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Join Us for

COMMUNITY CONNECT COFFEE GROUP

Tuesday, January 3
(see page 16 for details)

ADULT DAY PROGRAM

Every Thursday
starting January 5
(see page 17 for details)

BFF

BE FAST FRIENDS

Friday, January 27
(see page 4 for details)

SERVICE CANADA

Every Wednesday
starting February 1
(see page 2 for details)

The Sweet Fragrance
of a Fresh
NEW YEAR

2023

~ Lailah Gifty Akita

**Coming Thursday, April 27th
& Friday, April 28th**

*This Senior's Trade Show is a prime opportunity
to showcase your products and services.*

Contact: Hannah Dupuis at hdupuis@lethseniors.com
or Kendall Gibson at k.gibson@telus.net

2023

**Live Well
Showcase**

A TRADE SHOW FOR ACTIVE AGING
Lethbridge Senior Citizens Organization



Executive Director

Rob Miyashiro
rmiyashiro@lethseniors.com


I hope everyone had a safe and joyous holiday season...and welcome back to our Community Centre!

If you recall a previous column where I described our involvement with the Seniors Community Services Partnership (SCSP), I am very pleased to inform you that SCSP has received national recognition for our work in the Social Prescribing realm (Social Prescribing is the health care system's utilization of non-health community supports to enhance a person's health outcomes). This work has led to SCSP being part of a Provincial Social Prescribing initiative along with carya in Calgary and Sage in Edmonton. Our goal over the next

three years is to create a unified Social Prescribing system in Alberta and to enhance services. As such, LSCO has received funding for SCSP staffing and we are in the process of hiring new Link Workers/Seniors System Navigators as part of this initiative. The addition of the new staff has necessitated a re-thinking of our physical office space which means that LSCO will be undergoing some changes to our lobby and administration areas in the New Year.

The library will move into the lobby onto the south wall and the library's vacated space will be developed into a two-person office. Outside of the new office will be our new reception desk. The former Administration area will become our Support Services hub and will house all of the staff in that group except the LEARN Case Manager, who will remain upstairs. This writer will be re-located elsewhere in the building as will Hannah, our new Fund Development and Marketing Coordinator...and Shawn, our Program Development Coordinator, is staying in her present office. Please be careful around every area that looks like a construction zone!

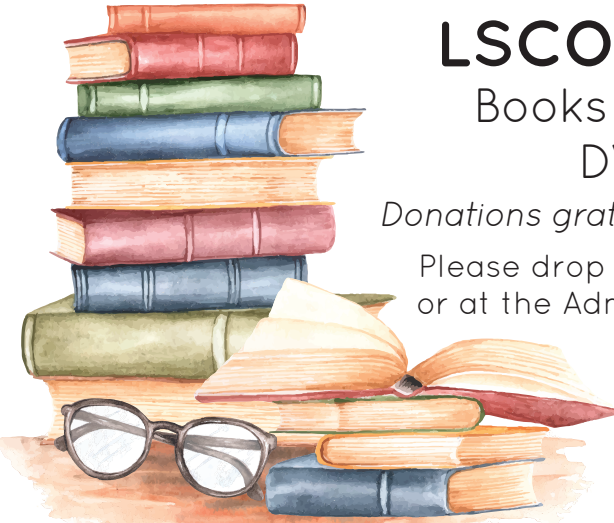
Happy New Year! ★



SCSP
Navigation Team
Intake Line
403-329-1544

The mandate of the Seniors System Navigation Team is to offer information & referrals, short term case management and outreach support to seniors in need over the age of 60 years of age. The Team can help seniors identify needs, connect to resources, provide psychosocial support and education and offer advocacy and community outreach as needed.

Make glorious, amazing mistakes. Make mistakes nobody's ever made before. Whatever you're scared of doing, Do it. ~ Neil Gaiman



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!

SERVICE CANADA


Starting February 1, 2023


A Community Liaison from Service Canada will be onsite prepared to provide general information about FEDERAL government pensions/benefits.

1st Wednesday of the Month
9:30 ~ 11:30 am
Card Area

This includes:
Information booth, assistance setting up online access via My Service Canada account, review of current situation and recommendations on additional benefits that could be accessed, passport information etc.

A private confidential space will be accessible if sensitive information needs to be discussed.





LETHBRIDGE
Senior Citizens
ORGANIZATION

500 - 11th Street South
403-320-2222

OUR COMMUNITY PARTNERS

In recognition for the ongoing support of LSCO







In recognition for the ongoing support of LSCO Meals on Wheels







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

~ weird-facts.org



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

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:

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rmiyashiro@lethseniors.com ext. 24

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jmcdonnell@lethseniors.com ext. 23

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learn@lethseniors.com 403-394-0306

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hbursaw@lethseniors.com ext. 57

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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!*

Kevin Busch	Joe Montgomery
Jack DeKoning	Phil Sheilds
Sheila King	Cathy Gillespie
Howard Rasmussen	Bradley Gillespie
Suzanne McIntosh	Patricia Baxter
Terry Pardoe	Blair Baxter
James (Dean) Erickson	Margaret Verenka

*A Smile is the Universal
Welcome*

**Register
ONLINE**

LSCO

2023 Classes

www.lethseniors.com

**LSCO
FITNESS
CENTRE**

FITNESS CENTRE HOURS

Monday – Friday
8:00 am – 3:30 pm

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

Fee: \$20 LSCO M; \$35 NM (30 Days from Date of Purchase)
Memberships can now be purchased for up to 4 months at a time
\$80 LSCO M; \$140 NM
Drop in Fee: \$7 LSCO M; \$10 NM

Did you know?

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

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.

January 5th

George Kuhl/Ross Kilgore, Why do we need Heritage designated buildings?

January 12th

Robin James, How are people selected for housing assistance?

January 19th

Taylor Croissant , How is the church dealing with secularism, the pandemic and the forces of the 21st century?

January 26th

Trevor Lewington, Stirling’s Journey to Net Zero – It makes cents.

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!



LSCO Times

Publishing Schedule

Issue	Deadline
February 2023.....	January 14
March 2023	February 17

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

“Speed Friending” Event

Hello friends! Happy New Year! Here we are in 2023... wow. To many, 2020-2022 were considered “lost years”, where many people felt they lost the connections they had with their loved ones and their community. One way Carolyn (AHS Recreation Therapist) and myself are trying to help reconnect our fellow community members is by facilitating a “speed friending” event called B.F.F. (Be Fast Friends). I mentioned BFF in my article last month, but would like to talk about it again this month, as it’s happening January 27, 2023 at LSCO in the stage area from 1:00-3:00 pm. Please note this event is open to the community – it’s not required to be an LSCO member to join, and it’s free of charge.

