



**MORE DETAILS  
ON PAGES 11-14**

**2023**

**Live Well Showcase**

**A TRADE SHOW FOR ACTIVE AGING**

**Thursday April 27 10 am - 5pm**  
**Friday April 28 10 am - 3 pm**

**FREE ADMISSION**



Presented by

**CORNERSTONE FUNERAL HOME LTD.**  
*Honoured to Serve*

✓ Provincial Candidates Meet & Greet

✓ Door Prizes

✓ Over 70 Exhibitors

**Speaker Topics**

presented by Hosack Denture Clinic

**Fraud Prevention Estate Planning**  
**Funeral Pre-Planning Alzheimer's Research**

**LSCO** LETHBRIDGE Senior Citizens ORGANIZATION

500 11th Street South, Lethbridge  
403-320-2222  
www.lethseniors.com/LiveWellShowcase

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Above: LPS Chief Mehdezadeh at the LSCO Diner during "Coffee With the Chief"

Left: Lethbridge College Massage Students gave free neck and shoulder massages to happy members





**Executive Director**

**Rob Miyashiro**

m Miyashiro@lethseniors.com  
403-320-2222 ext. 304

Our Annual Live Well Trade Show is back April 27 and 28 as big as ever! We will have over 65 exhibitors throughout the main floor and, as always, we have a great line-up of speakers over the two days of the event. This year marks the final year that Sandy and Kendall Gibson will coordinate the show for us and we owe them a debt



**Board President**

**Keith Sumner**

“Don’t get too comfortable with who you are at any given time—you may miss the opportunity to become who you want to be.”

—Jon Bon Jovi

Lou Tice, the founder of the Pacific Institute spoke of cognitive dissonance in a slightly different way than most. Lou saw it as a motivational tool to improve performance. He would encourage his students to take stock of where they were at present. Then have them identify where they wanted to be or what improvements in their lives or organizations they wished to make. Once the gap

# LSCO Updates

of gratitude for the awesome job they have done with Live Well over the years. Sandy and Kendall, along with Elisha Rasmussen, developed this event from nothing into the largest show of its kind in Alberta! Sandy and Kendall have also mentored Hannah to take reins for next year’s show and they have been great teachers. So...when you see Sandy and Kendall, please thank them for their great support of LSCO.

Our Administration renovations and relocations are almost complete, whew. Over about a week and a half in February, 10 staff changed locations in the building. We have created a Support Services hub in the former administration space at the East end of the lobby and moved the Admin counter to

the new space where the Library used to be. That space is the new home to Jodie, Chris and Kari. Amy C., our Elder Abuse Case Manager moved across the hall upstairs and I moved into her old space. Hannah has moved into Heather’s old office beside the lapidary shop. The one big benefit from these changes (other than administrative efficiency) is that the library has far greater exposure and usage by moving into the lobby.

Huge thank you to Sharon Appelt who is retiring after overseeing our Adult Day program for 31 years!

And...Please welcome our newest Seniors System Navigator, Jon Bateman, to the LSCO team!

## Join the LSCO Board

between the two points was identified the student could go about their life/work and as opportunities came to light, they could be seized moving the individual toward their goal.

We, that is society, seems to be standing at the confluence of several changes. Change always seems to bring with it opportunities. Your Board wants to consider those opportunities and if beneficial to LSCO adopt them.

Having said all that, here’s the ask. Your Board has several vacant positions. It’s a

policy and planning Board. For the most part we tend to stay out of operations and leave that to our very capable staff. What we would like is a few more volunteers to join us on the Board. I like to think of Board member qualifications in one word, futurist. Folks that look at trends in the region, Province and Country, analyze them and help position LSCO to take advantage of the opportunities as they arise.

If you feel you have these abilities let’s talk about what it’s like to sit on LSCO’s Board.

Keith

### Membership Notice

At the March 28th, 2023 Annual General Meeting, the quorum of members voted to increase the LSCO Membership fee to \$60.00. This increase will be immediate and will affect all membership renewals and new memberships purchased after March 28, 2023.

Please note that the LSCO has a Welcome Policy (fee subsidy program) for lower income members who meet the criteria. The City of Lethbridge also offers a Fee Assistance Program which LSCO membership and fitness classes qualify for.

\*See Page 16 for more information on these programs

## 2022 Annual Report Highlights

**1,366**  
LSCO Members

**409**  
SSN Clients

**279**  
New LSCO Members

**12,751**  
Meaningful Interactions

**128**  
LEARN Clients

**21**  
Staff Members

**45,222**  
Facility Visits

**300**  
Volunteers

**92,254**  
Hours spent in Fitness

You can read the full 2022 Annual Report in person at the LSCO or online at [www.lethseniors.com](http://www.lethseniors.com)







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

### Board of Directors:

Liz Iwaskiw, Reg Dawson and Veronica Panich.  
\*Vacant Positions\*

### Staff Members

Executive Director – Rob Miyashiro  
rmiyashiro@lethseniors.com .....ext. 304  
Operations Manager – Jodie McDonnell  
jmcdonnell@lethseniors.com .....ext. 102  
Accounting Technician – Christine Toker  
finance@lethseniors.com .....ext. 103  
Fund Development & Marketing – Hannah Dupuis  
hdupuis@lethseniors.com .....ext. 302  
Support Services Manager – Heather Bursaw  
hbursaw@lethseniors.com .....ext. 204  
LEARN Case Manager – Amy Cook  
learn@lethseniors.com .....ext. 301  
SSN Team Lead – Amy Labossiere  
alabossiere@lethseniors.com .....ext. 205  
Seniors System Navigator – Camille Sherwood  
csherwood@lethseniors.com .....ext. 206  
Seniors System Navigator – Jon Bateman  
jbateman@lethseniors.com .....ext. 207  
Seniors System Navigator Intake – Katie Harrold  
intake@lethseniors.com ..... 403-329-1544  
SSN Link Worker – Connie-Marie Riedlhuber  
cmriedlhuber@lethseniors.com ..... 403-329-1544  
In-Home Supports Coordinator – Shiloh Sabas  
ssabbas@lethseniors.com .....ext. 202  
In-Home Supports Program Assistant – Diane Legault  
dlegault@lethseniors.com .....ext. 201  
Volunteer Coordinator – Shiloh Sabas  
volunteer@lethseniors.com .....ext. 202  
Volunteer Support Assistant – Kari Martin  
kmartin@lethseniors.com .....ext. 101  
Program Department Manager – Shawn Hamilton  
shamilton@lethseniors.com .....ext. 104  
Fitness Coordinator – Andrea Clarke  
fitness@lethseniors.com .....ext. 303  
Head Chef – Fred Shelley  
fshelley@lethseniors.com .....ext. 401  
Line Cook – Lachlan Dyer ext. 401  
Food Service Cashier – Georgette Mortimer ext. 401

## LSCO Information

Phone ..... 403-320-2222  
Fax ..... 403-320-2762  
SSN Intake ..... 403-329-1544  
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

February - March 2023

### 16 New Members

Beth Moyer	Karen Jorimann
Laurie Brown	Renee Scotland
Gary Derksen	Nolette Mac Donald
Iain Robertson	Bill Halley
Rick Paniec	Sonya Paterson
Arnold de Best	Susan Lichter

## 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



## April Schedule

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.

March 30	Heather Bursaw & Rob Miyashiro	<i>Can Social Prescribing Help Improve Our Health and Well-Being Challenges</i>
April 6	Lorne Fitch	<i>Who is Minding Albert's Fish And Wildlife?</i>
April 13	Camina Weasel Moccasin & Kris Hodgson-Bright	<i>The Blackfoot Perspective of the 153-year-old Battle of the Belly River</i>
April 20	Medical Assistance In Dying (MAID)	<i>Track 2: A Daughter's Perspective</i>

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.



### 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.



# The Heart

Your contribution is our lifeline



**Fund Development & Marketing Coordinator**

Hannah Dupuis

hdupuis@lethseniors.com  
403-320-2222 ext. 302

Hello everyone!

I think March has been my busiest month yet! As you'll see throughout the paper, we have been ramping back up to full speed here at the LSCO.

One of the things I have been working on is the 2022 Annual Report. All of the different departments submit a write up of what they accomplished in 2022. It's a really easy to read document with pictures, data, testimonials and more! You can read it in person at the LSCO or on our website under About LSCO - Board of Directors - LSCO Annual Reports

The 50/50 Weekly Draw has already been a success, with more and more tickets be-

ing bought each week. Congratulations to our winners: Sjoerd Schaafasma, Rosemary Howard, & Sue Amero. Members can purchase their tickets from Kari at the new administration desk.

I am also thrilled to welcome my new Marketing & Admin Assistant, Zurwairah Sani! If you see her around, please make her feel welcome as you always do with new people.

With Kindness,  
Hannah



**WEEKLY DRAW**  
12:15 Every Friday  
\$1 Tickets  
**Starting March 10**



**Upcoming Events**

- Easter Lunch Special**  
April 6 | 11:00 AM - 1:00 PM
- Volunteer Appreciation Week**  
April 17 - 21
- Live Well Showcase**  
April 27 | 10:00 AM - 5:00 PM  
April 28 | 10:00 AM - 3:00 PM
- Provincial Candidate Forum**  
May 5 | 6 PM - 8:30 PM
- Mother's Day Brunch**  
May 14 | 10:00, 11:30, 1:00



**Mother's Day BRUNCH BUFFET**

*Sunday, May 14*

*Sittings at 10:00 am, 11:30 am, 1:00 pm*

Menu: Eggs Benedict, Applewood Smoked Bacon, Breakfast Sausage, Scrambled Eggs, Blueberry Pancakes, Fruit Parfait

**GENERAL \$20    UNDER 12: \$12**

Tickets available online at [www.lethseniors.com/events](http://www.lethseniors.com/events)

**LSCO** LETHBRIDGE Senior Citizens ORGANIZATION

**COMMUNITY PARTNERS**



**The LSCO thanks you for your contribution!**



# The Volunteer CONNECTION



**In Home Supports & Volunteer Coordinator**

Shiloh Sabas

volunteer@lethseniors.com  
403-320-2222 ext. 202

## Volunteer Appreciation Week

National Volunteer Week is fast approaching. LSCO will be celebrating our Volunteers the week April 17-21. If you have volunteered at LSCO in the past year, you are invited to the events at LSCO throughout this week.

