

INSIDE THIS ISSUE

Executive Director Message p.2

LSCO Contacts. p.3

LSCO Community Connect p.4

In Home Supports & Volunteer News p.5

Message from the President p.6

From the Kitchen p.7

LSCO Monthly Support Services . . . p.7

LSCO Programs p.9

LSCO Weekly Schedule p.13

Seniors System Navigation Team p.14

LEARN p.18


Join Us for

COMMUNITY CONNECT COFFEE GROUP
Tuesday, November 1
(see page 4 for details)

FREE NECK & SHOULDER MESSAGES
Wednesday, November 2
(see page 14 for details)

COMPASS FOR THE CAREGIVER
starts Tuesday, November 22
(see page 12 for details)

LSCO FALL MEMBERSHIP MEETING
Tuesday, November 22
(see page 2 for details)



IT'S A **WONDERFUL** LIFE


BY JOE LANDRY

A LIVE RADIO PLAY

NOVEMBER 18, 19 & 20

YATES MEMORIAL CENTRE

DIRECTED BY FRAN RUDE



SUPPORT LOCAL PROGRAMS FOR SENIORS BY PURCHASING YOUR TICKETS

SENIOR \$45 GENERAL \$50

www.lethseniors.com/events
403-329-SEAT (7328)

LSCO LETHBRIDGE Senior Citizens ORGANIZATION

Presented by permission of Playscripts: 7 Penn Plaza New York, NY 10001

Can You Lend a Hand at LSCO?

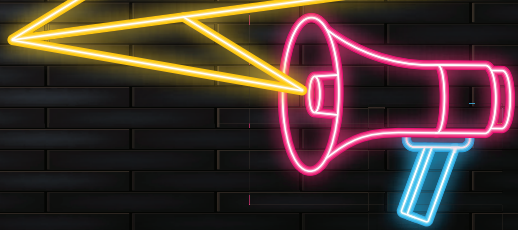
We need volunteers for all positions:

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

Please e-mail Kari at kmartin@lethseniors.com or call 403-320-2222 ext 21.

Thank you! We would love to have your help.

VOLUNTEERS
NEEDED





Executive Director

Rob Miyashiro
rmiyashiro@lethseniors.com

A couple of months ago I provided an explanation on our financial state and what are next steps are. On November 22 at 1:00 PM in the Stage Area of the dining room, we will hold a Fall Membership Meeting. At this meeting, we will discuss the above, as

well as provide updates on LSCO, in general. It is my understanding that many of you have questions about our operations and future direction, so the Board Members present at that meeting and myself will answer them to the best of our ability.

Also, to provide clarity: LSCO is not at risk of imminent closure. We are developing plans for sustainability and we will share them when they have been completed. I understand that people are talking about the possibility of LSCO closing in the near future, which I reiterate is not true. Such discussion without having factual grounding is counter-productive to our organizational progress. At the Membership Meeting, we will outline where we are at relative to the spring and summer – which I’m

sure will lead to optimism rather than negativity. As always, please direct your inquiries to our staff or Board of Directors as we will be happy to help.

Please welcome Hannah Dupuis to our staff group in her new position of Fund Development and Marketing Coordinator. We are excited to have her start the important work that help us move into the future more easily.

Many thanks to Joanne Blinco, who left her position as LEARN Case Advisor at the end of October. Joanne brought an attitude of professionalism and thoroughness to LEARN and she leaves us in a better place than when she arrived! We wish Joanne all the best in her position with the Alberta Elder Abuse Awareness Council. ★



SCSP Seniors Community Services Partnership

The Seniors System Navigation Team is a team of professionals dedicated to improving the wellbeing of seniors by providing prevention and early intervention focused support.

Seniors System Navigation Team Walk-in Hours

Mondays
LSCO: 9:00 am – 12:00 pm

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

LSCO: 500 – 11th Street South • 403-320-2222
SCSP – Navigation Team Intake Line • 403-329-1544
Nord-Bridge: 1904 – 13 Avenue North • 403-329-3222

Studies show that the walking through a doorway causes memory lapses, which is why we walk into another room, only to forget why we did.

~ weird-facts.org

LSCO FALL MEMBERSHIP MEETING

TUESDAY NOVEMBER 22, 2022

1:00 P.M.

STAGE AREA (OFF DINING ROOM)

COME AND MEET LSCO BOARD OF DIRECTORS AND HEAR THE UPDATES

OUR COMMUNITY PARTNERS

In recognition for the ongoing support of LSCO

Lethbridge HEARING CENTRE

servus credit union

Hosack DENTURE CLINIC LTD.

CORNERSTONE FUNERAL HOME Ltd.
Honoured to Serve

In recognition for the ongoing support of LSCO Meals on Wheels

teamworks career centre

urban grocer

ITALIAN TABLE ESTD 2018

SELECT PEOPLE SOLUTIONS

CUPPER'S COFFEE & TEA
TASTE THE WORLD IN YOUR CUP

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





A MONTHLY PUBLICATION OF THE LETHBRIDGE SENIOR CITIZENS ORGANIZATION

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

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

Layout, Advertising
& Circulation. Lisette Cook

Printed by Lethbridge Herald

The Officers of LSCO

2021 – 2022 Executive:

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

Board of Directors:
Liz Iwaskiw and Reg Dawson.

LSCO **403-320-2222**

Staff Members:

Executive Director – Rob Miyashiro
rmiyashiro@lethseniors.com ext. 24

Operations Manager – Jodie McDonnell
jmcdonnell@lethseniors.com ext. 23

LEARN Case Manager – Amy Cook
learn@lethseniors.com 403-394-0306

LSCO Social Worker / Case Manager – Heather Bursaw
hbursaw@lethseniors.com ext. 57

Volunteer Coordinator – Shiloh Sabas
volunteer@lethseniors.com ext. 31

Seniors System Navigator – Amy Labossiere
alabossiere@lethseniors.com ext. 25

Seniors System Navigator Intake
Connie-Marie Riedlhuber
intake@lethseniors.com 403-329-1544

Seniors System Navigator Intake – Katie Harrold
intake@lethseniors.com 403-329-1544

Client Support Services Assistant – Diane Legault
dlegault@lethseniors.com ext. 30

Marketing & Media Coordinator – Lisette Cook
lcook@lethseniors.com

Program Department Manager – Shawn Hamilton
shamilton@lethseniors.com ext. 26

Fund Development & Marketing Coordinator
Hannah Dupuis
hdupuis@lethseniors.com ext. 33

In-Home Supports Coordinator – Shiloh Sabas
mow@lethseniors.com ext. 34

Fitness Coordinator – Andrea Clarke
fitness@lethseniors.com ext. 61

Accounting Technician – Christine Toker
finance@lethseniors.com ext. 59

Volunteer Support Assistant – Kari Martin
kmartin@lethseniors.com ext. 21

Head Chef – Fred Shelley. ext. 27

Line Cook – Lachlan Dyer. ext. 27

Food Service Cashier – Georgette Mortimer ext. 27

Adult Day Program Supervisor – Sharon Appelt
sappelt@lethseniors.com ext. 32

Alberta Supports Call Centre 1-877-644-9992
www.albertasupports.ca

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

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

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

Visit us on Facebook and Instagram @lscocommunitycentre

LSCO Vision Statement

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

Welcome New Members!