Meeting people can be a very difficult thing to do, especially if you are more introverted or shy. It is our hope that this structure of “friending”



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

can break down some of those social walls and facilitate connections that could lead to a valuable and meaningful friendship. I would like to stress that there are 7.837 BILLION people on this planet. If you do not meet a new friend at this event, please do not be discouraged. We are hoping to do this ongoing to allow various groups of humans to meet. It

can be uncomfortable and challenging to put yourself out there, but it can also be incredibly rewarding if you do make a connection or two. Often, it’s our comfort zones that are holding us back from feeling empowered to do what we really want. In order to expand our comfort zone, it’s important that we learn to sit in uncomfortableness; the uncomfortable feeling gradually gets smaller as you expand your comfort zone.

“Each time you try something for the first time you will grow. A little piece of the fear of the unknown is removed and replaced with a sense of empowerment.” ~ Anette White

To sign up, please call our Senior System Navigation intake line at 403-329-1544.

I wish you all a year full of health and happiness! Hope to see you at B.F.F! ★

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

LETHBRIDGE Senior Citizens ORGANIZATION

Donna Bilyk will show you techniques and tricks to help you complete an acrylic painting from start to finish in one afternoon. She brings all the supplies you will need. Beginner to advanced painters are very welcome. Donna is an artist from Southern Alberta who recently had a showing at CASA.

When: Thursday, February 9
Time: 1:00 – 3:30 pm
Fee: \$50 LSCO M; \$65 NM
Register by: Friday, February 3

JANUARY 2023

SPECIAL EVENTS & EXHIBITIONS

SPECIAL EVENTS

Thu 19 | 5–6 pm
Soundscape Walking Tour

A guided exploration of both internal and external soundscapes as part of *The Politics of Sound* exhibition. Participants will activate new listening practices using two of the exhibition’s interactive artworks, Jessica Thompson’s *Walking Machine* and Adam Basanta’s *Plugs (the most important thing is)*. Listen to the city—and yourself—in ways you’ve never heard before! Please note this program will be both inside and outside of the museum. Wear comfortable footwear and appropriate clothing for the weather conditions.

The interactive artworks used in this tour can be borrowed at no cost for a self-guided experience during museum open hours. To schedule a structured tour with a museum staff member at a time that works for you, please email kristin.krein@galtmuseum.com or call 403.320.4700.

children to attend with caregiver | registration required | \$10

EXHIBITIONS

THE POLITICS OF SOUND

NOV 26.22–MAY 07.23

Curated by Tyler J Stewart, with artworks by jamilah malika abu-bakare, Adam Basanta, Marjorie 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.

The Inn Purple

OCT 15.22–MAR 05.23

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

List of Services

- mobility walkers
- bath equipment
- ostomy
- incontinence and catheters
- sports bracing
- home essentials
- daily living for independent living
- mastectomy
- compression therapy

CERTIFIED FITTERS ON STAFF

AADL VENDOR

25% off

Bring this Coupon
or use discount code
LSCOHealth

Valid only at
#102-2045 Mayor Magrath Dr. S, Lethbridge, AB T1K 2S2





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**



Competitive Tournament & Christmas Extravaganza

LSCO Pickleball Players got together December 18th to play some festive and friendly pickleball with a touch of competition for a great cause! They brought along donations for the local Food Bank and Toys for Tots. Thank you to Sue Rougeau, Marjo Marse, Bev Witzke, Blaine Takeda and Ken Mercer for all the planning and making sure everyone enjoyed themselves. To all players, thank you for your continued support!



UPCOMING EVENTS

Paddle Up Pickleball Party, December 30th
Watch for a variety of Social Events in 2023

PICKLEBALL
corner



Community Conversation
Be informed. Give feedback. Connect.



January 18, 2023
3 – 7 p.m.
ENMAX Centre
Free entrance
Free Parking

Learn & Participate

- Parks Master Plan
- Curbside Organics Program
- Snow and Ice Control
- Waste Management Master Plan
- Culture Plan & Public Art
- & more!

Events & Activities

- Free public skating
- Concession samples
- Kids activities
- Prize draws & giveaways

For more information and the most up-to-date list of participants and activities visit **lethbridge.ca/communityconversation**.

Happy New Year! I hope all is well in your world.

Not sure if you noticed, *Zoomer* Magazine left sample copies of the December 2022/January 2023 edition in our foyer. According to the masthead Moses Znaimer is the founder of the magazine. He is also listed as the cartoon and jokes editor. On page 98 there’s a serious cartoon titled “BET ON YOURSELF!”. I think Moses has a very good message, so I thought I’d share quotes from the cartoon with you. The subject is online gambling. According to Moses by winter 22 nearly half the Canadians visiting gambling sites in the 9 provinces where it is legal were Zoomers.

Moses goes on to state “in 1945, one million Canadians played bingo, in churches, rec centres,” “Bingo was communal and a good reason to get out of the house and mingle, as is in-casino gambling and even walking to the corner store to buy a lottery ticket, both involve outings.”



President’s Message

Keith Sumner

“But gambling online and by phone is the opposite. It’s an exercise in isolation and loneliness, a secret, silent scourge for seniors. The T.V. ads sell glamorous fantasies of James Bond look-alikes arriving at casinos in helicopters and Ferraris. The reality is people sitting alone in basements or dens staring at screen where you can bet on almost anything!”

Moses goes on to say in a 3 month period last spring Ontario residents spent \$4.1 billion gambling online 2 billion of that came from Zoomers. He asks where do the billions go? Apparently, the majority of the monies go to offshore companies rather than being returned to charities as is the case with provincially regulated bingos, casinos and lotteries.

So, as I see it the message is two-fold:

- be cognizant of the potential for addiction.
- if you do gamble select a game of chance where the profits will stay in our community.

If you think gambling or some other form of addiction is becoming a problem please reach out to one of our staff, they will be happy to answer your questions or put you in touch with someone who can.

Thanks for being an active member of LSCO.

Namaste ★

New Year’s resolutions you can actually stick to

For many of us, it’s an annual tradition: come up with New Year’s resolutions so we can be our best selves, diligently follow the plan for a few days or weeks, and then ditch the resolutions and go back to our usual habits.

Part of the problem is that we often set overly ambitious targets. Once we start to fall behind on our goals, we eventually give up in frustration. This year, set some goals you can actually achieve.

Ease into exercise

Most of us would benefit from some more physical activity. But joining a gym or signing up for classes can feel daunting. Instead, start small. Find a friend who you can go on a brisk walk with two or three times a week. If you’re back in the office, consider riding your bike to work once a week. Get off the bus or subway a couple stops early and walk the rest of the way. And use the stairs a couple of times a week instead of taking the elevator.

