

DECEMBER 2022

LSCO Times

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

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Join Us for

COMMUNITY CONNECT COFFEE GROUP

Tuesday, December 6
(see page 16 for details)

COMPASS FOR THE CAREGIVER

Tuesday, December 6
(see page 17 for details)

MOBILE FOOD SUPPORT

Monday, December 12
(see page 13 for details)

IN-HOUSE CHRISTMAS DINNER

Wednesday, December 21
(see page 5 for details)



LSCO 38th Annual Christmas TURKEY DINNER

JOIN US FOR A FREE DELIVERED
CHRISTMAS DINNER ON CHRISTMAS DAY

SUNDAY
DECEMBER 25TH

11:00 am ~ 1:00 pm

Dinner is open to everyone in the community
As quantities allow

MERRY CHRISTMAS

Deadline to book delivery is December 20 at 4:00 pm.

Call us at 403-320-2222 for more information
or if you wish to volunteer with meal delivery.

For 2022 Meals will be delivered cold
and reheating will be necessary.

Donations gratefully accepted

LSCO LETHBRIDGE Senior Citizens ORGANIZATION
500 - 11th Street South

AUDIOLOGYFIRST
Hearing Excellence

HELP US GET A FREE DELIVERED CHRISTMAS DINNER
TO THOSE IN NEED ON CHRISTMAS DAY

When visiting the
LSCO Diner choose to
"PAY IT FORWARD"
and purchase a meal for
someone on Christmas Day

Just add \$12.50 (per meal)



LSCO 38th Annual Christmas TURKEY DINNER Pay It Forward



Executive Director

Rob Miyashiro
rmiyashiro@lethseniors.com

What a show! Once again, Fran Rude has directed a talented cast and crew to deliver a masterful performance: this time it was “It’s a Wonderful Life, the Live Radio Play”. This was exactly as the title states, a radio version of the movie we all know so well. Although the crowds were not as large as we would have liked, it is clear that people are warming up to in-person attendance at LSCO

events. One more thing of note: this event was the first big responsibility for Hannah, LSCO’s new Fund Development and Marketing Coordinator...and she did a great job with a very condensed timeline. Many heartfelt thanks to Fran, Nancy and the terrific cast and crew for helping us with our latest fundraising event!

As I have done for many years, I would like to thank LSCO staff for the stellar job they have done in keeping us moving ahead this year - especially since this year was an exceedingly trying year. I would like to thank our small, but mighty, Board of Directors for supporting our work and for putting in the time required to lead us strategically into the future. And thank you to our Members, participants, sponsors and customers for doing your part to help ensure our organizational viability. In addition to new challenges, I am optimistic that the New Year will bring many new successes for LSCO. ★

LSCO
AMATEUR
HAM

Radio CLUB

Annual Fall
Flea Market

Saturday,
December 3, 2022

LSCO
500 – 11 Street South
10:00 am to 12:00 pm

Free Admission

Vendor Setup at 09:00 am

For further information contact
Barry at VE6BGR@gmail.com

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!

PROUDLY
BUILT BY
NEWROCK

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

My favorite colour is Christmas Lights

AN LSCO
GIFT CARD
Makes THE PERFECT
CHRISTMAS GIFT!

USE THE LSCO GIFT CARD TO PAY
FOR CLASSES, FITNESS CENTRE PASSES,
PARKING PASSES, MEMBERSHIPS FEES
AND MEALS IN THE DINING ROOM.

The first Polish language dictionary (published in 1746) included definitions such as: “Horse: Everyone knows what a horse is.” ~ weird-facts.org

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



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.

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& Circulation.Lisette Cook
Printed byLethbridge Herald

The Officers of LSCO

2022 – 2023 Executive:

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

Board of Directors:

Liz Iwaskiw, Reg Dawson and Veronica Panich.

LSCO 403-320-2222

Staff Members:

Executive Director – Rob Miyashiro
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 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!

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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!

Rhonda Balsdon	Janina Eva Wasilewski
Janet Ainscough	John Wasilewski
Maureen Hawkins	Roy Omelchuk
Gwen Holden	Margaret Yakimishyn
Evelyn Laqua	Richard (ric) Arnold
Theone MacLennan	Joanne Pohl
Don MacLennan	Myles Love

A Smile is the Universal
Welcome



It is December at LSCO Boutique

December is a time to celebrate with many feasts, gatherings and exchange of gifts.

Come visit the Boutique for your gift ideas. Our consignees have made special Christmas items for your to purchase and enjoy.

MERRY
CHRISTMAS
& HAPPY NEW YEAR



Wishing you all the
magic of Christmas
peace and a season
that sparkles.

LSCO with be closed

Friday, December 23 at 2:00 pm

Monday, December 26

Friday, December 30 at 2:00 pm

Monday, January 2, 2023

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.

December 1

Zohal Naqshbandy, Bread, Work, Freedom! The chant of Women in Afghanistan.

December 8

Amy von Heyking, Petitions, Protests, and the Threat of the Shredder: Curriculum Debates in Alberta.

December 15

Marie Moyer, Challenges of L’Arche.

December 22 and 29

No meetings.

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
January 2023	December 16
February 2023	January 14

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

December Classes

Drop-In 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.

ABS & CORE

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

BARRE PLUS

This low impact class will provide a full body workout for individuals of all fitness levels.
When: Thursdays until December 15
Time: 1:30 – 2:30 pm
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Nancy Purkis

BARS & PLATES

Paricipants will use barbells and a variety of equipment to strength muscle groups.
When: Thursdays, unitl December 15
Time: 11:20 am – 12:15 pm
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Jamie Hillier

BIKE BALL & MORE

Cycle with Nancy. She will lead you through an energetic workout weekly.
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 Join in for some fun while gaining the benefits. 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

If you don't have a time to exercise as often as you would like, try this full body workout. Modifications will be given.
When: Mondays until December 19
Time: 9:00 – 10:00 am
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Tracy Simons

GENTLE EXERCISE

The class will include low impact moves to increase heart rate, use of resistance equipment to strengthen your muscles and stretches to help keep you limber. Wear comfortable clothes and bring a water bottle.
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
Time: 10:15 – 11:00 am
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Andrea Clarke

EXPERIENCED BEGINNER LINE DANCING

If you have some line dance experience and are comfortable dancing to faster music consider joining in.
When: Wednesdays until December 14
Time: 11:40 am – 12:40 pm
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Gloria-Rose Puurveen

BEGINNER LINE DANCING

This class is for you if you love music and dancing however, have never line danced before (or maybe just a little) and want to learn. Come give it a try.
When: Wednesdays until December 14
Time: 1:00 – 2:00 pm
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Gloria-Rose Puurveen

CARDIO STRENGTH

Start your week out right with this mixed/cardio and strength workout. 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

INSTRUCTOR'S CHOICE

The instructor will lead you through a number of different moves and exercises to ensure you get that great workout. Intermediate to Advanced Fitness levels.
When: Wednesdays until December 21
Time: 8:00 – 8:50 am
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Deb Palmer

POUND & STRETCH (Afternoons)

This class consists of a 45 min Pound (ie cardio drumming) session, followed by 15 mins of flexibility, balance, and relaxation. Suitable for All Fitness levels.
When: Tuesdays until December 13
Time: 1:30 – 2:30 pm
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Nancy Purkis

POUND FITNESS (mornings)

This energizing seated and/or standing workout combines cardio, conditioning, and strength training.
When: Fridays until December 16
Time: 10:00 – 10:45 am
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Sheila Mulgrew

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. Individuals 18 years of age and up are welcome.
When: Tuesdays until December 13
Time: 5:15 – 6:15 pm
Drop In Fee: \$7 LSCO M: \$10 NM
Instructor: Erich Dyck

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. 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

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 until December 10
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.
When: Tuesdays until December 13
Time: 11:15 am – 12:00 pm
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Sheila Mulgrew

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

Yoga

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

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 & Fridays
Time: 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

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.