Monday April 17, 10 am-12 pm: Cinnamon Buns and Coffee in card area

On Wednesday, April 19, from 5-7 pm we will be having our Volunteer Appreciation Dinner in the dining room. Volunteers are free and guest tickets are \$10 and available to purchase at the LSCO administration desk.

This event requires you to RSVP. If you did not receive an email, we may not have your email on file and that is okay! You can also RSVP at the administration desk. Deadline is April 11th.

Friday April 21, 12:30- 2:30 pm: Popcorn bags in the dining room

If you are unable to attend an event this week, please stop by the LSCO to pick up your appreciation gift from Shiloh.

Thank you volunteers; we can't wait to see you!

**Volunteering Weaves Us Together**

**LSCO**  
LETHBRIDGE Senior Citizens ORGANIZATION

**MONDAY**  
**CINNAMON BUNS & COFFEE**  
LSCO Card Area  
10:00 - 12:00

**FRIDAY**  
**POP & POPCORN**  
LSCO Card Area  
12:30 - 2:30

**EACH DAY**  
**VOLUNTEER DRAW**  
9 AM

**VOLUNTEER APPRECIATION WEEK**  
**APRIL 16 - 22, 2023**

If you have volunteered at the LSCO in the last year, these are for you!

**VOLUNTEER APPRECIATION DINNER**

- Free For Volunteers, \$10 for Plus ones
- Roast Beef Dinner and Cake
- Live Entertainment
- Presentation on your impact
- Special gifts and thank you's

**5 - 7 PM WEDNESDAY**  
**APRIL 19, 2023**  
LSCO Atrium

Contact us  
403-320-2222  
volunteer@lethseniors.com

**RSVP BY APRIL 11**



**Volunteer Opportunities**

**Kitchen**  
**Dishes/Food Prep/Serving**  
Weekdays 8-11 am and 11:30 am-2:30 pm

Support our chefs in preparing meals, doing dishes, serving our dining room or preparing routes for MOW.

**Mother's Day Brunch Buffet**  
May 14 | 9 am - 3 pm

We are looking for volunteers to help with the Mother's Day Brunch on May 14. Volunteers will be working in shifts and will not be asked to work the entire day. Roles include: food prep, dishwasher, greeter, table reset, table bussers. Volunteers will receive a free meal.

**Friday Music**  
11am-2 pm (flexible)

LSCO has music Fridays in the stage area/dining room. If you play an instrument, can sing or are in a band, we would love to hear you! Many seniors come to the dining room for Friday music. Old songs, new songs- our center loves musical talent!

**Boutique**  
10am-12:30 pm or 12:30 - 3:00 pm

Volunteers sell hand crafted items created by seniors. Volunteers should be able to handle cash and greet customers.

**Contact Kari**  
kmartin@lethseniors.com

**Don't forget! Volunteers can receive a discount on their membership**





# EVERGREEN

## Cremation Services

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**Phone: 403-329-4934**  
[www.evergreenfh.ca](http://www.evergreenfh.ca)  
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**Sarah Russell**  
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## Hands on Senior Care

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Lethbridge & Area

[www.handsonseniorcare.ca](http://www.handsonseniorcare.ca)  
[handsonseniorcarealberta@gmail.com](mailto:handsonseniorcarealberta@gmail.com)

Lethbridge Society of Glass Artisans

### STAINED AND FUSED GLASS

## SPRING SALE

+ Resident Artists Open Studios


April 29-30, 10:00 - 4:00  
**MCNALLY COMMUNITY CENTRE**  
 Hwy 4 past Canadian Tire South.  
 Right at McNally Rd. Take first left and drive 2km.  
 Refreshments by McNally Community Association  
 Ramp Access Available  
 Info: [GlassSale2930@gmail.com](mailto:GlassSale2930@gmail.com)






# 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, until April 24  
(No Class April 10)  
**Time:** 10:15 – 11:15 am  
**Drop In Fee:** \$7 LSCO M; \$10 NM  
**Instructor:** Jamie Hillier

**When:** Mondays, May 1 - June 26  
(No Class May 22)  
**Time:** 10:15 – 11:15 am  
**Drop In Fee:** \$54 LSCO M; \$64 NM  
**Instructor:** Jamie Hillier


## 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, April 3 – June 26  
(No class April 10, May 22)  
**Time:** 10:15 – 11:15 am  
**Fee:** \$75 LSCO M; \$88 NM  
**Drop In Fee:** \$7 LSCO M; \$10 NM

**Instructor:** Tracy Simons  
**Location:** All Purpose Room

**When:** Wednesdays, April 5 – June 28  
**Time:** 10:15 – 11:15 am  
**Fee:** \$88 LSCO M; \$104 NM  
**Drop In Fee:** \$7 LSCO M; \$10 NM



# Serving



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# 100

YEARS


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---

**FRESH PURE UNPASTURIZED HONEY** for sale. Various sizes for 300 gram jars to 10 lb. pails. 100% natural Bees-wax 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 with liability. Call Karen to book a visit today 403-315-9025. References available.

---

**Sterling International Jewellers** buying unwanted gold and silver jewellery, gold and silver pocket and wrist watches, gold and silver coins, dental gold, unwanted diamond engagement rings etc, ammonite fossils. LSCO member. WE PAY FAIR. For inquiries call 403-915-3678 or email [jdanku@icloud.com](mailto:jdanku@icloud.com).



# World Elder Abuse Awareness Day (WEEAD)



**LEARN Case Manager**

**Amy Cook**

learn@lethseniors.com  
403-394-0306

With spring in the air, that means summer is around the corner! And summer means World Elder Abuse Awareness Day (WEEAD)! Every year, on June 15th, LEARN hosts an event to recognize WEEAD. Last year, we hosted the first ever Senior's Talent Showcase! There were so many laughs and good

times had that we decided to host it annually to celebrate WEEAD and showcase the talent and resilience of older adults in the community!

We are now accepting talent submissions in preparation for the big day! If you would like to showcase your talent, I would love to hear from you! We are still working out the details, but what I do know is the event will be held on June 15th at 1PM and LEARN needs wonderful and talented people like you to make it a success! We ask that your portion last a maximum of 5 minutes and we are accepting a maximum of 7 submissions, so don't wait to sign yourself up!

If you would like to showcase your talent, please give LSCO a call at 403-320-2222 and provide your name and number. They will then pass that information on to me, and I will give you a call back to discuss what talent you would like to showcase!

Stay tuned for more information to come and I cant wait to see you all there!



**The LSCO will be CLOSED**  
**Friday April 7 & Monday,**  
**April 10 for Easter.**

**SENIOR FOCUSED**  
**CANDIDATE**  
**FORUM**

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agecare.ca/RetireColumbia

Hear from the provincial political candidates of Lethbridge West on Seniors' Issues.

**Friday, May 5**  
**6:00 PM - 8:30 PM**  
**500 11th St. S Lethbridge**

This forum will be moderated by the LSCO and the Lethbridge Branch of the National Association of Federal Retirees

**www.lethseniors.com**

**100 YEARS**  
**PLAYGOERS OF LETHBRIDGE**  
**THE CENTENNIAL SEASON**  
EST. 1923

presents  
**A TASTE OF THE ARTS**  
100TH ANNIVERSARY FESTIVAL

Friday, April 21, 2023 (5-9pm)  
Saturday April 22, 2023 (Noon-10pm)

**Yates Memorial and Sterndale Bennett Theatres**

- Centennial Plaque Unveiling
- Opening Ceremonies
- Theatre, Music, & Dance Performances
- Interactive Components and Workshops
- Children's Crafts and Storytimes
- Playgoers History Exhibit in the Yates Gallery
- High School Visual Arts Displays
- 1920s Cocktail Party and so much more!

**workshops**  
**theatre**  
**dance**  
**music**

This wonderful celebration is completely FREE to attend with generous support from:

Canada City of Lethbridge Alberta

**LOVE. LIVE. THEATRE.**

**DO YOU NEED HELP UNDERSTANDING AND WRITING A WILL, POWER OF ATTORNEY & PERSONAL DIRECTIVE?**

**JOIN US FOR AN EDUCATIONAL SESSION ON ADVANCED DIRECTIVES WITH DOUG ALGER OF AZ LAWYERS LLP.**

**April 25, 1-3pm at The LSCO Stage Area**

Everyone is welcome, registration is not required!

**AZ LAWYERS** **SSN** **SCSP** **LETHBRIDGE Senior Citizens ORGANIZATION**

For more information please connect with SCSP Intake - Katie Harrold, 403-329-1544.





## APRIL 2023 EVENTS & PROGRAMS

### THE GALT PRESENTS...

Thu **06** | **10:30–11:30** am  
 The Importance of Blackfoot  
 Drumming with Tyler Chief Calf  
 Tue **25** | **5–6:30** am  
 Indigenizing Educational Policy  
 with Dr. Tiffany Prete

### CREATIVE COMMUNITY

Wed **12** | **10:30–11:30** am  
 Sustainable Decorations  
 Wed **26** | **10:30–11:30** am  
 Earth Day Wooden Paintings

### INDIGENOUS HISTORY

Thu **20** | **10:30–11:30** am  
 Earth Day and Indigenous History:  
 Water is Life

### ARCHIVES

Fri **21** | **3:30–4:30** pm  
 Obituaries: An Exercise in  
 Immortality

### SPECIAL EVENTS

Fri **07** | **5–6** pm  
 Fri **28** | **5–6** pm  
 Soundscape Walking Tour  
 children to attend with caregiver |  
 registration required | \$10  
 Sat **08** | **6–7:15** pm  
 Sat **22** | **6–7:15** pm  
 Land-based Learning Wetlands  
 Tour  
 children to attend with caregiver |  
 registration required | \$10/ticket, \$9/ticket  
 for members  
 Wed **12** | **6–8** pm  
 Métis and Music  
 all ages | children to attend with caregiver  
 | registration required | museum admission  
 applies | free to members

Sun **16** | **1–4** pm  
 Ukrainian Easter Celebration  
 all ages | children to attend with caregiver  
 | registration recommended | museum  
 admission applies | free to members  
 Wed **26** | **5–6** pm  
 Nature Walk with Annie Martin  
 and Sandra Cowan  
 all ages | children to attend with caregiver  
 | registration required | \$10/ticket, \$9/ticket  
 for members  
 Sun **30** | **2–4** pm  
*Małni—Towards the Ocean,  
 Towards the Shore* Film Screening  
 adults and seniors | registration not  
 required | museum admission applies | free  
 to members



[www.galtmuseum.com](http://www.galtmuseum.com)