Bruce Trockstad	Mary Morin
Ronald Romano	Nancy Thorburn
Susan Andrews	Brent Thorburn
Helen Toren	Russell Sletten
Lynn Gardner	Alan Corey
Susan Dembicki	Peter Lamb
Anne Lanier	Beth Lamb
Cam Tunow	Trudy Korsch
Hans-Henning Muendel	Brian Crosswell
Beverly Muendel- Atherstone	

*A Smile is the Universal
Welcome*

LSCO WILL BE CLOSED
FRIDAY,
NOVEMBER 11TH
IN HONOUR OF
REMEMBRANCE DAY



Christmas is nearly here! There are only 8 weeks left so shop.
Check out LSCO Boutique for gift giving ideas.



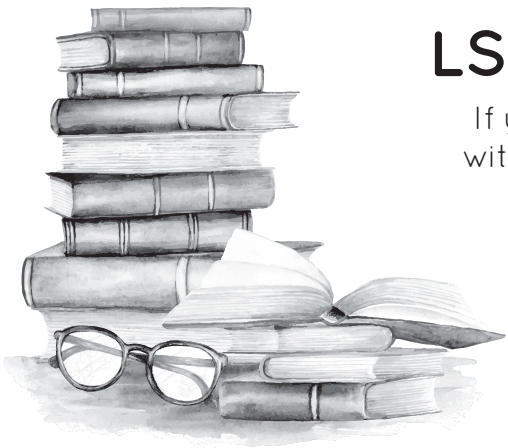
LSCO Library Take a Book!

If you find a book you would like to read, take it with you. Feel free to return it, share it or keep it.

Leave a Book!

Donations of books, puzzles and DVD's are greatly appreciated. Leave in Library or at the Administration desk.

No magazines please. Thank you!



Southern Alberta Council on Public Affairs (SACPA) meets every Thursday from 12:00 to 1:00 pm at LSCO. Please arrive at LSCO early to buy your lunch and eat with us in the Atrium.

November 3

Trevor Page, Growing Global Conflict – Devastating Natural Disasters: Is the UN System up to the task?

November 10

Trevor Harrison, How Danielle Smith became Premier, and what it means for Alberta.

November 17

Alona Sinchuk, Escaping Ukraine during Putin's "Special Military Operation"

November 24

Maria Fitzpatrick, Domestic Violence: Why has the silence continued?

Weekly programs are broadcast on Shaw/Spotlight TV and are available at SACPA.ca archives.

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
December 2022	November 11
January 2023	December 16

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

Transitions and Downsizing



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

Transitions are a part of life and with transitions come changes in other parts of our lives. Downsizing is often a critical part of transitions, and although it is often associated with the spring months or when moving to a new location, downsizing can also be important as the seasons change and we begin to pack up our clothes and other belongings that are no longer suitable for the colder months. Last month at our Community Connect Coffee Group we had Karla Pyrch come and speak about downsizing including why it is important as well as some tips for you throughout the process. She shared the importance of planning ahead prior to the transitions in our lives so downsizing is more manageable and not so overwhelming.

Some of the takeaway tips included:

- *Have a plan* – this can include knowing when you will have to begin downsizing as well as identify who you may be able to get help from whether that be family or hiring a company.
- *Think about the space* – whether you be moving into a new space or trying to change up the space you already have it can be important to visualize how your belongings will fit into the space.
- *Take it one step at a time* – you may need to focus on certain items and areas prior to larger areas. This can include tackling spaces that are often not used or targeting items that you have multiples of.
- *Find meaningful ways to share your unneeded items* – this can be by donating your unneeded items to a local charity or passing them down to family or friends.

I think that when talking about downsizing it is also important to address that this process may contribute to some emotions coming up for you as you transition to a new home or even transition to a new season. You may feel



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

sad or you may have some anxiety or stress arise from these changes. Recognize that these are normal feelings as you go through the process of downsizing. Reaching out to the supportive people in your life can be a helpful way to move through these emotions. Our monthly Community Connect Coffee Group offers the opportunity to connect with others who may also be downsizing.

Join us for our next Community Connect Coffee Group happening on November 1, 2022 1:00 to 2:30. **Please RSVP by calling LSCO at 403-320-2222.**

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

Monthly Community Connect Coffee Groups

1st Tuesday of each month
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

Do you have time to call a lonely Senior?

LSCO Community Connect program connects community volunteers to seniors who feel alone and would appreciate a phone call once a week.

For more information please call our Community Connect Program Coordinator @403-329-1544 at LSCO or e-mail intake@lethseniors.com

We can all use a friend who is ready and willing to listen

We have seniors waiting to be called

Please help us connect to a senior who feels alone

Creative Zentangle

"yoga for the brain"

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.

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

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

LSCO Genealogy

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

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

In Home Supports & Volunteer News

CHRISTMAS DECORATING

Although it is November, LSCO is planning ahead for our Christmas celebrations. We will be decorating the centre, following Remembrance Day. If you are interested in volunteering to decorate, please e-mail or call Kari, kmartin@lethseniors.com, we will take your name and number and provide details.

ANNUAL CHRISTMAS DINNER

LSCO will also be having our annual turkey dinner on Christmas Day. This requires many helping hands to support the kitchen. Also, we will need drivers and couriers, on Christmas Day, to deliver these meals. Please call or e-mail us if you would like to volunteer.



In Home
Supports &
Volunteer
Coordinator

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

lation. The time commitment is approximately 4 hours/month. Community Connect clients, volunteers and seniors in the community, are also welcome to meet for pie, ice cream and socialization. This social event occurs in the atrium on the first Tuesday of the month. Please call LSCO at 403-320-2222 to RSVP to ensure we have enough space and treats for attendees.

LSCO COMMUNITY CONNECT

LSCO is also actively seeking volunteer callers for our Community Connect program. This program pairs you with a senior that needs a friend and extra support to decrease social iso-

THANK YOU QUILTERS GUILD

Thank you to the Lethbridge Centennial Quilters Guild for the donation of quilts. These quilts are given to some of our In-Home Support clients and are very warmly appreciated. ★



**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
paulaspristine@gmail.com



Ladybug Arborists
PRUNING & CONSULTING

**Elm Season is
October 1st – March 31st**

Winter is a great time to prune
deciduous trees and shrubs.
403~327~0001
maureen@ladybugarborists.com



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.shoobox-scanning.com
403-382-1250





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!