Fitness Centre

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)
\$80 LSCO M; \$140 Non-Member (4 months)
Drop in Fee: \$7 LSCO M; \$10 NM

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



Whipped Shortbreads

1 pound butter (room temperature)
1 cup Icing Sugar
½ Tsp. Vanilla
Cream until smooth
Sift together:
3 cups All-purpose flour
½ cup Corn Starch
Pinch of Salt
Add to creamed mixture (1) one cup at a time, mixing thoroughly each time. Fill cookie press, press on to ungreased cookie sheets. Decorate with sprinkles if you wish and bake at 325 for approximately 8 minutes or until just lightly brown. Yields 8-10 dozen depending on size of the cookies.
Tip: This short bread recipe has never failed me. I leave the butter out for at least a day or two before using; it makes all the difference in how it mixes.
Recipe from Sonja McDonald

JOIN US FOR OUR IN-HOUSE CHRISTMAS TURKEY DINNER

Wednesday, December 21st
11:00 am – 1:00 pm
LSCO Dining Room
Turkey, Stuffing,
Mashed Potatoes
& Gravy
\$11.00

LETHBRIDGE Senior Citizens ORGANIZATION
500 - 11th Street South
403-320-2222

CYCLE COMBO

Join this challenging cycle class for a fun workout on and off the bike. Class will include resistance training and stretching. Wear comfortable clothes, bring your water bottles. Class held in Gym 2 and is for LSCO Members only.
When: Tuesdays
January 10 – March 28
Time: 9:00 – 10:00 am
Fee: \$81 LSCO M
Instructor: Jamie Hillier
Register by: Friday, January 6

Fitball for Balance & Strength

This class will focus on balance exercises to help improve stability & coordination to reduce the risk of falls. Participants will also use many different exercise tools to increase strength and mobility. Cardiovascular fitness may also improve by participating in this class. Wear comfortable clothing, indoor footwear, bring a water bottle. If you have a yoga/exercise mat please bring it as floor work may be included. Class is for LSCO members only and is held in Gym 1.
When: Tuesdays
January 10 - March 28
Time: 9:00 – 9:50 am
Fee: \$81 LSCO M
Instructor: Gabrielle Dumont
Register by: Friday, January 6

When: Thursdays
January 12 - March 30
Time: 9:00 – 9:50 am
Fee: \$81 LSCO M
Instructor: Gabrielle Dumont
Register by: Friday, January 6



Gentle Exercise

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

When: Mondays
January 9 – March 27
(no class February 20)
Time: 10:15 – 11:00 am
Fee: \$60 LSCO M; \$88 NM
Instructor: June Dow
Register by: Thursday, January 5

When: Wednesdays
January 4 – March 28
Time: 10:15 – 11:00 am
Fee: \$72 LSCO M; \$104 NM
Instructor: Donna Tiefenbach
Register by: Tuesday, January 3

When: Fridays
January 6 – March 31
Time: 10:15 – 11:00 am
Fee: \$72 LSCO M; \$104 NM
Instructor: Andrea Clarke

“Princess sickness” is a term used in China and Korea to describe a psychological phenomenon affecting young women characterized by narcissism, egocentrism and melodramatic personality resulting in individuals acting like princesses. ~ weird-facts.org



From the Kitchen

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

Hi All.

I just wanted to say thank you very much for showing up to experience the Woolworth Specials.

The overwhelming response and heartfelt feedback has made me very happy and proud.

We have been hearing “OMG it takes me back to my youth”, “I haven’t had a Root Beer

Float in Decades” “I feel like a kid again” and “Thank You, Thank You.”

It is a real hit, and I truly enjoy the whole thing, but we will be taking a break from it as we will be in “Turkey mode.”

Serving over 1000 turkey dinners for meals on wheels, plus the Lethbridge Fire Department, First responders and the Police Department is a big task.

I will be revisiting *The Woolworth Special* in the New Year for sure!

Thank you again for your support and understanding.


Cheers, Chef Freddie ★

Joke of the Month

Wanna hear a joke about pizza?

Never mind it’s too cheesy.

“People are so worried about what they eat between Christmas and the New Year, but they really should be worried about what they eat between the New Year and Christmas.”



FITNESS/POWER WALKING

Participants will walk at a self-selected pace to improve cardiovascular fitness. The instructor will incorporate both high and low intensity options to increase overall body strength. You can be assured you will be using all types of exercise equipment in this challenging class. Wear comfortable clothing, indoor footwear and bring a water bottle. Intermediate to Advanced Fitness Levels. Location: Gym 1.

When: Wednesdays, January 11 - March 29

Time: 9:00 – 10:00 am

Fee: \$81 LSCO M; \$96 NM

Instructor: Jamie Hillier

Register by: Friday, January 6



Sterling International Precious Metals

Gold & Silver BUYING EVENT
Wednesday, December 7
10 am – 2 pm LSCO Room C
jdanku@icloud.com

BUYING GOLD JEWELLERY – gold pocket and wrist watches, gold and silver coins, old broken jewellery, dental gold; also sterling flatware, tea and coffee sets, etc.

GOLD PRICES PAYING:

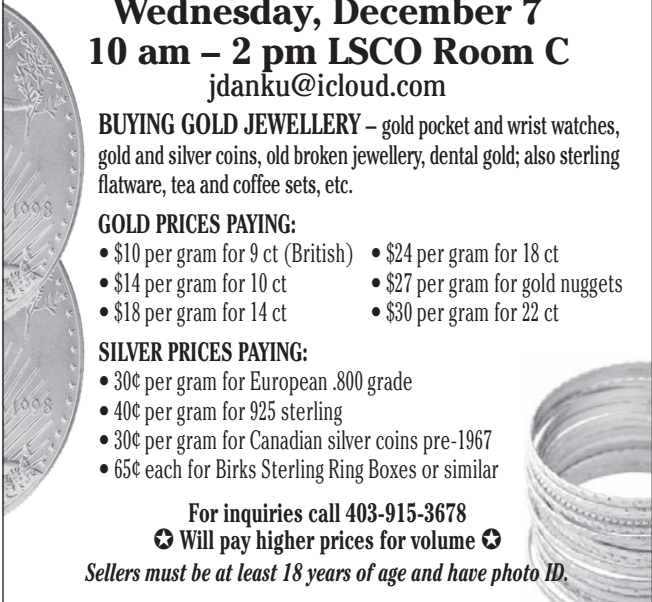
- \$10 per gram for 9 ct (British)
- \$14 per gram for 10 ct
- \$18 per gram for 14 ct
- \$24 per gram for 18 ct
- \$27 per gram for gold nuggets
- \$30 per gram for 22 ct

SILVER PRICES PAYING:


- 30¢ per gram for European .800 grade
- 40¢ per gram for 925 sterling
- 30¢ per gram for Canadian silver coins pre-1967
- 65¢ each for Birks Sterling Ring Boxes or similar

For inquiries call 403-915-3678
☛ Will pay higher prices for volume ☛

Sellers must be at least 18 years of age and have photo ID.



