

2023

Live Well Showcase
A TRADE SHOW FOR ACTIVE AGING



Presented by
CORNERSTONE FUNERAL HOME Ltd.
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96% Sold Out ~ See you in April!
2 BOOTHS LEFT

FREE ADMISSION

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

✓ **Over 70 Exhibitors** ✓ **Political Contestant Meet & Greet** ✓ **Door Prizes**

Speakers presented by Hosack Denture Clinic
Travis Zentner - Funeral Pre-Planning
Dr Robert Sutherland - Latest Research in Alzheimers
Austyn Anderson - Wills & Estate Planning

LSCO LETHBRIDGE Senior Citizens ORGANIZATION
500 11th Street South, Lethbridge
403-320-2222
www.lethseniors.com

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LPS Chief Mehdezadeh presenting staff with a token of appreciation for their dedication, commitment and service to the community



Executive Director

Rob Miyashiro
rmiyashiro@lethseniors.com

This is a reminder to all LSCO members that our Annual General Meeting is scheduled this year for Tuesday, March 28 at 1:00 PM in the Stage area. We need as many people as possible to attend as there may be By-law changes to vote on. Be on the lookout for AGM postings in early March. A unique

feature of our AGM is that we break it into two parts:

- 1) The "Official Business" part, which usually lasts no more than 45 minutes, where the legal requirements of the AGM are met (by-law changes, Special Resolutions, approval of the audited financials and election of officers); and
- 2) The "Town Hall" part where we have special presentations and or Q&A sessions about all things LSCO.

It is exceedingly important for as many members as possible to attend the business part of the meeting so we meet quorum (legally required number of members in attendance), which enables the Board to get approval for the things mentioned above. You may recall

that our 2021 AGM was postponed due to lack of quorum, which pushed our already COVID-delayed AGM the end of the year... which, if that meeting was also delayed, could have created a problematic scenario where two financial statements would have had to have been approved in the same year. In order to maximize the number of attendees, members have the option to use a proxy ballot, which gives the President of the Board the proxy vote. Please see postings in the building regarding the AGM, proxy ballots and any Special Resolutions or bylaw changes for the AGM.

And...Please welcome our newest Seniors System Navigator, Camille Sherwood, to the LSCO team!

LETHBRIDGE SENIOR CITIZENS ORGANIZATION

ANNUAL GENERAL MEETING

Please do your best to attend as quorum is required to vote on bylaw changes



MARCH 28 1 PM @ THE STAGE



Join us in
Celebrating the Years of ADP

For all those who have volunteered, supported or attended the Day Program over the years stop in to join us celebrate 39 years the LSCO Adult Day Program!

Cake and refreshments will be served.

Thursday, March 30 | 1-4

EXHIBITORS

As of February 15, 2023

- 4 Seasons Home Comfort
- AE Cross Studio
- AgeCare - Columbia Assisted Living
- AHS - Seniors Mental Health
- Alzheimer Society of AB & NWT (Lethbridge)
- Audiology First
- Avail CPA
- Beltone Hearing Centre
- Brent Coulter Antiques
- CARP Calgary
- Cherry Rock Lifestyle
- Chinook LifeCare
- City of Lethbridge - Cemetery Services
- City of Lethbridge Waste & Recycling
- Cornerstone Funeral Home
- Coulee Family Services
- DynaLIFE Medical Labs
- Elim Society for Senior Care
- Green Acres Foundation
- Guided Journeys Foundation
- HearingLife Canada
- Helen Schuler Nature Centre
- HiTech Bracing
- Hosack Denture Clinic
- Just Like Family Home Care

- Keith Pushor - Royal LePage S. Country
- Ladybug Arborists
- L.E.A.R.N.
- Leisters Home Care Equipment
- Lethbridge Hearing Centre
- Lethbridge Herald
- Letourneau LLP
- Logan Health - Kalispell
- London Drugs #38
- Martha's House
- Meals on Wheels
- Mr. Mansfield Vintage
- NewRock Developments
- Nurse Next Door
- Lifeline Canada - Philips
- Phoenix Fitness
- PropertyGuys.com
- Psychologist's Association of Alberta
- Radiology Associates
- Roost 2 Roost
- Save On Foods
- Seamless Cares
- Seamless Lifestyles Inc.
- Season's Lethbridge Gardens
- Shoobox Scanning
- Shoppers Home Health Care
- The View - Atria Retirement Canada
- Wellspring Alberta
- Ultimate Freedom Plus

