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Join Us For

Service Canada Coffee & Chat

February 1
(see page 2 for details)

Free Massages

February 7
(see page 17 for details)

Woolworths Wednesdays

Every Wednesday
(see page 16 for details)

Adult Day Program

Every Thursday
(see page 9 for details)



Having somewhere to go is home.
Having someone to love is family.
Having both is a blessing.



LSCO Lethbridge Seniors Organization

April 27 & 28, 2023
Book Your Booth Now

Live Well Showcase

A TRADE SHOW FOR ACTIVE AGING

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



Executive Director

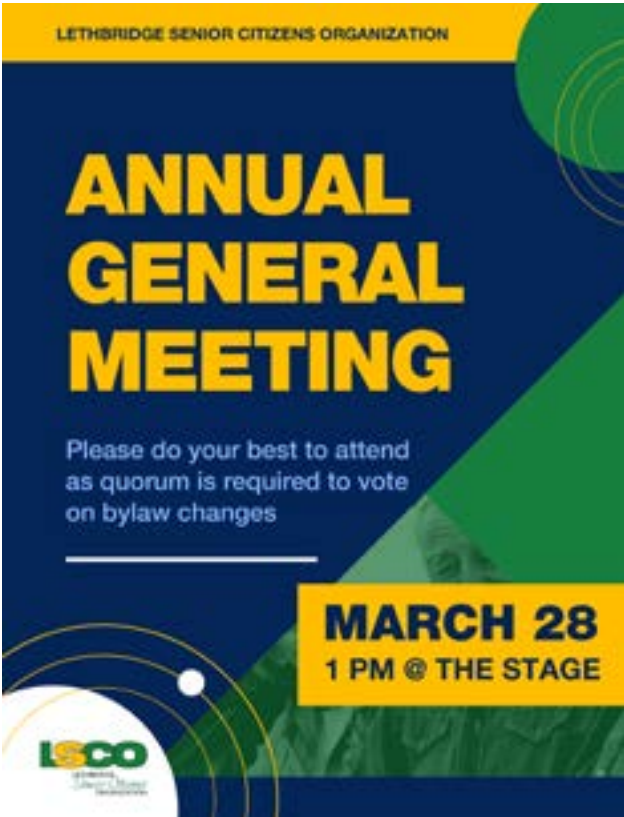
Rob Miyashiro
rmiyashiro@lethseniors.com

The deadline for last month’s LSCO Times occurred before Christmas Day, so we were unable to provide accurate information about our 38 th Annual Community Christmas Day Turkey Dinner.

Also...I was unable to give a proper thank you to our staff and volunteers that prepared and delivered over 950 meals on Christmas Day! Thank you to our 65+ volunteers and

staff that made our event successful and a huge thanks to our corporate and individual donors that helped to offset the costs of such a large undertaking. As well, we owe a debt of thanks to Ryan and Tanya Miller and their crew at Teamworks Training for the 23 Days of Christmas fundraising event they organize for LSCO Meals on Wheels. Each year, this community-minded business raises \$25,000 - \$30,000 which is used to subsidize meal costs for our MoW customers. These funds have enabled us only have one price increase in MoW meals in the past six years.

A reminder to all LSCO members that our Annual General Meeting is scheduled this year for March 28 at 1:00 PM. We need as many people as possible to attend as there may be Bylaw changes to vote on. Be on the lookout for AGM postings around mid-February.



Notice the LSCO Times is out at your go to location? Let us know!


Contact Hannah 403-320-2222 ext 33 | hdupuis@lethseniors.com

Lethbridge Food Bank

Mobile Food Support

Free Food for All!

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



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

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

Monday, February 13, 2023
4:00 - 6:00 pm

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

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.



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

Stay informed.

Update Your Contact Info

 Address

 Phone Number

 Email

 Emergency Contact



Stop by the front desk or call 403-320-2222

LSCO LETHBRIDGE Senior Citizens Organization

Pink Shirt Day

February 23, 2022

#BeKindAB, #PinkShirtDay

Alberta





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 Hannah Dupuis at the LSCO.

Editor & Design..... Hannah Dupuis
Printed by Lethbridge Herald

Officers of the 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.
Staff Members

Staff Members

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

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SCSP Link Worker – Connie-Marie Riedlhuber
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Fitness Coordinator – Andrea Clarke
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Executive Chef – Fred Shelley
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Line Cook – Lachlan Dyer ext. 27

Food Service Cashier – Georgette Mortimerext. 27

LSCO Information

Phone403-320-2222
Fax403-320-2762
SSN Intake403-329-1544
Learn.....403-394-0306
Meals on Wheels.....403-327-7990

www.lethseniors.com
@lethlSCO on Facebook & Instagram

Hours of Operation
8:00 AM - 4:30 PM, Monday - Friday

LSCO Vision Statement

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

Welcome New Members

December 2022 & January 2023

Marge Martin
Kathleen Mills-Gee
William Jackson
Willett Connors
Kevin Furniss
Helen Pinto

Claude Beaulieu
April Beaulieu
Shirley Middleton
Howie Morrow
Rebecca Morrow
Dale Holtman

Ron Solinski
Valerie Elias
Carol Beswick
Ed Ririe
Glenna Westwood

We’re happy to have you!

New member tours and meet and greets take place on the first Wednesday of every month at 1 PM.
Sign up at the front desk or call 403-320-2222

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

SACPA
Southern Alberta Council
on Public Affairs

February Schedule

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.

February 2	Chris Spearman	What I learned about City of Lethbridge Finances?
February 9	Shannon Phillips NDP MLA	TBD
February 16	Joseph Schow UCP MLA	TBD
February 23	Kent Peacock	Climate Change

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

The LSCO accepts no warranty or 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 the LSCO Times please let us know so we can address the issue.

LSCO Times

Content
Deadline

All advertisements and articles should be submitted to hdupuis@lethseniors.com by the 15th of each month to ensure inclusion in the paper.