December Monthly Supports

TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<div></div>	<p>AZ Lawyers Wednesdays, 9:00 am – 12:00 pm (Quiet Room) Please call ahead to make an appointment.</p> <p>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.</p>	<p>1</p> <p>Adult Day Program 1:00 – 3:00 pm Room A/B</p>	<p>3</p> <p>AA Eye Opener 8:30 – 10:30 am Room C/D</p>
<p>6</p> <p>Community Connect Coffee Group 1:00 – 2:30 pm (Atrium)</p> <p>Drop-In Single Session Counselling 9:00 am – 12:00 pm, Quiet Room</p> <p>Compass for the Caregiver 1:30 – 3:30 pm, Quiet Room</p>	<p>7</p> <p>Reconnect & Recharge 10:00 – 11:30 am (Room C/D)</p>	<p>8</p> <p>Lethbridge Hearing Screening 9:00 am – 12:00 pm Clinic Room</p> <p>Adult Day Program 1:00 – 3:00 pm Room A/B</p>	<p>10</p> <p>AA Eye Opener 8:30 – 10:30 am Room C/D</p>
<p>13</p> <p>Compass for the Caregiver 1:30 – 3:30 pm Quiet Room</p>	<p>14</p> <p>Reconnect & Recharge, 10:00 – 11:30 am, Room C/D</p> <p>AZ Lawyers, 9:00 am – 12:00 pm (Quiet Room)</p> <p>Dr. Bolokoski Foot Care, 9:00 am – 12:00 pm</p> <p>Lethbridge Stroke Survivors, 7:00 – 9:00 pm (Room C/D)</p>	<p>15</p> <p>Parkinson Support Group 2:00 – 4:00 pm Board Room</p> <p>Adult Day Program 1:00 – 3:00 pm Room C/D</p>	<p>17</p> <p>AA Eye Opener 8:30 – 10:30 am Room C/D</p>
<p>20</p>	<p>21</p> <p>Reconnect & Recharge 10:00 – 11:30 am Room C/D</p> <p>Drop-In Single Session Counselling 12:30 – 3:30 pm Quiet Room</p>	<p>22</p> <p>Adult Day Program 1:00 – 3:00 pm Room C/D</p>	<p>24</p>
<p>27</p>	<p>28</p>	<p>29</p> <p>Adult Day Program 1:00 – 3:00 pm Room C/D</p>	<p>31</p>

Lifeline

LSCO offers the Lifeline Medical Alert Service to keep you safer at home with peace of mind.

Trust Canada's #1 medical alert service.

Call today!
1-888-220-6711

LSCO LETHBRIDGE
Senior Citizens
ORGANIZATION

Mention code **1331** for a
a FREE MONTH of service*

* Offer available at locally participating programs and valid for new activations only. Not to be combined with any other offer. Some restrictions apply. Discounts are not applicable on all service options, for out of area installations and/or shipping fees.



www.lifeline.ca

Lifeline

Are you at risk for a fall?

One in three seniors fall each year¹ and most of these falls occur in the home². But with Lifeline, help is available at the push of a button, 24 hours a day.

Take our **Are you at risk for a fall** survey on the back of this flyer to see if you could benefit from the Lifeline service.

Expert, caring help 24 hours a day

With the Lifeline medical alert service you get fast, easy access to a trained Response Associate to request the help you want – 24 hours a day, 365 days a year.


Our **Lifeline with AutoAlert*** service can automatically place a call for help if a fall is detected and you are unable to press your button.*

GoSafe can provide access to help both at home and on the go.**


Why choose Lifeline?

- Lifeline is the #1 medical alert service in Canada.³
- All help calls answered in Canada.
- Professional home installation.
- Proven AutoAlert fall detection technology available.
- Cellular communicator available for those without a landline telephone.

1. Statistics Canada.
2. Seniors Falls in Canada, Public Health Agency of Canada, 2015.
3. Claim based on the number of subscribers.
* AutoAlert does not detect 100% of falls. If able, users should always push their button when they need help.
** Certain limitations subject to third party cellular provider availability and coverage. Signal range may vary. Lifeline may not always be able to determine your location.




How Lifeline Works




1. Summon help

With a push of your Lifeline help button you can get help when you need it. With our advanced services, you have the option to include fall detection or locating technology in case you can't push your button.



2. Hear a reassuring voice


A caring Lifeline Response Associate will quickly access your profile and evaluate the situation.



3. Know help is on the way

Lifeline contacts a neighbour, loved one, or emergency services – based on your preferences – and will follow up to make sure help has arrived.

www.lifeline.ca



Gentle Yoga

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

When:	Tuesdays, January 3 – March 30
Time:	10:00 – 11:00 am
Fee:	\$88 LSCO M; \$104 NM
Instructor:	Donna Tiefenbach
Register by:	Friday, December 30

When:	Thursdays, January 5 - March 28
Time:	10:00 – 11:00 am
Fee:	\$88 LSCO M; \$104 NM
Instructor:	Donna Tiefenbach
Register by:	Tuesday, January 3

Shake YOUR Flakes



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 or offers. To view call 403-328-1520. **If you want to lock it up and go travelling, this might be for you.**

Tai Chi 108 Form Practice

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

When:	Wednesdays, January 4 – March 29
Time:	10:15 – 11:15 am
Fee:	\$40 LSCO Members; \$60 NM
Location:	Gym 2
Register by:	Friday, December 30



Winter Programs

NOTE: This is not a full complement of the programs and classes that will be offered January – March 2023.
Pick up the January’s edition of the LSCO Times (available December 30th) and visit www.lethseniors.com for more information.

HOW DO I REGISTER?

- 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.** **Some classes may not be available to register online.
- In person, call 403-320-2222.

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 \$10 increase after this date.
- 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.

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.

BEGINNER EXERCISE & STRENGTH

Get and stay fit by joining this low impact class. Movements will assist participants to improve their balance, cardiovascular fitness, as well as, increase strength, and flexibility. Chairs, light weights, resistance bands and other exercise equipment will be used. Options will be given to everyone; making this class one not to miss! Wear comfortable workout clothes. Dress in layers and bring a water bottle. Location: All Purpose Room (downstairs).

When: Thursdays
January 12 – February 23
Time: 1:30 – 2:20 pm
Fee: \$48 LSCO M; \$56 NM
Instructor: Nancy Purkis
Register by: Monday, January 9

FUNCTIONAL FITNESS

This 45-minute class is designed for anyone with limited mobility and impaired motor control looking to improve activities of daily living. Class will focus on building strength, core and balance. A variety of exercise equipment will be used, if participants are comfortable with them. Wear comfortable light clothing. Bring your water bottle too.

When: Mondays, January 9 – February 27
(no class February 20)
Time: 10:00 -10:45 am
Fee: \$40 LSCO M; \$56 NM
Instructor: Andrea Clarke

Location: Stage Area
Register by: Friday, January 6

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 a while. 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
January 12 – February 16
Time: 10:15 – 11:15 am
Fee: \$41 LSCO M; \$48 NM
Instructor: Jamie Hillier
Register by: Tuesday, January 10

GENTLE EXERCISE

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

When: Mondays, January 9 – March 27
(no class February 20)
Time: 10:15 – 11:00 am
Fee: \$60 LSCO M; \$88 NM
Instructor: June Dow
Register by: Thursday, January 5

When: Wednesdays, January 4 – March 28
Time: 10:15 – 11:00 am
Fee: \$72 LSCO M; \$104 NM
Instructor: Donna Tiefenbach
Register by: Tuesday, January 3

When: Fridays, January 6 – March 31
Time: 10:15 – 11:00 am
Fee: \$72 LSCO M; \$104 NM
Instructor: Andrea Clarke

MONDAY INDOOR CYCLING

When you can’t get outdoors to ride, come cycle with us! The instructor will lead the class through an energetic, low impact ride on a stationary bike to improve cardiovascular fitness. Participants can ride at a self-selected pace. Stretching to follow. All Fitness Levels welcome. If session is not full, drop-ins are welcome. Please ask. Held in Gym 2.

When: Mondays, January 9 – February 27
(no class February 20)
Time: 10:15 – 11:15 am
Fee: \$48 LSCO M; \$56 NM
Instructor: Jamie Hillier
Register by: Friday, January 6

BIKE & MORE

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

When: Wednesdays, January 11 – March 29
Time: 9:00 – 10:00 am
Fee: \$81 LSCO M; \$96 NM
Instructor: Nancy Purkis
Register by: Friday, January 6

FITBALL for BALANCE & STRENGTH

This class will focus on balance exercises to help improve stability & coordination to reduce the risk of falls. Participants will also use many different exercise tools to increase strength and mobility. Cardiovascular fitness may also improve by participating in this class. Wear comfortable clothing, indoor footwear, bring a water bottle. If you have a yoga/ exercise mat please bring it as floor work may be included. Class is for LSCO members only.