## APRIL SUPPORT CALENDAR

TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<b>4</b> Community Connect Coffee Group 1:30 PM - 3:00 PM (Atrium)	<b>5</b> Service Canada Coffee & Chat 10:00 AM - 12:00 PM (Card Area) Reconnect & Recharge 10:00 am - 11:30 am (Room C/D) Dr Boloski Foot Care 9:00 am - 12:00 pm (C/D) Appointment required \$15 Fee & LSCO Membership Required Please bring Alberta Health Card	<b>6</b>	<b>8</b> AA Eye Opener 8:30 am - 10:30 am (Room C/D)
<b>11</b>	<b>12</b> Reconnect & Recharge 10:00 am - 11:30 am (Room C/D) AZ Lawyers 9:00 am - 12:00 pm (Quiet Room) Appointment required Lethbridge Stroke Survivors Group 7:00 PM - 9:00 PM	<b>13</b> Lethbridge Hearing Screening 1:00 - 3:00 PM (Clinic Room) Appointment required	<b>15</b> AA Eye Opener 8:30 am - 10:30 am (Room C/D)
<b>18</b>	<b>19</b> Reconnect & Recharge 10:00 am - 11:30 am (Room C/D) Drop-In Single Session Counselling 12:30 PM - 3:30 PM (Quiet Room)	<b>20</b> Parkinsons Support Group 2:00 - 4:00 (Board Room) <b>21- FRIDAY</b> Lethbridge Cancer Connect 10:00 - 11:30 AM (Board Room)	<b>22</b> AA Eye Opener 8:30 am - 10:30 am (Room C/D)
<b>25</b>	<b>26</b> Reconnect & Recharge 10:00 am - 11:30 am (Room C/D)	<b>27</b>	<b>29</b> AA Eye Opener 8:30 am - 10:30 am (Room C/D)





**SCSP Intake**

**Katie Harrold**

intake@lethseniors.com  
403-329-1544

Hi everyone! Spring will finally be in full bloom for us in the coming weeks, after our winter of cold snaps. During the winter months, the snowy and cold weather may have been hard for many to get out of the house and connect with others. The importance of connection can often be overlooked. Social connection has been found to improve our well-being in ways such as lowering anxiety and depression, improving our immune system response and emotional regulation, as well as increasing our self-esteem and empathy. [1]

I've noticed many of those that I work with have come to me indicating they are looking for ways to connect with others, so I thought this would be a great chance to share some opportunities to socialize.

**Socialization Opportunities**

The first opportunity I wanted to share is the Community Connect Coffee Group. This group has been running for quite a few months now and happens on the first Tuesday of every month at LSCO in the Atrium from 1:30 – 3:30pm. The group offers an opportunity to build meaningful relationships and strengthen your connections to community supports, all over a cup of coffee. The group will sometimes have guest speakers or small activities to help facilitate conversation.

Please see the Community Connect Coffee Group schedule as follows:

- April 4, 2023
- May 2, 2023
- June 6, 2023
- July 4, 2023
- August 1, 2023
- September 5, 2023
- October 3, 2023
- November 7, 2023
- December 5, 2023

The next event I would like to invite you all to is the Be Fast Friends (B.F.F.) speed friending event. This event is happening April 21, 2023 at LSCO in the Stage area from 1:30 – 3:30 pm (doors open at 1:00pm). This event is more structured than the previous opportunity I have shared, as it offers a possibility for you to chat with everyone in attendance and make connections with multiple individuals. Following the conclusion of the event, you will be able to choose your best matches to connect with outside of this programming.

\* Please note that both of these opportunities are free of charge and open to the community – you are not required to be an LSCO member to attend.

Registration is required for both of these opportunities. If you have any questions or would like to register for either of these, please connect with SCSP Seniors System Navigation Team Intake at 403-329-1544.

[1] Canadian Mental Health Association (2019, October 17). The importance of human connection

**BFF**  
**BE FAST FRIENDS**

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

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

**APRIL 21, 2023**  
**1:30 at the LSCO, doors open at 1**  
**SIGN UP BY PHONING 403-320-2222**

Alberta Health Services  
**LSCO**

*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. Participants are encouraged to perform exercises that are right for them. Chairs and a variety of other 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

<i>When:</i> Wednesdays, April 5 – June 28 (no class April 26)	<i>When:</i> Fridays, April 14 – June 28 (no class April 28)
<i>Time:</i> 10:15 – 11:00 am	<i>Time:</i> 10:15 – 11:00 am
<i>Fee:</i> \$66 LSCO M; \$96 NM	<i>Fee:</i> \$60 LSCO M; \$88 NM
<i>Drop In Fee:</i> \$7 LSCO M; \$10 NM	<i>Drop In Fee:</i> \$7 LSCO M; \$10 NM
<i>Instructor:</i> Donna Tiefenbach	<i>Instructor:</i> Andrea Clarke

**Caregivers Alberta** CARING FOR CAREGIVERS  
**LSCO** LETHBRIDGE Senior Citizens ORGANIZATION

**Compass for the Caregiver**

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

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

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

**April 5, 11, 18 & 25, 2023**  
**Tuesdays from 1:30 – 3:30 pm**

Location: Lethbridge Senior Citizens Organization  
\$55 registration fee  
Maximum 8 participants  
Contact LSCO at 403-320-2222 to register

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

**Caregivers Alberta** | office@caregiversalberta.ca | 780.453.5088 | 1.877.453.5088 (toll-free)

**LSCO Community Connect**

**Coffee Group**  
*1st Tuesday of each month*

**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-mail kmartin@lethseniors.com

**LSCO** LETHBRIDGE Senior Citizens ORGANIZATION

Did you know?

**In 2022 LSCO Drive Happiness**

Provided  
**1400**  
Rides





**Head Chef**  
**Fred Shelley**  
 fshelley@lethseniors.com  
 403-320-2222 ext. 401

## From the Kitchen

Hi all, I just wanted to say thanks for all your support over this past month with Woolworth Wednesdays and The St. Patrick's Pub Day.

This month I will have a whole new menu for Woolworth Wednesdays.

We will also Be having a special Easter Lunch on Thursday April 6th. Baked Ham with all the fixings and Pumpkin Pie.

And a special Mother's Day Buffet.

So please come on down to the dining room have some breakfast, some lunch or just to say hi... Love to see ya.

Cheers Chef Freddie

### Joke of the Month

One Easter a father was teaching his son to drive when out of nowhere a rabbit jumped on to the road. Slamming on the brakes the son said

"I nearly ruined Easter. I almost ran over the Easter Bunny"!!

The father replied "it's ok son, you missed him by a hare"

Join us for a delicious  
**Easter Lunch**  
**Thursday, April 6**  
**11:00 AM - 1:00 PM**

**\$12** Baked Ham, Scalloped Potatoes, Honey Dill Carrots, Brussel Sprouts & Pumpkin Pie with Whipping Cream

**LSCO DINER SPECIALS**

**WOOLWORTH WEDNESDAYS \$8**

**April 5**  
 Chicken Club with Fries, Cherry Pie, Chocolate Milk Shake

**April 12**  
 Cheese Burger with Fries, Bread Pudding, and Root Beer Float

**April 19**  
 Chicken Fried Steak with Mashed Potatoes and Gravy, Chocolate Pie and Cream Soda Float

**April 26**  
 Open Faced Turkey Sandwich with Fries, Apple Pie, Orange Crush Milkshake



# LSCO MENU ~ APRIL 2023

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

\*menu subject to change without notice

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

Monday, April 3	Tuesday, April 4	Wednesday, April 5	Thursday, April 6	Friday, April 7
<b>Entree:</b> Baked Pasta & Meat Sauce <b>Starch:</b> Garlic Toast <b>Soup:</b> Chef's Choice	<b>Entree:</b> BBQ Chicken <b>Starch:</b> Rice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Beef Stir Fry <b>Starch:</b> Egg Noodles <b>Soup:</b> Chef's Choice	<b>Entree:</b> Baked Ham <b>Starch:</b> Scalloped Potatoes <b>Soup:</b> Chef's Choice	<b>LSCO Closed for Easter</b>
Monday, April 10	Tuesday, April 11	Wednesday, April 12	Thursday, April 13	Friday, April 14
<b>LSCO Closed for Easter</b>	<b>Entree:</b> Shepherds Pie <b>Starch:</b> Roast Potatoes <b>Soup:</b> Chef's Choice	<b>Entree:</b> Shake & Bake Chicken <b>Starch:</b> Mashed Potatoes & Gravy <b>Soup:</b> Chef's Choice	<b>Entree:</b> Pineapple Sweet & Sour Pork <b>Starch:</b> Rice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Roast Beef <b>Starch:</b> Mashed Potatoes & Gravy <b>Soup:</b> Chef's Choice
Monday, April 17	Tuesday, April 18	Wednesday, April 19	Thursday, April 20	Friday, April 21
<b>Entree:</b> BBQ Pork Chops <b>Starch:</b> Rice & Veggies <b>Soup:</b> Chef's Choice	<b>Entree:</b> Chicken Stir Fry <b>Starch:</b> Noodles & Veggies <b>Soup:</b> Chef's Choice	<b>Entree:</b> Pineapple Teriyaki Pork Ribs <b>Starch:</b> Ribs <b>Soup:</b> Chef's Choice	<b>Entree:</b> Chicken A La King <b>Starch:</b> Mashed Potatoes <b>Soup:</b> Chef's Choice	<b>Entree:</b> Pork Loin <b>Starch:</b> Mashed Potatoes <b>Soup:</b> Chef's Choice
Monday, April 24	Tuesday, April 25	Wednesday, April 26	Thursday, April 27	Friday, April 28
<b>Entree:</b> Chicken Pot Pie <b>Starch:</b> Mashed Potatoes & Gravy <b>Soup:</b> Chef's Choice	<b>Entree:</b> Teriyaki Pork <b>Starch:</b> Rice & Veggies <b>Soup:</b> Chef's Choice	<b>Entree:</b> Beef Stew <b>Starch:</b> Mashed Potatoes <b>Soup:</b> Chef's Choice	<b>Entree:</b> Sweet and Sour Meatballs <b>Starch:</b> Rice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Chicken Cordon Bleu <b>Starch:</b> Roast Potatoes & Veggies <b>Soup:</b> Chef's Choice