**AN LSCO
GIFT CARD
MAKES THE PERFECT
CHRISTMAS GIFT!**





On October 7th, The Senior of Distinction Awards was held to recognize local seniors and the valuable contributions they have made, and continue to make, in our communities, workplaces, and families.

CONGRATULATIONS TO THIS YEARS WINNERS!

HANS DUDA
AGECARE COLUMBIA
COMMUNITY SERVICE AWARD



JOHN BYRNE
LSCO LEADERSHIP AWARD



CARL SIGURDSEN
AGECARE COLUMBIA ARTS AWARD



DOUG YOUNGREN
ARAMARK HEALTH LIVING AWARD



THANK YOU TO OUR SPONSORS:



Good day and welcome to November!

A lot has happened since I last wrote an article. We have an extra statutory holiday, Albertans have a new Premier elect and LSCO, your organization, seems to have turned the corner both financially and attendance wise. We're not out of the woods yet but thanks to the generosity of a former member who remembered us in her will our situation is much improved. Attendance in most classes and programs is very high, however special interest groups are not back to pre-pandemic levels. The new menu for the cafeteria is being well received. We'll talk more about these items and answer any questions at our up coming general meeting.

I was curious about the subject of gifting monies to LSCO as we are a registered char-



President's Message

Keith Sumner

ity. I found useful information on the Government of Canada's website. If you're curious check out Canada.ca and look for the heading 'Claiming charitable tax credits'. We're getting

close to year end and of course income tax time again.

Your Board of Directors is spending time developing a fundraising strategy. As you can appreciate, we want to replace the reserves that had to be used to carry the organization through the pandemic. If you have ideas, please share them with us keeping in mind sustainability.

And I'll leave you with a completely unrelated thought, a partial quote from Lao Tzu's writing. At first, I found it humorous then on further reflection I think he was on to something, "Governing a large country is like frying a small fish. You spoil it with too much poking."

Namaste ★

5 tips for dealing with inflation

Four in 10 Canadians report that money is a daily concern for them, and one third of low-income Canadians admit to worrying about money almost constantly. With inflation at its highest level in more than 30 years, it's more important than ever for us to become financially literate. Here are 5 money saving tips to help keep you afloat.

Build a budget

The first step towards financial security is to create a budget that you can stick to. Your budget should track all of your income and expenses, including food, housing, transportation and entertainment. If your monthly expenses exceed your income, you'll either need to cut back on spending or find ways to bring more money in.

Cut back on frivolous spending

It's become a bit of a cliché to advise people to stop buying takeout coffees to save money.

And it's true: with tax and tip a coffee can easily cost \$5 to \$10. But don't make yourself miserable. If that cup of java is a daily indulgence that makes you happy, look for other small ways to cut back that can add up to big savings.

Avoid high-interest payments

Credit cards are a handy way to pay for things and can even earn you cash back or other rewards. But the interest rate on credit cards is very high, often 20 per cent or more. And, if you don't pay off your full balance monthly, the interest is charged from the date of purchase.

If you can't pay your credit card bills in full, see if you qualify for a line of credit. These have much lower interest rates so you can start paying down your debt.

Use coupons

Using coupons is a great way to lower the cost of staple items such as groceries, dia-

pers, personal hygiene products or to splurge on an occasional fast-food treat.

In addition to the printed coupons that come in the mail or newspapers, there are numerous online resources for coupon clipping.

Shop on sale

Hold off on purchasing bigger ticket items until they go on sale. Most retailers have recurring sales promotions on certain items. A sales associate may be able to let you know when the next cycle will start. And make note of upcoming seasonal sale periods such as Black Friday and Cyber Monday.

ABC Life Literacy Canada's Money Matters program offers free workbooks, activities and workshops to help Canadians better manage their finances. Learn more at abcmoneymatters.ca.

www.newscanada.com

Check out our 50's menu in the Dining Room and watch for daily specials.



LSCO MENU ~ NOVEMBER 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 ★



Tuesday, November 1		Wednesday, November 2		Thursday, November 3		Friday, November 4			
Entree:	Chicken Alfredo	Entree:	Shepherd's Pie	Entree:	Lasagna	Entree:	Liver & Onions		
Starch:	Garlic Toast	Starch:		Starch:	Garlic Toast	Starch:	Mashed Potatoes & Gravy		
Soup:	Chef's Choice	Soup:	Chef's Choice	Soup:	Chef's Choice	Soup:	Chef's Choice		
Monday, November 7		Tuesday, November 8		Wednesday, November 9		Thursday, November 10		Friday, November 11	
Entree:	Shake & Bake Chicken	Entree:	Chili Con Carne	Entree:	BBQ Pork Chops	Entree:	Italian Meatballs	LSCO Closed for Remembrance Day	
Starch:	Roasted Potatoes	Starch:	Rice	Starch:	Rice	Starch:	Garlic Toast		
Soup:	Chef's Choice	Soup:	Chef's Choice	Soup:	Chef's Choice	Soup:	Chef's Choice		
Monday, November 14		Tuesday, November 15		Wednesday, November 16		Thursday, November 17		Friday, November 18	
Entree:	Beef Stew	Entree:	Chicken Pot Pie	Entree:	Ginger Beef	Entree:	Chicken Parmesan	Entree:	Baked Ham
Starch:	Mashed Potatoes	Starch:		Starch:	Rice	Starch:	Penne & Marinara	Starch:	Scalloped Potatoes
Soup:	Chef's Choice	Soup:	Chef's Choice	Soup:	Chef's Choice	Soup:	Chef's Choice	Soup:	Chef's Choice
Monday, November 21		Tuesday, November 22		Wednesday, November 23		Thursday, November 24		Friday, November 25	
Entree:	Beef Stroganoff	Entree:	Fried Chicken	Entree:	Honey Garlic Pork	Entree:	Veal Schnitzel	Entree:	Pork Meatloaf
Starch:	Egg Noodles	Starch:	Mashed Potatoes & Gravy	Starch:	Rice	Starch:	Mashed Potatoes & Gravy	Starch:	Mashed Potatoes & Gravy
Soup:	Chef's Choice	Soup:	Chef's Choice	Soup:	Chef's Choice	Soup:	Chef's Choice	Soup:	Chef's Choice
Monday, November 28		Tuesday, November 29		Wednesday, November 30		<div>Remembrance Day</div> <div>LEST WE FORGET</div> <div>we pay tribute</div>			
Entree:	Chicken Stir Fry	Entree:	Pork Loin & Apple Sauce	Entree:	Hamburger Steak				
Starch:	Rice	Starch:	Roasted Potatoes	Starch:	Mashed Potatoes				
Soup:	Chef's Choice	Soup:	Chef's Choice	Soup:	Chef's Choice				



From the Kitchen

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

Hi All.

I just wanted to say thank you again for all your support.

Our new menu has been out 2 months now and our dining room has gotten a lot busier for both breakfast and lunch.

We are seeing a lot of new faces and apparently the word is out that our menu is a hit.