Master home cooking

We’ve all felt the pinch of inflation. One way to save money on meals is to skip restaurant and takeout meals

and prepare your food at home. Cooking at home also gives you control over how much sugar, salt and fat you consume.

If you’re the kind of person who eats out for almost every meal, set a goal of making at least one dinner at home a week – and make extra so you can have leftovers or freeze it for another day.

If you already cook at home regularly, encourage your children to join in and learn a valuable life skill. Inspire variety by challenging yourself to try one new recipe every week.

Get to bed earlier

Regular, restful sleep boosts your mood, health and cognitive functioning. Try to have your head hit the pillow 30 minutes to an hour earlier than you’re used to.

Start by avoiding caffeinated drinks and vigorous activities late in the day. To help you fall asleep earlier, put away your phone and laptop and turn off the TV at least an hour before you plan to go to bed. Instead, dim the lights in your room, and maybe curl up with a book.

Protect your digital self

Make this the year you protect yourself from cyber-crime. Don’t reuse a password for multiple purposes or accounts. If you’re worried about remembering all your passwords, consider using a password manager. With this tool, you only have to remember one password to access all your accounts.

For a higher level of security, consider using passphrases instead of passwords. Passphrases are a series of four or more random words that are easy for you to remember, but almost impossible for cybercriminals to guess, such as BathroomLampClosetMug.

Also set up a schedule to make sure all your devices and software are updated. Better yet, enable automatic updates whenever possible. Make a habit of clearing your cache and browser history after browsing online, and always log out of your accounts.

Find more cybersecurity tips at getcybersafe.ca.

www.newscanada.com

2023

HAPPY NEW YEAR

2023

HAPPY NEW YEAR

Breakfast served from 8:00 ~ 11:00 am • Lunch served from 11:00 am ~ 1:00 pm

The Dining Room is now accepting Debit, Credit, Cash or LSCO Gift Cards

Menu subject to change without notice

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

Monday, January 2	Tuesday, January 3	Wednesday, January 4	Thursday, January 5	Friday, January 6
LSCO Closed in lieu of New Year’s Day	Entree: Penne Meatballs Starch: Garlic Toast Soup: Chef’s Choice	Entree: Beef Stew Starch: Mashed Potatoes Soup: Chef’s Choice	Entree: Chicken Stir Fry Starch: Rice Soup: Chef’s Choice	Entree: Roast Beef Starch: Mashed Potatoes & Gravy Soup: Chef’s Choice
Monday, January 9	Tuesday, January 10	Wednesday, January 11	Thursday, January 12	Friday, January 13
Entree: BBQ Pork Chops Starch: Roasted Potatoes Soup: Chef’s Choice	Entree: Chicken Pot Pie Starch: Broccoli Soup: Chef’s Choice	Entree: Lasagna Starch: Garlic Toast Soup: Chef’s Choice	Entree: Beef Stir Fry Starch: Egg Noodles Soup: Chef’s Choice	Entree: Pork Loin Starch: Roasted Potatoes Soup: Chef’s Choice
Monday, January 16	Tuesday, January 17	Wednesday, January 18	Thursday, January 19	Friday, January 20
Entree: Pineapple Chicken Starch: Rice Soup: Chef’s Choice	Entree: Salisbury Steak Starch: Mashed Potatoes & Gravy Soup: Chef’s Choice	Entree: Fried Chicken Starch: Mashed Potatoes & Gravy Soup: Chef’s Choice	Entree: Honey Garlic Pork Starch: Rice Soup: Chef’s Choice	Entree: Baked Ham Starch: Scalloped Potatoes Soup: Chef’s Choice
Monday, January 23	Tuesday, January 24	Wednesday, January 25	Thursday, January 26	Friday, January 27
Entree: Chicken Parmesan Starch: Rice Soup: Chef’s Choice	Entree: Pork Meatloaf Starch: Mashed Potatoes & Gravy Soup: Chef’s Choice	Entree: Hot Hamburger Starch: Mashed Potatoes & Gravy Soup: Chef’s Choice	Entree: Shake ’n Bake Chicken Thighs Starch: Roasted Potatoes Soup: Chef’s Choice	Entree: Roast Beef Starch: Mashed Potatoes & Gravy Soup: Chef’s Choice
Monday, January 30	Tuesday, January 31	<div><div><div>2023</div><div>HAPPY NEW YEAR</div></div><div><div>2023</div><div>HAPPY NEW YEAR</div></div></div> <div><div>Happiness All Year</div></div>		
Entree: Beef Stroganoff Starch: Egg Noodles Soup: Chef’s Choice	Entree: Sweet & Sour Pork Starch: Rice Soup: Chef’s Choice			

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



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 – 9:55 am

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

Instructor: Nancy Purkis

Register by: Friday, January 6



Classic Nia

Join me, Lise Schulze, Nia Teacher and Trainer, as I take you on a movement journey in Your Body’s Way. Classic Nia is a 1-hour movement practice inclusive of dance, martial arts and healing arts. To soul stirring music I will take you on a ride of joy, play, contrast, agility, balance, and life affirming joy. Coordination, balance, agility and ease are a few of the by-products. Nia is movement medicine for the body and soul. I’d love to show you how. (Not included in Ultimate Fitness Membership).

When: Thursdays
January 26 – March 30

Time: 5:15 – 6:15 pm

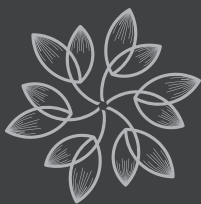
Fee: \$100 LSCO M; \$130 NM

Location: Gym 2

Register by: Thursday, January 19

January Monthly Supports

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



Single Session Drop-In Counselling

Lethbridge Senior Citizens Organization (LSCO) & Nord-Bridge Seniors Centre are 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.

- Offered monthly onsite at both LSCO & Nord-Bridge.
- 1 session offered free of charge.
- 1 ½ hour sessions 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.



For more information contact the SCSP Seniors System Navigation Team Intake Worker 403-329-1544.

Funders include: City of Lethbridge
Family and Community Support Services



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 M; \$60 NM
Register by: Friday, December 30
Location: Gym 2



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.**

Lumex LF 1600 Stand Assist with sling/belt accessory. Almost Brand New. \$800. Ph: 403-328-0101.

Hospital bed for sale. Like new – multi position. All bedding as viewed in included. Call Pete 403-393-2502.