Fund Development & Marketing Coordinator

Hannah Dupuis

hdupuis@lethseniors.com
403-320-2222 ext. 33

Hello LSCO Times readers! I wanted to start by introducing myself. I am Hannah Dupuis, the new Fund Development & Marketing Coordinator. Some of you I have had the blessing of meeting already but if you want to meet me in person, feel free to stop by my office in the adminstration area and say hi.

Here is a little bit about me:

- I graduated last year from the UofL with Great Distinction in 2 degrees: B.A in Poltical Science & B.MGT in Non-Profit Marketing
 - I am getting married on July 30 and am so excited!
 - I have too many hobbies for one person but they include: knitting & crochet, up-cycling clothes, playing music, kayaking and spending too much time with my nephew
- I have been blown away by the acceptance I have felt by everyone since I started in October. I grew up without grandparents for most of my life and have been “adopted” by many of you already. Thank you for making the LSCO feel like home away from home.

You may have also noticed that The LSCO Times looks a little different than normal this month and that is because Lisette Cook, who has been creating the paper faithfully for 9 years has retired. We wish her all the best and want to thank her for all the hard work she has put in over the years.

This is my first issue of the paper so I know things look a little different than how Lisette laid it out. Please be patient with me if things as I find my own flare. I welcome any feed-back or suggestions on what you would like to see in the paper moving forward!

I am so excited to step into this new role and look forward to seeing how the LSCO can bloom.

THANK YOU QUILTING CLUB

And everyone who bought tickets for the Quilt Raffle

Congratulations To Our Winners



Mary Insley



Sonja McDonald



Evert Tanis

WE RAISED \$1500



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Jake Boldt
Hearing Technician

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**In Home
Supports &
Volunteer
Coordinator**

Shiloh Sabas

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

Lethbridge Senior Citizens Organization is offering a senior assisted transportation program called Drive Happiness where volunteers provide rides to seniors to different activities or appointments for a small fee.

LSCO in home support and volunteer coordinator, Shiloh Sabas, said LSCO has partnered up with Drive Happiness since December 2020 to give seniors transportations options.

“Senior’s transportation, especially low-cost transportation in Lethbridge, has been a barrier for a while and whether it was for accessing medical appointments or their socialization in general even before COVID it was a barrier,” said Sabas.

She said Drive Happiness is a program that runs across Alberta, which started in 1998 in

Volunteer Transportation Option for Senior Citizens

Edmonton, and when the LSCO was looking for affordable transportation options, they partnered up with Drive Happiness and brought the service to Lethbridge.

“Some seniors don’t qualify for Access a Ride, and they can’t afford a taxi, and when the city buses shut down and all transportation shut down during COVID we needed to have an option for them to be able to mobilize,” said Sabas.

She said seniors over 65 years old have to be registered as a rider prior to booking rides and it costs \$10 for up to 90 minutes or 40 kilometres rides.

“In places like Edmonton and other communities, a lot of people exceed the 90 minutes, but in Lethbridge it is very rare unless it’s to drive somebody for a medical treatment,” said Sabas.

She said some seniors are taking rides to their dialysis appointments which can take up to three hours, so they would need two tickets for the roundtrip.

“Since December 2020 we have given 1150 rides. Right now we have 23 volunteer drivers, but we are always looking for drivers because it allows flexibility for volunteers,” said Sabas.

She said volunteers used their personal vehicles to provide rides and they only accept as many rides as fits their schedule.

“Whether you drive once a month or once a week it’s awesome and it helps a lot,” said Sabas.

She said that the service is a door-to-door service, but seniors need to be able to mobilize enough to get in and out of the vehicles without assistance in order to access the service.

For more information seniors can contact the LSCO or drivehappiness.ca

By Alejandra Pulido-Guzman

This article was orginally published in the Lethbridge Herald on January 10, 2023

BEGINNER EXERCISE & STRENGTH

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

When:
Time:
Drop In Fee:
Instructor:
Location:

Thursdays, Jan. 12 - February 23
1:30 – 2:20 pm
\$7 LSCO M; \$10 NM
Nancy Purkis
All Purpose Room

Volunteer Opportunities

URGENT NEED

KITCHEN VOLUNTEERS

Food Prep

Support our chefs in preparing meals for our community center’s dining room. This volunteer position also supports the Meals on Wheels program.

Dishes

Each shift works in a team of two, and sometimes three, to run our automatic dishwasher. Pre-washing of pots, pans and utensils is required. Volunteers are trained on site and are a valued part of our kitchen team.

Contact Kari
kmartin@lethseniors.com

Newspaper Delivery

Volunteers are required once a month to deliver newspapers throughout the city in their own vehicles. Great opportunity for only a few hours a month.

Contact Hannah
hdupuis@lethseniors.com

Drive Happiness Drivers

Drive Happiness is looking for generous, compassionate individuals to volunteer their time driving seniors. You choose when, were, and how often you drive.

Contact Shiloh
volunteer@lethseniors.com

LINE DANCING

WITH GLORIA-ROSE PUURVEEN

BEGINNER

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.

When:
Time:
Drop In Fee:
Location:

Wednesdays, Jan. 4 - March 29
1:00 PM – 2:00 pm
\$7 LSCO M; \$10 NM
Gym 2

EXPERIENCED BEGINNER

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

When:
Time:
Drop In Fee:
Location:

Wednesdays, Jan. 4 - March 29
11:40 am – 12:40 pm
\$7 LSCO M; \$10 NM
Gym 2

THE LSCO WILL BE CLOSED

Monday, February 20th

FOR FAMILY DAY



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.

SCSP

Seniors Community Services Partnership

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





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



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Benefits of Crossword Puzzles for Older Adults

By Margaret Manning

Have you ever noticed how the simplest activities can bring you the most pleasure?

Take crossword puzzles, for example. There is something so relaxing about sitting down with a cup of steaming-hot tea to fill in the Sunday crossword puzzle in the newspaper. And, if a biscuit or two happen to escape from their tin and into your mouth, so much the better! After all, when it comes to enjoying simple pleasures, there are no rules!

