  
Karla Pyrch, Real Estate Agent 403-360-1860  
www.propertiesbykarla.ca  
karla@realestatecentre.ca





**NOW SELLING!**

## THE ESTATES AT PARKSIDE PLACE

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- Exceptional Standard Features



**CONSTRUCTION HAS STARTED!**

Images are of a clients home. PROUDLY BUILT BY **NEWROCK**

### Contact Trisha for More Information:

📞 **403.331.1132** Or visit us at  
✉ **trisha@newrock.ca** **parksideliving.ca**

*“A new survey found that 80 percent of men claim they help cook Thanksgiving dinner. Which makes sense when you hear them consider saying ‘that smells good’ to be helping.”*  
– Jimmy Fallon



**- DOWNSIZING? -**

**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.**


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

An advertisement for Hosack Denture Clinic Ltd. The background is a solid dark color. On the left side, a close-up photograph shows a person's hand holding a whole ear of yellow corn. The text is arranged on the right side. At the top, the phrase "Eat anything you want..." is written in a large, bold, yellow sans-serif font. Below it, "anytime, anywhere..." is written in the same font and color. Underneath that, the phrase "with the help of implant supported dentures." is written in a smaller, white sans-serif font. In the center, the text "Call us today for your complete denture care needs" is displayed in a yellow sans-serif font. Below this is the company logo, which consists of a stylized white graphic of a semi-circle with horizontal lines, followed by the word "Hosack" in a large, white, italicized serif font, and "DENTURE CLINIC LTD." in a smaller, white, all-caps sans-serif font. Further down, the slogan "Giving you something to smile about!" is written in a white sans-serif font. At the bottom, the contact information "604 - 6 Street South • Lethbridge" and the phone numbers "(403) 327-7244 • Toll Free 1-877-467-2251" are listed in a yellow sans-serif font.

# Free Neck & Shoulder Massages!

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.
- 
- A graphic on the right side of the slide featuring two stylized hands. The left hand is red and the right hand is teal. They are positioned as if they are about to clasp or are in a supportive gesture. Below the hands is a thick, curved teal line that sweeps from the bottom left towards the right.





**LTH TOURS**  
LIFE TIME HIKERS

**2022-23  
TOURS**

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

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

**Dble \$1475, Triple/Quad \$1325, Single \$1895**

**Christmas in Branson, Missouri Nov. 13 - 26** Daniel O'Donnel last retirement performance, + 6 more shows, 8 meals, 4 attractions, 11 b/fast & sightseeing, 14 days / 13 nights' accommodation included. **Fantastic Pricing**

**Dble \$3400, Triple \$3200, Quad \$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 \$515, Triple \$465, Quad \$440, Single \$690**

**River Cree Resort, Edmonton, Jan. 15 - 17, 2023** Explore Edmonton's Luxury River Cree Resort with over 700 Slots, West Edmonton Mall, side trips around an in Edmonton.

**Dble \$370, Triple \$345, Single \$485**

**Fairmont Resort, Fairmont, Jan. 23 - 25, 2023** Hot Springs Resort.

**Dble \$625, Single \$800**

**COMING SOON!**

**Moose Jaw, SK** Pricing Date TBA

**Bonnars Ferry, ID** Pricing Date TBA

**Vegas, NV** Pricing Date TBA



GST, Taxes included in Prices, CDN \$

\* Prices / Itinerary subject to change. Prices based on occupancy/room.

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





# From the Kitchen

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

I just wanted to say how pleased I am with all the support and response we are receiving from our new menu.

I am so proud of Lachlan and Georgie who have really embraced all the changes, new procedures and new menu items like true champions.

I am also proud of all the volunteers showing up to help with meals on wheels, food prep and dishes. You guys Rock. And you mean so much to me. You truly do.

We have had a few meet and greets over the past few week with new seniors and members in Lethbridge which is just great.

*I want to say to you...*

Everyone is more than welcome to come by once a week for a couple hours and volunteer.

Come on by and help feed our local seniors and help keep our little kitchen humming.

It is a great way to get out of the house, get a little exercise, meet new people, do a little hard work with some great people and get involved.

Please feel free to come to the front desk and ask about becoming a volunteer. Or just come visit our 50s style dinner, even if only for a coffee and a chat.

Cheers, Chef Freddie ★

## Joke of the Month

Bakers earn a lot of money in the morning as a majority of their dough becomes yeast by leaven o'clock.



*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 1/4 pound was bigger.*

~ weird-facts.org

## Social media etiquette: What's rude online?

Participating in social media networks like Facebook, Instagram or even TikTok later in life can be great fun – a rewarding way to reconnect with far-flung family and old friends – maybe your friends are even bugging you to take part.

However, navigating the social niceties can be a bit perplexing for some of us who came of age without the internet. To help give you a leg up, here are a few handy dos and don'ts for interacting with others online.

**Do:** Use punctuation and emojis

- Without facial expressions or tone of voice, punctuation like an exclamation point or emoji smiley face can help express a positive attitude.
- Conversely, a one word reply with a period may indicate displeasure.
- Several emojis or exclamation points is overkill so keep it light.

**Do:** Ignore a message or request from a stranger

- It may feel impolite, but ignoring a stranger's message online is a normal and safe choice.
- Unsolicited messages or requests from strangers often turn out to be scams. The person may threaten you or solicit you for money or personal information. So, it's best not to engage.

**Do:** Check your facts

- With lots of misinformation circulating on the web, take information you see with a grain of salt.
- It's nothing personal to go to the source of a friend's post or investigate it further on reputable sites.

Here's what you should avoid doing to be safe and polite online:

**Do not:** Post something you wouldn't say in public

- Being kind should be a no-brainer, but it can be easy to forget yourself over on the internet.

- As a rule, don't say something online you wouldn't say to the person's face in public.

**Do not:** Sign your name on direct messages

- It's not necessary or expected. The person will know who you are based on your profile or account.
- If it's the first time ever you're messaging the person, then you should certainly say who you are at the start, but not as a sign off.

**Do not:** Overshare

- A few pics of your pets may be a nice diversion, but no one wants to know every detail.
- In fact, sharing too much online can be a security risk. Many cyber criminals are on the lookout for information they can use to personalize scams so you're more likely to fall for them.

Find more information on how to stay safe on social at GetCyberSafe.ca. [www.newscanada.com](http://www.newscanada.com)



# LSCO MENU ~ OCTOBER 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 ★



Monday, October 3	Tuesday, October 4	Wednesday, October 5	Thursday, October 6	Friday, October 7
<b>Entree:</b> Pepper Steak <b>Starch:</b> Rice <b>Soup:</b> Chef's Choice	<b>Entree:</b> BBQ Chicken <b>Starch:</b> Roasted Potatoes <b>Soup:</b> Chef's Choice	<b>Entree:</b> Italian Meatballs <b>Starch:</b> Penne & Meat Sauce <b>Soup:</b> Chef's Choice	<b>Entree:</b> Teriyaki Chicken <b>Starch:</b> Fried Rice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Pork Loin <b>Starch:</b> Mashed Potatoes <b>Soup:</b> Chef's Choice
Monday, October 10	Tuesday, October 11	Wednesday, October 12	Thursday, October 13	Friday, October 14
<b>LSCO Closed for Thanksgiving</b>	<b>Entree:</b> Pineapple Chicken <b>Starch:</b> Rice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Baked Ham <b>Starch:</b> Scalloped Potatoes <b>Soup:</b> Chef's Choice	<b>Entree:</b> Salisbury Steak <b>Starch:</b> Mashed Potatoes <b>Soup:</b> Chef's Choice	<b>Entree:</b> Roast Beef <b>Starch:</b> Mashed Potatoes & Gravy <b>Soup:</b> Chef's Choice
Monday, October 17	Tuesday, October 18	Wednesday, October 19	Thursday, October 20	Friday, October 21
<b>Entree:</b> Honey Garlic Pork <b>Starch:</b> Rice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Fried Chicken <b>Starch:</b> Mashed Potatoes & Gravy <b>Soup:</b> Chef's Choice	<b>Entree:</b> Pork Chops <b>Starch:</b> Roasted Potatoes <b>Soup:</b> Chef's Choice	<b>Entree:</b> Chicken Pot Pie <b>Starch:</b> Mashed Potatoes <b>Soup:</b> Chef's Choice	<b>Entree:</b> Beef Stew <b>Starch:</b> Mashed Potatoes <b>Soup:</b> Chef's Choice
Monday, October 24	Tuesday, October 25	Wednesday, October 26	Thursday, October 27	Friday, October 28
<b>Entree:</b> Pork Meatloaf <b>Starch:</b> Mashed Potatoes <b>Soup:</b> Chef's Choice	<b>Entree:</b> Beef Stir Fry <b>Starch:</b> Egg Noodles <b>Soup:</b> Chef's Choice	<b>Entree:</b> Chicken Parmesan <b>Starch:</b> Rice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Penne & Meatballs <b>Starch:</b> Garlic Toast <b>Soup:</b> Chef's Choice	<b>Entree:</b> Roast Beef <b>Starch:</b> Mashed Potatoes & Gravy <b>Soup:</b> Chef's Choice
Monday, October 31	<div>EVERYDAY IS GOOD DAY TO BE</div> <div>Kind &amp; Thankful</div>			
<b>Entree:</b> Shake 'n Bake Chicken <b>Starch:</b> Scalloped Potatoes <b>Soup:</b> Chef's Choice				