Yovascia

Create a greater sense of wellbeing in your life through a variety of gentle yoga, fascial, breathing and vagus nerve exercises. This will allow for a deep sense of relaxation, healing and cell rejuvenation. Dress in layers as the room temperature varies. Some props are available to use. Bring a pillow case to cover LSCO bolsters. If you have your own props feel free to bring them along with your yoga mat. (Not included in Ultimate Fitness Membership).

Date: Mondays, January 23 – February 13
Time: 12:45 – 1:45 pm
Fee: \$40 LSCO M; \$52 NM
Instructor: Elaine Jagielski
Location: Room A/B
Register by: Wednesday, January 14



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FLOW YOGA TUESDAY EVENING

If you are interested in ending your day releasing tension, and moving through a series of postures to help you enhance flexibility and build strength, register for this 10-week class. 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. Register by Friday, January 20 to ensure the class takes place.

When: Tuesdays, January 24 – March 28
Time: 5:00 – 6:00 pm
Fee: \$80 LSCO M; \$100 NM
Instructor: Donna Tiefenbach
Location: Room A/B
Register by: Friday, January 20

Winter Programs

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.

WELCOME POLICY

LSCO offers financial assistance to single individuals of income under \$30,000 and couples under \$50,000 towards memberships and programs. The City of Lethbridge also provides financial assistance. If you would like more information please ask.

Creative Arts

CREATIVE ZEN-ART

Join Gladys Larson as she takes you through this amazing class. It really is “Yoga for the Brain”. Zen Art creates a sense of calm, lowers stress, increases focus and concentration. Bring a journal with no lines, Micron Pens (3 sizes, 01, 03, 05) HB Pencil. Beginners are welcome. If you have taken these classes in the past, don’t worry Gladys will keep you busy!

When: Mondays, January 16 – March 27
(no class February 20)

Time: 1:00 – 3:30 pm
Fee: \$30 LSCO M; \$60 NM
Register by: Thursday, January 12

PAINT & CHAT

Donna Bilyk will show you techniques and tricks to help you complete an acrylic painting from start to finish in one afternoon. She brings all the supplies you will need. Beginner to advanced painters are very welcome. Donna is an artist from Southern Alberta who recently had a showing at CASA.

When: Thursday, February 9
Time: 1:00 – 3:30 pm
Fee: \$50 LSCO M; \$65 NM
Register by: Friday, February 3

DREAM SCAPES

During this 6-week class, you will use your imagination and creativity, developing symbols, colours and compositions to depict a dream. Come with: Any colour media, plus the appropriate support (watercolour paper or canvas). You can use pastels, pencil crayons, etc. a sketchbook or paper for planning and a DREAM.

When: Tuesdays, January 17 – February 21
Time: 1:00 – 3:00 pm
Fee: \$50 LSCO M; \$60 NM
Instructor: Amy Dodic
Register by: Wednesday, January 11

A COURSE IN MINIATURE

A matte board will be central in our supplies, plus glue, cutting blade and straightedge. Depending on

your plan, you may need fabric, Fimo, and paint. We will make tiny scenes that can go almost anywhere!

When: Tuesdays, February 28 – April 4
Time: 1:00 – 4:00 pm
Fee: \$50 LSCO M; \$60 NM
Instructor: Amy Dodic
Register by: Wednesday, February 22

WATERCOLOURS

In this watercolour class, you will learn different techniques such as mixing colours, brush strokes, grazing, using mediums for different effects, etc. Most of all, we are having fun! The class is for all levels of painters. Note: Karina moves around the room assisting painters one on one. Ask for a supply list upon registration.

When: Thursdays, January 19 – March 2
Time: 10:00 am – 12:00 pm
Fee: \$50 LSCO M; \$70 NM
Instructor: Karina Mak
Register by: Friday, January 13

When: Thursdays, March 9 – April 20
Time: 10:00 am – 12:00 pm
Fee: \$50 LSCO M; \$70 NM
Instructor: Karina Mak
Register by: Friday, March 3

WOOD CARVING for the Beginner

Please leave your name and phone number at the Administration Desk if you are interested in learning more about carving.

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 CLASS

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: 11:30 am -12:15 pm
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
Register by: Wednesday, January 4

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.

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 – 9:55 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 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

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

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
Location: All Purpose Room
Register by: Friday, January 6

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

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, January 10 – March 28
Time: 5:15 – 6:15 pm
Fee: \$81 LSCO M; \$108 NM
Instructor: Erich Dyck
Register by: Monday, January 9

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

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

CLASSIC NIA

Join me, Lise Schulze, Nia Teacher and Trainer, as I take you on a movement journey in Your Body’s

Way. Classic Nia is a 1-hour movement practice inclusive of dance, martial arts and healing arts. To soul stirring music I will take you on a ride of joy, play, contrast, agility, balance, and life affirming joy. Coordination, balance, agility and ease are a few of the by-products. Nia is movement medicine for the body and soul. I’d love to show you how. (Not included in Ultimate Fitness Membership).

When: Thursdays, January 26 – March 30
Time: 5:15 – 6:15 pm
Fee: \$100 LSCO M; \$130 NM
Location: Gym 2
Register by: Thursday, January 19

MOVING TO HEAL

Join me, Lise Schulze, Nia Teacher and Trainer for Moving to Heal. This 1-hour movement practice focuses on healing and balancing in the body and mind. Using a chair for stability we will move to music and help the body find its way into ease and joy. Healing, balance and conditioning are by products. Moving to Heal is a derivative of The Nia Technique. (Not included in Ultimate Fitness Membership).

When: Thursdays, January 26 – March 30
Time: 4:00 – 5:00 pm
Fee: \$100 LSCO M; \$130 NM
Location: TBA
Register by: Thursday, January 19

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

Physical fitness can neither be acquired by wishful thinking nor by outright purchase. ~ Joseph Pilates

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 temperatures vary in the rooms.
- At the end of class please gather your belongings and exit so that the room can be prepared for the next class and you can enjoy a post exercise coffee, tea, etc. in the Dining Room ☺

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. (Not included in Ultimate Fitness Membership).

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

SIMPLIFIED YANG STYLE TAI CHI 10 FORM

The 10 Form is suitable for beginners and advanced Tai Chi participants who desire to perfect their techniques. Wear comfortable clothes and footwear. (Not included in Ultimate Fitness Membership).

When: Tuesdays & Thursdays
February 21 – March 30
Time: 10:15 – 11:00 am
Fee: \$80 LSCO M; \$116 NM
Instructor: Dave Scotland
Location: Gym 2
Register by: Friday, February 17

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 M; \$60 NM
Location: Gym 2
Register by: Friday, December 30

Yoga

TUESDAY EVENING FLOW YOGA

If you are interested in ending your day releasing tension, and moving through a series of postures to help you enhance flexibility and build strength, register for this 10-week class. 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. Register by Friday, January 20 to ensure the class takes place.