As the people pour in, the lineup has gotten longer so please be patient with us, we are trying our absolute best to keep it moving and keeping the meals hot and fresh.


Now that we are in fall, In November I will be starting *The Woolworth’s Special* on Mondays and Wednesdays from 11:00 am to 1:00 pm featuring a smaller meal taken from the actual Woolworth’s menu from the 50’s and 60’s, which will include a dessert and drink of your choice for only \$7. So please pop by and check it out.

Cheers, Chef Freddie ★

Joke of the Month

A customer sits down at a table in a steakhouse and asks to speak to the chef. The chef shows up at the table and the customer asks the chef if anyone ever orders raw steak.

The chef replied, “Oh Yes, but it’s really rare!”



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

Digital Health Week is November 29 to December 5



Each week, nine out of 10 doctors give this helpful advice: “You’re on mute.”


And that’s reason to celebrate. Although in-person visits will always remain a cornerstone of care, there are many reasons patients might opt for a virtual visit:

- Safe access to care during a public health emergency
- Mobility issues
- Need to ask their health care provider a question
- Live in a remote region
- Challenges arranging daycare or time off work
- Prescription renewal
- Support managing an ongoing health issue

November Monthly Supports

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div></div>	<div>1</div> <div>Community Connect Coffee Group 1:00 – 2:30 pm (Atrium)</div> <div>Drop-In Single Session Counselling 9:00 am – 12:00 pm Quiet Room</div>	<div>2</div> <div>Reconnect & Recharge 10:00 – 11:30 am Room C/D</div>	<div>3</div> <div>Adult Day Program 1:00 – 3:00 pm Room A/B</div>	<div>4</div>	<div>5</div> <div>AA Eye Opener 8:30 – 10:30 am Room C/D</div>
<div>7</div>	<div>8</div>	<div>9</div> <div>Lethbridge Stroke Survivors 7:00 – 9:00 pm (Room C/D)</div> <div>AZ Lawyers 9:00 am – 12:00 pm (Quiet Room)</div> <div>Reconnect & Recharge 10:00 – 11:30 am (Room C/D)</div>	<div>10</div> <div>Lethbridge Hearing Screening 9:00 am – 12:00 pm Clinic Room</div> <div>Adult Day Program 1:00 – 3:00 pm Room A/B</div>	<div>11</div>	<div>12</div> <div>AA Eye Opener 8:30 – 10:30 am Room C/D</div>
<div>14</div>	<div>15</div>	<div>16</div> <div>Reconnect & Recharge 10:00 – 11:30 am Room C/D</div> <div>Drop-In Single Session Counselling 9:00 am – 12:00 pm Quiet Room</div>	<div>17</div> <div>Parkinson Support Group 2:00 – 4:00 pm Room C/D</div> <div>Adult Day Program 1:00 – 3:00 pm Room C/D</div>	<div>18</div>	<div>19</div> <div>AA Eye Opener 8:30 – 10:30 am Room C/D</div>
<div>21</div>	<div>22</div> <div>Compass for the Caregiver 1:30 – 3:30 pm Quiet Room</div>	<div>23</div> <div>Reconnect & Recharge 10:00 – 11:30 am Room C/D</div>	<div>24</div> <div>Adult Day Program 1:00 – 3:00 pm Room C/D</div>	<div>25</div>	<div>26</div> <div>AA Eye Opener 8:30 – 10:30 am Room C/D</div>
<div>28</div>	<div>29</div> <div>Compass for the Caregiver 1:30 – 3:30 pm Quiet Room</div>	<div>30</div> <div>Reconnect & Recharge 10:00 – 11:30 am Room C/D</div>	<div>AZ Lawyers Wednesdays, 9:00 am – 12:00 pm (Quiet Room) Please call ahead to make an appointment.</div> <div>Dr. Bolokoski (every second month) Foot Care Wednesday, 8:30 am – 12:00 pm Please bring your Alberta Health Card Fee is \$15 for member.</div>		

DAY BY DAY



Day By Day

Day By Day is all about you and the importance of staying well. Join us to feel energized and empowered by exploring different wellness topics every class. You will be given prompts to plan for your week, set intentions, focus on being positive, and gain a sense of support and wellbeing.

We will offer handouts, discussion, self-reflection, and action ideas for you to try at home.

Day By Day Class is offered in partnership with LSCO and CMHA - Lethbridge's Wellness Centre

JOIN US FOR A COFFEE BREAK AND AN OPPORTUNITY TO CONNECT WITH OTHERS

When:
Thursday, November 3, 2022
Thursday, November 10, 2022
Thursday, November 17, 2022
Thursday, November 24, 2022


Time: 10:00 am to 11:00 am
Where: LSCO - Room C/D




Coffee and a light snack will be provided

This FREE class is a Drop In Class and participants will be registered upon arrival.


Conversation Topics:
Stress and Healthy Living
Building Better Boundaries
Conversations That Matter
Creating Connections

This learning series is provided by CMHA's Wellness Program - Recovery College Lethbridge





When Robert Goddard, the scientist who created the first liquid-fueled rocket, theorized that rockets could reach the moon, the New York Times harshly criticized him and wrote that he “lacked the knowledge ladled out daily in high schools.” Forty-nine years later, Apollo 11 succeeded, and the NYT published a retraction. ~ weird-facts.org













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

Serving

Southern Alberta Families


for over **100 YEARS**





Dale Martin Jr. Chris Martin Jong Daryl Lockyer Bruce Small Brienne Kempe Sandy Regier

People you know. Friends you trust.

Martin Brothers Funeral Services www.mbfunerals.com 


Toll Free: 1.800.382.2901 403.328.2361 610-4 Street South Lethbridge, AB

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



☆ *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
Family and Community Support Services





In the 1800s, US dairy producers would regularly mix their milk with water, chalk, plaster dust, embalming fluid, and calf brains to enhance appearance and flavor. Hundreds of children died due to a combination of formaldehyde, dirt, and bacteria in milk.

~ weird-fact.org

Fall Classes & Programs 2022

HOW DO I REGISTER?

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

HOW DO I PAY?

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

ONLINE REGISTRATIONS

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

DID YOU KNOW?

- Workout enthusiasts 18 – 35 years of age can attend classes and programs after 4:30 pm and on weekends.
- LSCO has Change Rooms with showers. Day Lockers available.

IMPORTANT

- **Please 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.

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, and 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.
\$80 LSCO M; \$140 Non-Member
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
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.

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 challenge 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

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 – 10:00 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
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 14
Time: 10:15 – 11:00 am
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Donna Tiefenbach

When: Fridays until December 16 (no class November 11)
Time: 10:15 – 11:00 am
Drop In Fee: \$7 LSCO M; \$10 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!

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.

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
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.

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 are welcome. Please register prior to start date to ensure class will be held.