2023 Live Well Showcase

A TRADE SHOW FOR ACTIVE AGING

SPEAKERS

Travis Zentner
Funeral Pre-Planning

Dr Robert Sutherland
Latest Research in
Alzheimers

Austyn Anderson
Wills & Estate Planning

Speakers presented by
Hosack Denture Clinic





A MONTHLY PUBLICATION OF THE LETHBRIDGE SENIOR CITIZENS ORGANIZATION

A proprietary publication of the Lethbridge Senior Citizens Organization. Editorial or advertising enquiries should be directed to Hannah Dupuis at the LSCO.

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

Officers of the LSCO

2022 - 2023 Executive

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

Board of Directors:

Liz Iwaskiw, Reg Dawson and Veronica Panich.
Vacant Positions

Staff Members

Executive Director – Rob Miyashiro
rmiyashiro@lethseniors.com.....ext. 24
Operations Manager – Jodie McDonnell
jmcdonnell@lethseniors.com.....ext. 23
Accounting Technician – Christine Toker
finance@lethseniors.com.....ext. 59
Fund Development & Marketing – Hannah Dupuis
hdupuis@lethseniors.com.....ext. 33
Support Services Manager – Heather Bursaw
hbursaw@lethseniors.com.....ext. 57
LEARN Case Manager – Amy Cook
learn@lethseniors.com..... 403-394-0306
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alabossiere@lethseniors.com.....ext. 25
Seniors System Navigator – Camille Sherwood
csherwood@lethseniors.com.....ext. 25
Seniors System Navigator Intake – Katie Harrold
intake@lethseniors.com..... 403-329-1544
SCSP Link Worker – Connie-Marie Riedlhuber
cmriedlhuber@lethseniors.com..... 403-329-1544
Adult Day Program Supervisor – Sharon Appelt
sappelt@lethseniors.com.....ext. 32
In-Home Supports Coordinator – Shiloh Sabas
mow@lethseniors.com.....ext. 34
Client Support Services Assistant – Diane Legault
dlegault@lethseniors.com.....ext. 30
Volunteer Coordinator – Shiloh Sabas
volunteer@lethseniors.com.....ext. 34
Volunteer Support Assistant – Kari Martin
kmartin@lethseniors.com.....ext. 21
Program Department Manager – Shawn Hamilton
shamilton@lethseniors.com.....ext. 26
Fitness Coordinator – Andrea Clarke
fitness@lethseniors.com.....ext. 61
Head Chef – Fred Shelley
fshelley@lethseniors.com.....ext. 27
Line Cook – Lachlan Dyer ext. 27
Food Service Cashier – Georgette Mortimer ext. 27

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

January 2023 - February 2023

40 New Members

Ginette Williams	Alan Matson	Roanna Rude
Annie Procee	Bob Innes	Cheryl Bradley
Esther Nangah	Terry Innes	Charlene Furman
Carol Michanuk	Ronald Oler	Sandra Ursel
Catherine Yamada	Jane Armstrong	Connie Zunti
Prisca Baptista	Murray Anderson	Judy Hutchings
Bosco Baptista	Debra Anderson	Jackie Colvin
James Moyer	Darrie Piotrowski	Peter Greidanus
Dorna Musgrove	Cal Piotrowski	Bette Greidanus

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



March 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 9	Barry Morishita, Leader, Alberta Party	<i>“Are Albertans ready to move on from governance by the NDP and UCP?”</i>
March 16	Grant Buckskin, Deputy Chief of Police, Blood Tribe Police Services	TBD
March 23	Jim Byrne, Professor, Geography, U of L	<i>“Climate! Energy! Sustainability! Where are we? Where do we go from here?”</i>
March 30	Heather Bursaw, LSCO Social Worker	<i>“Can social prescribing help improve challenges of health and well-being?”</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. 33

Hello Readers!

What a busy month February has been! We have been working hard to plan out a slate of fundraisers, events, appreciation and socializing at the LSCO. Over the next quarter we will be holding a St. Patrick's Day Pub, Volunteer Appreciation, Live Well Showcase Mothers Day Brunch, Fathers Day Lunch, and more!