When: Tuesdays, January 24 – March 28
Time: 5:00 – 6:00 pm
Fee: \$80 LSCO M; \$100 NM
Instructor: Donna Tiefenbach
Location: Room A/B
Register by: Friday, January 20

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 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 28
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 30
Time: 10:00 – 11:00 am
Fee: \$88 LSCO M; \$104 NM
Instructor: Donna Tiefenbach
Register by: Tuesday, January 3

YOVASCIA

Create a greater sense of wellbeing in your life through a variety of gentle yoga, fascial, breathing and vagus nerve exercises. This will allow for a deep sense of relaxation, healing and cell rejuvenation. Dress in layers as the room temperature varies. Some props are available to use. Bring a pillow case to cover LSCO bolsters. If you have your own props feel free to bring them along with your yoga mat. (Not included in Ultimate Fitness Membership).

Date: Mondays, January 23 – February 13
Time: 12:45 – 1:45 pm
Fee: \$40 LSCO M; \$52 NM
Instructor: Elaine Jagielski
Location: Room A/B
Register by: Wednesday, January 14

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. (Not included in Ultimate Fitness Membership).

When: Mondays, January 9 – March 27
(no class February 20)
Time: 8:45 – 10:30 am
Fee: \$110 LSCO M; \$132 NM
Register by: Thursday, January 5
Instructor: Karen Toohey
Location: Room A/B

MORNING YOGA

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

When: Tuesdays, January 24 – March 28
Time: 10:15 – 11:15 am
Fee: \$70 LSCO M; \$100 NM
Instructor: Shawn Hamilton
Location: Room A/B
Register by: Friday, January 20

YIN YOGA

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

When: Wednesdays, January 11 – March 29
Time: 10:15 am – 11:30 pm
Fee: \$96 LSCO M
Instructor: Shawn Hamilton
Location: Room A/B
Register by: Friday, January 6

FRIDAY YOGA

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

When: Fridays, January 13 – March 31
(no class January 20)
Time: 9:00 – 10:05 am
Fee: \$75 LSCO M
Instructor: Shawn Hamilton
Location: All Purpose Room
Register by: Friday, January 6

Technology

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

Sports

BADMINTON

Everyone of all skill levels are welcome to play badminton weekdays however; many have been playing for awhile and at times, games become

more competitive. Arrive no earlier than 10 minutes prior to start time. Note: Times may change.

When: Mondays & 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

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

GOLF

The golf season will be upon us before we know it. Watch future additions of the LSCO Times for Senior Lessons. They will be held at Evergreen Golf Centre.

Special Interest

AMATEUR HAM RADIO

The purpose of the LSCO Seniors Amateur Radio club is to advance Amateur radio interests and where necessary, to provide emergency and community communications support. Newcomers are welcome to visit our club room on the second floor at the LSCO and view our collection of “bygone days and current” amateur radio equipment. Anyone wishing to join or the club or use the equipment with a member present, must have an amateur radio license. If someone would like to obtain their “ham” license, we do have volunteers who may help you with the licensing process at no cost except for the training manual.

When: Monday – Friday
Time: 9:00 – 11:00 am (or longer on request and with notice).
Fee: \$28/12 months & LSCO membership

BILLIARDS

Members are welcome to play pool daily. The tables are located on the second floor and are accessible by the elevator or stairs. If you are new to the game it is important for you to let us know so that arrangements can be made for you to receive some instructions. Members & non-members may drop in provided they are accompanied by a billiard member. Fee: \$6 LSCOC M; \$7 NM.

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

DIGITAL PHOTOGRAPHY

If you love to take photos and have a desire to improve your picture taking skills register at the Administration Desk. You do not have to be an expert as the group members vary in levels and interests. Some like to photograph landscapes; others photograph food, birds and many other objects. Some participants in this group have more experience take photos and others are not as advanced. At times we take trips outside of LSCO. If you would like more information, leave your name and phone number and we will contact.

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

COMPUTER CLUB

Individuals interested in attending workshops, volunteering in the Computer Lab, and sharing their technical knowledge are encouraged to join the Computer Club. A variety of information sessions and workshops are offered throughout the year. Non-members of the Computer Club can pay \$5 to attend workshops. Community members area also very welcome. The Lab is available for club members 3 afternoons. Note: At times the lab may be used for classes. Notices will be posted.

When: Mondays, Wednesdays, Fridays
Time: 1:00 – 4:00 pm
Fee: \$20/year & LSCO Membership
Register by: Ongoing

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 September – June
Time: 10:00 am – 3:00 pm
Fee: \$20/10 months & LSCO Membership

KARAOKE

If you love to sing and enjoy socializing join the LSCO Karaoke singers Tuesday afternoons. It would be appreciated if you brought your own microphone. Non-members of LSCO are welcome to come for \$2 drop in per week.

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

KNITTING, CROCHET & MORE

Whether you knit, crochet, or do other needlework consider joining us weekly. We work on projects socialize, laugh, share ideas and enjoy a coffee. If you have supplies bring them, if not we do have some to loan. Those learning are very welcome. Held in the Dining Room/Atrium.

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

LAPIDARY (Stonecrafters)

Are you interested in making jewelry or other pieces of art that uses rocks and fine gems? If the answer is yes, our experienced stonecrafters will help you safely learn how to use the machines and complete your projects. Please leave your name and phone number so arrangements can be made. For safety, it is important that 2 people are in the room at all times. Supply costs extra.

When: Wednesdays
Time: 10:00 am – 3:00 pm
Fee: \$35/12 months & LSCO membership

PAPER TOLE WORKSHOP

If you are familiar with the art of paper tole and would like to work on your projects while socializing, consider signing up for this weekly workshop. Ideas are shared however, no formal instruction is given. Supply costs extra. If you are interested in learning this art feel free to stop by the Art Room on a Friday.

When: Fridays
Time: 9:00 am – 3:00 pm
Fee: \$22/12 months & LSCO membership

QUILTING

If you have basic quilting skills join our friendly quilters. They socialize, help and share ideas with each other. Must bring own supplies. Please sign up at the Administration Desk.

When: Tuesdays
Time: 12:00 – 3:00 pm
Fee: LSCO membership

TAI CHI

Advanced Tai Chi practitioners are encouraged to join these sessions. Experienced non-members of LSCO are welcome to pay a drop-in fee of \$2 daily to practice.

When: Mon/Wed/Fri
Time: 8:15 – 9:15 am
Fee: \$20/12 months & LSCO membership

WOOD WORKING

Women and men interested in the wood working program must be familiar with all types of tools a carpenter would use as there is no formal instruction. Some materials are available for use. For safety, there must be 2 members in the shop at all times.