**FREE ADMISSION**

**LSCO 2023**

# Live Well Showcase

**A TRADE SHOW FOR ACTIVE AGING**



Presented by

**CORNERSTONE**  
FUNERAL HOME Ltd.  
*Honoured to Serve*

## Speakers

### THURSDAY

**APRIL 27 | 10AM - 5PM**

Speakers presented by  
Hosack Denture Clinic

All speaker presentations will  
take place in LSCO Gym 2

**11AM FRAUD PREVENTION**  
Lethbridge Police Service

**1PM DESIGNING A COMFORTING PLAN FOR YOUR FAMILY**  
Travis Zentner, Cornerstone Funeral Home

**3PM PREPARE NOW TO AVOID ESTATE PROBLEMS LATER**  
Austyn Anderson, DJ BA, Letoureau Law

### FRIDAY

**APRIL 28 | 10AM - 3PM**

**11AM PREVENTING ALZHEIMER'S DISEASE - CURRENT RESEARCH**  
Dr. Robert Sutherland, PhD. FRSC. Professor & Chair, Neurosciences UofL

**1PM CANDIDATES MEET & GREET**  
Provincial Election Candidates from Lethbridge East and West Ridings



# Exhibitors

EXHIBITORS IN MAIN GYM  
& CARD AREA

## Booth

- 42 4 Seasons Home Comfort
- 32 AE Cross Studio
- 19 AgeCare - Columbia Assisted Living
- 40 AHS - Seniors Mental Health
- 51 AHS Population Health Promotion
- 48 Alberta Association of Optometrists
- 5 Alzheimer Society of AB & NWT
- 12 Audiology First
- 11 Avail CPA
- 45 Beltone Hearing Centre
- 57 Brent Coulton Antiques
- 33 CARP Lethbridge
- 54 Cherry Rock Lifestyle
- 41 Chinook LifeCare
- 59 City of Lethbridge - Cemetery Services
- 4 City of Lethbridge Waste & Recycling
- 25 Cornerstone Funeral Home
- 27 Coulee Family Services
- 49 DynaLIFE Medical Labs
- 38 Elim Society for Senior Care
- 47 Green Acres Foundation
- 34 Guided Journeys Foundation
- 17 HearingLife Canada
- 10 Helen Schuler Nature Centre
- 29 HiTech Bracing
- 22 Hosack Denture Clinic
- 61 Imagine Laserworks

## Booth



- 50 Just Like Family Home Care
- 46 Keith Pushor - Royal LePage S. Country
- 3 Ladybug Arborists
- 24 Leister's Home Care Equipment
- 1 Lethbridge Hearing Centre
- 18 Lethbridge Herald
- 15 Letourneau LLP
- 21 Logan Health - Kalispell
- 20 London Drugs
- 66 LSCO Computer Club
- 68 LSCO In Home Support
- 67 LSCO L.E.A.R.N
- 70 LSCO Program Department
- 69 LSCO SCSP
- 30 Martha's House
- 39 Mr. Mansfield Vintage
- 16 NewRock Developments
- 58 Nurse Next Door
- 30 Lifeline Canada - Philips
- 9 Phoenix Fitness e-bikes
- 28 PropertyGuys.com
- 44 Psychologists' Association of Alberta
- 36 Radiology Associates
- 31 Roost 2 Roost
- 6 Save-On-Foods
- 53 Seamless Cares
- 52 Seamless Lifestyles Inc.
- 14 Seasons Lethbridge Gardens
- 8 Shoebox Scanning
- 7 Shoppers Home Health Care
- 2 The View - Atria Retirement Canada
- 43 Twin Auctions
- 37 Wellspring Alberta
- 13 Ultimate Freedom Plus

**FEATURED**

**EXHIBITORS**

Booth 1

**Lethbridge**  
HEARING CENTRE


  [lethbridgehearing.ca](http://lethbridgehearing.ca)

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Welcome, to the latest in full range hearing. We are locally owned and family operated. At Lethbridge Hearing Centre you'll find cutting-edge hearing technology, including testing equipment and hearing devices. We feature a full range of assistive listening devices along with noise protection ear molds, swim plugs, and all iPod molds.

Booth 27




  [couleefamilyservices.ca](http://couleefamilyservices.ca)

### Custom Home Solutions For Your Family

We are a fully insured non-medical home care agency serving southern Alberta. Providing quality in-home care is not just about checking boxes for showing up on time, helping a client get dressed, or making sure the dishes are washed and put away. We believe that the heart of home care is to truly get to know each individual and treating them like our own family.

Booth 41

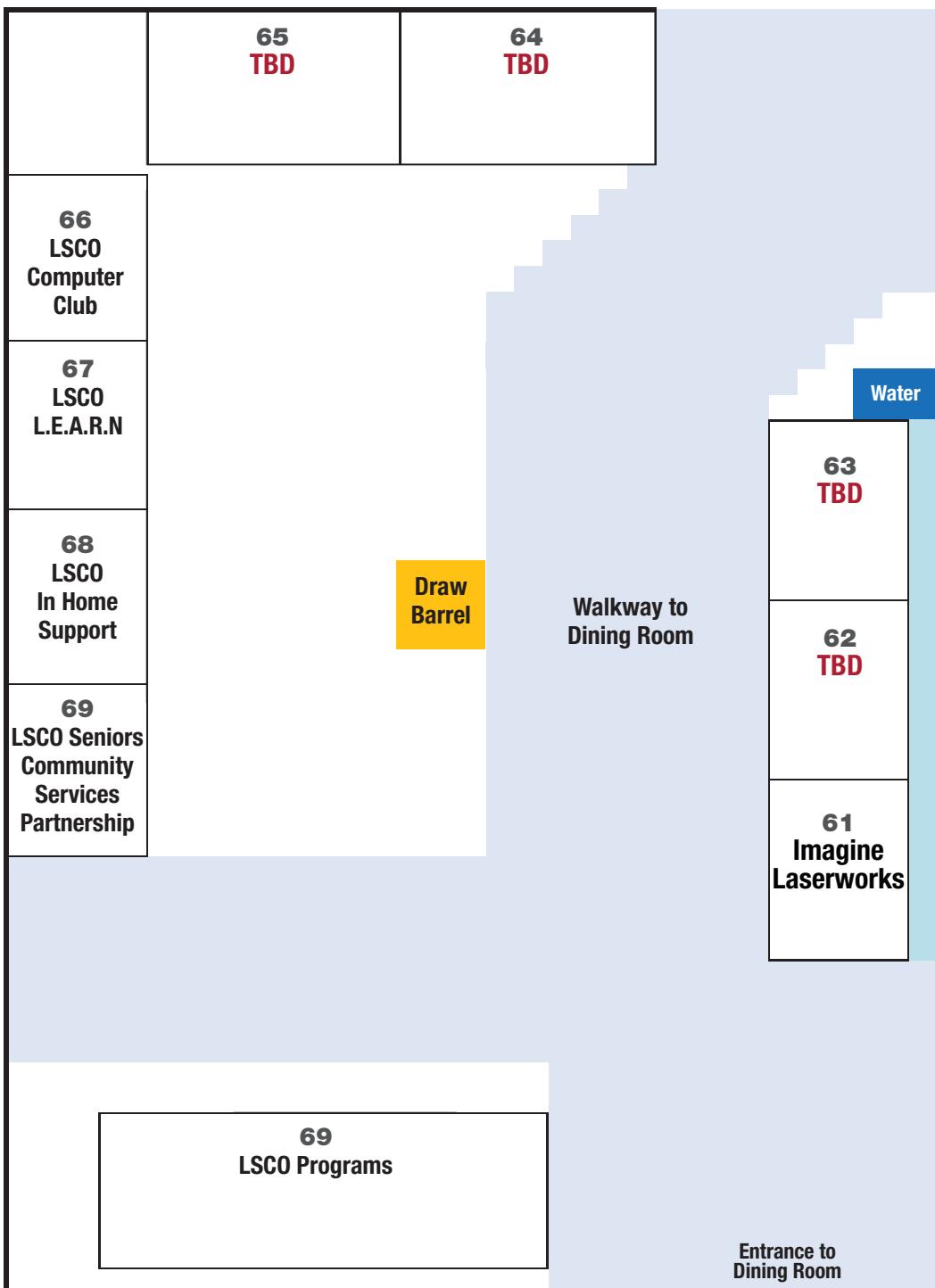
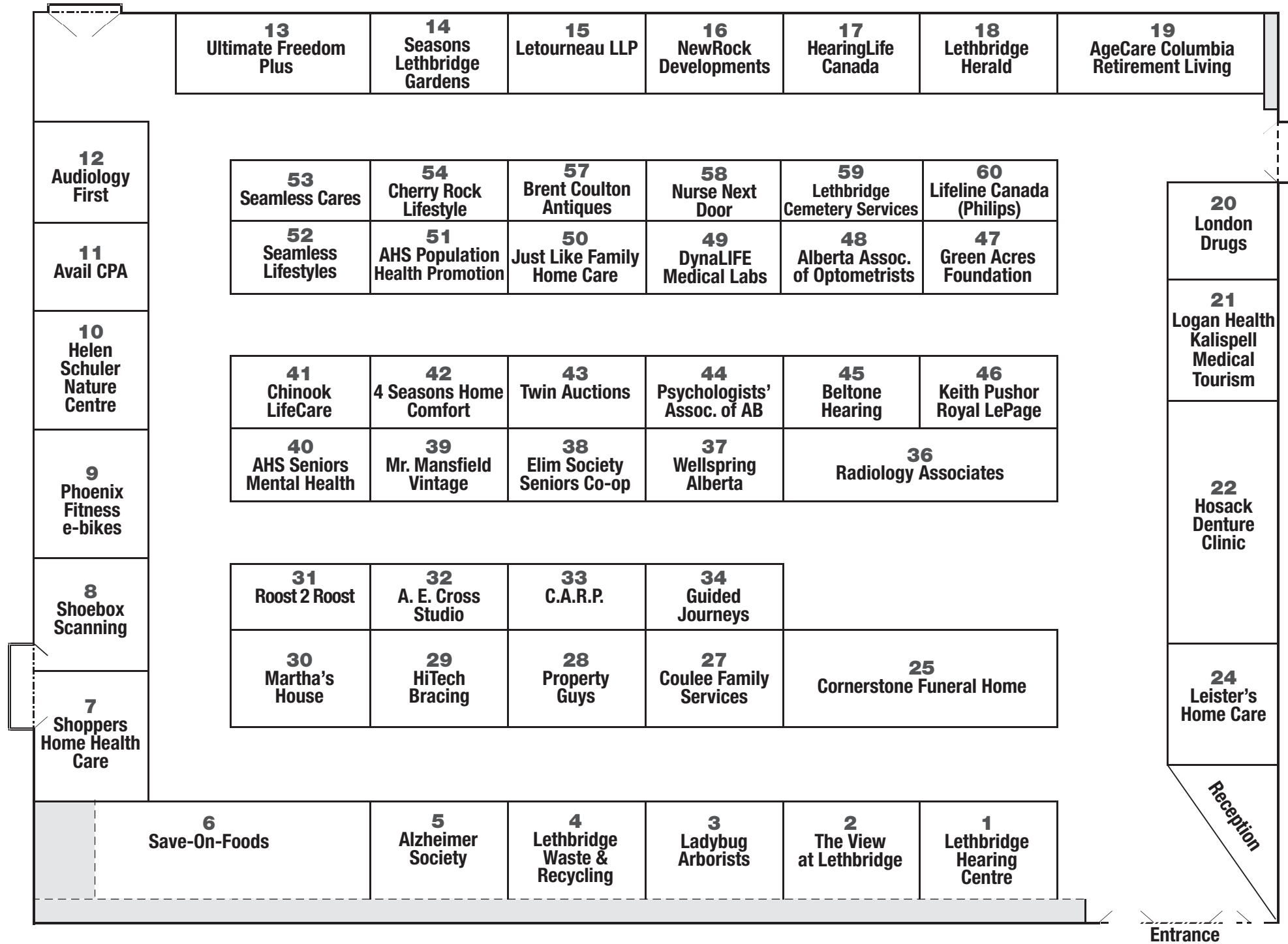
  