When: Tuesdays, January 10 – March 28
Time: 9:00 – 9:50 am
Fee: \$81 LSCO M
Instructor: Gabrielle Dumont
Location: Gym 1
Register by: Friday, January 6

When: Thursdays, January 12 – March 30
Time: 9:00 – 9:50 am
Fee: \$81 LSCO M
Instructor: Gabrielle Dumont
Register by: Friday, January 6

TRX (Beginner to Intermediate)
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.

When: Tuesdays, January 3-March 28
Time: 11:15 am – 12:00 pm
Instructor: Andrea Clarke
Fee: \$88 LSCO M; \$104 NM
Location: Gym 2
Register by: Friday, December 30

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. Intermediate to advanced fitness level.

When: Mondays, January 9 – March 27
(no class February 20)
Time: 8:00 – 8:50 am
Fee: \$75 LSCO M; \$88 NM
Instructor: Gabrielle Dumont
Location: Gym 2
Register by: Friday, January 9

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

When: Mondays, January 9 – March 27
(no class February 20)
Time: 9:00 – 10:00 am
Fee: \$74 LSCO M; \$88 NM
Instructor: Gabrielle Dumont
Location: Gym 2
Register by: Friday, January 6

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

When: Tuesdays, January 10 – March 28
Time: 9:00 – 10:00 am
Fee: \$81 LSCO M
Instructor: Jamie Hillier
Register by: Friday, January 6

FITNESS/POWER WALKING
Participants will walk at a self-selected pace to improve cardiovascular fitness. The instructor will incorporate both high and low intensity options to increase overall body strength. You can be assured you will be using all types of exercise equipment in this challenging class. Wear comfortable clothing, indoor footwear and bring a water bottle. Intermediate to Advanced Fitness Levels.

When: Wednesdays, January 11 – March 29

Time: 9:00 – 10:00 am
Fee: \$81 LSCO M; \$96 NM
Instructor: Jamie Hillier
Location: Gym 1
Register by: Friday, January 6

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 Levels.

When: Wednesdays, January 4 – March 29
Time: 8:00 – 8:50 am
Fee: \$88 LSCO M; \$104 NM
Instructor: Deb Palmer
Location: Gym 2
Register by: Friday, December 30

SENIORS WHO LIFT
Bars & Plates, and a variety of other resistance equipment will be used by participants to perform movements such as lunges, presses, curls and squats. Stretching to follow. This challenging class is beneficial to increase muscle strength and endurance. Participants should have some exercise experience.

When: Thursdays
January 12 – February 16
Time: 11:20 am – 12:20 pm
Fee: \$41 LSCO M; \$48 NM
Instructor: Jamie Hillier
Location: Gym 2
Register by: Tuesday, January 10

ABS & CORE
This class will get you where it counts! 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 Levels. Space is limited.

When: Mondays, January 9 – March 27
(no class February 20)
Time: 10:15 – 11:15 am
Fee: \$75 LSCO M; \$88 NM
Instructor: Andrea Clarke
Location: All Purpose Room
Register by: Friday, January 6

When: Wednesdays, January 11 – March 29
Time: 10:15 – 11:15 am
Fee: \$81 LSCO M; \$96 NM
Instructor: Jamie Hillier
Location: All Purpose Room
Register by: Monday, January 9

POUND & STRETCH (Afternoons)
This class consists of a 45-minute Pound (cardio drumming) session, followed by 15 minutes 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, January 10 – March 28
Time: 1:30 – 2:30 pm
Fee: \$81 LSCO M; \$104 NM
Instructor: Nancy Purkis
Register by: Friday, January 6
Location: All Purpose Room

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, January 6 – March 31
Time: 10:00 – 10:45 am
Fee: \$87 LSCO M; \$104 NM
Instructor: Sheila Mulgrew
Location: Stage Area
Register by: Tuesday, January 3

STRENGTH & MOBILITY TRAINING
A group strength training class designed for the Active Older Adult (55 years +). It does not matter if you are new to exercising with weights, resistance bands, etc. or are more experienced. Options are always given. Wear comfortable exercise cloths and indoor footwear. Classes held in the Fitness Centre. Instructor: Andrea Clarke.

When: **Session 1:** Tuesdays & Thursdays
January 3 – February 9
Time: 1:30 – 2:30 pm
Fee: \$81 LSCO M; \$96 NM
Register by: Friday, December 30

When: **Session 2:** Tuesdays & Thursdays
February 14 – March 30
Time: 1:30 – 2:30 pm
Fee: \$95 LSCO M; \$112 NM
Register by: Friday, February 10

TABATA
This high energy fitness class is designed to give you an exhilarating work out! Participants will perform a variety of timed exercises that will be challenging (20 seconds of work at maximum effort, followed by 10 seconds of rest; 8 times). Wear comfortable exercise clothes, indoor shoes and bring your water bottle. Intermediate to Advanced Fitness Levels. Class held in Gym 1.

When: Mondays, January 9 – March 27
(no class February 20)
Time: 9:00 – 10:00 am
Fee: \$75 LSCO M; \$88 NM
Instructor: Erich Dyck
Register by: Thursday, January 5

When: Fridays, January 13 – March 31
Time: 9:00 – 10:00 am
Fee: \$81 LSCO M; \$96 NM
Instructor: Andrea Clarke
Register by: Wednesday, January 11

TRX COMBO
TRX (Suspension Training) uses straps, gravity, and body weight to increase strength, balance, flexibility, and core stability. Simply by changing resistance and altering body position, each participant can customize their workout for their own needs and goals. A variety of equipment will be used including stationary bikes. Class for LSCO Members only. Class held in Gym 2.

When: Thursdays, January 12 – March 30
Time: 9:00 – 10:00 am
Fee: \$81 LSCO M
Instructor: Jamie Hillier
Register by: Monday, January 9

Dance & Zumba

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, January 4 – March 29
Time: 11:40 am – 12:40 pm
Fees: \$72 LSCO M; \$104 NM
Instructor: Gloria-Rose Puurveen
Location: Gym 2
Register by: Friday, December 30

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, January 4 – March 29
Time: 1:00 – 2:00 pm
Fees: \$72 LSCO M; \$104 NM
Instructor: Gloria-Rose Puurveen
Location: All Purpose Room
Register by: Friday, December 30

ZUMBA

The perfect way to start your weekend! Join the dance party moving to the beat of Latin and International music. The steps are easy to follow and Nancy makes this class great fun. 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. Individuals 18 years of age and up welcome.

When: Saturdays, January 14 – February 25 (no class February 18)
Time: 9:00 – 9:55 am
Fee: \$41 LSCO M; \$48 NM
Instructor: Nancy Purkis
Register by: Wednesday, January 11

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, January 3 – March 28
Time: 11:15 am – 12:00 pm
Fee: \$88 LSCO M; \$104 NM
Instructor: Sheila Mulgrew
Location: All Purpose Room
Register by: Friday, December 30

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, January 5 – March 30
Time: 11:15 am – 12:00 pm
Fee: \$88 LSCO M; \$104 NM
Instructor: Sheila Mulgrew
Location: All Purpose Room
Register by: Tuesday, January 3

Pilates, QiGong, Tai Chi

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.

PILATES

This class involves a series of classical Pilates exercises performed on an exercise mat. Each exercise emphasizes breath, core conditioning, and body awareness. We will pay special attention to alignment and form. Light weights, resistance tubing and other props may be used to add strength and stretch work. Wear comfortable workout clothes, bring a yoga mat and water bottle.