When: Tuesdays until December 13
Time: 5:15 – 6:15 pm
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: Andrea Clarke

When: 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 until December 20
Time: 11:15 am – 12:00 pm
Instructor: Andrea Clarke
Drop In Fee: \$7 LSCO M; \$10 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, drop-ins will be welcome.

When: Saturdays
November 5 – December 10
Time: 9:00 – 9:55 am
Fee: \$41 LSCO M; \$48 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 handheld 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

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 - 28
Time: 11:30 am – 12:15 pm
Fee: \$20 LSCO M; \$32 NM
Instructor: Shawn Hamilton
Location: Stage Area

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 until December 7
Time: 8:30 – 9:30 am
Drop In Fee: \$7 LSCO M; \$10 NM
Location: Room A/B

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



Caregivers
Alberta | CARING FOR CAREGIVERS



LETHBRIDGE
Senior Citizens
ORGANIZATION

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



Caregivers
Alberta | CARING FOR CAREGIVERS

caregiversalberta.ca

office@caregiversalberta.ca

780.453.5088

1.877.453.5088 (toll-free)

Silent movie actors were initially not given on-screen credit for their films because studio owners feared it would make the performers too popular and that fame might lead to demands for higher wages. Actress Florence Lorence was the first to get one in 1910. ~ weird-facts.org



★QUILT★
★RAFFLE★

Funds raised support LSCO Program Department

Quilted Table Runner: 16 1/2" x 48"
Value \$125.00


Quilt "Love": 59" x 59"
Value \$450.00

Quilt "Flannel": 53 1/2" x 63"
Value \$550.00

Tickets: 1 for \$5
or 5 for \$20

DRAW
DATE

Tuesday
December 6, 2022



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, drop-ins will be welcome.

When: Saturdays, November 5 – December 10
Time: 9:00 – 9:55 am
Fee: \$41 LSCO M; \$48 NM
Instructor: Nancy Purkis

We Cover
UGLY Concrete

• DRIVEWAYS

• WALKWAYS

• PATIOS

• GARAGE FLOORS

\$300
OFF

With this coupon only.
Some conditions apply.
Min. contract of \$2500.
Expires Nov 30, 2022.

Before

BOOK NOW
TO GUARANTEE
YOUR SUMMER
INSTALLATION

*Call for details

• Quick Installation

• No Demolition Required

• Soft To Walk On

• Excellent Traction

• Multiple Colours Available

After













Before

After

RUBBER STONE

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

SIERRA STONE

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



In Business For Over 30 Years!

CALL FOR A FREE ESTIMATE AT
403-453-5511
www.rubberstonecg.ca





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

November LSCO Weekly Schedule

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

For more information regarding programs contact the Administration Desk at 403-320-2222.

Note: Some programs are for members only while others are open to the community.

Schedule may change without notice. The Dining Room is open to the public. See page 9 for class information.

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

The Pawsitive Benefits of Fur Friends

Who doesn't love a furry friend? I have a one-year old Miniature Schnauzer named Sharon, and she is the light of my life. There are few things that make me feel as joyful and care-free as I do when I am playing with and cuddling my pal Sharon. Some benefits of being with pets has been show to decrease cortisol levels (stress hormone), lowers blood pressure (which has domino effects in physical health), has positive impacts on mental health (lowers stress, can contribute to a stronger sense of identity, provides a sense of security and routine, provides a distraction from distressing symptoms, etc.), and so much more!

They have done scientific studies on the benefits specifically for older adults and how pets can facilitate a more positive aging process. Alongside the benefits listed above, they found that:

- Having pets can be a positive buffer against loneliness
- Four legged friends have been shown to ease chronic pain symptoms in their owners; a one year studied showed seniors had reduced pain, discomfort and stress
- Pets reduce depressive symptoms and improved cognitive function



Seniors
System
Navigator

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

- Increases physical activity and socialization

Don't/can't have a furry friend? Volunteer at the animal shelter! They are always looking for volunteers. Another interesting way to get your pet-fix is by being a foster mom/dad to animals looking for their forever home. If this is of interest to you, contact local animal shelters for more information.

However – having a pet is a big commitment and can create barriers down the road. There are a few things to consider before making a big decision like this. Ask yourself these questions:

1. How are you spending your golden years? Will you be travelling a lot and needing to leave them behind?

2. How physically active are you/are you able to be? Pets usually require regular exercise.
3. Have you ever owned a pet before? It's a big responsibility and it's good to know what you're getting into before making commitments.
4. Do you have any limiting functionalities or mobility concerns that could make pet ownership difficult?
5. Can you financially provide for yourself and your pet? There are many regular costs to consider (vet check ups/vaccines/surgeries, food, treats, toys, etc.). Sometimes emergencies happen and the vet is not cheap!
6. Is your current living arrangement suitable for a pet? Please be advised that if you need to move into senior subsidized living down the road, whether it be independent or in a lodge, having a pet can be a significant barrier as there are very limited options that allow pets. There are less barriers in non-subsidized housing, but it does still limit your options. ★

Sources:
<https://www.agingcare.com/>
<https://www.onehealth.org/>

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.

When: Wednesdays until December 14
Time: 9:00 – 10:00 am
Drop In Fee: \$7 LSCO M; \$10 NM
Location: Gym 2
Instructor: Nancy Purkis



Free Neck & Shoulder Massages!

The Lethbridge College Massage Therapy students will be at LSCO on **Wednesday, November 2, 2022** from 10:00 am until 12:00 pm in the Card Area of the LSCO Dining Room.

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

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



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.**


In 2019, police in Brazil seized a 'super obedient' lookout parrot trained by drug dealers. According to reports, the bird had been taught to alert criminals to police operations by shouting: "Mum, the police!" As soon as the police got close, he started shouting.

~ weird-facts.org

Miscellaneous Musings as the end of 2022 Approaches

I am sure that many of you can't recall a fall season, such as we have had this year. It has clearly established a record of frost-free days and whether this is a new trend or not, it will soon not be forgotten. While we have enjoyed almost perfect weather, British Columbia, has experienced a severe drought, which has no doubt contributed to our fine weather.

2022 has been another topsy turvy year, people had thought that life would start to feel normal again. It seems that Covid had another trick up its sleeve and that started with the trucker's convoy and continued straight into Putin's invasion of Ukraine. Donald Trump continued to be in the news, if only for doing things that no normal person would have done. At some point Mr. Trump will likely have to face the music, but the legal system down there allows people to drag things out, especially for the rich and privileged. The economy is the chief concern of many people, with inflation spinning out of control around the globe. Would we have had inflation if we hadn't had covid? What I do know is 2023 will be a difficult year as the economy is unlikely to recover as interest rates rise to control inflation. I continue to pray for some sort of miracle to stop the war in Ukraine, but it I fear the only way this will stop is if Putin is replaced.