## In Home Supports & Volunteer News

It is hard to believe but Fall is officially here. We have been busy at LSCO with the new programs and registration for fitness classes. The dining room has been a popular place with our new menu being launched a month ago. Fred, our head chef, and Lachlan, our sous chef, have done a great job in the kitchen. Thank you Fred and Lachlan; your efforts, attention to detail and hard work does not go unnoticed. We appreciate you.

Thank you to all the volunteers for the gift of your time and dedication to our programs in the following areas:



In Home  
Supports &  
Volunteer  
Coordinator

**Shiloh Sabas**  
volunteer@lethseniors.com  
403-320-2222 ext. 31

Never underestimate your ability to make someone else's life better – even if you never know it. ~ Greg Louganis

Meals on Wheels (drivers and couriers); Meals on Wheels and LSCO kitchen support (baking, prep cooks and dishwashers); Winners Bingo, LSCO Boutique and LSCO Drive Happiness Drivers (giving so much more than a ride). A big thanks to our members that volunteered for the LSCO in-house events over the summer.

Volunteering builds capacity for a community to care for each other and you all do a fantastic job.

I am grateful indeed. ★

## SENIORS OF DISTINCTION AWARDS

We can all think of a senior who has made a difference in our lives. They are mentors, teachers, grandparents and loved ones. They are volunteers and role models. Every day, seniors in Canada make a big difference in our community.

In honour of National Seniors Day, AgeCare Columbia will host the Seniors of Distinction Awards.

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




- SENIORS ARE NOMINATED IN THE FOLLOWING CATEGORIES FOR:**
- 1. ARTS
  - 2. LEADERSHIP
  - 3. COMMUNITY SERVICE
  - 4. HEALTHY LIVING


**Congratulations to all the nominees and winners!**



Hosted By:



Media Sponsor:



**LSCO  
FITNESS  
CENTRE**

**FITNESS CENTRE HOURS**

Monday – Friday  
8:00 am – 3:30 pm

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

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 Non-Member

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



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# What is ageism and how does it impact elder abuse?

Ageism reflects a prejudice in society against certain age groups. For the purpose of this discussion, ageism will reflect the prejudice against older adults. This attitude is perpetuated in many ways, for example, the lack of positive representation of older adults in advertisement and programming. Recently, CTV news fired a news anchor for reporting on television with fully grey hair. To combat this, Dove has started a campaign encouraging older adults to wear their hair grey, as a representation of their age, which they feel is something to be proud of! This campaign can be found on social media platforms using the hashtag #KeepTheGrey.

In the health care system, a person’s age rather than their overall health status can impact medical decisions such as diagnostic tests, treatment plans and resources. When being offered personal, health or social supports, we often see service providers or family/friends speak to an older adult’s caregiver rather than directly to them... this is another way ageism is perpetrated in society.

In a recent Canadian survey, 63% of respondents over the age of 66 indicated they feel



LEARN  
Case  
Manager

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

they have been treated unfairly or different because of their age. This treatment can stem from a deeply rooted belief that older adults are more vulnerable and therefore less impactful to the overall functioning of our society. Comparatively, 51% of the respondents also indicated they felt ageism was the most tolerated social prejudice when compared to gender or race-based discrimination. In turn, ageism contributes greatly to elder abuse.

Abuse of a person and of any kind often stems from the belief that the victim is in some way less, specifically less than the offender. As individuals age, the need to advocate for oneself rises, while the potential for discrimination

also increases. The impacts of ageism do not go unnoticed by LEARN, and we work with our Coordinated Community Response, comprised by agencies in Lethbridge to influence the systems in which older adults function within.

My hope is that you as an older adult continue to advocate for yourself, or access services such as the SSN Program or LEARN when you require some help to do so! Always remember there are spaces you will be welcomed into and loved, such as both of your local senior centres!

As always, if you or someone you know are experiencing elder abuse, please contact me and we can work together to address it. I can be reached at 403-394-0306 or by email at [learn@lethseniors.com](mailto:learn@lethseniors.com). **When it comes to Elder Abuse, silence is not an option.**

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



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More than 40 percent of the Fortune 500 companies in 2010 were founded by an immigrant or the child of an immigrant.  
~ weird-facts.org.

☆ Please note  
the change in  
days & times.



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 Tuesday of the month from 9:00 am – 12:00 pm at LSCO and the 3rd Wednesday of the month from 12:30 – 3:30 pm.
- Drop in style – meaning you may have to wait your turn in the event the counsellor is busy with someone else.
- Discussions are confidential.

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


SCSP

Seniors Community  
Services Partnership

For more information contact Heather Bursaw MSW RSW  
Seniors Community Service Partnership Team Lead  
403-320-2222 #57





Funders include: City of Lethbridge  
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Step It Up! with Erich

Join Erich for this fun and energetic class while getting a great workout! The bench step, handheld weights and other equipment may be used. Experience some step choreography as well some HIIT intervals as muscle isolation intervals. You'll be so glad you came! Individuals 18 years of age and up welcome. Please register prior to start date to ensure class will be held. Instructor is Erich Dyck. Class will be held in Gym 2.

When:

Tuesdays, October 4 – November 29

Time:

5:15 – 6:15 pm

Fee:

\$63 LSCO M; \$81 NM

Drop In Fee:

\$7 LSCO M; \$10 NM



# Fall Classes & Programs 2022

## HOW DO I REGISTER?

- In person.
- Online at [www.lethseniors.com](http://www.lethseniors.com). **Find the Memberships & Programs tab at the top of the page and click. Additional tabs will be visible for you to click on and review.**

## HOW DO I PAY?

- By debit, cash, cheque, Visa or MasterCard. Not required to use Paypal when registering online.

## ONLINE REGISTRATIONS

- Members and non-members are able to register online for many of the classes.
- If a program says **Out of Stock** feel free to give us a call as space may be available or to put your name on a waiting list.
- If you are **registering for someone else online**, please remember to **include their name in the notes or give us a call**.
- You can use Mastercard or Visa when registering online. There is no need to use a Paypal account.

## DID YOU KNOW?

- Workout enthusiasts 18 – 35 years of age can attend classes and programs after 4:30 pm 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

### CERAMICS

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

### CREATIVE ZENTANGLE

Gladys Larson will guide you through the techniques of Zentangle-Yoga for the brain. If you are interested we want to know. Please leave your name at the Administration Desk. When there is enough interest class dates will be planned.

## Creative Arts

### EPOXY RESIN – BEGINNER WORKSHOP

Create an everlasting unique piece of art with epoxy resin. In this two-day workshop/class we will try casting and coating resin pieces such as coasters, trinket dishes and bookmarks, which could be a functional art or display. We will cover basics to start creating with resin, such as, selecting the correct resin, mixing, adding colour and proper safety precautions.