Chinook LifeCare  
Association

  [chinooklifecare.net](http://chinooklifecare.net)

### Helping You Live Independently at Home

With Chinook LifeCare's Emergency Response Service, help is just a push of a button away! When you need assistance press the lightweight waterproof button you wear around your neck or wrist to access LifeCare. Our highly skilled, caring local operators immediately contact appropriate help.





The Live Well Showcase is a very professional trade show for Seniors and features over 70 exhibitors as well as some very interesting speakers. This show will be held April 27 & 28 at the Lethbridge Senior Citizens Organization.

The show features all the aspects of "active aging". This is a huge opportunity for people to view services and products available to the broad aging market. We are again expecting over 2000 attendees to the show.

Ralph Zentner, owner of Cornerstone Funeral Home is honoured to be the major sponsor. "We are proud to be involved in the tenth annual showcase and firmly believe that educating yourself and being prepared for your future is vital." Cornerstone is an avid community supporter and realizes the importance of those in the community who are here to help.

Admission is FREE and the Showcase takes place at LSCO, 500 – 11th Street South.

**Thursday April 27: 10 - 5 | Friday April 28: 10 - 3**

Hosack Denture Clinic is proud to present 4 very interesting speakers. See page 11 for details on the speakers and their topics, ranging from Alzheimer's to Fraud Prevention, Estate Planning and Funeral Preplanning and a Meet and Greet with your political candidates.

Rob Miyashiro, Executive Director of the LSCO, is thankful for all the sponsors, vendors, the staff and volunteers for their support of this very worthwhile fund-raising effort. Learn about all the services and opportunities that are available to everyone as we age. Anybody over 50 will get A GREAT DEAL out of this special event, whether planning for their own future or for assisting loved ones. DON'T MISS IT!

For further information contact the LSCO at 403-320-2222.



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 403-320-3064 OR [Lethbridge.ca/nature](http://Lethbridge.ca/nature)

**Plan for the answers now so your family won't be left with any questions.**

Estate planning can be a sensitive topic, but it's a necessary process.

Our team will develop a custom plan that will allow you to retain more of your assets, simplify the experience for your executor and beneficiaries, and leave a legacy for your family.

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

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**LOGAN HEALTH**

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 785 Columbia Blvd W Lethbridge, AB

**AgeCare COLUMBIA**



# April LSCO Weekly Program Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Pickleball</b> 7:00 am-8:30 am, Gym 2		<b>Pickleball</b> 7:00 am-8:30 am, Gym 1		<b>Pickleball</b> 7:00 am-8:30 am, Gym 1	
	<b>Fitness Centre</b> 8:00 am-3:30 pm <b>Library</b> 8:00 am-4:00 pm <b>Cardio/Strength</b> 8:00 am-8:50 am, Gym 2 <b>Tai Chi Advanced</b> 8:15 am-9:15 am Stage Area <b>Billiards</b> 8:30 am-3:00 pm Pool Room <b>Carpentry/Woodworking</b> 8:30 am-3:00 pm Carpentry Shop	<b>Fitness Centre</b> 8:00 am-3:30 pm <b>Library</b> 8:00 am-4:00 pm <b>Billiards</b> 8:30 am-3:00 pm Pool Room <b>Carpentry/Woodworking</b> 8:30 am-3:00 pm Carpentry Shop	<b>Fitness Centre</b> 8:00 am-3:30 pm <b>Library</b> 8:00 am-4:00 pm <b>Instructor's Choice</b> 8:00 am-8:50 am, Gym 2 <b>Tai Chi Advanced</b> 8:15 am-9:15 am Stage Area <b>Billiards</b> 8:30 am-3:00 pm Pool Room <b>Carpentry/Woodworking</b> 8:30 am-3:00 pm Carpentry Shop	<b>Fitness Centre</b> 8:00 am-3:30 pm <b>Library</b> 8:00 am-4:00 pm <b>Billiards</b> 8:30 am-3:00 pm Pool Room <b>Carpentry/Woodworking</b> 8:30 am-3:00 pm Carpentry Shop	<b>Fitness Centre</b> 8:00 am-3:30 pm <b>Library</b> 8:00 am-4:00 pm <b>Tai Chi Advanced</b> 8:15 am-9:15 am Stage Area <b>Billiards</b> 8:30 am-3:00 pm Pool Room <b>Carpentry/Woodworking</b> 8:30 am-3:00 pm Carpentry Shop	
	<b>Amateur Radio</b> 9:00 am-11:00 am Radio Room <b>Tabata</b> 9:00 am-10:00 am, Gym 1 <b>Full Body Blast</b> 9:00 am-10:00 am, Gym 2	<b>Amateur Radio</b> 9:00 am-11:00 am Radio Room <b>Cycle Combo</b> 9:00 am-10:00 am Gym 2 <b>Fit Ball</b> 9:00 am-9:50 am Gym 1	<b>Amateur Radio</b> 9:00 am-11:00 am Radio Room <b>Bike &amp; More</b> 9:00 am-9:55 am, Gym 2 <b>Fitness/Power Walking</b> 9:00 am-10:00 am, Gym 1	<b>Amateur Radio</b> 9:00 am-11:00 am Radio Room <b>Fitball</b> 9:00-9:50 am, Gym 1 <b>TRX Combo</b> 9:00-10:00 am Gym 2 <b>Chair Exercises</b> 9:30-10:15 am Stage Area	<b>Amateur Radio</b> 9:00 am-11:00 am Radio Room <b>Digital Photography</b> 9:00 am Computer Lab <b>Paper Toile</b> 9:00 am-3:00 pm Arts & Crafts Room <b>Tabata</b> 9:00 am-10:00 am, Gym 1 <b>Yoga</b> 9:00 am-10:05 am, APR	<b>Zumba</b> 9:00-9:55 am All Purpose Room
	<b>Indoor Cycling</b> 10:15 am-11:15 am Gym 2 <b>ABS &amp; Core</b> 10:15 am-11:15 am APR <b>Boutique</b> 10:00 am-3:00 pm <b>Gentle Exercise</b> 10:15 am-11:00 am Gym 1	<b>Gentle Yoga</b> 10:00 am-11:00 am APR <b>Boutique</b> 10:00 am-3:00 pm <b>Pickleball Ladies</b> 10:05 am-11:30 am Gym 1 <b>Tai Chi</b> 10:15 am-11:00 am Gym 2 <b>Flow Yoga</b> 10:15 am - 11:15 am Room A/B	<b>Boutique</b> 10:00 am-3:00 pm <b>Genealogy</b> 10:00 am-3:00 pm Board Room <b>Lapidary</b> 10:00 am-3:00 pm Lapidary Room <b>Gentle Exercise</b> 10:15 am-11:00 am, Gym 1 <b>ABS &amp; Core</b> 10:15 am-11:15 am, APR <b>Tai Chi Practice</b> 10:15 am-11:15 am, Gym 2 <b>Yin Yoga</b> 10:15 am-11:30 am Room A/B	<b>Gentle Yoga</b> 10:00 am-11:00 am, APR <b>Boutique</b> 10:00 am-3:00 pm <b>Pilates</b> 10:15 am-11:30 am Room A/B <b>Weights for Beginners</b> 10:15 am-11:15 am Fitness Centre <b>Tai Chi</b> 10:15 am-11:00 am, Gym 2 <b>Badminton</b> 10:15 am-12:00 pm, Gym 1	<b>Yoga For Seniors</b> 10:00 am-11:00 am Room A/B <b>Pound Fitness</b> 10:00 am-10:45 am Stage Area <b>Boutique</b> 10:00 am-3:00 pm <b>Gentle Exercise</b> 10:15 am-11:00 am, Gym 1 <b>Table Tennis</b> 10:30 am-12:00 pm Room C/D	
<b>Pickleball</b> 10:45 am-2:30 pm Gym 2	<b>Pilates</b> 11:15 am-12:30 pm Room A/B <b>Badminton</b> 11:15 am-12:45 pm Gym 1 <b>Functional Fitness</b> 11:30 am-12:15 pm Stage Area	<b>TRX</b> 11:15 am-12:00 pm Gym 2 <b>Zumba Gold</b> 11:15 am-12:00 pm APR <b>Pickleball Mens</b> 11:45 am-1:15 pm Gym 1	<b>Badminton</b> 11:15 am-12:45 pm Gym 1 <b>Line Dancing EXP</b> 10:40 am-12:40 pm Gym 2	<b>Zumba Gold &amp; Toning</b> 11:15 am-12:00 pm APR <b>Seniors Who Lift</b> 11:20 am-12:20 pm, Gym 2	<b>Pickleball</b> 11:00 am-12:45 pm, Gym 2 <b>Badminton</b> 11:15 am-12:45 pm, Gym 1	<b>Pickleball</b> 11:00 am-6:30 pm Gym 2
	<b>Computer Club</b> 1:00 pm-4:00 pm Computer Lab <b>Pickleball</b> 1:00 pm-4:45 pm Gym 1; Gym 2 <b>Yoga For Seniors</b> 2:15 pm-3:15 pm Room A/B <b>Table Tennis</b> 2:30 pm-4:00 pm, Room C/D	<b>Quilting</b> 12:00 pm-3:00 pm Stage Area <b>Karaoke</b> 1:00 pm-3:30 pm Board Room <b>Pickleball</b> 1:15 pm-4:45 pm Gym 1; Gym 2 <b>Pound &amp; Stretch</b> 1:30 pm-2:30 pm APR <b>Strength &amp; Mobility</b> 1:30 pm-2:30 pm Fitness Centre	<b>Beginner Line Dancing</b> 1:00 pm-2:00 pm, APR <b>Watercolour Group</b> 1:00 pm-3:00 pm Craft Room <b>Computer Club</b> 1:00 pm-4:00 pm Computer Lab <b>Pickleball</b> 1:00 pm-4:45 pm, Gym 1 <b>Pickleball</b> 1:15 pm-4:45 pm, Gym 2 <b>Table Tennis</b> 2:30 pm-4:00 pm, Room C/D	<b>Pickleball</b> 12:30 pm-4:45 pm Gym 1; Gym 2 <b>Knitting Needlework</b> 1:00 pm-4:00 pm, Dining Room <b>Crib</b> 1:00-3:00 pm, Card Area <b>Strength &amp; Mobility</b> 1:30 pm-2:30 pm Fitness Centre	<b>Computer Club</b> 1:00 pm-4:00 pm Computer Lab <b>Pickleball</b> 1:00 pm-4:45 pm Gym 1; Gym 2	
	<b>Pickleball</b> 5:00 pm-8:45 pm, Gym 2	<b>Yoga</b> 5:00 pm-6:00 pm, Room A/B <b>Step</b> 5:15 pm-6:00 pm, Room A/B	<b>Pickleball</b> 5:00 pm-8:45 pm, Gym 2		<b>Pickleball</b> 5:00 pm-8:45 pm, Gym 2	