Legal Tips and Information

Douglas Alger

As I write this the Prime Minister of England is already on her last legs. She might be replaced by the time this goes to press. This once again proves my theory that parliamentary democracy works quickly to replace those in power. Speaking of a short time in power, our new Premier, Danielle Smith, has said a lot in less than a week. Calling the unvaccinated the most discriminated group she has witnessed in her lifetime, wanting to immediately replace Deena Hinshaw with a new Chief Medical Officer, and references to her previous comments on the war in the Ukraine. If she continues down this path, her time in power will be short lived. As someone said to me, why can't we have leaders like Peter Lougheed. It seems that Albertans have been searching for such a person ever since. Maybe such a leader

doesn't exist, but I am reasonably confident that Albertans don't want a leader who is too extreme either way, right or left, something in the centre will work just fine.

I have mentioned in previous columns the new digital probate process in Alberta. I am happy to report that it is working extremely well and has reduced the delay headaches caused by the previous process. More reason to have a valid up to date will. It is simpler than you think, especially when you have a lawyer draw it up for you.

Finally, I would like to close this column by talking a little about individual vs collective good. While individual freedom is important, it is also important to recognize that for our community to function well we have to work together. Our individual freedom does not mean we can drive on the other side of the road, it means we can choose as individuals how we fit into society. Our leaders can set the tone for how our society should function, keeping in mind the values that Canadians cherish and protect. ★

Doug Alger of *AZ Lawyers* is available for legal advice every second Wednesday of the month from 9:00 am to 12:00 pm. Please call LSCO ahead of time to make an appointment.

Leave the gas station with a smile using these tips

There's nothing quite like the freedom of having your own vehicle. While that freedom feels great, one of the downsides of driving is the cost of gas. It's unpredictable, expensive, and can make you want to give up driving forever! Don't throw your keys away just yet – below are a few tips that can help you save a bit of money at the pump.

1. **Digital tools can help you save.** Technology is your friend if you're trying to save money on gas. There are apps available that show where the cheapest gas prices are in your area. You can also use a tool like Google Maps to plan your route in advance. The new eco-friendly routing option will recommend the most direct route that uses the least amount of gas.
2. **Safe driving habits can result in lower gas price.** Observe the speed limit, don't floor it when the light turns green, avoid hard braking and coast as soon as you see a red light. You might save even more if your insurance company has an app that assesses your driving habits to offer you a personalized premium such as automerit with Belairdirect.
3. **Reduce the weight of your vehicle.** Don't store heavy items like sports equipment in your vehicle. The heavier it is, the more gas you're using. Avoid having items in your car unless you specifically need them for that trip.
4. **Get your tired checked.** Did you know tire pressure affects mileage? If your tires are underinflated, your vehicle will use more gas to compensate. Make sure your tires are properly inflated for the most efficient use of gas.

While you can't control the price of gas, there are little things you can do to try to save. You can learn more about ways to save on vehicle costs at belairdirect.com.

www.newscanada.com

Full Body BLAST

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

When: Mondays until December 19
Time: 9:00 – 10:00 am
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Tracy Simons

BARRE PLUS

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

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



EVERGREEN
Cremation Services
Because Cost Is An Option

Phone: 403-329-4934
www.evergreenfh.ca
A division of the Caring Group Corp.
*We Lessen the Expense
~ Not the Care*

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

November 2022

Thursday, November 3

1:00 – 3:00 pm

Horse Racing • Room A/B

Thursday, November 10

1:00 – 3:00 pm

Music with Don & Randy

Room A/B

Thursday, November 17

1:00 – 3:00 pm

Pet Therapy • Room C/D

Thursday, November 24

1:00 – 3:00 pm

Fun & Games • 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.

Eat anything you want...
anytime, anywhere...

with the help of implant supported dentures.

Call us today for your
complete denture care needs

Hosack

DENTURE CLINIC LTD.

Giving you something to smile about!

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

Sugar does not cause hyperactivity in children. This myth is based on a single 1978 study; no subsequent study has shown a relationship. ~ weird-facts.org

The band Redbone, who played the 70's hit "Come and Get Your Love" (repopularized by "Guardians of the Galaxy"), was the first successful rock group formed by Native Americans. ~ weird-facts.org

AZ LAWYERS

DOUGLAS N. ALGER

IAN D. ZADEKS

ASIF K. MUHAMMAD

SEBASTIAN W. KOPPE

YOUR TRUSTED TEAM OF
LETHBRIDGE LAWYERS

REAL ESTATE LAW

WILLS & ESTATES

AGRICULTURAL LAW

DIVORCE & FAMILY LAW

BANKING AND FINANCE LAW

BUSINESS LAW

azlawyers.ca

AZ Lawyers LLP // Phone: 403.380.6005
537 7 St South • Lethbridge, Alberta • T1J 2G8

REACH
YOUR
BALANCE

THE ESTATES AT
PARKSIDE
PLACE

NOW SELLING!

BUNGALOW CONDOS IN COALDALE

THE BEST OF ADULT LIVING

Maintenance Free Living

3 Reality-tested Floorplans to Choose From

Endlessly Customizable

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

NOVEMBER 2022

Galt

MUSEUM & ARCHIVES

AKAISAMITOHKANAO'PA

eternal gathering place

PROGRAMS

ARCHIVES

3:30–4:30 pm | adults and seniors | registration not required | museum admission applies | free to members

Fri 04 | Indigenous Warriors

Join local military historian and veteran, Glenn Miller as we honour and learn about the significant contributions of Blackfoot veterans as we approach Indigenous Veterans Day on November 8.

Sun 06 | 1:30–3:30 pm How the Allies Won the War

Explore the key turning points of the Second World War and the reasons which enabled the Allies to defeat the Axis powers. Join Dr. Stéphane Guevremont for a unique multimedia lecture with rare photos and vintage newsreels; not to be missed!

Wed 16 | 2–3 pm History & Social Benefits of Escape Rooms

Brittany Davidson will explain how escape rooms are a product of modern-day design and the human desire to be social with friends and family. Offering more than just “something to do,” they create an environment where people work together through cooperation to achieve a common goal of solving puzzles.

HISTORY MAKERS

1:30–3:30 pm | adults and seniors | registration required | refreshments provided | all supplies provided | \$10/person | please arrive 10 minutes early

Sat 05 | Blackfoot Beading

Sip some tea, have a chat, and learn to bead with an Indigenous artist. No beading talent required!

CREATIVE COMMUNITY

10:30–11:30 am | registration not required | museum admission applies | free to members | hands-on activities connected to local history and culture for adults and seniors, including those requiring accessibility

Sat 05 | Poppy Art

Create a piece of art for Remembrance Day and learn more about the significance of the poppy and the military history of Lethbridge.

Wed 23 | Decorative Plates

Create a beautiful decorative plate. Learn about the history related to creating, displaying and collecting decorative plates.

INDIGENOUS HISTORY

10:30–11:30 am | adults and seniors | registration not required | free to members

Fri 18 | Blackfoot and the Cosmos

Explore Blackfoot perspectives and history. Led by Rebecca Many Grey Horses, along with other presenters and Elders.