Please bring:

- Few small items you would like to make a keepsake by adding it in a coaster, trinket dish or a bookmark.
- Nitrile Gloves as needed to keep your hands clean
- A mask (optional) there may be a smell from the resin
- Baby wipes as needed to wipe off resin if you get any on your hands
- Art shirt or an apron

NOTE: Additional supplies are provided.

When: Mondays, October 17 & 24  
Time: 1:30 – 3:30 pm  
Fee: \$40 LSCO M; \$60 NM  
Instructor: Soba Kaluthota  
Register by: Friday, October 7

I'm Soba Kaluthota and I create epoxy resin

functional art works that are unique and inspired by the ocean and beach, which I miss so much back in Sri Lanka. You could check out my work on Instagram [www.instagram.com/paintingsbysoba](https://www.instagram.com/paintingsbysoba) and on face book [www.facebook.com/paintingsbysoba](https://www.facebook.com/paintingsbysoba)

### PAINT & CHAT

Create an Acrylic painting from start to finish while socializing and having fun! Donna Bilyk will show you techniques and tricks to help you complete your project. A great opportunity for new painters as well as those with some experience. All supplies are provided. Donna is an artist from Southern Alberta.

When: Thursday, October 27  
Time: 1:00 – 3:00 pm  
Fee: \$50 LSCO M; \$65 NM  
Register by: Thursday, October 20

## 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  
Fee: \$20 LSCO M; \$35 Non-Member (30 Days from Date of Purchase)  
Memberships can now be purchased for up to 4 months at a time.

Fee: \$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 until December 19 (no class October 10)  
Time: 10:15 – 11:15 am  
Drop In Fee: \$7 LSCO M; \$10 NM  
Instructor: Tracy Simons  
Location: All Purpose Room (downstairs)

### 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. Bring an exercise or yoga mat.

When: Thursdays until December 15  
Time: 1:30 – 2:30 pm  
Drop In Fee: \$7 LSCO M; \$10 NM  
Instructor: Nancy Purkis  
Location: All Purpose Room

### 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, high-rep class that may challenges endurance. Should have some exercise experience.

When: Thursdays until December 15  
Time: 11:20 am – 12:15 pm  
Drop In Fee: \$7 LSCO M; \$10 NM



Instructor: Jamie Hillier  
Location: Gym 2

WEIGHTS for the BEGINNERS

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.

When: Thursdays  
November 3 – December 15  
Time: 10:15 – 11:15 am  
Fee: \$47 LSCO M; \$63 NM  
Instructor: Jamie Hillier  
Register by: Monday, October 31

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.

When: Wednesdays until December 14  
Time: 9:00 – 9:55 am  
Drop In Fee: \$7 LSCO M; \$10 NM  
Instructor: Nancy Purkis

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.

When: Mondays until December 19  
Time: 10:15 – 11:15 am  
Drop In Fee: \$7 LSCO M; \$10 NM  
Instructor: Jamie Hillier

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 until December 19  
(no class October 10)  
Time: 9:00 – 10:00 am  
Drop In Fee: \$7 LSCO M; \$10 NM  
Instructor: Tracy Simons  
Location: Gym 2

GENTLE EXERCISE

The class will include low impact moves to increase your heart rate, use of resistance equipment to strengthen your muscles and stretches to help keep you limber. Chairs and a variety of exercise equipment will be used. Wear inside shoes and comfortable clothes to move freely in. Bring a water bottle too! Individuals of all skill levels and abilities are encouraged to attend. Classes held in Gym 1.

When: Wednesdays until December 21  
Time: 10:15 – 11:00 am  
Drop In Fee: \$7 LSCO M; \$10 NM  
Instructor: Donna Tiefenbach

When: Fridays  
September 16 – December 16  
(no class November 11)  
Time: 10:15 – 11:00 am  
Fee: \$68 LSCO M; \$104 NM  
Instructor: Andrea Clarke

EXPERIENCED BEGINNER LINE DANCING

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

When: Wednesdays until December 14  
Time: 11:40 am – 12:40 pm  
Drop In Fee: \$7 LSCO M; \$10 NM  
Instructor: Gloria-Rose Puurveen  
Location: Gym 2

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 until December 14  
Time: 1:00 – 2:00 pm  
Drop In Fee: \$7 LSCO M; \$10 NM  
Instructor: Gloria-Rose Puurveen  
Location: APR

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 until December 19  
(no class Oct. 10)  
Time: 8:00 – 8:50 am  
Drop In Fee: \$7 LSCO M; \$10 NM  
Instructor: Gabrielle Dumont  
Location: Gym 2

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 until December 21  
Time: 8:00 – 8:50 am  
Drop In Fee: \$7 LSCO M; \$10 NM  
Instructor: Deb Palmer  
Location: Gym 2

POUND & STRETCH (Afternoons)

This class consists of a 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 until December 13  
Time: 1:30 – 2:30 pm  
Drop In Fee: \$7 LSCO M; \$10 NM  
Instructor: Nancy Purkis  
Location: All Purpose Room (downstairs)

POUND FITNESS (Mornings)

This energizing seated and/or standing workout combines cardio, conditioning, and strength training.

Drumming with Pound 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  
Drop In Fee: \$7 LSCO M; \$10 NM  
Instructor: Sheila Mulgrew  
Location: Stage Area

STEP it UP! WITH ERICH

Join Erich for this fun and energetic class while getting a great workout! The bench step, handheld weights and other equipment may be used. Experience some step choreography as well some HIIT intervals as muscle isolation intervals. You’ll be so glad you came! Individuals 18 years of age and up welcome. Please register prior to start date to ensure class will be held.

When: Tuesdays, October 4 – November 29  
Time: 5:15 – 6:15 pm  
Fee: \$63 LSCO M; \$81 NM  
Drop In Fee: \$7 LSCO M; \$10 NM  
Instructor: Erich Dyck  
Location: Gym 2

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 clothes and indoor footwear. Classes held in the Fitness Centre. Instructor is Andrea Clarke.

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

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  
November 1 – December 20  
Time: 11:15 am – 12:00 pm  
Instructor: Andrea Clarke  
Fee: \$54 LSCO M; \$64 NM  
Location: Gym 2

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 until October 29  
Time: 9:00 – 9:55 am  
Drop In Fee: \$7 LSCO M; \$10 NM  
Instructor: Nancy Purkis

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 until December 13



Time: 11:15 am – 12:00 pm  
Drop In Fee: \$7 LSCO M; \$10 NM  
Instructor: Sheila Mulgrew  
Location: All Purpose Room

30/30 ZUMBA GOLD/  
ZUMBA GOLD TONING

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

When: Thursdays until December 15  
Time: 11:15 am – 12:00 pm  
Drop In Fee: \$7 LSCO M; \$10 NM  
Instructor: Sheila Mulgrew  
Location: All Purpose Room

Yoga

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 ☺

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, November 7 – 23  
Time: 11:30 am – 12:15 pm  
Fee: \$20 LSCO M; \$32 NM  
Instructor: Shawn Hamilton  
Location: Room A/B

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  
Drop In Fee: \$7 LSCO M; \$10 NM  
Location: Room A/B  
Register by: Monday, October 1

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 until December 13  
Time: 5:00 – 6:00 pm  
Drop In Fee: \$7 LSCO M; \$10 NM  
Instructor: Donna Tiefenbach  
Location: Room A/B

Technology

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

Sports

BADMINTON for the BEGINNER

If you enjoy the game of badminton but have been away from it for awhile, or would like to improve your skills, join us Thursdays for friendly instructions from some of our more experienced players. Drop in when you can!

Time: 10:15 am – 12:15 pm  
Drop In Fee: \$3 LSCO M; \$5 NM

BADMINTON

Everyone of all skill levels are welcome to play badminton. Thursdays are a great day to come if you would like to work on your skills. Arrive no earlier than 10 minutes prior to start time.