**For more information regarding programs contact the Administration Desk at 403-320-2222.**  
 Note: Some programs are for members only while others are open to the community. Some class dates of classes differ.  
 Schedule may change without notice. The Dining Room is open to the public.

**For information about LSCO programs go to [www.lethseniors.com](http://www.lethseniors.com) and register online.**

# Spring Programs

## HOW DO I REGISTER?

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

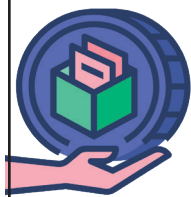
- Please sign up before the register by date to receive the best price listed. Classes are subject to a \$10 increase after this date.
- If you missed the deadline and are interested in participating, please ask to find out if there is room!
- LSCO Members (LSCO M); Non-Member (NM)

## 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.



## FEE ASSISTANCE PROGRAM

The City of Lethbridge Fee Assistance Program provides Lethbridge residents who face financial barriers with the opportunity to participate in Recreation and Culture programs and activities at a subsidized cost.

Confidentiality will be maintained, however communication with the organization offering the activity will be required to confirm the details.

**For more information contact: [feassistance@lethbridge.ca](mailto:feassistance@lethbridge.ca) or call 311.**

## LSCO WELCOME POLICY

This policy allows individuals to access membership and programs at LSCO at a lower cost. Individuals which meet the income threshold can receive 25% off their membership. Income Eligibility (Line 15000 of tax return)

- Single: Under \$30,000
- Couple: Under \$50,000

Please bring prior year income tax for verification.

**For more information call 403-320-2222**



## Creative Arts

### CREATIVE ZEN-ART CLASS

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, April 3 – June 19  
Time: 1:00 – 3:30 pm  
Fee: \$30 LSCO M; \$60 NM

### 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, April 27 – June 8  
Time: 10:00 am – 12:00 pm  
Fee: \$50 LSCO M; \$70 NM  
Instructor: Karina Mak  
Register by: Monday, April 24

### SPRING FLOWERS LINE & WASH

In this quick little 2-week workshop, we will create some refreshing springtime flower paintings using felt pen line and watercolors. We will do some quick studies to get familiar with these mixed mediums before working on a finished painting. No experience necessary, just an open mind and some time to learn something new.

When: Wednesdays, April 19 & 26  
Time: 10:00 am – 12:00 pm  
Fee: \$25 LSCO M; \$50 NM  
Instructor: Donna Gallant  
Register by: Friday, April 14

## Fitness Centre

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

### 1 Month:

- \$20 LSCO M;
- \$35 Non-Member

(30 Days from Date of Purchase)

### 4 Months:

- \$80 LSCO M;
- \$140 Non-Member

### Drop In

- \$7 LSCO M;
- \$10 NM

**Days Open: Monday – Friday**  
**Hours: 8:00 am – 3:30 pm**

## Special Interest

### CPR/FIRST AID COURSE

Consider taking this course; we never know when we may run into a situation where we need to help assist a family member, friend or stranger during an emergency.

Emergency First Response Primary Care (CPR/AED) teaches participants how to respond to life-threatening emergencies. You will learn what to do if someone is not breathing, choking, bleeding. The course focuses on primary care through a combination of knowledge development, skill development and realistic scenario practice to make sure participants have the confidence in their ability to provide care when emergency situations arise.

Emergency First Response Secondary Care (first aid) covers injuries or illnesses that are not immediately life threatening. Participants focus on secondary assessment and first aid through knowledge development, skill development and realistic scenario practice.

When: Saturday, April 29  
Time: 9:00 am – 3:00 pm  
Fee: \$140  
Register by: Monday, April 24  
Location: Stage Area (LSCO Dining Room)  
Instructor: Danni McKenzie



## 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.

### CHOOSING CLASSES

Fitness/Exercise Programs have been categorized into levels to help you find the classes suited to your needs. Dance and other mindful movement classes are listed separately.

### Beginner/Gentle/ Intermediate Level

If it has been awhile since you have exercised, are recovering from an injury, may have health/medical conditions, one or more of the classes listed in this category may be beneficial for you. Please ask for more information

### CHAIR EXERCISES

This chair class will include stretching, exercises to 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: Thursdays, until April 20  
Time: 9:30 – 10:15 am  
Drop In Fee: \$5 LSCO M; \$7 NM  
Instructor: Andrea Clarke  
Location: Stage Area

### FUNCTIONAL FITNESS

This 45-minute class is designed for anyone with limited mobility (ex: arthritis, hip replacement, etc.) 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, until April 24  
(No Class April 10)  
Time: 11:30 am -12:15 pm  
Drop In Fee: \$5 LSCO M; \$7 NM  
Instructor: Andrea Clarke  
Location: Stage Area

### 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. Participants are encouraged to perform exercises that are right for them. Chairs and a variety of other equipment will be used. Wear inside shoes and comfortable clothes to move freely in. Bring a water bottle too! **Individuals of all skill levels and abilities** are encouraged to attend. Classes held in Gym 1.

When: Wednesdays, April 5 – June 28  
(no class April 26)  
Time: 10:15 – 11:00 am  
Fee: \$66 LSCO M; \$96 NM  
Drop In Fee: \$7 LSCO M; \$10 NM  
Instructor: Donna Tiefenbach

When: Fridays, April 14 – June 28  
(no class April 28)  
Time: 10:15 – 11:00 am  
Fee: \$60 LSCO M; \$88 NM  
Drop In Fee: \$7 LSCO M; \$10 NM  
Instructor: Andrea Clarke

### POUND & STRETCH (after- noons)

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, April 4 – June 27  
Time: 1:30 – 2:30 pm  
Fee: \$81 LSCO M; \$104 NM  
Instructor: Nancy Purkis  
Location: All Purpose Room

### POUND FITNESS (mornings)

This energizing seated and/or standing workout combines cardio, conditioning, and strength training. Drumming with Pound Rip Stix® (drum sticks) works the shoulders, biceps, triceps, forearms and back. You may increase your rhythm, timing, coordination, speed, agility, and endurance. Drop-ins welcome if the class is not full. Space is limited-register early!

When: Fridays, April 14 – June 30  
(No class April 28)  
Time: 10:00 – 10:45 am  
Fee: \$77 LSCO M; \$104 NM  
Instructor: Sheila Mulgrew  
Location: Stage Area

### 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, April 4 – June 27  
Time: 11:15 am – 12:00 pm  
Instructor: Andrea Clarke  
Fee: \$88 LSCO M; \$104 NM  
Drop In Fee: \$7 LSCO M; \$10 NM  
Location: Gym 2

### STRENGTH & MOBILITY TRAINING

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

Instructor: Andrea Clarke

#### Strength Mobility – Session 1

When: Tuesdays & Thursdays, Apr. 4 – 27  
Time: 1:30 – 2:30 pm  
Fee: \$56 LSCO M; \$72 NM

#### Strength Mobility – Session 2

When: Tuesdays & Thursdays, May 2 – 25  
Time: 1:30 – 2:30 pm  
Fee: \$56 LSCO M; \$72 NM  
Register by: Friday, April 28

#### Strength Mobility – Session 3

When: Tuesdays & Thursdays, May 30 – June 22  
Time: 1:30 – 2:30 pm  
Fee: \$56 LSCO M; \$72 NM  
Register by: Friday, May 28

### 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, April 13 – May 18  
Time: 10:15 – 11:15 am  
Fee: \$41 LSCO M; \$48 NM  
Instructor: Jamie Hillier  
Register by: Tuesday, April 11

### Intermediate to Advanced Level

Intermediate level is the category that the majority of the population falls into. You know you aren't new to fitness anymore but you aren't a fitness expert either. You have built up a base level of strength and endurance. By now, you've improved your work capacity, increased the intensity of your workouts and learned proper techniques for most exercises. Advanced exercisers have the knowledge and motivation to work hard at this level.

### 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.

Instructor: Tracy Simons  
Location: All Purpose Room  
When: Mondays, April 3 – June 26  
(No class April 10, May 22)  
Time: 10:15 – 11:15 am  
Fee: \$75 LSCO M; \$88 NM  
Drop In Fee: \$7 LSCO M; \$10 NM

When: Wednesdays, April 5 – June 28  
Time: 10:15 – 11:15 am  
Fee: \$88 LSCO M; \$104 NM  
Drop In Fee: \$7 LSCO M; \$10 NM

### 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 cyclists welcome. Class held in Gym 2. If session is not full, drop-ins are welcome. Please ask.