Well, if you love crossword puzzles, I have good news for you. Your favorite word game isn't only fun... it is also great for your mind, body and spirit.

Crossword Puzzles Keep Your Brain Sharp and May Help to Prevent Alzheimer's

The most obvious benefit of doing crossword puzzles is that they help you to build a bigger vocabulary, but, the mental benefits of crossword puzzles go way beyond this.

According to a recent study by the University of California at Berkley, engaging in problem solving activities, such as solving crossword puzzles, can help to protect your aging brain.

As the researchers said, "... lifestyle factors found in individuals with high cognitive engagement (such as doing crossword

puzzles) may prevent or slow deposition of beta-amyloid, perhaps influencing the onset and progression of Alzheimer's disease,"

Crossword Puzzles Can Give You a Nostalgia Boost

When I spoke with Neuroscientist, John Medina, he said that nostalgia was one of the most powerful forces when it comes to maintaining a healthy brain. When we connect with our past, we strengthen neural connections and give ourselves a happiness boost.

Words are powerful. When we search our memory for a particular word or connection, we are forced to go back in time. Think about it. How many times have you remembered an event, person or association, while working on a crossword puzzle? It happens to me all the time!

Want to give yourself an even bigger memory boost? Why not write down the memories that you connect with while working on your next crossword puzzle? You have already had an amazing life and your fun time can become a time for remembering.

This article was originally published on sixtyandme.com

Across

- 1) Muffin type
- 5) Does impersonations of
- 9) Story with a moral
- 14) Legal gambling site
- 15) Brig room
- 16) Small land masses
- 17) Chamber music instrument
- 18) Threesome
- 19) Brownstone feature
- 20) Outcome for Mary and Joseph?
- 23) Owned apartment, for short
- 24) Baby carrier?
- 25) One thousandth of a liter, briefly
- 27) Mel, "The Little Giant"
- 28) Kind of water or dance
- 31) Acts quickly
- 34) Felt lousy
- 36) Made waves, in a way

- 37) Avoid an angry kitty?
- 40) More than a scuffle
- 42) Indian flatbreads
- 43) Content
- 46) High degree
- 47) Victorian, for one
- 50) Position for many a future pres.
- 51) Builder's acquisition
- 53) Evening hour
- 55) What a begging dog might give you?
- 60) Pertaining to the unborn
- 61) Numbskull
- 62) Hang __ (keep)
- 63) MSG, for one
- 64) Like Bo Peep's sheep
- 65) New driver, often
- 66) Company possession, e.g.
- 67) Weapon with a bell-shaped guard
- 68) Mini-whirlpool

PUN INTENDED

By Carl Cranby

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
20				21					22					
23							24					25		26
27					28	29	30		31		32	33		
			34					35		36				
		37						38	39					
40	41						42							
43					44	45		46				47	48	49
50					51		52		53	54				
	55		56	57				58	59					
60						61				62				
63						64				65				
66						67				68				

DOWN

- 1) Rodeo mount
- 2) Start over after a crash
- 3) Apply oil and pray
- 4) Incessantly
- 5) Doesn't just sit there
- 6) Persian spirit
- 7) A type type
- 8) Shed (with "off")
- 9) Closed hand
- 10) Italian wine area
- 11) Bygone attire
- 12) Ferociously feline
- 13) Psychic's gift, briefly
- 21) Bulletin board array
- 22) Palindromic honorific
- 26) Source of some strange visions, for short
- 29) King's introduction?
- 30) Get-up-and-go
- 32) Dirty rat or dirty dog
- 33) Fancy shooting marbles
- 34) Enjoying the salt air
- 35) Cub Scout division
- 37) Raises in rank
- 38) Gown's partner
- 39) "Well _-di-dah"
- 40) Car sticker stat.
- 41) Gretna Green visitors
- 44) Shoemaker's helper, in a fairy tale
- 45) Scribble aimlessly
- 47) Made square
- 48) Wasn't a buyer
- 49) Cleopatra's love
- 52) Army unit
- 54) Be theatrical
- 56) Wax's opposite
- 57) Blind part
- 58) Cathedral part
- 59) Allocate (with "out")
- 60) Air-traffic control org

Welcome New Staff Members



Seniors System Navigator
Camille Sherwood
csherwood@lethseniors.com

My name is Camille Sherwood and I am the new Seniors System Navigator here at LSCO. I received both my Diploma in Human Services and my Bachelor of Social Work at Thompson Rivers University. My experience over the last 5 years has been primarily focused on assisting adults with diverse abilities and supporting adults to reintegrate into society after being incarcerated. I have recently moved to Lethbridge from Kamloops, British Columbia and I am excited to be a part of a team that helps improve the wellbeing of seniors. I am grateful for this opportunity and am looking forward to navigating the various systems alongside seniors who need my support.



Masters of Social Work Practicum
Kevin Kang

Happy new year,

My name is Kevin Kang and I am an MSW student at Wilfrid Laurier University. As a social worker, I have the passion and drive to help others to thrive, especially in the senior social services field.

I will spend four months at LSCO. My goal as a Master's level practicum student is to support the development and delivery of 3 in-home support programs (MoWs, House-keeping, Lawn & Snow) and compile research and best practices. During my time with LSCO, I will be able to combine researched best practices with program operations to assist in the updating of policy & program manuals and the implementation of these policies and procedures.

I appreciated the opportunity from the LSCO staff who allowed me to be part of their team and expand my knowledge of senior services and improve my skills in critical thinking.

Kevin



Bachelors of Social Work Practicum
Rebekah Nicholas
micholas@lethseniors.com

Oki!

My name is Rebekah Nicholas and am excited to be back at the LSCO. From being a volunteer in the diner, housekeeping and now practicum student while I finish my bachelor's degree in Social work with the University of Calgary. I have always had a passion for supporting others and have lots of life experience that helps me in the social work role. I look forward to working with the LSCO team, learning, advocating, graduating in the spring, and meeting more wonderful people in our community.