When: Monday – Friday
Time: 8:30 am – 3:00 pm
Fee: \$44/12 months & LSCO membership

Cards/Board Games

CRIB

If you enjoy playing crib join in on the fun every week. Newcomers are welcome.

When: Thursdays
Time: 1:00 – 3:00 pm
Fee: LSCO M; NM \$2 Weekly
Location: Card Area

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

If you ever need to give CPR chest compressions, the American Heart Association recommends that you give them to the beat of the disco hit song, “Stayin’ Alive” by the Bee Gees. ~ weird-facts.org

LSCO

PERSONAL TRAINING

Opportunities

To take advantage of Fitness Training opportunities at LSCO, individuals must be a Fitness Centre Member or have paid the Non-Member Fee as shown.

Members:	\$20/Month
Non-members:	\$35/Month

For personal safety, individuals must complete a waiver & Get Active Form. Drop in participants must be in good health and have knowledge of exercise equipment. Fitness Participants must display shoe tags at all times.

Initial Consult – FREE

- Prescreening & Goal Setting

Fitness Assessment – \$25

- Cardiovascular
- Muscular strength/endurance
- Balance/flexibility

1 Hour Session – \$50

-

Getting Started Package – \$80

- Fitness Assessment
- 2x 1 hour one-on-one sessions
- Weekly check-ins
- 6-8 week custom program

3 Session Package – \$135

- 3x 1 hour sessins

5 Session Package – \$190

- 5x 1 hour sessions

E-mail Andrea Clarke: fitness@lethseniors.com for more information or call her at 403-320-2222 ext 61.

January 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 Advanced 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 Advanced 8:15 am-9:15 am Stage Area Billiards 8:30 am-3:00 pm Pool Room Carpentry/Woodworking 8:30 am-3:00 pm Carpentry Shop	Fitness Centre 8:00 am-3:30 pm Library 8:00 am-4:00 pm Billiards 8:30 am-3:00 pm Pool Room Carpentry/Woodworking 8:30 am-3:00 pm Carpentry Shop	Fitness Centre 8:00 am-3:30 pm Library 8:00 am-4:00 pm Tai Chi Advanced 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 & More 9:00 am-9:55 am, Gym 2 Fitness/Power Walking 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 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 Tabata 9:00 am-10:00 am, Gym 1 Yoga 9:00 am-10:05 am, APR	Zumba 9:00-9:55 am
	Indoor Cycling 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 Board Room Pickleball Ladies 10:05 am-11:30 am Gym 1 QiGong 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 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 Board Room Pilates 10:15 am-11:30 am Room A/B Weights for Beginners 10:15 am-11:15 am Fitness Centre QiGong 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-12:30 pm Room A/B Badminton 11:15 am-12:45 pm Gym 1 Functional Fitness 11:30 am-12:15 pm Stage Area	TRX 11:15 am-12:00 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 Seniors Who Lift 11:20 am-12:20 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-4:00 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 Watercolour Group 1:00 pm-3:00 pm Craft Room Computer Club 1:00 pm-4:00 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 Beginner Exercise & Strength 1:30 pm-2:30 pm, APR Strength & Mobility 1:30 pm-2:30 pm Fitness Centre	Computer Club 1:00 pm-4:00 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		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. Some class dates of classes differ.
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.

Did you know?

that the Dining Room at LSCO is open to the public and serves breakfast and lunch?

New Year's Legal Resolutions

We try to turn over a new leaf every year and I thought why not give you some legal resolutions that might assist you in life.

1. I will structure my relationships so that before I start living with someone, I have a clear idea of my assets and liabilities, with supporting documentation to back that up.

2. I will consider drafting a cohabitation agreement or pre-nuptial agreement before I get together with someone. If only from the point of view to clearly set out what I own and what I make at the start of any relationship.

3. I will review my 15-year-old estate planning documents with my lawyer to insure they are up to date.

4. I will consider setting up a free appointment at the LSCO legal clinic on the second Wednesday of every month, to discuss a legal issue of concern with the attending lawyer.

5. I will not take the advice of someone who may think they know the law, but rather rely on the advice of my lawyer and/or accountant.



Legal Tips and Information

Douglas Alger

6. I will not set up a company to run my business unless I have received proper accounting and legal advice first.

7. If appointed an executor of an estate, I will diligently work for the best interests of the estate, which usually means wrapping up the affairs of the estate as efficiently as possible.

8. If I am a beneficiary of an estate, I will help the executor of the estate with what I can do to wrap up the affairs of the estate as efficiently as possible.

9. If I am a beneficiary of an estate, I will put family squabbles aside and try and honour the deceased by being grateful with what they have given me.

10. I will try and be as fair as I can be in the distribution of my estate when I draft my will.

11. I will not use a will kit to draft my will on my own but use the services of a lawyer to make sure it is done right.

12. I will recognize that going to court to get what I want will usually waste money. If you can resolve your issues with a trained mediator. The law is clear when it comes to most disputes, use that as your guide in resolving differences amicably.

13. I will recognize that if I am involved in a legal dispute, that it is a test of my character and resolve. I will try to be the best person I can be in that difficult circumstance with a view to resolving my dispute with my human dignity intact.

Here's to a Happy New Year for you as we make our way on another 365 days trip around the Sun. ★

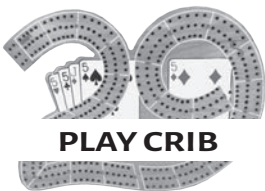
Doug Alger of *AZ Lawyers* is available for legal advice every second Wednesday of the month from 9:00 am to 12:00 pm. Please call LSCO ahead of time to make an appointment.

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

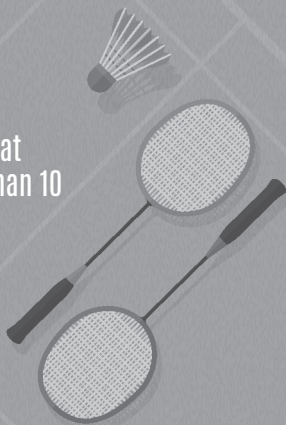


If you enjoy playing crib join in on the fun every week. Newcomers are welcome.
When: Thursdays
Time: 1:00 – 3:00 pm
Fee: LSCO membership; NON-Members \$2 Weekly
Location: Card Area

Badminton

Everyone of all skill levels are welcome to play badminton weekdays however; many have been playing for awhile and at times, games become more competitive. Arrive no earlier than 10 minutes prior to start time. Note: Times may change.