When: Wednesdays, April 5 – June 28  
Time: 9:00 – 9:55 am  
Fee: \$88 LSCO M; \$104 NM  
Drop In Fee: \$7 LSCO M; \$10 NM  
Instructor: Nancy Purkis

### 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, April 3 – June 26  
(no class April 10, May 22)  
Time: 8:00 – 8:50 am  
Fee: \$75 LSCO M; \$88 NM  
Instructor: Gabrielle Dumont  
Location: Gym 2

### 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. Classes held in gym 1.

When: Tuesdays, April 4 – June 27  
Time: 9:00 – 9:50 am  
Fee: \$87 LSCO M  
Instructor: Gabrielle Dumont

When: Thursdays, April 6 – June 29  
(no class April 27)  
Time: 9:00 – 9:50 am  
Fee: \$81 LSCO M  
Instructor: Gabrielle Dumont

### FITNESS/POWER WALKING

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

When: Wednesdays, April 5 – June 28  
(no class April 26)  
Time: 9:00 – 10:00 am  
Fee: \$81 LSCO M; \$96 NM  
Drop In Fee: \$7 LSCO M; \$10 NM  
Instructor: Jamie Hillier  
Location: Gym 1

### 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, April 3 – June 26  
(no class April 10, May 22)  
Time: 9:00 – 10:00 am  
Fee: \$75 LSCO M; \$88 NM  
Drop In Fee: \$7 LSCO M; \$10 NM  
Instructor: Gabrielle Dumont  
Location: Gym 2

### INDOOR CYCLING (Mondays)

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, until April 24  
(No Class April 10)  
Time: 10:15 – 11:15 am  
Drop In Fee: \$7 LSCO M; \$10 NM  
Instructor: Jamie Hillier

When: Mondays, May 1 – June 26  
(no class May 22)  
Time: 10:15 – 11:15 am  
Fee: \$54 LSCO M; \$64 NM  
Instructor: Jamie Hillier

### 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, April 5 – June 28  
Time: 8:00 – 8:50 am  
Fee: \$88 LSCO M; \$104 NM  
Instructor: Deb Palmer  
Register by: Monday, April 3  
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.** Drop ins may be accepted if space is available.

When: Thursdays, April 6 – May 25  
(no class April 27)  
Time: 11:20 am – 12:20 pm  
Fee: \$48 LSCO M; \$56 NM  
Instructor: Jamie Hillier  
Location: Gym 2

### 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. Dropping in is very welcome.

When: Tuesdays, April 4 - 25  
Time: 5:15 – 6:15 pm  
Fee: \$28 LSCO M; \$32 NM  
Drop In Fee: \$7 LSCO M; \$10 NM  
Instructor: Erich Dyck

### 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, April 3 – June 26  
(No class April 10, May 22)  
Time: 9:00 – 10:00 am  
Fee: \$75 LSCO M; \$88 NM  
Drop In Fee: \$7 LSCO M; \$10 NM  
Instructor: Jamie Hillier

When: Fridays, April 14 – June 30  
(No class April 28)  
Time: 9:00 – 10:00 am  
Fee: \$81 LSCO M; \$96 NM  
Drop In Fee: \$7 LSCO M; \$10 NM  
Instructor: Tracy Simons

Did you know?  
**THE LSCO HAD**

**45,222**

**FACILITY VISITS IN 2022**

## 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, April 5 – June 28  
Time: 11:40 am – 12:40 pm  
Fees: \$72 LSCO M; \$104 NM  
Instructor: Gloria-Rose Puurveen  
Register by: Monday, April 3  
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, April 5 – June 28  
Time: 1:00 – 2:00 pm  
Fees: \$72 LSCO M; \$104 NM  
Instructor: Gloria-Rose Puurveen  
Register by: Monday, April 3  
Location: All Purpose Room

### 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, April 6 – June 15  
(No class April 27, May 11)  
Time: 5:15 – 6:15 pm  
Fee: \$90 LSCO M; \$117 NM  
Location: Gym 2

### 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, April 6 – June 15  
(No class April 27, May 11)  
Time: 4:00 – 5:00 pm  
Fee: \$90 LSCO M; \$117 NM  
Location: Room A/B

### 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. Register as soon as you see this. If class runs, drop-ins will be welcome. Individuals 18 years of age and up welcome.

When: Saturdays, until April 29  
(No class April 8)  
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, April 4 – June 27  
 Time: 11:15 am – 12:00 pm  
 Fee: \$91 LSCO M; \$117 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 ½ of the class and Zumba Gold Toning, the other ½ 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, April 6 – June 29  
 (No class April 27)  
 Time: 11:15 am – 12:00 pm  
 Fee: \$84 LSCO M; \$108 NM  
 Instructor: Sheila Mulgrew  
 Register by: Tuesday, April 4  
 Location: All Purpose Room

## Pilates & Tai Chi

### 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: Thursdays, April 6 – June 29  
 (No class April 28)  
 Time: 10:15 – 11:30 am  
 Fee: \$81 LSCO M; \$104 NM  
 Instructor: June Dow  
 Register by: Tuesday, April 4  
 Location: Room A/B

### TAI CHI BaFa WuBu FORM

All Tai Chi styles use BaFa WuBu methods for their foundations. There is a balance of both left and right as well as the step pattern of centre, forward, backward, left and right. The form takes about 2 minutes to complete once learned and takes 6' by 7' for completion.

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: Tues. & Thurs., April 4 – May 16  
 (no class April 27)  
 Time: 10:15 – 11:00 am  
 Fee: \$80 LSCO M; \$116 NM  
 Instructor: Dave Scotland  
 Location: Gym 2

### 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, April 5 – June 28  
 Time: 10:15 – 11:15 am  
 Fee: \$40 LSCO Members; \$60 NM  
 Location: Gym 2

## Yoga

### CHAIR YOGA

Perform yoga poses and breathing exercises with the aid of a chair. This gentle class may help you increase strength, flexibility, range of motion for joints, and stress reduction. Chair yoga is suitable for all fitness levels and conditions.

#### Session 1

When: Wednesdays, until April 26  
 Time: 10:00 – 10:45 am  
 Drop In Fee: \$7 LSCO M; \$10 NM  
 Instructor: Corrine Myers  
 Location: Stage Area

#### Session 2

When: Wednesdays, May 3 – June 28  
 Time: 10:00 – 10:45 am  
 Fee: \$49 LSCO M; \$63 NM  
 Instructor: Corrine Myers  
 Location: Stage Area

### YOGA FOR SENIORS

You're never too old to reap the rewards of yoga. For seniors who are looking for a safe, effective way to enhance their physical health and overall wellness, the stretching, breathing, and meditation practices of yoga can be a great solution. In fact, as you will see, doing yoga regularly can result in a host of benefits for older adults, from greater flexibility and improved balance to lower stress and better sleep. Wear comfortable clothing (layer up as some rooms vary in temperature), bring a yoga mat, water bottle and maybe even a blanket. Classes are held in Room A/B.

Instructor: Corrine Myers  
 When: Mondays, April 17 – May 29  
 (no class May 22)  
 Time: 2:15 – 3:15 pm  
 Fee: \$40 LSCO M; \$48 NM  
 When: Fridays, April 14 – May 26  
 (no class April 28)  
 Time: 10:00 -11:00 am  
 Fee: \$40 LSCO M; \$48 NM

### 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, March 31 to ensure the class takes place.

When: Tuesdays, April 4 – May 30  
 Time: 5:00 – 6:00 pm  
 Fee: \$72 LSCO M; \$90 NM  
 Instructor: Donna Tiefenbach  
 Location: Room A/B

### 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, April 4 – June 27  
 Time: 10:00 – 11:00 am  
 Fee: \$88 LSCO M; \$104 NM  
 Instructor: Donna Tiefenbach  
 When: Thursdays, April 6 – June 29  
 (no class April 27)  
 Time: 10:00 – 11:00 am  
 Fee: \$88 LSCO M; \$104 NM  
 Instructor: Donna Tiefenbach  
 Register by: Tuesday, April 4

## Sports

### 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

### GOLF

#### Register for golf lessons at LSCO.

\*Clubs are provided if needed. If you do, please let us know when registering.

\*If you do not own golf attire or golf shoes, wear something comfortable that you can move in and running shoes are recommended.

\*Lessons are taught by Evan Webber (Head Teaching Professional) at **Evergreen Golf Centre**.

### BEGINNER GOLF (ladies and gents)

Designed for the player who has little to no experience. Lessons cover basics of equipment, etiquette, putting, chipping, full swing and apply these skills on the golf course. Maximum 8 students.

When: Session 1: Tuesdays & Thursdays,  
 April 18, 20, 25, 27  
 Time: 1:00 – 2:00 pm  
 Fee: \$100 LSCO Member; \$120 NM  
 Register by: Friday, April 23  
 When: Session 2: Tuesdays & Thursdays,  
 May 30, June 1, 6, 8  
 Time: 1:00 – 2:00 pm  
 Fee: \$100 LSCO Member; \$120 NM  
 Register by: Friday, May 21

### LADIES ONLY BEGINNERS

Designed for the lady who has little to no experience. You will learn the complete basics of golf equipment, terminology, etiquette, putting, chipping, full swing and apply these skills on the golf course. Maximum 8 students.

When: Session 1: Tuesdays & Thursday,  
 May 2, 4, 9, 11  
 Time: 1:00 – 2:00 pm  
 Fee: \$100 LSCO Member; \$120 NM  
 Register by: Friday, May 7  
 When: Session 2: Tuesdays & Thursday,  
 June 13, 15, 20, 22  
 Time: 1:00 – 2:00 pm  
 Fee: \$100 LSCO Member; \$120 NM  
 Register by: Friday, June 4

### LADIES ONLY SIP AND SWING! Complimentary beverage with each lesson!

Designed for the lady with on course experience. Tips and tricks for putting, chipping, full swing and the course are covered. Maximum 8 students.

When: Session 2: Tuesdays & Thursdays,  
 June 20, 22, 27, 29  
 Time: 2:30 – 3:30 pm  
 Fee: \$125 LSCO M; \$150 NM  
 Register by: Friday, May 21

### PICKLEBALL

Pickleball play at LSCO has been very busy. If you know how to play the game and are interested in getting 3 of your friends together to rent a court, give us a call for days and times.

## LSCO Groups

### 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 taking 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

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

### 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/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

### 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 am - 12:00 pm  
Fee: \$44 & 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

## 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! Beginner to Advanced cyclers welcome. If session is not full, drop-ins are welcome.