Cheers.

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FEBRUARY SUPPORT CALENDAR			
TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
	1 Reconnect & Recharge 10:00 am - 11:30 am (Room C/D) Service Canada Coffee & Chat 9:30 am - 11:30 am	2 Adult Day Program 1:00 - 3:00 PM (Room A/B) Horse Racing	4 AA Eye Opener 8:30 am - 10:30 am (Room C/D)
7 Massage Therapy 10:00 am - 12:00 pm (Card Room)	8 Dr Boloski Foot Care 9:00 am - 12:00 pm (C/D) Appointment required \$15 Fee & LSCO Membership Required Please bring Alberta Health Card AZ Lawyers 9:00 am - 12:00 pm (Quiet Room) Appointment required Reconnect & Recharge 10:00 am - 11:30 am (Room C/D)	9 Adult Day Program 1:00 - 3:00 PM (Room A/B) Music With Sandy Lethbridge Hearing Screening 1:00 - 3:00 PM (Clinic Room) Appointment required	11 AA Eye Opener 8:30 am - 10:30 am (Room C/D)
14 Lethbridge Stroke Survivors Group 7:00 pm - 9:00 pm	15 Drop-In Single Session Counselling 9:00 am - 12:00 pm (Quiet Room) Reconnect & Recharge 10:00 am - 11:30 am (Room C/D)	16 Adult Day Program 1:00 - 3:00 PM (Room C/D) Pet Therapy with Kyra Parkinsons Support Group 2:00 - 4:00 (Board Room)	18 AA Eye Opener 8:30 am - 10:30 am (Room C/D)
21	22 Reconnect & Recharge 10:00 am - 11:30 am (Room C/D) Pink Shirt Day All Day	23 Adult Day Program 1:00 - 3:00 PM (Room C/D) Fun and Games Wii Bowling	25 AA Eye Opener 8:30 am - 10:30 am (Room C/D)

Alberta Government Affordability Payments



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

Hello everyone,

I hope you're all settling in well to 2023. I have had a few inquiries about the recent announcement by the Alberta government for the affordability payments that stated in January and will continue until June 30 2023. I wanted to share some more information about these payments. Some eligible individuals will have to complete an application through an online portal, others may be eligible for auto-enrollment based on if they are accessing other provincial funding programs. Applications for these payments can continue to be submitted until June 30 2023 and payments will be retroactively paid.

To the right, I have provided some important information the government has released pertaining to eligibility and the application process. As the intake social worker for the Senior System Navigation Team, I can assist you in understanding this process and supporting you through it.

If you have any questions or would like help apply, please reach out to my direct line at **403-329-1544**.

ALBERTA GOVERNMENT

\$100/MONTH FOR 6 MONTHS

AFFORDABILITY PAYMENTS FOR SENIORS

65+

AGE REQUIREMENTS

Age 65 or older by June 30, 2023. You will receive \$100 for each month that you are 65+ between January 18 - June 30.

INCOME REQUIREMENTS

Adjusted household income is below \$180,000 & 2021 income tax has been filed which will be automatically obtained from the CRA.

BENEFIT REQUIREMENTS

Individuals receiving Alberta Seniors Benefit, AISH, or income support will get payments automatically and do not need to apply.

APPLY IN PERSON

Apply at a Registry or through Alberta Supports. You will need to prove your identity and Alberta Residency. Bring your tax documents and banking information.

APPLY ONLINE

You must have a verified or "pending verified" Alberta.ca account to apply. Once you have a "basic" account, you will need to upgrade by adding your valid Alberta's drivers license or ID card. You ~~do not need~~ to wait for the code in the mail to fully verify your account to apply.

account.alberta.ca/signup

SSN SENIORS SYSTEM NAVIGATORS

SCSP Seniors Community Services Partnership

IF YOU NEED ASSISTANCE, PLEASE CONTACT THE SENIOR SYSTEM NAVIGATORS AT 403-329-1544

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.

When:

Thursday, February 9

Time:

1:00 – 3:30 pm

Fee:

\$50 LSCO M; \$65 NM

Register by:

Friday, February 3

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

Caregivers Alberta

LSCO

Compass for the Caregiver

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

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

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

February 28, March 7, 14 & 21, 2023

Tuesdays from 1:30 – 3:30 pm

Location: Nordbridge Seniors Centre

\$55 registration fee

Maximum 8 participants

Contact Nordbridge at 403-329-3222 to register

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

Caregivers Alberta

caregiversalberta.ca

780.453.5088

1.877.453.5088 (toll-free)

LSCO ADULT DAY PROGRAM

February 2023 ~ 1:00 - 3:00 pm

Thursday, February 2

Horse Racing Room A/B

Thursday, February 9

Music with Sandy Room A/B

Thursday, February 16

Pet Therapy with Kyra Room A/B

Thursday, February 23

Fun & Games Wii Bowling 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.

LSCO Community CONNECT

Monthly Community Connect Coffee Groups

1st Tuesday of each month

February 7, March 7, and April 4, 2023

1:30 – 3:00 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



23 Days of Christmas

A GIFT OF COMMUNITY 2022





Thank You!

To our generous community partners and sponsors!

Because of your support
Over \$29,000 was raised for Meals on Wheels!





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.

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.

As of February 1, the classes below are open to register or accept drop ins. Please inquire at the LSCO administration desk

Creative Arts

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

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, 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

Exercise & Fitness

Important things to know:

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

BEGINNER EXERCISE & STRENGTH

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

When: Thursdays, Jan. 12 - February 23
Time: 1:30 – 2:20 pm
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Nancy Purkis
Location: All Purpose Room

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 Feb. 20)
Time: 11:30 am -12:15 pm
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Andrea Clarke
Location: Stage Area

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.

When: Thursdays, Feb. 16 - March 30
Time: 10:15 – 11:15 am
Fee: \$41 LSCO M; \$48 NM
Instructor: Jamie Hillier
Location: Fitness Centre
Register by: Tuesday, February 14

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.