When: Mondays, Wednesdays & Fridays  
11:15 am – 12:45 pm

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

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

Special Interest

AMATEUR HAM RADIO

The purpose of the LSCO Seniors Amateur Radio club is to advance Amateur radio interests and where necessary, to provide emergency and community communications support. Newcomers are welcome to visit our club room on the second floor at the LSCO and view our collection of “bygone days and current” amateur radio equipment. Anyone wishing to join 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 and with notice).  
Fee: \$28/12 months & LSCO membership

BILLIARDS

Members are welcome to play pool daily. The tables are located on the second floor and are accessible by the elevator or stairs. If you are new to the game it is important for you to let us know so that arrangements can be made for you to receive some instructions. Members & non members may

drop in provided they are accompanied by a billiard member.

When: Monday – Friday  
Time: 8:30 am – 3:00 pm  
Drop In Fee: \$6 M; \$7 NM  
Fee: \$53/12 months & LSCO membership

DIGITAL PHOTOGRAPHY

If you love to take photos and have a desire to improve your picture taking skills register at the Administration Desk. You do not have to be an expert as the group members vary in levels and interests. Some like to do landscapes; some like to do food, and others like to do birds. Some are advanced, but others are not as advanced. At times we take trips outside of LSCO.

When: Fridays  
Time: 9:00 am  
Fee: \$10/12 months & LSCO Membership

GENEALOGY

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

When: Wednesdays  
Time: 10:00 am – 3:00 pm  
Fee: \$20/12 months & LSCO Membership

KARAOKE

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

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

KNITTING, CROCHET & MORE

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

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

LAPIDARY (Stonecrafters)

Are you interested in making jewelry or other pieces of art that uses rocks and fine gems? If the answer is yes, sign up today. If you are new to this program arrangements will be made for instructions. It is important that 2 people are in the room at all times. Supply costs extra. Please 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. *\*If you would like to learn this art, feel free to drop by any Friday and talk to the ladies.* An introductory course can be offered if there is enough interest.

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

WATERCOLOUR GROUP

If you are familiar with watercolors, time has been set aside for painters to work on their own projects. No instructors are provided. Those present share ideas, socialize and have fun! Space is limited.

When: Wednesdays  
Time: 1:00 – 3:00 pm  
Fee: LSCO membership & \$50/12 months

WOOD CARVING

Wood carving is a form of working with wood using cutting tools to create different shapes, birds, animals. If you are interested 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

The first step to success is making the decision to try.

Cards/Board Games

CRIB

If you have always wanted to learn the game of crib consider joining us. We meet Thursdays at 1:00 pm in the Card Area.

When: Thursdays  
Time: 1:00 – 3:00 pm  
Fee: LSCO membership or weekly drop in fee of \$2

SCRABBLE

If you would like to play Scrabble please leave your name and number at the Administration Desk. When there is enough interest you will be contacted. Free for LSCO Members. \$2 weekly for Non-members. Scrabble is usually played Thursdays from 9:30 am – 12:00 pm.

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

### Can You Lend a Hand?

**We need volunteers for all positions:**

Newspaper delivery, Meals on Wheels drivers, Bingo, the Kitchen, Boutique and Drive Happiness drivers.

Please e-mail Kari at [kmartin@lethseniors.com](mailto:kmartin@lethseniors.com) or call 403-320-2222 ext 21.

Thank you! We would love to have your help.

## VOLUNTEERS NEEDED



### PRESERVE YOUR FAMILY'S LEGACY



Don't let your precious photos and videos be damaged due to elements, aging, or pests.

Digitize them today and share your life story with your family and friends.



[www.shoebox-scanning.com](http://www.shoebox-scanning.com)  
403-382-1250



When your legs get tired, run with your heart.



### Downsizing Dilemma? Need to move on?

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



New Owner/Operator

### Turn a setback into a comeback.



### PAULA'S PRISTINE CLEANING SERVICE

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**  
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## Fall in love with Retirement Living!

- 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!