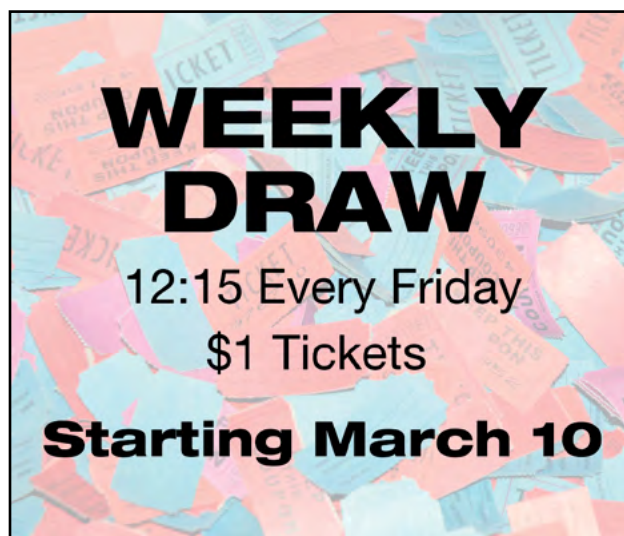
In other fund development news, the LSCO applied for a few grants in February and will be applying for a few more in March. If these grants are won, they should help us continue to modernize our programming and work towards sustainable financing.

One announcement that I know will make some of you very excited is the return of a weekly 50/50 draw! The draw will take place every Friday at 12:15. Winners will have until Wednesday the following week to claim

their winnings or the money and tickets will be added to the next pot. That means if no one claims the winning ticket, the pot will get bigger and bigger each week. You can buy a ticket for \$1 at the administration desk every time you sign into the Centre. Winning ticket numbers and the size of the prize pot will be posted on "The Heart" bulletin board by the sign in computers.

Thank you for all the feedback on the last issue of the Times. I will continue to make small changes to hopefully make the paper more reader friendly and easy to navigate.

With Kindness,
Hannah



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

Upcoming Events

- St. Patrick's Day Pub**
March 17 | 1:30 - 4:30 PM
- Coffee With The Chief**
March 24 | 8:00 - 9:00 am
- Annual General Meeting**
March 28 | 1:00 PM
- 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
- Mothers Day Brunch**
May 14 | TBD



St. Patrick's Day Pub

Friday, March 17
1:30 - 4:30

Appetizers \$7
Spring rolls, Poutine, Sausage Rolls, Veggies & Hummus, Dry Ribs, Nachos

Music, 50/50, Food, Beer & Wine

Everyone welcome! 

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Lethbridge HEARING CENTRE

Alberta Health Services

The LSCO thanks you for your contribution!

The Volunteer CONNECTION



In Home Supports & Volunteer Coordinator

Shiloh Sabas

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

Volunteer Survey

Hello Volunteers. We want to hear some feedback about your volunteering. We appreciate your time, service and commitment and want to ensure you have meaningful volunteer experiences.

If you could take 5 minutes to complete this short survey, it would be much appreciated.

Use this link or stop by the administration desk.

<https://forms.gle/1M6nVmfFhGk1xi9t8>

WELLNESS WEDNESDAYS
EATING ON A BUDGET
COOK & CHAT
WITH EMILY MARDELL, RD

Please join us for this informative workshop about cooking healthy meals. Free lunch included if attending in person.

Wednesday, March 15, 2023
12:00 on Zoom or
11:30 AM at CASA

ANY SENIORS WELCOME TO ATTEND!
If individuals would like more information or to register for the event please connect with SCSP Intake Katie Harrold 403-329-1544.

LSCO Healthy Lethbridge Funded by the Government of Canada's Free Homecare for Seniors Program Canada



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.

Bingo

Thursdays 11am- 4pm

LSCO runs the bingo program at Winners Bingo to raise money for our organization. Volunteers are needed to help at the bingo hall. Activities range from selling bingo cards to counting money in a smoke-free environment. Our bingo team is fabulous, but we are almost always in need of an extra helper or two. You'll get your steps in if you work on the floor, selling bingo cards, and all volunteers are entitled to a free lunch!

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

Thank You Volunteers

You make a difference.

National Volunteer Week
April 17 - 21, 2023

We appreciate you and want to show it!
Stay tuned for more details on what we've got planned.