When: Wednesdays, Jan. 4 - March 28
Time: 10:15 – 11:00 am
Drop In Fee: \$7 LSCO M; \$10 NM
Location: Gym 1
Instructor: Donna Tiefenbach

When: Fridays, January 6 - March 31
Time: 10:15 – 11:00 am
Drop In Fee: \$7 LSCO M; \$10 NM
Location: Gym 1
Instructor: Andrea Clarke

MONDAY INDOOR CYCLING

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

When: Mondays, January 9 – February 27
(No Class Feb. 20)
Time: 10:15 – 11:15 am
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Jamie Hillier

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 the session is not full, drop-ins are welcome. Please ask.

When: Wednesdays, Jan. 11 - March 29
Time: 9:00 – 9:55 am
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Nancy Purkis

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
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Andrea Clarke
Location: Gym 2

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 Feb.20)
Time: 8:00 – 8:50 am
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Gabrielle Dumont
Location: Gym 2

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 Feb 20)
Time: 9:00 – 10:00 am

Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Gabrielle Dumont
Location: Gym 2

INSTRUCTORS 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, Jan. 4 - March 29
Time: 8:00 – 8:50 am
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Deb Palmer
Location: Gym 2

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, Jan. 12 – February 16
Time: 11:20 am – 12:20 pm
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Jamie Hillier
Location: Gym 2

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 Feb. 20)
Time: 10:15 – 11:15 am
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Andrea Clarke
Location: All Purpose Room

When: Wednesdays, Jan. 11 - March 29
Time: 10:15 – 11:15 am
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Jamie Hillier
Location: All Purpose Room

POUND & STRETCH (PM)

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
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Nancy Purkis
Location: All Purpose Room

POUND FITNESS (AM)

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 13 - March 31
Time: 10:00 – 10:45 am
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Sheila Mulgrew
Location: Stage Area

STRENGTH & MOBILITY TRAINING

A group strength training class designed for the Active Older Adult (55 years +). It does not matter if you are new to exercising with weights, resistance bands, etc. or are more experienced. Options are always given. Wear comfortable exercise cloths and indoor footwear.

When: Tuesdays & Thursdays, February 14 - March 30
Time: 1:30 – 2:30 pm
Fee: \$95 LSCO M; \$112 NM
Instructor: Andrea Clarke
Location: Fitness Centre
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.

When: Tuesdays, January 10 – March 28
Time: 5:15 – 6:15 pm
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Erich Dyck
Location: Gym 2

TABATA

This high energy fitness class is designed to give you an exhilarating work out! Participants wil 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.

When: Fridays, January 13 - March 31
Time: 9:00 – 10:00 am
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Andrea Clarke
Location: Gym 1

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, Jan. 4 - March 29
Time: 11:40 am – 12:40 pm
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Gloria-Rose Puurveen
Location: Gym 2

BEGINNER LINE DANCING

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

When: Wednesdays, Jan. 4 - March 29
Time: 1:00 – 2:00 pm
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Gloria-Rose Puurveen
Location: All Purpose Room

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
Drop In Fee: \$10 LSCO M; \$15 NM

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, Jan. 14 – February 25
(No class Feb.18)
Time: 9:00 – 9:55 am
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Nancy Purkis
Location: All Purpose Room

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 10 - March 28
Time: 11:15 am – 12:00 pm
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Sheila Mulgrew
Location: All Purpose Room

30/30 ZUMBA GOLD/ZUMBA GOLD TONING

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

When: Thursdays, Jan. 12 - March 30
Time: 11:15 am – 12:00 pm
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Sheila Mulgrew
Location: All Purpose Room

Tai Chi

**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
Register by: Friday, February 17
Location: Gym 2

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.

When: Tuesdays, January 24 – March 28
Time: 5:00 – 6:00 pm
Drop In Fee: \$10 LSCO M; \$15 NM
Instructor: Donna Tiefenbach
Location: Room A/B

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, Jan. 23 - February 13
Time: 12:45 – 1:45 pm
Drop In Fee: \$10 LSCO M; \$15 NM
Instructor: Elaine Jagielski
Location: Room A/B

Sports

BEGINNER BADMINTON

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

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

BADMINTON

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

When: Mondays, Wednesdays & Fridays
Time: 11:15 am – 12:45 pm
When: Thursdays
Time: 10:15 – 12:15 pm
Fee: \$66 & LSCO membership

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/year & 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 M; \$7 NM.

When: Monday – Friday
Time: 8:30 am – 3:00 pm
Fee: \$53/year & 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/year & 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 va-

riety 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

GENEALOGY

Weekly, members spend time researching their family history. LSCO provides a desk-top 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/year & 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/year & 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/year & 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/year & 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/year & 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/year & LSCO membership

CRIB

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


When: Thursdays
Time: 1:00 – 3:00 pm
Fee: LSCO membership; NON-Members \$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!

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

When: Tuesdays, January 10 – March 28
Time: 5:15 – 6:15 pm
DROP IN FEE: \$7 LSCO M; \$10 NM
INSTRUCTOR: Erich Dyck
LOCATION: Gym 2





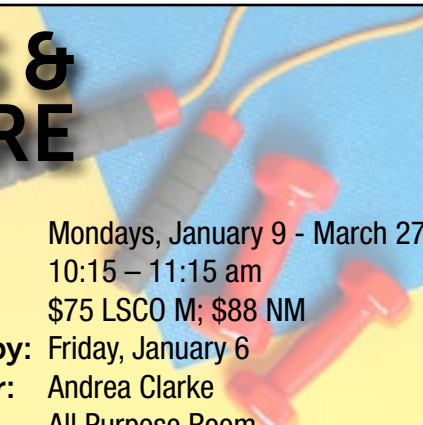
The perfect way to start your weekend! Join the dance party moving to the beat of Latin and International music. The steps are easy to follow and Nancy makes this class great fun. Wear comfortable clothes and footwear that you can move in. Bring a water bottle and be prepared to have fun. If class runs drop-ins will be welcome. Individuals 18 years of age and up welcome.