WHEN: Wednesdays, April 5 - June 28  
TIME: 9:00 - 9:55 am  
FEE: \$88 LSCO M; \$104 NM  
DROP IN FEE: \$7 LSCO M; \$10 NM  
INSTRUCTOR: Nancy Purkis  
LOCATION: Gym 2



### 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

### EUCHRE

If you would like to play Euchre or learn how, meet with Russell in the Card Area **Monday, April 17 th at 1:00 pm**. If there is enough interest it will be scheduled weekly. Free for members and \$2 for non-members.

*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!*

LSCO Library Corner

MY WORKOUT  
IS READING IN  
BED UNTIL MY  
ARMS HURT





# Saying Goodbye

As I write this, I am sure that the last day of my employment at LSCO will be tough. I have a lot of wonderful reasons for retirement. One of the best reasons is my little Elizabeth, who joined our family two years ago. She is my best reason of course and I look forward to spending more time with her. I am also looking forward to spending more time in the pool, in the coulees and in the mountains.

I started at the LSCO in 1992. I remember thinking that I would stay for five years. Five years has turned into 31 years. I have been so fortunate to have worked with such wonderful volunteers, entertainers, members and staff of the Adult Day Program and the LSCO who, without them, we would not have had the success that we did. I thank you wholeheartedly for making this program what it was. The members of the Adult Day Program were lovely. Smiles and hugs were always in abundance. It was easy to love each and every one of you. You asked for nothing in return. I will miss you terribly.

I was also grateful for the opportunity to do the court applications for the contract we

had with the Office of the Public Guardian and Trustee for six years here at the LSCO. That was a big learning curve for me, but one that I enjoyed immensely.

Lastly, I enjoyed the last couple of years that I spent at the front desk. I got to know a lot of the membership and enjoyed seeing so many happy people coming through the doors every day.

Kindness is not hard to give. Kindness is a reflection of you, and it takes nothing to be kind. A smile, a hug, or a simple gesture can turn someone's sadness into happiness.

How lucky I have been to have experienced so many days full of kindness and happiness in my employment. I wish each and every one of you the same. As the LSCO goes through changes, I wish all the staff and the membership continued success in each of your positions here at the LSCO. Continue to treat each other with kindness. It is such a small act yet leaves your heart so full.

Sincerely,  
Sharon Appelt



Sharon with her Granddaughter, Ellie

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**EUCHRE**

If you would like to play Euchre or learn how, meet in the Card Area

**Monday April 17**  
**1:00 PM**

Members: Free  
Non-Members: \$2

**Elder Community Resource**

*Information Session*

**Presenter**  
**Senior System Navigators**  
Seniors Community Services Partnership

**Open to Elders in the Lethbridge Community**

**Wednesday April 12, 2023**  
**10:00AM—12:00PM**

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# Computer Corner

By Sjoerd Schaafsma

## More Email Tips

Back in February the Email tip was “Enter a Concise Subject Line”. Good advice, but what happens when the subject changes over the course of a chain of emails? Oops, we’re no longer talking about the meeting agenda, or who’s bringing what to the party. It’s very easy to click “Reply” regardless of the subject and ask a totally unrelated question. Many of us get lots of mail and it’s easy to lose track of a message. Then comes the phone call or you meet in person, and “Didn’t you get my message?”

“Uh which one?”

“You know about the stuff you were supposed to bring today.”

“Nope, I saw something about a meeting that happened 4 months ago and I trashed it.”

So, when the subject of the conversation changes, change the subject.

### Use an Easy-To-Read Font

While it’s tempting to switch your message font to something different or unique, it isn’t always the best option for the person actually reading the email.

Use a default font that’s easy to read like Arial or Times New Roman. Not only are these classic fonts standard for most email clients, but they are also simpler to read than a script and more professional than an overly casual option.

Some fonts or font sizes may look good to you but look different on a different device. What looks good on a desktop PC with the text zoomed up to a size easy to read for you, may in fact be much smaller when read at the other end, especially on a mobile phone. Pinching and enlarging text on a mobile phone works, but it’s an easily avoided nuisance.

### Be Cautious of Caps and Formatting

It can be tempting to use all caps, bold text, or an underline to emphasize your words. But too many of these in a message defeats the purpose and can convey an aggressive message.

Try to avoid all caps. You don’t want your recipient to feel as if you’re yelling at them. And use font formatting like bold, italics, and underline sparingly and only where necessary.

Much of the above is from a Dec 27, 2022 How to Geek article by Sandy Writenhause - [12 Email Etiquette Rules for Flawless Communications](#)

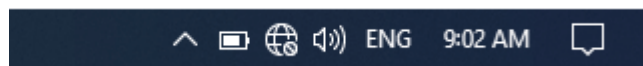
### Tip of the Month: Move items from ‘hidden’ area of task bar back onto the taskbar.

I like having often used links and notifications on the taskbar. With one click or hover I’m able to view a status or notification, or start an app.

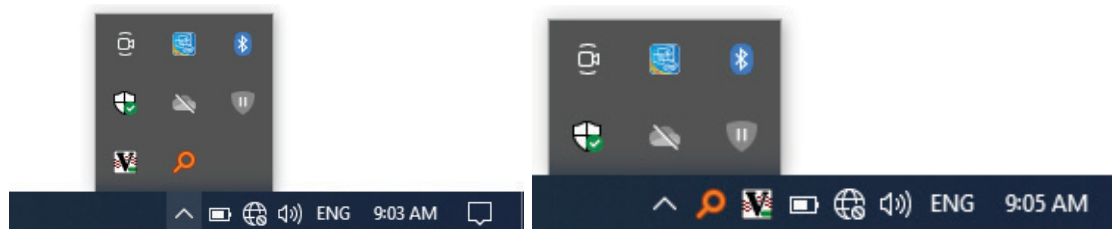
Windows 10 started ‘hiding’ some notifications in a pop up area viewed by clicking the up arrow typically found near the bottom right hand corner of the task bar. I used to change the settings by; right clicking to unlock the taskbar, right clicking again, choosing Taskbar settings, going to the notification area, “Select which icons appear on the taskbar”, and selecting show all.

Not hard, but it’s so much simpler to:

Click on the up arrow, with the left mouse button



and drag the icon(s) you REALLY want to see onto the taskbar.



If you’re reading the online version of the LSCO Times, clicking on the hyperlinks will take you to the articles referenced. If you are reading the paper... and have a mobile device, try accessing the Times on the LSCO website via the QR code. The T-Rex in the middle means the code was generated by Google

# 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.

\*Please note we are back to Wednesday Workshops

### April

**Mon 3** Updates, planning, sharing, help, and socializing

**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

**Mon 24** Planning session, help, and socializing

**Thurs 27** Live Well Showcase  
**Fri 28**

### May

**Mon 1** Updates, planning, sharing, help, and socializing

**Wed 3** Scanning photos and slides, creating and using QR codes

### Visit the Computer Corner Booth at the LSCO Live Well Showcase in the Card area

The computer club will be taking a break from regular sessions till the fall.

Help sessions will still be available by request if there is a member available to help.

### Computer Club Google Site - URL and QR code

<https://sites.google.com/view/lSCO-computerclub>



### The Computer Corner and LSCO Times can be read online at: URL & QR code

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







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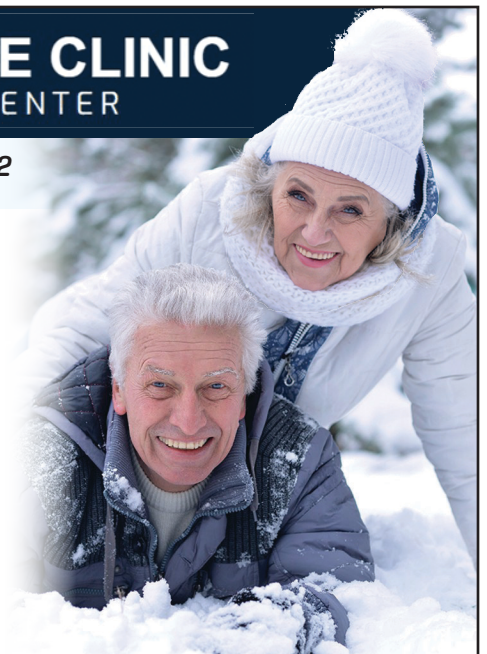
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## The Widow's Walk

Kay Long

The journey of a thousand miles begins with a single step.

### Tao Te Ching

Yes, the book, The Smith's of Hood River Valley: How the family came to the Valley and settled, is on its way to being a soft-cover, published book. So many of you have asked when they can read the story in a book form I'm sharing the experience of publishing with you.

The first job was to select a publisher and that took a while. There are many small publishers out there who will help one through the process. For a fee (of course). I must admit that the price was part of the deciding factor for me but, as well, their staff has proven to be a wonderful asset in the process.

I am currently rereading my book to catch any boo-boos or typos before I send the manuscript to the publisher. Editing would cost more so I'll do it myself, and hope all readers will forgive an error or two. In the meantime we work on the cover. I have selected a very old picture for the front. Luckily, I have family who have helped me with the job. We found a picture of our grandparents, Frank and Grace, when they were first married (could have been their wedding picture), and that will be perfect for the cover.

I am also in the process of writing a book

synopsis for the back cover and an author's biography.

The book synopsis I can handle, no problem. The biography - now that's the tough one. I know through the years I have written thousands of stories, essays and letters. Writing is a large part of who I am, but to write a brief synopsis about me, is hard. It's not how much to write. It's how to condense 85 years in a brief paragraph or two.

I challenge you, dear Readers, to try the same thing. Write a brief paragraph that tells me who you are and send it to the paper, addressed to The Widow's Walk. I know there are many of you who have hung in there with me for the last 15 (or more) years because I hear from some of you from time to time. My first book, The Widows Walk, first appeared in a senior's paper in Edmonton, then in the LSCO paper in Lethbridge. After that I wrote for several years on a variety of subjects and then you were given a preview of The Smiths of Hood River Valley in my column. I want to thank each and every one of you who have followed my column through the years. Especially those who have given me feedback.

I'm thanking all of you who have followed my column through the years and now I'd like to know something about you. You may think you can't write, but I know you can. Just as the journey starts with a single step, your writing begins with a single word. Perhaps your name. I'd really like to get to know you. Who you are, what you do with your days and how anxious you are for spring to come (like me). We've had more than our share of winter this year, haven't we? But a long winter means we can get caught up on jobs indoors. Just as I've been able to get the book manuscript ready for publishing. Hope to hear from you soon and I will always answer.

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## LTH TOURS

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