LSCO

Ladybug Arborists

PRUNING & CONSULTING

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FREE ONE HOUR ON-SITE CONSULTATION



Sarah Russell
 403-359-4770
 wisecrowstatesales

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.



When: Mondays, March 6 – April 3
Time: 2:15 – 3:15 pm
Fee: \$33 LSCO M; \$40 NM

When: Fridays, March 3 – 31
Time: 10:00 -11:00 am
Fee: \$33 LSCO M; \$40 NM

Instructor: Corrine Myers
Room A/B



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-weird-facts.org




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FRESH PURE UNPASTURIZED HONEY for sale. Various sizes for 300 gram jars to 10 lb. pails. 100% natural Beeswax hand & body cream. Will deliver. Call 403-381-1653.

Karen's Kare Services. Senior Care/Recovery Assistance. 20+ years experience in Community Service. Home cooked meals-errands-cleaning-laundry-indoor/outdoor or seasonal chores. Valid First Aid and CPR. Valid License with liability. Call Karen to book a visit today 403-315-9025. References available.

March LSCO Weekly Program Schedule

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

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

Note: Some programs are for members only while others are open to the community. Some class dates of classes differ.

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

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



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

MARCH SUPPORT CALENDAR

TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
	1 Reconnect & Recharge 10:00 am - 11:30 am (Room C/D) Service Canada Coffee & Chat 9:30 am - 11:30 am	2 Adult Day Program 1:00 - 3:00 PM (Room A/B) Horse Racing	4 AA Eye Opener 8:30 am - 10:30 am (Room C/D)
7 Drop-In Single Session Counselling 9 am - 12 pm (Quiet Room)	8 AZ Lawyers 9:00 am - 12:00 pm (Quiet Room) Appointment required Reconnect & Recharge 10:00 am - 11:30 am (Room C/D)	9 Adult Day Program 1:00 - 3:00 PM (Room C/D) Rudi & Friends Lethbridge Hearing Screening 1:00 - 3:00 PM (Clinic Room) Appointment required	11 AA Eye Opener 8:30 am - 10:30 am (Room C/D)
14 Lethbridge Stroke Survivors Group 7:00 pm - 9:00 pm	15 Eating on a Budget 11:30 am (Off-site at CASA) Reconnect & Recharge 10:00 am - 11:30 am (Room C/D)	16 Adult Day Program 1:00 - 3:00 PM (Room C/D) Pet Therapy with Kyra Parkinsons Support Group 2:00 - 4:00 (Board Room)	18 AA Eye Opener 8:30 am - 10:30 am (Room C/D)
21	22 Reconnect & Recharge 10:00 am - 11:30 am (Room C/D)	23 Adult Day Program 1:00 - 3:00 PM (Room C/D) Fun and Games Wii Bowling	25 AA Eye Opener 8:30 am - 10:30 am (Room C/D)

Tips To Help This Tax Season



SCSP Intake

Katie Harrold

intake@lethseniors.com
403-329-1544

Hello everyone,

I hope you are all doing well and enjoying the nice weather when it comes! I just wanted to pop by to talk a bit about taxes. Tax season is approaching and I wanted to highlight how important it is to have your taxes completed yearly. Incomplete taxes can have an impact on your pension funding, resulting in you not receiving your monthly pension payments.

To help ensure that you don't experience this disruption in your pensions, I recommend accessing the LSCO volunteer tax program. LSCO runs a volunteer tax program that is

a free service and you can access to have your taxes filed for you. This program operates for those individuals who have simple tax returns and for those individuals making under \$35,000 or if they are a couple, under \$45,000. There are no age requirements for individuals accessing this service. Forms to receive this service can be completed as soon as possible, and tax filing will begin on March 13. The program requires all individuals to complete a consent form and have all of their T-slips. If you do not have your t-slips, you will be requested to fill out another form for the volunteer tax program, but you may also request your t-slips if you wish by calling the CRA directly at 1-800-959-8281. These forms are available at the front administration desk at the LSCO.

The deadline to file your 2022 income tax is April 30, 2023, but the government acknowledges that April 30 is a Sunday, thus they will consider income tax filed on time if the Canada Revenue Agency (CRA) receives

it, or it is postmarked, on or before May 1, 2023. If you owe money this tax season to the CRA, the payment is due on April 30, 2023.