When: Saturdays, Jan. 14 – February 25
Time: 9:00 – 9:55 am
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Nancy Purkis
Location: All Purpose Room

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.

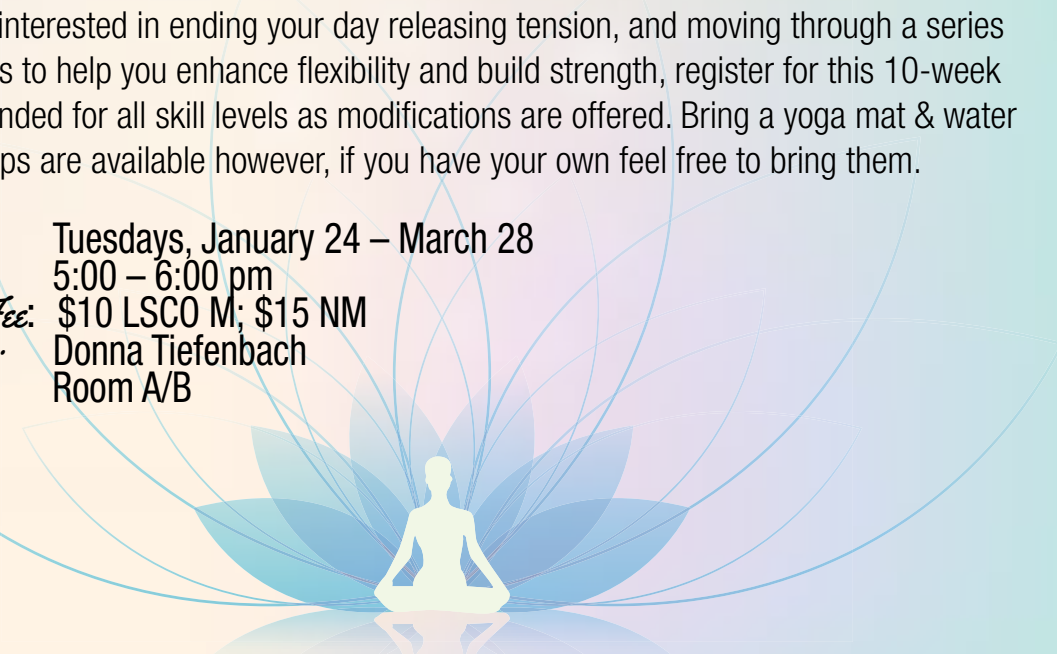
When: Mondays, January 9 - March 27
Time: 10:15 – 11:15 am
Fee: \$75 LSCO M; \$88 NM
Register by: Friday, January 6
Instructor: Andrea Clarke
Location: All Purpose Room



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.

When: Tuesdays, January 24 – March 28
Time: 5:00 – 6:00 pm
Drop In Fee: \$10 LSCO M; \$15 NM
Instructor: Donna Tiefenbach
Location: Room A/B



February LSCO Weekly Program 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-2:30 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 All Purpose Room
	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 Pickleball Ladies 10:05 am-11:30 am Gym 1 QiGong 10:15 am-11:00 am Gym 2 Flow Yoga 10:15 am - 11:15 am Room A/B	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 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-6:30 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-3:30 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.



Executive Chef

Fred Shelley

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

Hi all, I just wanted to say sorry I didn't blog last month but after cooking 48 x 30 lb turkeys, all I could muster was Gobble Gobble.

I just wanted to give a special thank you to all the staff and volunteers who helped make this Christmas Dinner's roll out almost seamless and positive all around. It took weeks to execute and many hands and hearts to make it happen. I thank you all.

From the Kitchen

Secondly I would like to say Due to continual price increases on food items & delivery charges LSCO and Canada has had to incur, LSCO Dining room services will have to increase some of our menu prices starting Feb 1, 2023. I wish I could keep the prices down but Inflation and cost of food had increased dramatically as you well know.

And Last but not least I will be reintroducing **Woolworths Wednesdays** with all your old school menu items including a special dessert and a cool fountain drink from our soda shop. Only \$8. Come on by.

Cheers
Chef Freddie

KITCHEN VOLUNTEERS
URGENTLY NEEDED

Contact Kari
kmartin@lethseniors.com | 403-320-2222

Joke of the Month

What did the Chef give his wife for Valentine's Day?

A hug and a quiche!

LSCO DINER SPECIALS

WOOLWORTHS WEDNESDAYS

February 1

Tuna Melt, Fries, Apple Pie, Coke Float

February 8

Hot Turkey Sandwich, Fries & Gravy, Cherry Pie, Chocolate Shake

February 15

Chicken Fried Steak, Chocolate Cake, Rootbeer Float

February 22

Chili Dog, Poutine, Bread Pudding, Strawberry Shake



TAKE A WALK DOWN MEMORY LANE

WOOLWORTHS WEDNESDAYS

\$8 Includes an entree, side, special dessert, and old school soda shop drink

Starting February 1, 2023

LSCO DINER SPECIALS

LSCO DINER Notice

MENU PRICE CHANGE

Due to the continual increases on food items and supply chain costs, we wish to inform all our valued customers that there will be a price change on some of our menu items effective **February 1, 2023**. We ask you for your understanding, and appreciate your continued support.