When: Mondays, January 9 – March 27 (no class February 20)
Time: 11:15 – 12:30 pm
Fee: \$75 LSCO M; \$88 NM
Instructor: June Dow
Location: Room A/B
Register by: Friday, January 6

When: Thursdays, January 12 – March 30
Time: 10:15 – 11:30 am
Fee: \$87 LSCO M; \$104 NM
Instructor: June Dow
Location: Room A/B
Register by: Friday, January 6

QIGONG

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

When: Tuesdays & Thursdays
January 10 – February 16
Time: 10:15 – 11:00 am
Fee: \$80 LSCO M; \$116 NM
Instructor: Dave Scotland
Location: Gym 2
Register by: Friday, January 6

TAI CHI 108 Form Practice

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

When: Wednesdays, January 4 – March 29
Time: 10:15 – 11:15 am
Fee: \$40 LSCO Members; \$60 NM
Location: Gym 2
Register by: Friday, December 30

Yoga

CHAIR EXERCISES/YOGA

This chair class will include some yoga poses as well as exercises that may help you increase strength, flexibility, range of motion for joints, and stress reduction. Many options are given making it suitable for all fitness levels and conditions.

When: Wednesdays
January 11 – February 15
Time: 10:00 – 10:45 am
Fee: \$33 LSCO M; \$48 NM
Instructor: Nancy Purkis
Location: Stage Area
Register by: Friday, January 6

GENTLE YOGA

Gentle yoga classes are a great place to take it slower and experience the benefits of yoga. If you are new to yoga or haven’t practiced yoga for a while this may be the class for you. Wear comfort-

able clothing; bring a mat, blanket and water bottle. Plan on practicing barefoot or wear nonslip socks. Classes held in the All-Purpose Room (downstairs).

When: Tuesdays, January 3 – March 30
Time: 10:00 – 11:00 am
Fee: \$88 LSCO M; \$104 NM
Instructor: Donna Tiefenbach
Register by: Friday, December 30

When: Thursdays, January 5 – March 28
Time: 10:00 – 11:00 am
Fee: \$88 LSCO M; \$104 NM
Instructor: Donna Tiefenbach
Register by: Tuesday, January 3

YIN/TAOIST YANG YOGA

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

When: Mondays, January 9 – March 27 (no class February 20)
Time: 8:45 – 10:15 am
Fee: \$110 LSCO M; \$132 NM
Instructor: Karen Toohey
Location: Room A/B
Register by: Thursday, January 5



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November, 2022

At LSCO we are always committed to provide assistance and services to families and individuals in need, not only during the holiday season but throughout the year.

Each year, volunteers & staff at LSCO serve a Christmas meal – for free – to anyone who is in need of some friendly company and a full belly.

Last year because of the COVID-19 pandemic, we recognized that we were not going to be able to hold our traditional Christmas Day Dinner the same way we have done for the past 37 years. As we still wanted to provide this much needed service we have switched it up and will be offering meals as a door delivery service to ensure no one in Lethbridge feels hungry on Christmas Day.

Because of community generosity, last year nearly 900 turkey dinners were provided as curbside pickup, delivered to those who were housebound, as well as Police members and Firefighters who were working on Christmas Day. Our annual cost is roughly \$12,000 and we are always incredibly grateful for all the support we receive each year from the community.

How can you help with this years Christmas Turkey Dinner:

- 1) **Meal Sponsor** as an individual or a business. Each meal you sponsor will be labelled with a Christmas Greeting from you.
- 2) **Volunteer on Christmas Day** as a meal delivery driver or courier as a cohort family or group.

If you would like to be involved in some way, please contact our Volunteer Coordinator, Shiloh Sabas at 403-320-2222 or at volunteer@lethseniors.com.

Season's Greetings,



Rob Miyashiro
Executive Director
Lethbridge Senior Citizens Organization

LSCO 2022 ANNUAL Christmas Turkey Dinner

MEAL SPONSORSHIP

Your donation ensures that no one in Lethbridge goes without a meal on Christmas Day.

Meal Sponsorship includes:

- Sponsor recognition in LSCO Times Newspaper, website and social media
- Sponsor recognition label on each meal distributed on Christmas Day
- Sponsorship of \$500 or more will receive a free 1/4 page black & white ad plus social media coverage

Meal Sponsor Rate	
10 Meals =	\$125
30 Meals =	\$375
60 Meals =	\$750
80 Meals =	\$1000

I would like to offer my support for LSCO's

38th Annual Christmas Turkey Dinner

Meal Sponsor (please circle one): 10 for \$125 30 for \$375 60 for \$750 80 for \$1000

or other amount as specified: _____

Message for Meal label (default message will say "Merry Christmas from SPONSOR"):

Name/Company: _____

Address: _____

City/Town: _____ Postal Code: _____

Telephone: _____ Fax: _____

E-Mail: _____

☐ I would like to receive a tax receipt

Please return this form with payment to:
Lethbridge Senior Citizens Organization
500 - 11th Street South
Lethbridge, Alberta T1J 4G7

FOR OFFICE USE ONLY

Date: _____ Amount: _____ Receipt #: _____

DECEMBER 2022



PROGRAMS



ARCHIVES

Fri 02 | 1:30–2:30 pm

Ranching Under the Arch

Using photos and readings, local author Lorraine Andrews delves into some of the compelling stories about ranching in southern Alberta, including the famous McIntyre Ranch.

adults and seniors | registration not required | museum admission applies | free to members | maximum 30 attendees



THE GALT PRESENTS...

Wed 21 | 2–3 pm

Holiday Music

Get in the holiday spirit and sing along to your favourite seasonal tunes! Join The Galt's own Chris Roedler as he plays some of his favourite holiday music and shares good cheer.

adults and seniors | registration not required | museum admission applies | free to members

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



Wed 07 Card Making

Use buttons, scrapbook paper and other supplies to make creative cards for the upcoming holidays.



Wed 21 Holiday Ornaments

Find out about the history of ornaments and create your own, just in time for the holidays!

HANDS-ON HISTORY

10:30–11:30 am | all ages | children to attend with caregiver | registration not required | museum admission applies | free to members



Sat 03 Card Making

Use archival photos, scrapbook paper and other supplies to make creative cards for the upcoming holidays.



Sat 17 Holiday Ornaments

Find out about the history of ornaments and create your own, just in time for the holidays!



www.galtmuseum.com

DECEMBER 2022



SPECIAL EVENTS
& EXHIBITS

SPECIAL EVENTS



NOV 26.22–MAY 07.23

Thu 08 | 7:30–9 pm

The Politics of Sound Exhibit Launch

Join us at the museum for our special exhibit launch to celebrate *The Politics of Sound* following our members-only sneak peek. The evening will feature a cash bar, introductory remarks, a live musical performance by singer-songwriter Richard Inman, informal tours of the exhibit and opportunities to speak with curators and participants.

adults and seniors | museum admission applies | free to members | cash bar



FORT WHOOP-UP

DEC 10, 11, 17, 18 | 1–5 pm
Christmas at the Fort

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 more!

all ages | registration required | fort admission applies | free to members

EXHIBITS



Curated by Tyler J Stewart, with artworks by Jamilah Malika Abu-Bakare, Adam Basanta, Marjie Crop Eared Wolf, Maskull Lasserre, Benny Nemer and Jessica Thompson.

The Politics of Sound is an exciting new exhibit that examines the social functions of sound to show how who we are determines what we hear. By blending contemporary artworks and historical artifacts, *The Politics of Sound* explores the potential of sound to bring communities together in understanding and empathy. Visit the Galt to experience powerful multimedia artworks and installations from artists at the forefront of sound exploration.



Curated by Bobbie Fox

For two years during the late 1960s, a teen coffeehouse opened at 1287 3 Avenue South. The Inn Purple was a place where teens and young adults could hang out, be artistic, and listen to music without adults. Famed singer, Gordon Lightfoot, even made an appearance there when he was in town.

Learn all about this short-lived but memorable institution in Lethbridge's history by visiting our new archives exhibit in the downstairs hallway of the Galt Museum & Archives.



www.galtmuseum.com



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

Fee: \$20 LSCO M; \$35 Non-Member (30 Days from date of purchase)
\$80 LSCO M; \$140 NM (4 months)
Drop in Fee: \$7 LSCO M; \$10 NM
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.