Move in by Nov 30<sup>th</sup> and save up to **\$1000!**



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



# October LSCO Weekly Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Pickleball</b> 7:00 am-8:30 am, Gym 2		<b>Pickleball</b> 7:00 am-8:30 am, Gym 1		<b>Pickleball</b> 7:00 am-8:30 am, Gym 1	
	<b>Fitness Centre</b> 8:00 am-3:30 pm <b>Library</b> 8:00 am-4:00 pm <b>Cardio/Strength</b> 8:00 am-8:50 am, Gym 2 <b>Tai Chi Club</b> 8:15 am-9:15 am Stage Area <b>Billiards</b> 8:30 am-3:00 pm Pool Room <b>Carpentry/Woodworking</b> 8:30 am-3:00 pm Carpentry Shop <b>Yin/Taoist Yang Yoga</b> 8:45 am-10:15 am Room A/B	<b>Fitness Centre</b> 8:00 am-3:30 pm <b>Library</b> 8:00 am-4:00 pm <b>Billiards</b> 8:30 am-3:00 pm Pool Room <b>Carpentry/Woodworking</b> 8:30 am-3:00 pm Carpentry Shop	<b>Fitness Centre</b> 8:00 am-3:30 pm <b>Library</b> 8:00 am-4:00 pm <b>Instructor's Choice</b> 8:00 am-8:50 am, Gym 2 <b>Tai Chi Club</b> 8:15 am-9:15 am Stage Area <b>Billiards</b> 8:30 am-3:00 pm Pool Room <b>Carpentry/Woodworking</b> 8:30 am-3:00 pm Carpentry Shop	<b>Fitness Centre</b> 8:00 am-3:30 pm <b>Library</b> 8:00 am-4:00 pm <b>Billiards</b> 8:30 am-3:00 pm Pool Room <b>Carpentry/Woodworking</b> 8:30 am-3:00 pm Carpentry Shop	<b>Fitness Centre</b> 8:00 am-3:30 pm <b>Library</b> 8:00 am-4:00 pm <b>Tai Chi Club</b> 8:15 am-9:15 am Stage Area <b>Billiards</b> 8:30 am-3:00 pm Pool Room <b>Carpentry/Woodworking</b> 8:30 am-3:00 pm Carpentry Shop	
<b>Pickleball</b> 10:45 am-3:30 pm Gym 2	<b>Amateur Radio</b> 9:00 am-11:00 am Radio Room <b>Tabata</b> 9:00 am-10:00 am, Gym 1 <b>Full Body Blast</b> 9:00 am-10:00 am, Gym 2	<b>Amateur Radio</b> 9:00 am-11:00 am Radio Room <b>Cycle Combo</b> 9:00 am-10:00 am Gym 2 <b>Fit Ball</b> 9:00 am-9:50 am Gym 1	<b>Amateur Radio</b> 9:00 am-11:00 am Radio Room <b>Bike, Ball &amp; More</b> 9:00 am-9:55 am, Gym 2 <b>Hi-Low Intensity</b> 9:00 am-10:00 am, Gym 1	<b>Amateur Radio</b> 9:00 am-11:00 am Radio Room <b>Fitball</b> 9:00-9:50 am, Gym 1 <b>Scrabble</b> 9:30 am-12:00 pm Card Area <b>TRX Combo</b> 9:00-10:00 am Gym 2	<b>Amateur Radio</b> 9:00 am-11:00 am Radio Room <b>Digital Photography</b> 9:00 am Computer Lab <b>Paper Tole</b> 9:00 am-3:00 pm Arts & Crafts Room <b>Intro to Paper Tole</b> 9:30 am-12:00 pm Arts & Crafts Room <b>Tabata</b> 9:00 am-10:00 am, Gym 1 <b>Yoga</b> 9:00 am-10:00 am, APR	<b>Zumba</b> 9:00-9:55 am
	<b>Pedal Power</b> 10:15 am-11:15 am Gym 2 <b>ABS &amp; Core</b> 10:15 am-11:15 am APR <b>Boutique</b> 10:00 am-3:00 pm <b>Gentle Exercise</b> 10:15 am-11:00 am Gym 1	<b>Gentle Yoga</b> 10:00 am-11:00 am APR <b>Boutique</b> 10:00 am-3:00 pm <b>Pickleball Ladies</b> 10:05 am-11:30 am Gym 1 <b>Morning Yoga</b> 10:15 am-11:15 am Room A/B <b>QiGong</b> 10:15 am-11:00 am Gym 2	<b>Boutique</b> 10:00 am-3:00 pm <b>Genealogy</b> 10:00 am-3:00 pm Board Room <b>Lapidary</b> 10:00 am-3:00 pm Lapidary Room <b>Gentle Exercise</b> 10:15 am-11:00 am Gym 1 <b>ABS &amp; Core</b> 10:15 am-11:15 am APR <b>Tai Chi Practice</b> 10:15 am-11:15 am, Gym 2 <b>Yin Yoga</b> 10:15 am-11:30 am Room A/B	<b>Gentle Yoga</b> 10:00 am-11:00 am, APR <b>Boutique</b> 10:00 am-3:00 pm <b>Pilates</b> 10:15 am-11:15 am Room A/B <b>Weights for Beginners</b> 10:15 am-11:15 am Fitness Centre <b>QiGong</b> 10:15 am-11:00 am, Gym 2 <b>Badminton</b> 10:15 am-12:00 pm, Gym 1	<b>Pound Fitness</b> 10:00 am-10:45 am Stage Area <b>Boutique</b> 10:00 am-3:00 pm <b>Gentle Exercise</b> 10:15 am-11:00 am, Gym 1 <b>Table Tennis</b> 10:30 am-12:00 pm Room C/D	<b>Pickleball</b> 10:45 am-4:30 pm Gym 2
	<b>Pilates</b> 11:15 am-12:15 pm Room A/B <b>Badminton</b> 11:15 am-12:45 pm Gym 1 <b>Active Chair Yoga</b> 11:30 am-12:15 pm Stage Area	<b>TRX</b> 11:15 am-12:15 pm Gym 2 <b>Zumba Gold</b> 11:15 am-12:00 pm APR <b>Pickleball Mens</b> 11:45 am-1:15 pm Gym 1	<b>Badminton</b> 11:15 am-12:45 pm Gym 1 <b>Line Dancing EXP</b> 10:40 am-12:40 pm Gym 2	<b>Zumba Gold &amp; Toning</b> 11:15 am-12:00 pm APR <b>Bars &amp; Plates</b> 11:20 am-12:15 pm, Gym 2	<b>Pickleball</b> 11:00 am-12:45 pm, Gym 2 <b>Badminton</b> 11:15 am-12:45 pm, Gym 1	
		<b>Quilting</b> 12:00 pm-3:00 pm Stage Area		<b>Pickleball</b> 12:30 pm-4:45 pm Gym 1; Gym 2		
	<b>Computer Club</b> 1:00 pm-3:00 pm Computer Lab <b>Pickleball</b> 1:00 pm-4:45 pm Gym 1; Gym 2	<b>Karaoke</b> 1:00 pm-3:30 pm Board Room <b>Pickleball</b> 1:15 pm-4:45 pm Gym 1; Gym 2 <b>Pound &amp; Stretch</b> 1:30 pm-2:30 pm APR <b>Strength &amp; Mobility</b> 1:30 pm-2:30 pm Fitness Centre	<b>Beginner Line Dancing</b> 1:00 pm-2:00 pm, APR <b>Beginner Yoga</b> 1:00 pm-2:00 pm, Room A/B <b>Watercolour Group</b> 1:00 pm-3:00 pm Craft Room <b>Computer Club</b> 1:00 pm-3:00 pm Computer Lab <b>Pickleball</b> 1:00 pm-4:45 pm, Gym 1 <b>Pickleball</b> 1:15 pm-4:45 pm, Gym 2	<b>Knitting Needlework</b> 1:00 pm-4:00 pm, Atrium <b>Crib</b> 1:00-3:00 pm, Card Area <b>Barre Plus</b> 1:30 pm-2:30 pm, APR <b>Strength &amp; Mobility</b> 1:30 pm-2:30 pm Fitness Centre	<b>Computer Club</b> 1:00 pm-3:00 pm Computer Lab <b>Pickleball</b> 1:00 pm-4:45 pm Gym 1; Gym 2	
	<b>Table Tennis</b> 2:30 pm-4:00 pm, Room C/D	<b>Step with Erich</b> 5:15-6:15 pm, Gym 2	<b>Table Tennis</b> 2:30 pm-4:00 pm, Room C/D			
	<b>Pickleball</b> 5:00 pm-8:45 pm, Gym 2	<b>Yoga</b> 5:00 pm-6:00 pm, Room A/B	<b>Pickleball</b> 5:00 pm-8:45 pm, Gym 2		<b>Pickleball</b> 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](http://www.lethseniors.com) and register online.



## Talk to your grandchildren

For those of you who are lucky enough to have grandchildren in your life... how connected are you?

Unfortunately, all of my grandparents had passed away by the time I was 16 years old. In fact, I never even got to meet either of my grandfathers. However, I was lucky enough to have my Nanny and my Grandma in my life for as long as I did because they had a significant impact on my childhood and shaping who I am as a person. What I would give to be able to sit down with them and have a conversation. Cherish your time with your grandchildren because you play such an important role in their lives. Some of the seniors I've chatted with have told me they find it difficult to connect and know what to talk about because of the generational differences. I'd like to provide some conversation starter tips for those of who are wanting to connect but are struggling to figure out what to say or ask:

- Tell them about your life! Tell them what things were like when you were their age. It's important these stories get passed on so they can continue to be passed on throughout the generations. Here are some questions you can answer about yourself to let them get to know you on a deeper level and get the conversation going
- Where did you grow up? What was it like?
- What's the best life advice you've ever gotten and where did you hear it? Do you still follow it? / What is the biggest life lesson you've learned?
- What are you most proud of in your life?



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

- What were the fads/trends when you were young?
- What did you do for fun as a kid?
- What were your best friends like as a kid?
- What was your upbringing like?
- What do you remember most about your own parents and/or grandparents?
- What was your first job?
- Have you travelled? What are your best travel stories?
- What did you want to be when you grew up? Did it happen? Why or why not?
- What have you learned is the best way to manage stress?
- Ask them about them!
- What do they do on their weekends?
- What are their friends at school like? What do they have in common?
- What do they think the world will be like when they're your age?
- What do they want to be when they grow up? Why?

- What's the most important lesson they've learned in their life so far?
- What kind of music/tv shows do they like? What do they like about it?
- What are they most proud of in their life?
- If they could travel anywhere in the world, where would they go and why? If they like this topic, create a travel bucket list together!
- Talk about what's going on in the world today
- Current events
- What do you think is missing in modern life that you had as a kid?
- What is something you want to see from the past in today's world?
- How did you manage through the pandemic?
- If you could change one thing in the world, what would it be and why?

Hopefully these ideas give you a starting place. If you are looking for something more structured, there are card decks out there that have conversation starters on them, so you can either play cards and ask questions or just use it for the questions; I do this with my parents and it's a fantastic way to connect as you get onto topics you may never have talked about. You're lucky to have your grandchildren, and they're lucky to have you. It can be difficult to connect with those around us, especially if the pandemic created some distance. If anything, I think the pandemic has shown us the importance of maintaining connections and cherishing the time we have available to be with our loved ones. Wishing all of you well as Fall settles in! ★

*"There is no season when such pleasant and sunny spots may be lighted on, and produce so pleasant an effect on the feelings, as now in October."* ~ Nathaniel Hawthorne

Lethbridge Food Bank

Mobile Food Support

Free Food for All!