LSCO MENU ~ FEBRUARY 2023				
Breakfast served from 8:00 ~ 11:00 am • Lunch served from 11:00 am ~ 1:00 pm				
		Wednesday, February 1	Thursday, February 2	Friday, February 3
		Entree: Beef Pot Pie Starch: Carrots Soup: Chef's Choice	Entree: Pineapple Chicken Starch: Rice Soup: Chef's Choice	Entree: BBQ Pork Chops Starch: Roast Potatoes Soup: Chef's Choice
Monday, February 6	Tuesday, February 7	Wednesday, February 8	Thursday, February 9	Friday, February 10
Entree: Sweet & Sour Chicken Starch: Rice Soup: Chef's Choice	Entree: Chili Con Carne Starch: Rice & Garlic Toast Soup: Chef's Choice	Entree: Bangers & Mash Starch: Gravy & Veg Soup: Chef's Choice	Entree: Ginger Beef Starch: Rice Soup: Chef's Choice	Entree: Roast Beef Starch: Mashed Potatoes & Gravy Soup: Chef's Choice
Monday, February 13	Tuesday, February 14	Wednesday, February 15	Thursday, February 16	Friday, February 17
Entree: BBQ Meatballs Starch: Rice Soup: Chef's Choice	Entree: Chicken Parmesan Starch: Penne Alfredo Soup: Chef's Choice	Entree: Pepper Steak Starch: Egg Noodles Soup: Chef's Choice	Entree: Honey Garlic Ribs Starch: Rice Soup: Chef's Choice	Entree: Baked Ham Starch: Scalloped Potatoes Soup: Chef's Choice
Monday, February 20	Tuesday, February 21	Wednesday, February 22	Thursday, February 23	Friday, February 24
LSCO CLOSED FOR FAMILY DAY	Entree: Pineapple Teriyaki Pork Starch: Rice Soup: Chef's Choice	Entree: Fried Chicken Starch: Mashed Potatoes & Gravy Soup: Chef's Choice	Entree: Cabbage Rolls Starch: Rice Soup: Chef's Choice	Entree: Roast Beef Starch: Mashed Potatoes & Gravy Soup: Chef's Choice
Monday, February 27	Tuesday, February 28	Sandwich & Salad Special Changes Daily See Menu Board in Dining Room *menu subject to change without notice		
Entree: Beef Stew Starch: Mashed Potatoes Soup: Chef's Choice	Entree: Chicken Cacciatore Starch: Rice Soup: Chef's Choice			





LEARN Case Manager

Amy Cook

learn@lethseniors.com

403-394-0306

Happy February! The month of hearts and cupid and all things love. As people, we are often so great at showing others love and compassion. We show understanding, patience and we make sure know that we care about them. This February, I think it would be great if we put as much effort into showing ourselves love as we do others. When was the last time you said something nice

Remember to Forgive, Love, and Appreciate Yourself

about yourself? When was the last time you thanked yourself? When was the last time you forgave yourself for a mistake that you made?

I don't know about you, but when I'm counting the people in a room, I often forget myself. The same goes for care and love. We often forget to forgive ourselves, love ourselves and show appreciation to ourselves. My wish for each of you this month is that you take a moment every day to say something kind to yourself. We all have attributes and traits that are so valuable to this world,

and it is okay to recognize them and be proud of them, the same way we are when we recognize them in those we love!

Give it a try this month, and feel free to stop in my office and let me know what it is you appreciate about yourself. I'd love to hear!

The Lethbridge Elder Abuse Network (LEARN) is a collaboration of human service organizations working together to educate and support senior citizens at risk of or experiencing abuse.



CARD GAMES

Members are welcome to play cards and other board games throughout the day in the atrium.

GATHER SOME FRIENDS AND SEE YOU SOON!

Free Neck & Shoulder Massages!

The Lethbridge College Massage Therapy students will be at LSCO on **Tuesday, February 7, & Tuesday March 28, 2023** from **10:00 am until 12:00 pm**

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

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





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Computer Corner

By Sjoerd Schaafsma

Email: Etiquette & More

Email is a broad topic and I’ve covered parts of it before. The basics can be found on a GCF Learning tutorial <https://www.gcflearnfree.org/email101/introduction-to-email/1/>.

How and why we use email depends on our needs or wants. What is it you want to communicate? Are you a receiver or a sender? My dad was strictly a receiver. All he wanted was news from the family, in pictures and words. I still receive more than I send. Much of it is news I subscribe to, and information from organizations I’m a part of.

However you use your email, what matters is that it does what you want it to do, when you want it and can you find a message again if you want to refer back to it. This brings us to the focus of this article, etiquette and organization. Parts of the following are quotes from a Dec 27, 2022 How to Geek article by Sandy Writtenhouse - 12 Email Etiquette Rules for Flawless Communications: <https://www.howtogeek.com/851509/email-etiquette-rules-for-flawless-communications/>

The Subject Line: Enter a Concise Subject Line

The subject line you include with your email should be succinct and meaningful. This allows your recipient to see exactly what the email is about at a glance. They may even read their emails in order of the content’s importance, which is where the subject line comes in. Try to keep the subject line short but significant. Make it a concise summary of what your message includes.

We may sometimes send an email without a subject line, but a good email client will warn you.“Are you sure you want to send a message without a subject?”

In the current atmosphere of phishing and deception some people may have their email filters set to automatically discard messages without a subject, in which case your message is not going to get to the recipient. If email arrives without a subject line ...BEWARE! Mistakes do happen, and the sender’s address might be legitimate, BUT that doesn’t mean it actually comes from the person whose name is in the From header.

If there is a Subject line along the lines of “check this out” or “I think you should know” with only a link in the body of the message.... Trash it!!! Do Not open the message, Do NOT Reply Do NOT click on the link. You will almost certainly be going into the dark and dangerous side of SPAM. If you think a friend might have sent this to you, contact them, and NOT by email.

Be Aware, Be Safe!

Tip of the Month: Turn Off Annoying Notifications on iPhone or iPad You can manage which apps send notifications in Settings > Notifications, but also there’s an easy way to turn them off in the Notification Center or Lock screen just as they appear. To do so, swipe your finger to the left on a notification and select “Options,” then select “Turn Off” in the menu that appears.

Related Link: How to Quickly Turn Off Annoying Notifications on iPhone or iPad: <https://www.howtogeek.com/660677/how-to-quickly-turn-off-annoying-notifications-on-iphone-or-ipad/>

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/> .

Email 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.