When: Mondays & 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



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Alberta Seniors Benefit (ASB)

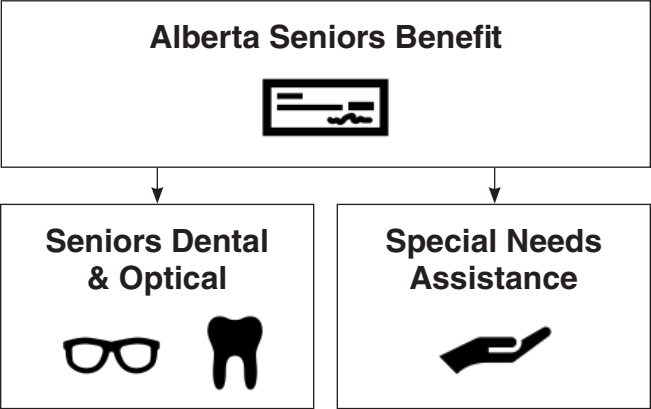


SCSP
Intake

Connie-Marie
Riedlhuber

intake@lethseniors.com

403-329-1544





SCSP
Intake

Katie Harrold

intake@lethseniors.com

403-329-1544

It's hard to believe the new year has began and is in full swing as we enter into February already. With the new year many of you will be turning 65 or have recently done so. I wanted to take this time to remind anyone who will be turning 65 this year or are already 65 to be sure to get your application started for Alberta Seniors Benefit (ASB) if you haven't already. This is a provincial pension that is offered to those that meet the eligibility criteria. As part of eligibility for Alberta Seniors Benefit, you may also qualify for Special Needs Assistance as well as Seniors Dental & Optical Assistance.

Eligibility requirements for these include:

- ✓ Be 65 years of age or older
- ✓ Have resided in Alberta for at least 3 months before applying

- ✓ Be citizens or a permanent resident of Canada
- ✓ Receive Old Age Security pension
- ✓ Meet financial criteria
- ✓ Complete and submit Seniors Financial Assistance Programs application

Alberta Seniors Benefit is offered through the provincial government and provides supplemental income based on your annual income. For more information on coverage visit <https://www.alberta.ca/alberta-seniors-benefit.aspx>

Seniors Dental & Optical is offered through the provincial government and provides coverage based on your annual income for basic

dental and optical services. For more information on coverage visit <https://www.alberta.ca/dental-optical-assistance-seniors.aspx>

Special Needs Assistance is a program that is offered along with Alberta Seniors Benefit and can support seniors in seeking reimbursement for various items (dependant on eligibility) including Health supports, Personal supports, Appliances or furniture.

For more information on eligibility and applying for Alberta Seniors Benefit, please visit the Alberta Government website at <https://www.alberta.ca/alberta-seniors-benefit.aspx>

For more information about these programs please review the website, or come chat with us in the Seniors System Navigation Office. ★



Monthly Community Connect
Coffee Groups

1st Tuesday of each month

January 3 & February 7, 2023

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



Cards & Board Games

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

There is a species of frog in Alaska that freezes during the winter and while frozen, the frog stops breathing, its heart stops beating, its blood stops flowing, and it cannot move. However, when spring arrives, the frog's body thaws and the frog returns to normal life.

~ weird-facts.org

JANUARY 2023



PROGRAMS

THE GALT PRESENTS...

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



Sun 08 | 2–3 pm **News Value with Ryan Clarke**

The Galt Presents... Ryan Clarke, a reporter for the Lethbridge Herald. He will be discussing news value—how events are judged as “newsworthy”—and how people in the media evaluate content for publication and press.



Sun 29 | 2–3 pm **The Power of Linguistics with Dr. Adam Browning**

The Galt Presents... Dr. Adam Browning. Adam is a linguist and teaches language and literacy classes at the post-secondary level. Join Adam for his vibrant and thoughtful exploration of how language has changed over time.

CREATIVE COMMUNITY

A bi-monthly program that provides arts activities with a connection to local history and culture for adults and seniors, including those requiring accessibility. registration not required | museum admission applies | free to members



Wed 04 | 10:30–11:30 am **Magnets and Memories of Sound**

Use magazines, archival images and other supplies to make magnets with your memories of sounds.



Wed 18 | 10:30–11:30 am **Winter Counts**

Learn about the Niitsitapi and Winter Counts from stories and Ira Provost's Winter Count art, all while creating your very own winter count.

HANDS-ON HISTORY

An interactive program for children of all ages with their caregivers. children to attend with caregiver | registration not required | museum admission applies | free to members



Sat 14 | 10:30–11:30 am **Magnets and Memories of Sound**

Use magazines, archival images and other supplies to make magnets with your memories of sounds.



Thu 19 | 10–10:45 am **Toddler Time: Winter Counts & Museum Tour**

Learn about the Niitsitapi and Winter Counts from stories and Ira Provost's Winter Count art, and take a tour of Discovery Hall with your toddler.



Sat 28 | 10:30–11:30 am **Winter Counts**

Learn about the Niitsitapi and Winter Counts from stories and Ira Provost's Winter Count art, all while creating your very own winter count.



www.galtmuseum.com

In Home Supports & Volunteer News



In Home
Supports &
Volunteer
Coordinator

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

Here we are folks. It’s 2023; I can hardly believe it myself. Happy New Year!
In reflecting on the past year, I feel a sense of optimism for 2023.

Over the past year I have seen a huge outpouring of support. Whether it has been a donation to a Meals on Wheels client, for a full month of meals or the hours of service our volunteers have dedicated to our community, I am humbled and thankful for all of you that have contributed. Even on Christmas Day, almost 100 volunteer drivers, packers, and kitchen support staff gave their time to make our free community Christmas Dinner a success. I also want to give a special shout out to Select, Teamworks, and the dozens of businesses who have contributed to the 23 Days of Christmas Campaign raising over \$25,000 for Meals on Wheels. I’m looking forward to what 2023 will bring. ★

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Brandi Young
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Pandas have been known to fake pregnancies in order to receive more food and special treatment from humans.
~ weird-facts.org



HEAR IT READ IT



MYLETHBRIDGENOW.COM

QUILTING?

If you have basic quilting skills join our friendly quilters. They socialize, help and share ideas with each other. Must bring own supplies. Please sign up at the Administration Desk.

When: Tuesdays, 12:00 – 3:00 pm
Fee: LSCO membership

LSCO ADULT DAY PROGRAM
January 2023 ~ 1:00 - 3:00 pm

Thursday, January 5
Horse Racing
Room A/B

Thursday, January 12
Music with Rudy & Friends
Room C/D

Thursday, January 19
Pet Therapy with Kyra
Room C/D

Thursday, January 26
Fun & Games
Room A/B

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.