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

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

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

Monday, 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

GO FRIENDLY Shuttle

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

Charlie Chaplin, while directing his movie "City Lights", made actress Virginia Cherrill re-do a scene where she says "Flower Sir"? 342 times. The movie was a silent film. ~ weird-facts.org



# The End of an Era

I am sure many of us will remember where they were when they heard of the death of Queen Elizabeth II. Even though she was 96 years old, we somehow thought the Queen would be with us forever and that her son Charles would never become King. Her reign marks the end of an era, especially in terms of the post-World War II world that we now live in. Think of all the massive changes and history that we have experienced during her reign of 70 years. I believe she was a reminder that no matter how much things change, she was always a constant, if only on our currency or her yearly Christmas address.

There are some who argue that the monarchy is an institution that serves no modern-day purpose. In a perfect world that is hard to argue with, but we don't live in a perfect world. Look at those countries in our world that have as their ruler as the head of state, such as Russia, China, and the United States. The issue with these types of government is that often the leaders have their power go to their heads and they become obsessed with



## Legal Tips and Information

Douglas Alger

the idea that only they can lead the country. Vladimir Putin and Xi Jinping are classic examples of this. As they say absolute power corrupts absolutely. A system of government where the leader of the country has no real say in the function of government, means that the Prime Minister rules at the favour of the party in power and can be eliminated very quickly if they start to show signs of poor leadership. Think Boris Johnson and our own Jason Kenney. It is much harder to get rid of a President, think Donald Trump, who to this

day still has people believing that the election of 2020 was rigged and in 2020 refused to leave office peacefully.

Any leader should recognize that they have been given a chance to run their country for only a relatively short time and during that time they should serve the country and not just who will vote for them or worse to serve their own ego and lust for power. Queen Elizabeth exemplified this type of leadership and represented the head of her country and ours. We can be thank-full that our system of parliamentary government still holds as relative shining example for the rest of the world.

Our heart-felt thanks to Queen Elizabeth, she will be hard to replace. Long live the King and may he follow in his mother's footsteps. ★

Doug Alger of *AZ Lawyers* is available for legal advice every second Wednesday of the month from 10 to Noon. Appointments can be made by contacting LSCO.

## CLASSIFIED ADS

**FRESH PURE UNPASTEURIZED HONEY** 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.*

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

**I am very romantic Lady,** tender and lovely. I guess, I am very seductive and sensual. I've got a creative personality. I am seeking for sincere and caring man from 40 yrs and above. I have a lot of love, care, warmth and room in my heart for the one I fall in love with one day. Kindly call or text if you also seeking the same. Mobile number: +1 780 669 2893. Let's set the ball rolling.

## Epoxy Resin – Beginner Workshop

Create an everlasting unique piece of art with epoxy resin. In this two-day workshop/class we will try casting and coating resin pieces such as coasters, trinket dishes and bookmarks, which could be a functional art or display. We will cover basics to start creating with resin, such as, selecting the correct resin, mixing, adding color and proper safety precautions.

Please bring:

- Few small items you would like to make a keepsake by adding it in a coaster, trinket dish or a bookmark.
- Nitrile Gloves as needed to keep your hands clean
- A mask (optional) there may be a smell from the resign
- Baby wipes as needed to wipe off resin if you get any on your hands
- Art shirt or an apron

NOTE: Additional supplies are provided.

When: Mondays, October 17 & 24  
Time: 1:30 – 3:30 pm  
Fee: \$40 LSCO M; \$60 NM  
Instructor: Soba Kaluthota

## PAINT & CHAT

Create an Acrylic painting from start to finish while socializing and having fun! Donna Bilyk will show you techniques and tricks to help you complete your project. A great opportunity for new painters as well as those with some experience. All supplies are provided.

Donna is an artist from Southern Alberta.

When: Thursday, October 27  
Time: 1:00 – 3:00 pm  
Fee: \$50 LSCO M; \$65 NM  
Register by: Thursday, October 20





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](http://www.galtmuseum.com) for details.

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](mailto:kristin.krein@galtmuseum.com) to inquire about setting up a booth at the market, or for any general inquiries and questions.

SPECIAL EVENT

Night at the Museum  
Holiday Shopping Event

Thu NOV 24 | 4–9 pm

Join us for a unique holiday shopping experience at the Galt Museum & Archives!

Including special promotions.



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](http://www.galtmuseum.com/events) or call 403.320.3954.



“Have you come to sing pumpkin carols?” Linus (It’s the Great Pumpkin, Charlie Brown)



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.

November 22, 29, December 6 & 13, 2022  
Tuesdays from 1:30 – 3:30 pm

Location: LSCO SCSP Quiet Room

\$55 registration fee

Maximum 8 participants

Contact LSCO at 403-320-2222 to register

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



[caregiversalberta.ca](http://caregiversalberta.ca)  
office@caregiversalberta.ca

780.453.5088  
1.877.453.5088 (toll-free)

“Calling all Caregivers”

Nord-Bridge Seniors Centre & LSCO are partnering together to try to address the needs highlighted by caregivers in our community by offering various types of support.

Nord-Bridge is hosting “Minds In Motion”

Minds in Motion is a program designed for people with early to mid-stage Alzheimer’s disease or another form of dementia to enjoy with a friend or care partner. The provider combines physical activity and mental stimulation in a social environment.



Location: Nord Bridge Seniors Center  
1904 – 13 Avenue N

Date: October 5th until November 23

Time: 1:30 pm – 3:30 pm

Cost: \$50.00/couple

LSCO is hosting the Adult Day Program

The Adult Day Program is designed to provides an environment that promotes social, physical and mental stimulation and a change from everyday activities for individuals. Older adults must be able to access the program independently or with the assistance of a support person. Caregivers are welcome to use this opportunity as a break from responsibilities and enjoy time to themselves. Light refreshments provided.



Location: LSCO – 500 11th St S

Date: Thursday’s starting October 6th

Time: 1:00 – 3:00 pm

Cost: \$7.50/10 depending on membership/income threshold

SCSP – Seniors System Navigation Team is running  
COMPASS for the Caregiver

COMPASS for the Caregiver is a supportive facilitated workshop for anyone 55+ who identifies as a caregiver for a spouse, children, grandchildren, extended family, close friend, or neighbor near or far. Discussions dealing with guilt and grief, managing stress, improving communication, navigating the system and encouraging peer connections are all part of the support offered.



Location: Nord-Bridge Seniors Center  
1904-13 Avenue N

Dates: October 4, 11, 18 & 25, 2022

Time: 1:30 – 3:30 pm

\$55 registration fee

If you have any questions about these programs please feel free to contact Nord-Bridge or LSCO. If you are a caregiver in need of support and aren’t too sure where to start, feel free to contact us at 403-329-1544 and we can help.

Heather Bursaw, SCSP Seniors System Navigation Team Lead



Cards & Board Games

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



LSCO is excited to WELCOME the Adult Day Program Back!

After what has felt like forever, the Lethbridge Senior Citizens Organization is excited to once again offer the Adult Day Program, giving individuals within the community the opportunity to participate with other adults in a variety of activities. The program provides an environment that promotes social, physical and mental stimulation and a change from everyday activities. Individuals experience an increased sense of self-worth by participating in activities within their capabilities. The program will be offered Thursdays from 1:00 – 3:00 p.m.

**Rates are:**  
*Member* (Welcome Policy will be applied) = \$7.50 daily  
*Member* (over income) & *Non- Member* (not able to access Welcome Policy) = \$10.00 daily.  
If you have questions about the Welcome Policy please contact us and we will explain how it is applied.  
\* Daily program fees must be paid prior to attending the program. Light refreshments will be provided.

Anyone interested must be able to access the program independently or with the assistance of a support person. An intake application must be completed prior to attending so we can ensure your safety! Application forms will be available at the administration desk or online at: <https://lethseniors.com/adult-day-program-forms/>  
If you have any questions at all, please contact administration for more details at 403 320-2222. ★

## LSCO Adult Day Program ADP LAUNCH

Start October 6, 13, 20, 27, 2022

Thursday afternoons 1:00 -3:00 pm  
(location to be determined)

**Rates**  
Member (welcome policy will be applied – ask for details)  
\$7.50 daily

Member (over income) & Non-Member  
(not able to access welcome policy)  
\$10 daily

Light refreshments provided  
Drop in fees to be paid in advance to LSCO administration

Registration forms are required to attend  
(available at LSCO Administration or online)  
<https://lethseniors.com/adult-day-program-forms/>

Call LSCO administration for more details  
403-320-2222

The Go Friendly Shuttle is available as well if transportation is of concern.  
Please call administration at Nord-Bridge Senior Centre  
403-329-3222 to enquire further.