Computer Club EVENTS

February - April 2023

The LSCO Computer Club has access to the computer lab on Monday, Wednesday and Friday from 1 – 4:00 pm. This time may be pre-empted for other events.

Workshops usually run from 1 - 3 pm with a short break around 2 pm.

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

February

Wed 1	Sharing, help and socializing
Fri 3	Sharing, help and socializing
Mon 6	Sharing, help and socializing
Wed 8	Backing up your Computer & Mobile Devices - File Conversions, Email Contacts
Fri 10	Sharing, help and socializing
Mon 13	Sharing, help and socializing
Wed 15	Continuation of Computer Basics using The GCF Free Learning tutorials Managing files, transferring, deleting, copying, folders, partitions, external drives, usb thumb drives, cloud storage https://edu.gcfglobal.org/en/computerbasics/getting-to-know-the-os/1/
Fri 17	Sharing, help and socializing
Mon 20	Family Day - LSCO Closed
Wed 22	Lethbridge Public Library Presents: Free Digital Resources
Fri 24	Sharing, help and socializing
Mon 27	Planning Session, help and socializing If a date is not included below it will be a sharing and help session.

March

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

April

Wed 5	Music - playing, finding, transferring to a mobile player, ripping, types of mobile
Wed 19	BACK to BASICS file handling and more, material we didn’t get around to in the fall or February
Thurs 27 & Fri 28	Live Well Showcase



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LETHBRIDGE ALBERTA MP

   @RachaelThomasMP

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

During WWII, J. Hunter Reinburg wanted to make ice cream for his men while stationed on a tropical island in the pacific. He put the ingredients in a can mounted on the underside of his plane and would fly 25,000 feet in the freezing sky and come back down with chocolate ice cream.

-weird-facts.org

PUN INTENDED By Carl Cranby

1	B	R	A	N		5	A	P	E	S		9	F	A	B	L	E		
14	R	E	N	O		15	C	E	L	L		16	I	S	L	E	S		
17	O	B	O	E		18	T	R	I	O		19	S	T	O	O	P		
20	N	O	I	N	21	N	S	I	T	U	A	T	I	O	N				
23	C	O	N	D	O				24	E	G	G			25	M	I	L	
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				34	A	I	L	E	D			36	O	A	R	E	D		
			37	E	S	C	A	P	E	38	C	L	A	W	S				
40	M	E	L	E	E				42	N	A	A	N	S					
43	P	L	E	A	S	E	D		46	P	H	D			47	E	R	A	
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60	F	E	T	A	L			61	D	O	P	E			62	O	N	T	O
63	A	R	E	N	A			64	L	O	S	T			65	T	E	E	N
66	A	S	S	E	T			67	E	P	E	E			68	E	D	D	Y

Crossword on page 7

Crossword courtesy of freedailycrosswords.com

*We love
our members*



*Happy Valentines
Day from every-
one at the LSCO*

“I think dogs are the most amazing creatures;
they give unconditional love.
For me, they are the role model for being alive.”
Gilda Radner

I was in mourning; had been for many months. There was a hole in my heart that only a small, canine would fill. Recently we had let our Shitz Tzu go. His diabetes finally won the battle after 12 years with a wonderful life's companion. So, I reasoned, that at my age I did not want a puppy but a rescue dog that needed a new home but had a few years left - like me. After a conversation with my husband I started perusing the Humane Society's "dogs for adoption" website.

It took a while to find him, but one evening, there he was. He was small, black, with a big smile, and dressed in a bumblebee Halloween costume. I fell in love! I sent an email and waited for the phone call. I was so excited the lady on the other end of the line had to interrupt me to ask, "Which dog are you talking about?". Ramón, I answered quickly. Long story short, after a brief conversation, Ramón's current mamma said that she would bring him to meet us right away. There was a bad storm expected and this was the end of November. Because she had come to love him so much, she wanted to make the parting a quick punch to her psyche.



Along Came A Savior
Kay Long, BSW, RSW

That evening Ramón and his current Mamma arrived, along with the expected winter storm. He was dressed in a red, hooded parka that set off those beautiful eyes. She said when she arrived she could tell that this home would be a good fit for Ramón. My husband was out the door to the car to help her carry Ramón's extra luggage, while I waited anxiously at the door. There was also a good, fenced yard.

We sat on the couch. Her at one end, me at the other, and the little black Chihuahua-mix between us. He watched me closely, while I restrained myself. I wanted to cuddle him, now. But after a few minutes he started to move towards me, and away from her. Soon I could pick him up and he looked me square in the face. There was no question - he had arrived at his forever home.


I was in tears when we heard his story -my husband, nearly sniffing himself. Ramón had been scooped up off the streets of Las Vegas. At that time he weighed 8 pounds, had inch-long nails, and was nearly bald all over his body. I'm sure the only way that they caught him was that he had lost his zest for life. The day he was rescued he was

slated for euthanasia. His savior passed him by, then came back at looked again. "It was the eyes," she said. She couldn't resist those beautiful brown eyes. These special ladies were on a rescue mission. They selected dogs who were not long for this world, transported them back to Alberta, cared for them, then rehomed them. They are angels for some dogs, that is until Covid struck. Our Ramón was lucky to cross the border when he did.

Now 3 years later Ramón is very attached to me, and I to him. He and "Dad" have their own special relationship. Most of his hair has grown back, but the stripe down his back is still sparse. He wears tee shirts to keep his skin from sun burning, even in winter. He has gained weight, usually about 14 pounds, and loves short walks when weather permits.

His age, when we got him, was estimated to be about 5 years old and he had never been neutered. Someone had loved him in his first 5 years and taught him good manners. He is such a smart little dog, and took little time to settle in his new home. I don't know how I would live without him now. I know there must be a special place in heaven for people who give older dogs a new, forever home.

Kay Long will be in the process of finding a publisher for “The Smiths of Hood River Valley” and polishing the manuscript for publishing soon, we hope. Thank you for all the positive feedback for the serialized version of the book.



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