HANDS-ON HISTORY

10:30–11:30 am | families | children to attend with adults | registration not required | museum admission applies | free to members

Wed 09 | Poppy Art

Create a piece of art for Remembrance Day and learn more about the significance of the poppy and the military history of Lethbridge.

Sat 26 | Decorative Plates

Create a beautiful decorative plate. Learn about the history related to creating, displaying and collecting decorative plates.

www.galtmuseum.com

NOVEMBER 2022

Galt

MUSEUM & ARCHIVES

AKAISAMITOHKANAO'PA

eternal gathering place

SPECIAL EVENTS & EXHIBITS

SPECIAL EVENTS

Thu 03 or 17 | 7–8 pm

A Journey of Discovery Escape Room

Collaborate with your team to solve a series of puzzles in Discovery Hall as you race against the clock. Developed by the team at Escape from L.A. and The Great Escape Lethbridge.

Fri 18 | 5–9 pm

Sat 19 | 10 am–5 pm

Indigenous Craft Market

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!

free admission | registration not required

Thursdays until DEC 01 | 7–8:30 pm

Online Blackfoot Language Classes

Join us online for a new session of introductory Blackfoot Language classes every Thursday taught by Julius Delaney. Drop-in to our Facebook page each week at no cost and have fun learning!

NIGHT AT THE MUSEUM

HOLIDAY SHOPPING EVENT

Thu 24 | 4–9 pm

Join us for a unique holiday shopping experience at the Galt Museum & Archives, filled with entertainment, snacks and door prizes! Members get a 20% discount & non-members get a 10% discount in the Galt Museum Store, all night long.

5–9 pm | free admission | registration not required

adults and seniors | registration required | no charge | Thursdays until Dec 01

EXHIBITS

Rooted

How Trees Give Us Life

EXTENDED TO NOV 06 '22

Rooted: How Trees Give Us Life is an interactive exhibit that explores the benefits trees provide us on a daily basis. While trees surround us in neighbourhoods and parks, we often see them as abstract objects, rather than as the living, breathing, vital organisms that they are.

By integrating knowledge and stories from many community members, including Niitsitapi knowledge about different species, this exhibit explores the history of trees in southwestern Alberta and helps us understand the history of our region.

Featuring art from local artists, a treehouse and a climbing wall, this exhibit will delight visitors of all ages!

Ticket to Ride

EXTENDED TO NOV 27 '22

Public transit has played a vital role in Lethbridge's history ever since the municipal railway system first opened back in 1912. From its humble beginnings with just ten streetcars, to the numerous buses moving people around today, public transportation in Lethbridge has come a long way.

Ticket to Ride

features historical artifacts, items from the personal family collection of Lethbridge's first woman bus driver and authentic bus seating.

Come look into the future by voting for your favourite experimental mode of public travel—automated flight might not be far off!

www.galtmuseum.com

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 are welcome. Please register prior to start date to ensure class will be held.

When: Tuesdays until December 13

Time: 5:15 – 6:15 pm

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

Instructor: Erich Dyck

Location: Gym 2

Yoga

FOR MEN

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 until December 7

Time: 8:30 – 9:30 am

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

Location: Room A/B

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 30th and save up to \$1000!

AgeCare COLUMBIA

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

Computer Corner

by Sjoerd Schaafsma

Free Software! ... and Hardware?

Who doesn't like free stuff eh? The computer industry has to make money granted, but for the same reasons students or beginners take on jobs as volunteers there are software developers who create software to get their feet in the door of bigger and better jobs or to get themselves noticed. There are also committed developers and programmers who make free software because they think it's the right thing to do, or as a hobby. These apps are often available on their own sites, be ready to leave the Microsoft Store. As reliable and trustworthy as I've found these apps to be, it's still best to have a good current backup of your system. There are just too many side trips which might lead you to think you're getting a reliable package but instead you're getting a piece of malware. Note, *cross-platform* means the software will run on multiple operating systems, eg. Windows, Mac, Linux.

Here's a list of some of the best I've found and used.

LibreOffice: <https://www.libreoffice.org> based on Open Office, is a free alternative to Microsoft Office. LibreOffice includes several applications that make it the most versatile Free and Open Source office suite on the market: Writer (word processing), Calc (spreadsheets), Impress (presentations), Draw (vector graphics and flowcharts), Base (databases), and Math (formula editing). It will import and export to most MS office program formats. *cross-platform*

Irfanview: <https://www.irfanview.com/> Windows Photo viewer and editor. Faster and more versatile than Microsoft photo viewer.

It is designed to be simple for beginners and powerful for professionals.

VLC Media Player: <https://www.videolan.org/> VLC is a free and open source cross-platform multimedia player and framework that plays most multimedia files as well as DVDs, Audio CDs, VCDs, and various streaming protocols. *cross-platform*

Google products: <https://about.google/products/> Is a collection of free to use apps Docs – a word processor, Sheets - a spreadsheet, Slides - a presentation manager. There are too many to cover in this article. You need a Google account to use these services. As of this writing a Google account includes 15 Gb of free online storage, yes, cloud storage. *cross-platform*

Backup Software: <https://www.lifewire.com/free-backup-software-tools-2617964> Windows

This is a matter of personal preference, what you choose to use and how easy it is for you to keep using it. Many offer free downloads, some offer additional add-ons. My personal preference is Macrium Backup. It offers scheduled regular backup as well as different types of backup. It might be a bit tricky to set up, and calls for a certain amount of technical knowledge. I've used it to pull individual files from previous back ups.

Notes: Software sources: other than Apple, Google, or Microsoft.
Softonic: <https://en.softonic.com/> MajorGeeks: <https://www.majorgeeks.com/>

OlderGeeks.com: OlderGeeks.com is a software download site without ads, misleading download links or annoyances. This site is 100% supported by donations.

Free Hardware: Yes, there are people and companies who give away hardware that no longer meets their needs. Anything from desktops to mobile devices and various accessories can be had for free. Equipment that no longer meets specific business or user needs might just be what you need. The computer club has donated and made use of a number of these freebies. Free operating system is also available.

Linux is the most commonly used free operating system, much of the internet runs on Linux. There are many variants commonly called Distros. A Google search for "Which Linux distro is best for me" will help explain why there are so many choices.

YouTube Tip

The problem: When viewing a video on iPhone or iPad, pausing the video darkens the screen. This is frustrating when you're trying to follow instructions, so... Tap on another part of the video display and the picture becomes visible.

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

Computer Club 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

November – February

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.