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Social & recreational activities
Pet-friendly community
Utilities (heat, electricity, water)





MOVE IN BY FEBRUARY 2023 AND GET YOUR 12TH MONTH **FREE**

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

Computer Corner

by Sjoerd Schaafsma

Ease of Access – Accessibility

Accessibility refers to programs that provide visual, hearing, and mobility assistance. Whatever the name, given to this technology, versions are available for most operating systems, both mobile and desktop, Windows, iOS, Android, Mac, and Linux. This article deals with Accessibility as provided by Windows. Other operating systems may be covered in a future article.

The following article borrows liberally from an article in the Ask Woody Newsletter “Windows’ built-in basics” – 2022-10-24 by Chris Husted.

When it comes to adaptive and assistive technologies, especially those found under Ease of Access in Windows Settings, most people think the extra functions do not apply to them, simply because they are not disabled. Nothing could be further from the truth.

Accessing accessibility

In Windows 10 go to Settings – Ease of Access, in Windows 11 the panel is named **Accessibility**. You can get directly to the settings with the keyboard shortcut Winkey+U (⊞ U while holding down the windows key press U)

In Windows 7, ⊞ U brings up a window titled “Make your computer easier to use”. (There is a Microsoft support article *Windows keyboard shortcuts for accessibility* <https://support.microsoft.com/en-us/windows/windows-keyboard-shortcuts-for-accessibility-021bcb62-45c8-e4ef-1e4f-41b8c1fc87fd> for all the keyboard shortcuts associated with accessibility in Windows 7, 8.1, 10, and 11.)

In Windows 10 there are settings for Display, Mouse pointer, Text cursor, Magnifier, Color filters, High contrast, Narrator, Audio, Closed Captions, Speech, Keyboard, Mouse, and Eye control. Even the Windows sign-in screen has accessibility support. On the screen, three icons appear in the lower-right corner. The center one, which differs in appearance between Windows 10 and 11, brings up a menu of features you can enable to assist your sign-in.

Visibility: contains the group of settings I find most useful, especially when helping others with smaller screens, or for that matter any text that is too small to read comfortably. There is a slider bar to control the size of text, and a drop down menu to make everything bigger, with choices of 100, 125, or 150 % of the default size. Once set, this size remains until you reset it. (In a browser, the Ctrl key and + or - keys change display size.)

A separate **Magnifier** app found on the left hand panel allows you to zoom in on parts of your display. If you still have a hard time reading text, **Narrator** will read the text to you. It takes a bit of getting used to, and you may have to tweak the options till you get a voice and speed you’re comfortable with. You can change the Narrator’s voice a number of different ways. From the Narrator settings screen, use the drop-down menu to choose which voice you want to use for Narrator. Change the speed, pitch, and volume of your chosen voice through the sliders on the settings screen.

Mouse controls include changing the size, and color of the cursor, speed of the cursor, mouse trails, and the option to tap the control key to find the ‘hidden’ cursor. All these options can make mouse control easier. Some mice come with specialized software to give you even more options.

Tip of the Month: Remember, the quickest way to access the accessibility options is to use the **Winkey+U** (⊞ U) keyboard shortcut.

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

January – April 2023

The LSCO Computer Club has access to the computer lab on Mondays and Wednesdays from 1:00 – 4:00 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.

January 2023

- Wed 4 Sharing, help and socializing
- Fri 6 Sharing, help and socializing
- Mon 9 Updates, Maintenance sharing & help
- Wed 11 Android Devices session 1 Smartphones, tablets**
- Fri 13 Sharing, help and socializing
- Mon 16 Sharing, help and socializing
- Wed 18 Sharing, help and socializing
- Fri 20 Sharing, help and socializing
- Mon 23 Sharing, help and socializing
- Wed 25 Android Devices session 2**
- Fri 27 Sharing, help and socializing
- Mon 30 Planning, help and sharing session

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

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

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

April

- Wed 5 iPhone, iPad, iOS, a refresher of the material we covered in the fall
- Wed 19 BACK to BASICS file handling and more, material we didn’t get around to in the fall or February
- Thurs 27 Live Well Showcase
- Friday 28 Live Well Showcase

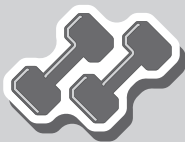
<https://edu.gcfglobal.org/en/computerbasics/getting-to-know-the-os/1/>
Date TBA: Continuation of Computer Basics using The GCF Free Learning tutorials <https://edu.gcfglobal.org/en/computerbasics/>
E-mail computerclub@lethseniors.com to be added to the email list or to ask for help from the computer 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/>.

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
Location: All Purpose Room
Register by: Friday, January 6



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, January 10 – March 28
Time: 5:15 – 6:15 pm
Fee: \$81 LSCO M; \$108 NM
Instructor: Erich Dyck
Register by: Monday, January 9

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It requires seven to eight trees to provide enough oxygen for just one person per year.~ weird-facts.org

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LSCO KARAOKE CLUB

If you love to sing and enjoy socializing join the LSCO Karaoke singers Tuesday afternoons. It would be appreciated if you brought your own microphone. Non-members of LSCO are welcome to come for \$2 drop in per week.

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

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Connection and Communication

Happy New Year! I don't know about you, but for me 2022 brought many changes, surprises, and a lot of work! As I'm sure some of you have noticed, my entries into both Nord-Bridge Newsletter and LSCO Times are not as consistent as many other social services programs and agencies. However, one thing 2022 taught me is the importance of connection and communication. It also showed me how vital each member is to the community being built within each senior centre, and I want to be sure you are always feeling welcomed and important, as you are.

Although I am not one to wait for a new year to make goals and resolutions, my 2023 resolution is to be sure I am bringing you updates, messaging and encouragement from LEARN on a consistent basis. There are many helpful things we at LEARN try to do for the community, and I want to make sure you are aware



LEARN
Case
Manager

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

of them incase they could directly impact you and your situation!


I am also hoping to make more connections with you as the members of these communities. My office will be moving to across the hall on the second floor of LSCO, into the current SCSP Intake Office, so please, as you are walking by to the gym, Board Room, the computer lab, radio club, the lapidary room, or wher-

ever else it may be, feel free to stop in and say hi! I love to see your smiling faces, and I love the opportunity to take a bit of a break to chat! Whenever I am at Nord-Bridge, I'm always sure to do a lap to see what's going on, so if you see me, don't be shy!

As always, if you or someone you know is experiencing mistreatment from a loved one, please reach out and know that there is always help available, however that may look for you!

May 2023 bring you joy, happiness, connection and love.

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.



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Octopuses are so smart that they're given puzzles so they won't get bored in captivity. ~ weird-facts.org



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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



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