Yin/ Taoist Yang Yoga

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

When: Mondays
January 9 – March 27
(no class February 20)

Time: 8:45 – 10:15 am

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

Instructor: Karen Toohey

Location: Room A/B

Register by: Thursday, January 5

AVOID LATE FEES

Check for registration deadlines as a late fee will be charged for some classes.

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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

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

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


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, December 12, 2022

5:00 – 7:00 pm





Lethbridge Senior Citizens Organization
(LSCO) Parking Lot
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Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can. ~ John Wesley

Be Fast Friends

Hello friends! It's hard to believe it's already December, and we are on the cusp of 2023. While COVID is still very much alive and well, it seems there are some things that are slowly returning to normal. COVID did a number on all of us. It definitely impacted our social lives and opportunities to connect and maintain connections.

I am happy to announce that January 27, 2023 from 1:00 – 3:00 pm, an AHS recreation therapist (Carolyn) and myself will be putting on an event called “B.F.F”, which stands for *Be Fast Friends*. We figured we'd create



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

a space for people to meet one another in a safe environment through the classic “speed dating” format. Please keep in mind, BFF is a

focus on speed FRIENDSHIP “dating” rather than romantic speed dating. If you are feeling isolated, interested in meeting new people or want to build or expand your friendship network, please join us for a fun Friday afternoon of friend-ing! If you are interested, we have room for 20 people to join. Please call the LSCO front desk at 403-320-2222 to sign up.

Happy holidays to everyone – I hope this year is filled with love, peace and happiness, and I wish for 2023 to bring nothing but good things to each of you. Stay safe & warm! ★



BFF

BE FAST FRIENDS

AN OPPORTUNITY FOR INDIVIDUALS WHO NEED MORE SOCIAL CONNECTION TO COME TOGETHER IN A “SPEED DATING” FORMAT FOCUSING ON DEVELOPING FRIENDSHIPS!

 FEELING LONELY?

 FEELING ANXIOUS ABOUT MEETING NEW PEOPLE?

 WANT TO GET OUT OF THE HOUSE?

 WANT TO LAUGH?

 WANT TO MEET NEW PEOPLE?

 WANT TO DEVELOP FRIENDSHIPS?

A fun, comfortable, and easy way to meet others and make connections!

SESSIONS WILL BE FACILITATED BY A SENIORS SYSTEM NAVIGATOR AND AN AHS RECREATION THERAPIST



JANUARY 27, 2023

1-3 PM at the LSCO

SIGN UP BY PHONING 403-320-2222




BIKE & MORE

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

When: Wednesdays

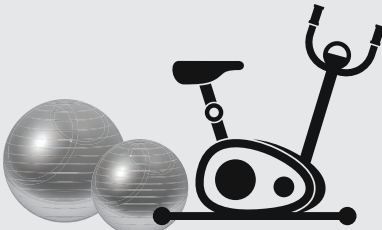
January 11 - March 29

Time: 9:00 – 10:00 am

Fee: \$81 LSCO M; \$96 NM

Instructor: Nancy Purkis

Register by: Friday, January 6



HOLIDAY STRESS LESS


'TIS THE SEASON?

“Tis the season to be jolly”, right? Then why do many of us feel worn out and exhausted by the time Christmas actually gets here?

We can't stop the holidays from happening, but we can offer you some survival strategies for a more peaceful, joyful, and stress-free time.

Discuss common holiday stressors and how to prepare for them.

Holiday Stress Less is offered in partnership with LSCO and CMHA - Lethbridge's Wellness Centre

JOIN US TO LEARN MORE!

When: Monday, December 8, 2022

Time: 10:00 am to 11:00 am

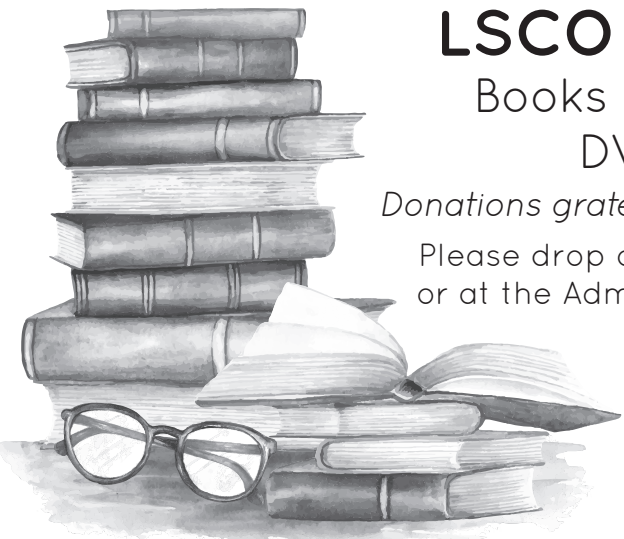
Where: LSCO - Room C/D

Coffee and a light snack will be provided

This FREE class is a Drop In Class. Participants ages 55+ will be registered upon arrival.







LSCO Library

Books / Puzzles
DVD'S

Donations gratefully appreciated.

Please drop off in the Library or at the Administration desk.

No magazines please.

Thank You!



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When Things Go Bad in Estates

I have lately come across a few estates where matters have gone south, and I thought I would share my thoughts of what are likely hot points that you might be able to avoid with good estate planning.

When someone passes away and they have a will and assets to be passed to their beneficiaries, there is a process to be followed by the representative of the estate. That process assumes that the representative will work as quickly as they can, to liquidate the estate. The first step is usually for the representative to go the banks and get account information from the banks that the deceased had. This trip to the bank can be difficult as banks seem to put up artificial barriers that prevent the representative from getting the information they need to start working on the estate. They can delay almost endlessly on getting the information and the banking representative often gives bad advice which leads to delays in getting the estate wrapped up. To avoid this problem, I would recommend having at least a few months bank statements in your papers at home and if you have online access to your banking, provide that online access to your personal representative. I would also recommend that before you go to the bank, you have a brief meeting with the lawyer, and they can make sure that you take charge when



Legal Tips and Information

Douglas Alger

you go to the bank as opposed to the bank taking charge.

A second area of concern arises in estates where there is a delay in dealing with the assets of the estate. I have heard of cases where the representative of the estate refuses to move forward and the estate linger for years. Sometimes there is a good reason for this, but most times there is not. A representative’s duty is to deal with the estate as efficiently as possible and to be transparent with the beneficiaries. If the representative is not doing their job, they can be replaced by way of a court application.

Frequently a cause of delay with the assets is where real estate is involved and particularly where one beneficiary wants to buy the real estate from the estate. This can be done of course, but if the beneficiary cannot make this


happen soon, then the property should be sold. Estates do not get better with age.

Family dynamics is often the root cause of most estate problems. That is why I ask when I prepare wills for clients and they want to appoint their children as representatives, do their children get along with one another. In most circumstances it is therefore wise to let your children know that you have done your estate planning and who they have appointed to look after the estate. It probably doesn’t hurt to impress upon your children, to honour them after you have gone, by getting along with one another and if they don’t you will come back to haunt them.

This being the last column of 2022, I wish you a Joyous Holiday Season and a Happy New Year.

2022 was a year of ups and downs, I hope that 2023 brings a successful resolution to some of the issues that arose during the past year. There are a few good signs as write this column, that this might happen, and I am cautiously optimistic about our future. ★

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.



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. **Intermediate to advanced fitness level.**

When: Mondays, January 9 – March 27 (no class February 20)

Time: 8:00 – 8:50 am

Fee: \$75 LSCO M; \$88 NM

Instructor: Gabrielle Dumont


Location: Gym 2

Register by: Friday, January 9



PICKLEBALL Court Bookings

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



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 a while. 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, January 12 – February 16

Time: 10:15 – 11:15 am

Fee: \$41 LSCO M; \$48 NM

Instructor: Jamie Hillier

Register by: Tuesday, January 10



★ **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.



Seniors Community Services Partnership

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



Express Gratitude for the Moments of Joy



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

With the holiday season approaching quickly, we often begin to reflect on the past year. Sometimes we get caught up in the hustle and bustle of our daily lives, we forget to slow down and cherish the moments that bring us joy. The things we choose to focus our energy on, influences the rest of our well-being.