November

Mon 7	Updates sharing and help
Wed 9	iOS session 1: iPhones, iPads, apps, commands
Mon 14	Sharing and help
Wed 16	Sharing and help
Mon 21	Sharing and help
Wed 23	iOS session 2: iPhones, iPads, apps, commands, settings
Mon 28	Planning session
Wed 30	Sharing and help

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

December

Mon 5	Updates sharing and help
Wed 14	Digital Reading, devices, Ereaders, Kindle, tablets, iPad, iPhone, downloading material synchronizing, ebook formats, Calibre...
Mon 19	Planning session
Wed 21	Sharing and help if we decide to be open
Mon 26	LSCO CLOSED BOXING DAY
Wed 28	Depends on LSCO schedule or club members' wishes

2023

DATE TBA: The Lethbridge Public Library
Presents: *Free Digital Resources*

January

Wed 11	Android Devices session 1: Smartphones, tablets
Wed 25	Android Devices session 2

February

Wed 8	Backing up your Computer & Mobile Devices
-------	---

Date TBA: Continuation of Computer Basics using The GCF Free Learning tutorials <https://edu.gcfglobal.org/en/computerbasics/>

E-mail 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.

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



PEDAL POWER

Indoor cycling is a great low impact cardiovascular workout that will burn calories while improving endurance and strength. The instructor will lead the class through a 40 minute ride that will include a variety of drills such as timed intervals, hill climbs and sprints. Stretching to follow. Let's Ride! **All Fitness Levels welcome.**

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

LSCO PARKING PASSES

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

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



PREARRANGING PROVIDES

Peace of Mind

It's simple, it's easy and spares the family members from making emotional decisions that may not be consistent with your own wishes.

And what many people don't know is that you need not prepay when you prearrange. At Cornerstone Funeral Home, we're pleased to record your wishes and hold them on file at no charge. Our flexible payment options available over 1, 3, 5, 10 or 15 year term, make it affordable for everyone.

100% GUARANTEE

NO INCREASED COST services are applied in the future.

403-381-7777

www.cornerstonefuneralhome.com

2825 - 32 STREET SOUTH
LETHBRIDGE ALBERTA T1K 7B1

LEST WE FORGET

RACHAEL THOMAS
LETHBRIDGE ALBERTA MP

@RachaelThomasMP | 403-320-0070
RachaelThomas.ca | Rachael.Thomas@parl.gc.ca

FOX DENTURE CLINIC

Satisfaction Guaranteed Since 1922

4th Generation in Lethbridge

Brett J. Fox DD
Denture Specialist, 4th Generation

- Implant Supported Dentures
- Full & Partial Dentures
- Relines / Repairs
- Mouth Guards / Night Guards

NEW LOCATION!

Free Consultation

403.327.6565

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

www.foxdentureclinic.ca

Member of the College of Alberta Denturists
Member of the Denturist Association of Alberta

Lethbridge HEARING CENTRE

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

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

403.320.6000
www.lethbridgehearing.ca

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

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

Jake Boldt
Hearing Technician

- 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.

- Don't Dump or Donate it -

WE MAY BUY IT OR KNOW SOMEONE THAT WILL

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 14
Time: 10:15 – 11:00 am
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Donna Tiefenbach

When: Fridays until December 16 (no class Nov. 11)
Time: 10:15 – 11:00 am
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Andrea Clarke

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

November is Family Violence Prevention Month

November is Family Violence Prevention Month, which includes elder abuse! Did you know Alberta has the third highest rate of self-reported spousal violence among Canadian provinces? Yet, family violence is preventable. You can recognize the significance of family violence prevention and increase your knowledge on the topic by wearing purple and attending webinars/events locally or online.

A resource that comes to mind is the Safer Spaces Certificate offered by the Alberta Government. The Safer Spaces Certificate is embedded within the The Residential Tenancies Act and allows for victims of family violence to end a lease agreement, without financial penalty. More information can be found at <https://www.alberta.ca/safer-spaces-certificate.aspx>. Additionally, individuals can apply for an Alberta Works grant for fleeing family violence which can be used for moving costs, or emergency shelter costs.



LEARN
Case
Manager

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

Join us in recognizing Family Violence Month by wearing a purple ribbon in support of ending family violence and promoting local resources that can help, such as those named above.

The colour purple became associated with family violence after women fought for equal rights in the United States, and those who marched in rallies chose to wear purple to make a visual impact. Also, the US Military awards a purple heart to those who have been wounded in service. It is widely maintained

that for the above reasons, among others, survivors of family violence have suffered emotional and/or physical injury as a result, and the color is meant to be a symbol of peace, courage, survival, honour, and dedication to ending violence.

To learn more about elder abuse specifically, you can book a LEARN presentation for your agency/business. If you would like to collect resources on elder abuse, I always have some on hand in my office on the second floor and am happy to provide them to you!

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.

THERE'S
MORE TO
ELDER
ABUSE
THAN
MEETS
THE EYE.

To make referrals, ask questions, or to request a presentation on elder abuse for your agency call the Lethbridge Elder Abuse Response Network (LEARN) Case Manager at 403-394-0306.

It's not always easy to spot the impact of elder abuse. Nearly one in 10 Alberta seniors is the victim of physical, mental or sexual abuse, financial exploitation or neglect. Make sure you know the signs and how to stop it. Silence is not an option.

Learn more. [Alberta.ca/ElderAbuseHappens](https://www.alberta.ca/ElderAbuseHappens)



My name is Joanne Blinco I have been with LEARN at LSCO since June 2017 as the case manager, then in May 2021 as the case advisor until the end of this month October 2022, I say good-bye.

It has been a privilege to work with so many older adults from whom I have learned so much. Elder abuse is a concern that does impact older adults in our community and programs like LEARN serve to support older adults who unfortunately experience abuse.

I want to recognize our coordinated community response network. Service providers and the City of Lethbridge Police in this community have a strong commitment to supporting older adults experiencing abuse. It is always a coordinated effort.

I will be continuing with my position as the coordinator for the Alberta Elder Abuse Awareness Council (AEAAC), so still will be here advocating for the rights of older persons in situations of elder abuse. Please consider joining the provincial membership to address the issue of elder abuse across the province. <https://www.albertaelderabuse.ca/> or check out our website.

In 1837, a British man sued a woman who bit off half of his nose after he tried to kiss her without consent. The judge ruled against him, stating that, "When a man kisses a woman against her will, she is fully entitled to bite his nose off, if she so pleases."

~ weird-facts.org

Keith Pushor
Your Senior Home Selling Specialist

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



Keith Pushor
Senior Real Estate Specialist (SRES®)



Brandi Young
Co-Agent Extraordinaire



ROYAL LEPAGE
South Country Real Estate
403-327-2111

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

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

GET SMART. COME HEAR...

EXPERIENCE COUNTS!

60 YEARS of SERVICE to Southern Alberta





www.trinityhearinglethbridge.com

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

#214-740-4 Ave. S. Professional Bldg.
(Downtown, next door to Post Office)



Michael B. Golia, BC-HIS,
RHAP-Alberta

Beth Golia - Office Manager

On the list of the 100 oldest people ever, only six are male. ~ weird-facts.org



roost  **roost**
LIMITED

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