If you have any questions about accessing the tax program, please contact me at 403-329-1544 or the main LSCO number 403-320-2222.

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 1:00
SIGN UP BY PHONING 403-320-2222

Alberta Health Services
LSCO

TAX RETURN ASSISTANCE

LSCO will be offering free assistance for simple tax returns with an income threshold of \$35,000 (single) and \$45,000 (couple). **No age limit!**

VOLUNTEER INCOME TAX PROGRAM

Volunteers do not prepare tax returns for:

- Individuals with interest income over \$1000
- Returns for deceased persons
- Individuals who file for bankruptcy
- Individuals who report capital gains or losses, employment expenses, or rental income & expenses

OPEN TO ANYONE WHO MEETS INCOME THRESHOLD

Processing begins March 13.

DROP OFF INCOME TAXES AT:
The LSCO | 500 11th St. S., Lethbridge

LSCO LETHBRIDGE Senior Citizens ORGANIZATION

Call 403-320-2222 for more info

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CONTACTS
Peggy ZMURCHYK / Nakama 403-308-1704
Lorraine JOHNSON / Mix 403-634-6347
Darryl MEDORUMA 403-327-7956
Annette GREEN / Bermack 403-380-0830

SEE OUR Facebook Page
"1973 WCHS Reunion Lethbridge Alberta"

LSCO ADULT DAY PROGRAM
March 2023 ~ 1:00 - 3:00 pm
Room C/D

Thursday, March 9
Music with Rudi & Friends

Thursday, March 16
Pet Therapy with Kyra

Thursday, March 23
Fun & Games Wii Bowling

Thursday, March 30
Celebrating the Years of ADP

Pet Therapy with Kyra

Come and meet our Pet Therapy Dog Kyra
March 16 2023 | Thursday 1 PM

Adult Day Program
Room C/D

AZ LAWYERS LLP

DOUGLAS ALGER IAN ZAKEIKS ASIF MUHAMMAD SEBASTIAN KOPPE

Proud to assist the members of the LSCO with their legal concerns

Every second Wednesday of the month Douglas Alger provides a legal clinic.
Contact the LSCO to book an appointment.

ENDURING POWER OF ATTORNEY PERSONAL DIRECTIVE WILLS & ESTATES REAL ESTATE LAW

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

Spring Programs

HOW DO I REGISTER?

- Online at www.lethseniors.com. Find the Memberships & Programs tab at the top of the page and click. Additional tabs will be visible for you to click on and review. **Some classes may not be available to register online.
- In person, call 403-320-2222.

HOW DO I PAY?

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

ONLINE REGISTRATIONS

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

IMPORTANT

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

Please note:

- If the instructor is unavailable to teach due to illness or unforeseen circumstances we will do our best to contact you prior to your class.
- When weather or other unforeseen circumstances cause LSCO to close the facility, unfortunately we will not be able to make up the classes, give credits or refunds.

CREDITS & REFUNDS

- **Please ensure you are registering for the correct class. Due to the popularity of many of the classes, refunds cannot be given after the register by date.**
- Participants cancelling out of a class, prior to start date are subject to a \$10 Administration Fee (must be with more than 49 hours-notice).
- Participants withdrawing with 48 hours or less, will not be given a credit or refund.
- If requesting a refund or credit due to medical reasons (Doctors note required) after the class has begun, participants will be subject to a \$10 Administration Fee. Refunds will be pro-rated for any classes attended.
If there is a waiting list for the class a refund will not be given.
- Refunds will be given if LSCO cancels a course. Participants also have the option of taking a credit. **Credits must be used in 12 months from the date given.**
- At times programs may be cancelled due to meetings, holidays, low attendance, special events, etc. Please watch for notices.



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.

For more information contact: feeassistance@lethbridge.ca or call 311. Confidentiality will be maintained, however communication with the organization offering the activity will be required to confirm the details.



LSCO WELCOME POLICY

This policy allows individuals to access membership and programs at LSCO at a lower cost. The subsidy is dependent on the income of the individual (s).

For more information call 403-320-2222

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

HOW TO USE ACRYLICS

This quick little workshop will give you a start on how to work with acrylics. We will cover some basic techniques in the unique aspects of painting with them. Such as mixing, laying out your palette, how to create layers and different textures, how to care for them and your brushes, what surfaces work best and so much more. We will cover a few basic painting principles along the way.