At our November Community Connect Coffee Group we had a senior, Erna Topliffe, who is participating in the Community Connect call program, share the importance of joy moments. She shared strategies to help us practice mindful appreciation in our daily lives which can help us recognize our joy moments. Some strategies she shared to train your brain included:

- **Mindful breathing** – this can help us ease tension that we may be feeling but also brings us into a state where we are able to truly be present with our thoughts.

- **Identify memories that don't have static** – that is identifying memories in which you have felt joy, no other negative feelings associated such as shame, fear, sadness, etc. Many times we may have memories in which we felt joy but at the same time there was another emotion that was also experienced which may have contributed to fleeting moments of joy rather than a focus on these good moments.
- **Re-experience the joy moments** – taking time to reflect on and reminisce on this time in your life as well as the feelings/emotions you felt then and now, can contribute to uplifting one's mood and well-being.
- **Connection with others** – Sharing or even creating these joy moments with others can be a way to truly appreciate the impact they have had on your life.

A professor in Positive Psychology, Barbara Fredrickson, agrees with what Erna has shared, that being that as individuals, we play the most important role in shaping our lives, and the moments we choose to keep close to us can have an impact on us.

This holiday season can bring about stress as well, to navigate these times, find time in your daily routine to express gratitude for the moments of joy you have had, or those yet to come. Our monthly Community Connect Coffee



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

Group offers the opportunity to connect with others to share your joy stories with. If you are interested in joining our next Community Connect Coffee Group happening on December 6, 2022 from 1:00 to 2:30 pm. **Please RSVP by calling LSCO at 403-320-2222.**

We also wanted to share with you that we are in need of volunteers to call seniors on a weekly basis. Volunteering for the Community Connect program offers volunteers and seniors an opportunity for social connection. Our volunteers are a very important part of keeping our program running. At this time, we have a waitlist of seniors to be paired with a volunteer caller. If you are interested in volunteering please *call LSCO at 403-320-2222.*

References:
Destination Happiness (2020, January 6). Professor Barbara Fredrickson on the science of happiness. [Video]. YouTube. <https://www.youtube.com/watch?v=No7ZkYHXJY>



Monthly Community Connect Coffee Groups

1st Tuesday of each month
December 6 & January 3
1:00 – 2:30 pm
LSCO Atrium (Café)

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



LSCO ADULT DAY PROGRAM

December 2022 ~ 1:00 - 3:00 pm

Thursday, December 1	Horse Racing • Room A/B
Thursday, December 8	Music with Sandy • Room A/B
Thursday, December 15	Pet Therapy • Room C/D
Thursday, December 22	Christmas Music Marg & Maureen • Room A/B
Thursday, December 29	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.



I like to compare the holiday season with the way a child listens to a favorite story. The pleasure is in the familiar way the story begins, the anticipation of familiar turns it takes, the familiar moments of suspense, and the familiar climax and ending.

~ Fred Rogers



In Home Supports & Volunteer News

LSCO is eagerly preparing for our 38th Annual Christmas Dinner. This meal will be served by delivery only on December 25th. Last year, LSCO provided our community with almost 1000 Christmas Day meals. We require many volunteers to help with this meal in the following areas:

December 19 - 23: Kitchen (food preparation).

December 23: Kitchen (packing and sealing meals).

December 25: Route Coordinators and packing teams from 10:00 am – 1:00 pm.

December 25: Kitchen Dishes, packing and clean up- 8:30 am – 12:00 pm.



In Home Supports & Volunteer Coordinator

Shiloh Sabas

volunteer@lethseniors.com

403-320-2222 ext. 31

December 25: Delivery Drivers and Couriers from 10:30 – 11:30 am time slots available (approximately 90 minutes to deliver each

route). Must have a valid driver’s license and vehicle.

Please continue to check our website for updated information about Christmas and upcoming events at LSCO throughout December.

People can signup online <https://forms.gle/PzgLGZhPancqNj688> or email volunteer@lethseniors.com or call the office at 403-320-2222.

Merry Christmas and Happy Holidays from the LSCO In Home Support Team and Volunteer Coordinator Office! Thank you for your gift of time to our community. ★



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.

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



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Christmas

LSCO 38th Annual
TURKEY DINNER

LSCO is eagerly preparing for our 38th Annual Christmas Dinner.

This meal will be served by delivery only on December 25th.

We require many volunteers to help with this meal in the following areas:

Dec. 19 - 23: Kitchen (Food preparation)

Dec. 23: Kitchen (packing and sealing meals)

Dec. 25: Route Coordinators and packing teams 10 am – 1 pm

Dec. 25: Kitchen Dishes, packing and clean up- 8:30 am – 12 pm

Dec. 25: Delivery Drivers and Couriers from 10:30 am – 11:30 am time slots available (approximately 90 minutes to deliver each route)

People can signup online <https://forms.gle/PzgLGZhPancqNj688> or email volunteer@lethseniors.com or call the office.



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\$1000!

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

Computer Corner

by Sjoerd Schaafsma

Chats, Messaging and Remote Meetings

The year before Covid appeared I took part in a Zoom meeting... simply a participant at the back of the room. I wondered what is this? It was the first I'd heard of it, my how things have changed. This month we'll take a brief look at some popular chat and conferencing options.

I can't recommend particular one, it depends on:

- what software you and your friends or family are most comfortable with
- professional or personal use
- what platform are you using or planning to use
- what platforms are available to you
- the maximum number of expected participants
- free or paid

The items below all lead to either tutorials or manuals on how to use the software. The items in quotation marks were the search criteria entered into Google Chrome. The results may differ depending on the browser and search engine used. I.e. Firefox, Chrome, Edge, Opera, or Safari and Google, Bing, Baidu, Yahoo!, Yandex, Ask, DuckDuckGo, Naver. Don't worry if you've never heard of some of these.... I hadn't either until I did a search for search engines.

The Urls after the search item struck me as most likely to be useful. Most of the search results include both video and text references.

Skype "skype tutorial 2022"
<https://support.skype.com/en/faq/FA11098/how-do-i-get-started-with-skype>

Messenger "facebook messenger tutorial"
<https://mobilemonkey.com/blog/what-is-messenger>

Facetime "facetime tutorial" <https://support.apple.com/en-ca/HT204380>

Apple Messenger "apple messenger tutorial" <https://support.apple.com/en-us/HT201287>

Google Meet "use google meet"
<https://support.google.com/meet/answer/9302870?hl=en&co=GENIE.Platform%3DDesktop>
<https://www.howtogeek.com/841874/google-meet-features-you-should-be-using/>

Zoom "Zoom tutorial"
<https://support.zoom.us/hc/en-us/articles/360034967471-Getting-started-guide-for-new-users>

WhatsApp "whatsapp tutorial" <https://edu.gcfglobal.org/en/whatsapp/>

Msoft Teams "microsoft teams tutorial"
<https://support.microsoft.com/en-us/office/microsoft-teams-video-training-4f108e54-240b-4351-8084-b1089f0d21d7>

Tip of the Month: Restoring Battery status Icon on task bar Windows 10
It's normal to see the battery icon on the status bar of a laptop. If all is working well, you will see either an estimated remaining time, percentage of battery life remaining plus the charging symbol if the laptop is plugged into power. So what do you do if it unexpectedly disappears? The information below is available on many websites in much more detail.
<https://www.lifewire.com/restore-battery-icon-missing-windows-10-4587243>

You can try to **disable and re-enable battery** hardware in the **Windows Device Manager**.

1. Press Windows key+X to bring up the Quick Access Menu, and then select Device Manager.
2. In the Device Manager, select the Batteries category to expand it. There should be two items:
 - Microsoft AC Adapter
 - Microsoft ACPI-Compliant Control Method Battery.
3. Right-click Microsoft AC Adapter and select Disable device.
4. A warning will appear asking you if you're sure you want to disable the device. Select Yes.
5. Repeat steps 3 and 4 to disable the Microsoft ACPI-Compliant Control Method Battery.
6. To re-enable the devices right-click each and select Enable device.
7. Restart your computer and the battery icon should appear... if it hasn't already.