LETHBRIDGE  
Senior Citizens  
ORGANIZATION

## LSCO ADULT DAY PROGRAM October 2022

Thursday, October 6

1:00 – 3:00 pm  
Horse Racing • Room A/B

Thursday, October 13

1:00 – 3:00 pm  
Music with Sandy • Room A/B

Thursday, October 20

1:00 – 3:00 pm  
Pet Therapy • Room C/D


Thursday, October 27

1:00 – 3:00 pm  
Wheel of Fortune • Room C/D

Light refreshments provided

Clients must be able to access the program independently or with the assistance of a support person.  
An intake application must be completed prior to attending.  
Call LSCO for more details 403-320-2222.





# Shot GET YOUR FLU

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## 2022 Flu Shots at LSCO

courtesy of northside Save-On Foods Pharmacy  
**Monday, October 17 & Tuesday, October 18, 2022**  
9:30 am – 12:00 pm • Room C & D

Please wear a short sleeved shirt and you will need to bring your Alberta Health Care Card.

No appointment is necessary. Flu shots will be given on a first-come, first-served basis.

Lethbridge Senior Citizens Organization  
500 - 11th Street South • 403-320-2222



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In the Wizard of Oz, the Wicked Witch’s makeup was toxic and copper-based, so her face remained green for weeks after they finished shooting. ~ weird-facts.org



# Computer Corner

by Sjoerd Schaafsma

## Phishing and Beyond

I started this article more than a week ago in response to a distress call I received. *“I had a virus warning pop up and I called the Apple phone number on the screen”.*

**DO NOT, I REPEAT DO NOT *call any numbers purporting to be from Microsoft or Apple claiming to fix the multiple problems on your device!! These are SCAMS!***

Conveniently as the publishing deadline nears, a much more detailed article on the same subject showed up in today’s email. I’ll keep the topic as is, but some of the definitions will be different, or more precise in nature. Credit for the detailed definitions goes to Andrew Heinzman, the News Editor for Review Geek. Here’s the link to the article I received this morning. If you are reading the paper version of this article and type the words below into your browser’s search space, you’ll arrive at the same place.

[What Is Phishing, and How Do You Avoid It?](#)

**Phishing** – Yes, it’s pronounced “fishing” – the fraudulent practice of sending emails purporting to be from reputable companies in order to induce individuals to reveal personal information, such as passwords and credit card numbers. “an email that is likely a phishing scam”

**Beyond – A fake virus warning pop-up** usually tries to scare you so you react impulsively and pay for the alleged antivirus. It can claim that you have several hundreds of threats on your system and offer you a fix. However, these numbers have nothing to do with reality

**A few examples of different types of phishing:**

**Email Phishing** – fake email pretending to be from a legitimate source

**Spear Phishing** – targeted phishing

**Clone Phishing** – a hacker sends a duplicate version of a real email, ie. Looks just like what you ordered from Amazon but takes you to a bogus site to try to get information from you or send you a malicious file

**Pop-Up Phishing** – like the fake Microsoft or Apple warning that pops up on your screen

**Angler Phishing** – scammers impersonate a public figure or company on social media to create “sweepstakes” links in a video’s comments

**Whaling** – an attack on important person

**Smishing and Vishing** – These terms describe phishing through an SMS text message or phone call. Most of the spam messages or robocalls you receive are forms of “smishing” or “vishing.”

**What is “VIRUS ALERT FROM MICROSOFT”?**

<https://www.pcrisk.com/removal-guides/12308-virus-alert-from-microsoft-scam>

Displayed by a malicious website, “VIRUS ALERT TO MICROSOFT” is a fake error claiming that the system has detected suspicious activity. In most cases, users visit this website inadvertently – they are redirected by various potentially unwanted programs (PUAs) that infiltrate systems without permission. As well as causing redirects, PUAs deliver intrusive advertisements, gather sensitive data, and sometimes misuse system resources to run unnecessary background processes.

**How to Avoid Phishing Scams – READ Carefully!!** If it doesn’t look legitimate, don’t trust it. If it looks like something a friend, your bank, or the government would not normally send, call them! Most reputable organizations will NOT ask for your personal information via email.

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

**ComputerClub Google Site**

<https://sites.google.com/view/lscocomputerclub>

The Computer Corner and LSCO Times can be read online at:

<http://lethseniors.com/about/lSCO-times-publications/>.

# Computer Club EVENTS

## October – December

The LSCO Computer Club has access to the computer lab on Mondays and Wednesdays from 1:00 – 4:30 pm. This time may be preempted for other events. Workshops usually run from 1:00 – 3:00 pm with a short break around 2:00 pm.

Mon 3	Updates sharing and help
Wed 5	Sharing and help
Mon 10	Sharing and help
Wed 12	<b>Accessing and downloading apps and programs online, safe downloading, passwords, useful apps, and free alternatives to paid programs</b>
Mon 17	Sharing and help
Wed 19	Sharing and help
Mon 24	Sharing and help
Wed 26	<b>Tech Toys, Tools, Gadgets, stocking stuffers. Bring your favorite gadgets whether you’ve shown them before or not. Hopefully by presenting this session in October you’ll have time to buy before Christmas</b>
Mon 31	Planning session. Go ahead Pumpkin... dress up

If a date is not included below it will be a sharing and help session.

### November

Mon 7	Updates sharing and help
Wed 9	iOS session 1 iPhones, iPads, apps, commands
Wed 23	iOS session 2 iPhones, iPads, apps, commands, settings
Mon 28	Planning session

### December

Mon 5	Updates sharing and help
Wed 14	Digital Reading, devices, Ereaders, kindle, tablets, iPad, downloading material synchronizing, ebook formats, Calibre, and tentatively a presentation by the Lethbridge Public Library on its digital resources
Mon 19	Planning session

Send us an email if you want help on a specific topic. Suggestions for workshops are welcomed.

E-mail [computerclub@lethseniors.com](mailto:computerclub@lethseniors.com) to be added to the email list or to ask for help from the computer club. Membership is not required to be added to the mail list.

# WEIGHTS FOR BEGINNERS

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 which is 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.

When:	Thursdays November 3 – December 15
Time:	10:15 – 11:15 am
Fee:	\$47 LSCO M; \$63 NM
Instructor:	Jamie Hillier
Register by:	Monday, October 31

# 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 clothes and indoor footwear. Classes held in the Fitness Centre.

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
Instructor:	Andrea Clarke



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Employees at the Amsterdam zoo found an abandoned griffon vulture egg that none of the other vultures would adopt, so they placed it with a gay couple that had been nesting, bonding, and mating for years. The two males immediately took turns lying on the egg, cared for it until it hatched, and are now a happy family of three. ~ weird-facts.org



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The dog from Wizard of Oz was paid \$125 per week which was more than some of the other actors in the film. ~ weird-facts.org

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# THE SMITHS OF HOOD RIVER VALLEY

## Chapter 13: Let’s Meet the Smith Kids

*Till stone is laid on stone  
And though none can hear  
And none can see  
Each sobs softly: remember me, remember me.  
From Staring at the Sun by Irvin D. Yalom*

Remember all of you? I certainly will. For as long as I breathe air, I will revere all of you. Since I was the first grandchild, and raised alone, I thought of my five aunts and three uncles as older extensions of my immediate family. I was a small child. Things didn’t have to make sense – they just were. At various times in my life I had a close, familiar relationship with each of them, some more than others. But I did recognize, even at an early age, that they all loved and respected my father, the oldest brother. Some of that affection drifted down on my shoulders, like dandruff. Frank and Grace had nine children. By the time they all reached retirement age there were still nine living people. A rather remarkable achievement considering the times, the illnesses, and the place. Few other families achieved the same child-longevity that the Smiths did and they came close to losing one or two during the hard years of rearing them. Not only did the children manage to grow up but each child was an outstanding achiever in their own sphere, their own realm. Let’s examine each person and remember, this is from a growing child’s perspective of the adults around her.