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 December – March

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

December

- | | |
|--------|-----------------------------------------------------------------------------------------------------------------------------------------|
| Mon 5 | Updates, maintenance, sharing and help |
| Wed 7 | Sharing and help |
| Mon 12 | 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 |

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

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 |
| Wed 22 | Continuation of Computer Basics using The GCF Free Learning tutorials – Managing files, transferring, deleting, copying, folders, partitions, external drives, usb thumb drives, cloud storage |

March

- | | |
|--------|------------------------------------------------------------------------------------------------------------------------|
| Wed 8 | Music – playing, finding, transferring to a mobile player, ripping, types of mobile music players Music software |
| Wed 22 | Accessibility features, Windows, Mac, mobile devices. Take advantage of the features built into your operating system. |

<https://edu.gcfglobal.org/en/computerbasics/getting-to-know-the-os/1/>
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/>.

Chair Exercises/Yoga

This chair class will include some yoga poses as well as exercises that may help you increase strength, flexibility, range of motion for joints, and stress reduction. Many options are given making it suitable for all fitness levels and conditions.

When:	Wednesdays January 11 – February 15
Time:	10:00 – 10:45 am
Fee:	\$33 LSCO M; \$48 NM
Instructor:	Nancy Purkis
Location:	Stage Area
Register by:	Friday, January 6



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 **RACHAEL THOMAS**
LETHBRIDGE ALBERTA MP

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

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To get women to smoke cigarettes in the 1920s, tobacco companies devised a campaign of equating cigarettes as “torches of freedom.” The campaign helped women smoking jump from 5% in 1923 to 18.1% in 1935.~ weird-facts.org

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THE SMITHS OF HOOD RIVER VALLEY

Chapter 14: Odds and Ends, Bits and Pieces

We have no predestined fate, and each of us must decide how to live as fully, happily, and meaningfully as possible.

From *Staring at the Sun* by Irvin D. Yalom

I do believe that the Smith kids and their parents, lived a meaningful life considering the time and the place where the family lived. We have arrived at the end of the story of those who have passed on, and I find that I still have some special stories to tell, especially about my grandparents, Frank and Grace.

The original 9 children produced 23 grandchildren, (8 now deceased), and those grandchildren produced 35+ great-grandchildren. The sad fact is that today only 2 descendents still live in Hood River Valley. The rest of the family have scattered throughout the western states. However, Binns Hill Road now has markers that are now correctly spelled. The original signs read Binz Hill Road and after a letter to the Hood River News, the spelling was corrected.

Now back to Grace and Frank. Grace was a remarkable woman. Having had 9 babies, herself, she knew what childbirth was about. When one of her girls or her granddaughters gave birth, she cried because she knew what they were going through. And most of the time, location and time permitting, she was there.

Christmas was always a busy time for her. Even after the children left home she would bake banana bread loaves for all 9 families and sew aprons and hot pads for the women. I still use some of the hot pads she made. She didn't forget birthdays either. She gave me my first book – Robinson Crusoe. I loved it, and still treasure it today. Towards the end of her life she began returning gifts that family had given to her through the years. I had always given her pieces of Dragonware: tiny cups and saucers with an Oriental theme. I still have them. How she could sort out who gave her what through the years was miraculous but that's just who she was.

She taught me how to make sugar sandwiches for a treat, and cut grapefruit segments for breakfast (with lots of sugar) when I stayed overnight. I started school while staying with the grandparents so my mother could work at the cannery. When I sang solos in high school, Grandma Grace was there, in the audience, most of the time.

When the children dwindled down to only two still at home, she joined a women' group, sewed long dresses for herself, and attended monthly meetings. Grace was a long-time member of the Valley Christian Church. She was tall, elegant, and beautiful. Even after raising nine children. On their 65th anniversary the whole family gathered for the celebration and Grandma Grace was beautiful with hair and makeup done to perfection. Grandpa Frank looked pretty good ,too with his navy blue suit and his dentures in place.

Grace was a great story teller, and told of the old medicine man who called all the rattlesnakes in the Valley together, so he could tell them that they should leave the Valley and move into the surrounding hills. He said that settlers were coming to live in Hood River and they would kill them on sight. Today seeing a rattlesnake in the Valley is rare. They seem



The Widow's Walk

Kay Long, BSW, RSW

to have taken his advice and moved to the surrounding hills and mountains.

What I especially admired about Grandma Grace, were her gardening skills. She loved gardening, both vegetables and flowers. She's the only person I've ever known who grew poke sallet (pokeweed). She once gave me bulbs from a beautiful flower called Lily of the Nile.

Frank was husband, father, grandfather to the whole Smith clan. He was a strong man in spite of the fact that he always chewed Copenhagen tobacco. When Grandpa came to visit one would give him a clean tin can to spit in, and a saucer for his coffee cup. He always drank coffee from the saucer.

He worked for the AGA (Apple Growers Association) all his adult life, first as a fruit inspector and later as the "ditch walker". The AGA used the water from Indian Creek to process the fruit. The waterway had to be kept clear so when harvest time came there was an abundance of water flowing to the cannery. Frank walked the ditch at least once a day (more if the water flow slowed). That was probably why he stayed as strong as he was. He suffered with hernias most of his adult life. Then, when he was in his 70s he had surgery to close up 7 hernias and bounced back to good health.

He also suffered from heartburn and stomach problems (the Copenhagen curse). To put out the fire he would take a spoonful of baking soda in his mouth, washed down by a glass of water. It didn't seem to hurt him. He retired from the AGA when he was 75. He was their oldest employee in age with the most years worked for the company.

He never had a good working relationship with automobiles. As a young adult he was working on one of his old cars when it slipped off the jack. His hand was caught between the bumper and a stump and his fingers on his hand were nearly cut off. He started running for the neighbor who saw him coming on the run. Knowing something was wrong he cranked up his vehicle and got Frank to town. The doctor sewed each finger back in place and they all survived the accident. He also finished his driving career with an accident. He got confused between D and R on the gear markers and drove the car into the front of the grocery store. Grace was so embarrassed! But no one was hurt. The only driver's license he ever had was the one the State gave him when they began licensing drivers. He never took a driving lesson or test in his life.

They lived their good retirement years in their little house on the Heights until Grace's health started failing. She died when she was 85 years old. She was a much loved and very remarkable woman. Frank grieved her passing for the next three years until he followed her when he was ninety three years old. They lived a long, challenging life together and were totally devoted as a couple.

But I don't want to leave this story on a down note, so here is one more story. Both of them were great baseball fans, especially after Bobby Gene, their youngest son, started playing. If there was a baseball game in town they often attended the game. Since Grace couldn't be at home cooking supper and attending the game, she found ways to feed them when the game was over.

One of her favorite, self-created recipes, is also one of my favorites, and I'm sharing it with you.

GRANDMA GRACE'S BASEBALL STEW

Set oven at 250F.

Flour 1/2 lb. of stew meat, place in casserole dish. Layer peeled potatoes, carrots, onions, peas, beans, (or whatever is in the refrigerator). Pour over all a can of tomato or cream of celery soup (diluted). Add a bay leaf if you have one, and cover.

Cooks for 5 hours.

Supper will be ready after the baseball game.

I hope you have enjoyed the story of the Smith family, dear Readers. I've enjoyed researching and writing about our family history.

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.

A collage of seven hexagonal photos showing various people, mostly women, smiling and posing for the camera. The photos are arranged in a cluster on a dark background.

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A color photo of Michael B. Golia and Beth Golia. Michael is wearing a suit and glasses, and Beth is wearing a dark top and glasses.

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A color photo of Jody Johnson, a woman with short brown hair and glasses, smiling.

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Merry Christmas & Happy Holidays from LSCO to you!