**Verna Caroline Smith Hylton** – Verna was a large woman, and when she spoke with her strong but quiet voice, those around her listened. She moved to Seattle after high school to be schooled in the art of nursing. She was an extraordinary LPN caregiver for the rest of her life. After watching the family grow to nine, with her being the oldest, she commanded a great presence in any life situation. When I was about four years old we traveled to Seattle to visit her. I can still remember her arms wrapped around me and feeling so safe. She worked in several hospitals as a ward clerk during her lifetime, but her last nursing employment was at the Sacred Hearts’ Hospital in Medford Oregon. It was there that she was called a “Seventh-Day Adventist Nun”, for that was the presence that she projected. She always worked swing shift so she could also “mother” her family. After retirement she nursed her husband who had prostate cancer. While she was still with the family she was like a second mother, and even home delivered her baby sister, Betty when Grace went into early labor. With no one else around, following her Mother’s instructions, she brought the new baby sister into the world.

**Leroy Earl Smith, Bubs**, (his family name), Roy (as he was known to the world), had an illness that affected his whole life. When he was 14 years old he had an accident with a snow sledge that caused a “green-bone” break in his left leg. It developed into osteomyelitis, an infection of the bone marrow in his thigh bone. It never spread (as it did for so many others) but all the surgeries weakened the leg. His condition was completely healed once penicillin was available after WWII, but he suffered with his bum leg (as he called it) for most of his life. He was so proud that he learned to water ski when he was over 40 years old with a “bum” leg. He was a faithful, hard working, and well liked employee at both major positions he served in his adult life. At the Apple Growers Association in Hood River he was a foreman. At the Vista St. Clair in Portland, Oregon he was Garage Manager. Many people have said, “Roy



### The Widow’s Walk

Kay Long, BSW, RSW

was the best boss I ever had”, and I’m sure he was. He was also in love with the world of learning and we often researched subjects together. He was a jack-of-all-trades and master of many of those trades.

**Margaret Bernice Smith Plank** was mother to my favorite cousins and she and Eldon were wonderful camping partners for many years. We camped at Skaha Lake in British Columbia and Lesser Slave Lake in Alberta. Bernice was a wonderful story teller and, truth-be-told, Grace’s favorite daughter. I believe she was the favorite because she looked, sounded, and acted just like my Grandmother. We shared a special bond, and spent a lot of time together when she and Eldon would spend summers with us while he worked on the log house. We also shared our love of books and I inherited several of her western/aboriginal series of books. The two of them passed away in their 90s, with their children beside them, and within a half hour of each other. This book could not have been written if I hadn’t heard so much family history from my Aunt Bernice.

**Cleo Arlene Smith Cooper** was a wonderful babysitter for me for a short time in my life. We bonded when I was about 3 years old. At that time the doctors and surgeons decided that the best “cure” for Dad’s osteomyelitis was to get rid of it. Since it had never spread to other bones the surgeons were going to amputate his left leg at the hip and hope that would “cure” all the infection. So Aunt Cleo, Aunt Frances, Mom and me moved to a small apartment close to the Hawthorne Bridge in Portland while Dad was in the hospital. Mom and Aunt Frances went to work to pay the rent and feed us, while Aunt Cleo took care of me. We made several trips to the Portland Zoo on the old trolley cars. She would pack our lunch and off we would go to visit all our new “friends” that lived on the hill in the big house with cages. I started sharing my lunch (usually crackers) with the beautiful parrot that talked to me. Aunt Cleo and I became special friends and stayed connected for the rest of her life. After a couple of weeks the surgeons decided that my Dad should keep his leg just in case a cure should be found someday(and it was). So we all got to packed up and go back home.

**Mary Frances Smith Chambers** was the heart of the Smith family. After we lost Grandma she became our kin keeper. She was the one that everyone talked to and everyone would make the effort to go and see. Even when she was in her 90s she had a beautiful smile and eyes that sparkled. She took care of me back in the days when bath time was in a wash tub on the kitchen floor. She needed money so she could travel by bus to visit her future husband, Bud Chambers. Bud was in the Army, stationed in New Mexico, and she wanted to see him so

bad she ate nothing but apples during the day, then he would take her to dinner at night. She loved the fact that she came home “skinny”. Frances was a remarkable cook and baker. She baked pies, cakes and served the most marvelous roast beef dinners. She worked in restaurants around town until she couldn’t stay on her feet to work a full shift. Then she started taking in ironing to make extra money. She outlived all her siblings and almost made it to 100 years.

**Henry Franklin Smith Junior** was tall – so tall the only way I could dance with him was with my arm around his waist. We had a special relationship because he loved my writing and encouraged me to write about the family. He and his younger brother, Larry, were musical. In high school Henry Jr. played the saxophone (Larry played the clarinet). But the best that I remember about my Uncle Junior was that he could sing. He had a beautiful voice but had trouble remembering the words. Both he and Larry played the organ and he never learned to read music. He loved traveling and fishing with Roy. There was a time when each brother was traveling in their “rigs”. Roy was ahead but he couldn’t see Junior following so he got on the CB radio and ask, “Are you guys coming?” Uncle answered back, “Not yet, but we’re breathin’ hard.” They were always joking around and a weekend with them would keep the party lively.

**Larry Richard Smith** was our family’s warrior. He served in the Armed Forces of the U.S.A. for 20 years. Part of those years were served in Washington D.C. where he was in the President’s Army Band. He also played the bagpipes which is a remarkably difficult instrument to play. He and I discovered when we were adults that we had many of the same interests, could talk for hours, and enjoyed each other’s company. When I was small he would tease me, but when we grew up we liked each other. During his years in the army he and his family lived in Hawaii, England, Washington, D.C. and Klamath Falls, Oregon. Join the army and see the world.

**Elizabeth Louise Smith Walters** was a remarkably, talented woman. She took care of children throughout her life. She had 4 of her own and cared for her niece and nephews when her younger brother lost his wife to cancer. She loved to cook and was famous for her cinnamon buns when she opened Bette’s Place in downtown Hood River. I may be prejudice but I still think that is the best restaurant in Hood River, especially for breakfast. She once told me that the restaurant was so successful that she was able to offer university and/or advanced schooling for every child and grandchild in her family. Plus she and her husband, Gerry, built several houses, helped their adult children as needed, and had a good, long life together.

**Bobby Gene Smith** and I were in high school together for one year. He was a senior when I was a freshman. After high school Bob signed a contract with The St. Louis Cardinals and he became our baseball hero from Hood River. He was a spectacular outfielder/hitter but could also pitch as well. He played in several of the SLC farm Teams around the country, and it was when he played for Fresno that he met his beautiful, red-haired wife, Joanne. They had three children, two boys (Michael and David), and a girl (Kim). When Kim was about two years old Joanne was diagnosed with cancer. The whole family was in mourning when we lost her. The family rallied around him and did what they could to help him get through the grieving, while he continued to play baseball and care for his children. He eventually remarried and had another daughter, Lisa. Bob played baseball until he was in his 40s. When it was time to retire he was playing for the Tacoma Rainiers. He went to work for the City of Tacoma until he reached “normal” retirement age. He then moved back to Hood River where he could be there when needed to help his sisters.

So here they are, Readers. The aunts, uncles, and father that I loved and admired. Writing this, I realize that the second thing they all had in common (the first being family), was their marvelous sense of humour. A family get-together could keep your sides sore from the outright laughter, just listening to them. Especially the boys. If I didn’t know some of their stories were true I wouldn’t have believed them. But when it came to telling stories on themselves, they had no shame.

*The Widow’s Walk: A Survivor’s Handbook* can be purchased by calling Kay Long, 403-320-6856, or emailing annieo@shaw.ca. The book is \$15 which covers mail or delivery.

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