Acrylics is a great painting medium for beginners so if you are a beginner or just need a refresher, this two-week workshop will hit the spot.

When: Wednesdays, March 15 & 22
Time: 10:00 am – 12:00 pm
Fee: \$25 LSCO M; \$50 NM
Instructor: Donna Gallant
Register by: Friday, March 10

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

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

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
Register by: Friday, March 31

PAINT & CHAT

Donna Bilyk's classes have been very popular for the beginner to advanced painter. You will learn techniques and tricks to help you complete an acrylic painting from start to finish in one afternoon. She brings all the supplies you will need. Donna is an artist from Southern Alberta who recently had a showing at CASA.

When: Thursday, March 16
Time: 1:00 – 3:30 pm
Fee: \$50 LSCO M; \$65 NM
Register by: Monday, March 13

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, March 9 – April 20
Time: 9:30 – 10:15 am
Fee: \$38 LSCO M; \$49 NM
Instructor: Andrea Clarke
Register by: Tuesday, March 7
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, March 6 – April 24
(No Class April 10)
Time: 11:30 am -12:15 pm
Fee: \$40 LSCO M; \$56 NM
Instructor: Andrea Clarke
Register by: Monday, March 6
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: Mondays, April 3 – June 26
(No class April 10, May 22)
Time: 10:15 – 11:00 am
Fee: \$60 LSCO M; \$88 NM

Instructor: June Dow
Register by: Tuesday, March 28
When: Wednesdays, April 5 – June 28
(no class April 26)
Time: 10:15 – 11:00 am
Fee: \$66 LSCO M; \$96 NM
Instructor: Donna Tiefenbach
Register by: Wednesday, March 29
When: Fridays, April 14 – June 28
(no class April 28)
Time: 10:15 – 11:00 am
Fee: \$60 LSCO M; \$88 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
Register by: Friday, March 31
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
Register by: Tuesday, Tuesday, April 11
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
Register by: Friday, March 31
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
Register by: Friday, March 31

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

WALK WITH POLES

Pole walking with the proper technique helps to reduce impact on your lower joints, gives you greater stability and balance, and improves posture. Join us for tips and techniques to enhance your walking experience. Meet at LSCO in the Stage Area. From there we will take walks around the neighborhood. Dress appropriately for the weather. Poles are supplied.

When: Wednesdays, March 22 & 29
Time: 1:00 – 2:00 pm
Fee: \$10/person
Instructors: Shawn Hamilton
Register by: Monday, March 20

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, March 2 – April 6
Time: 10:15 – 11:15 am
Fee: \$41 LSCO M; \$48 NM
Instructor: Jamie Hillier

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
 Register by: Friday, March 31
 When: Wednesdays, April 5 – June 28
 Time: 10:15 – 11:15 am
 Fee: \$88 LSCO M; \$104 NM
 Register by: Monday April 3

BIKE & MORE

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

When: Wednesdays, April 5 – June 28
 Time: 9:00 – 9:55 am
 Fee: \$88 LSCO M; \$104 NM
 Instructor: Nancy Purkis
 Register by: Monday, April 3

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
 Register by: Friday, March 31
 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
 Register by: Friday, March 31

When: Thursdays, April 6 – June 29
 (no class April 27)
 Time: 9:00 – 9:50 am
 Fee: \$81 LSCO M
 Instructor: Gabrielle Dumont
 Register by: Friday, March 31

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
 Instructor: Jamie Hillier

Register by: Monday, April 3
 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
 Instructor: Gabrielle Dumont
 Register by: Friday, March 31
 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, March 6 – April 24
 (No Class April 10)
 Time: 10:15 – 11:15 am
 Fee: \$41 LSCO M; \$50 NM
 Instructor: Jamie Hillier
 Register by: Monday, March 6
 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
 Register by: Thursday, April 28

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, March 2 – 30
 Time: 11:20 am – 12:20 pm
 Fee: \$41 LSCO M; \$48 NM
 Instructor: Jamie Hillier
 Register by: Thursday, March 2
 Location: Gym 2

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
 Register by: Tuesday, April 4
 Location: Gym 2

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
 Instructor: Jamie Hillier
 Register by: Thursday, March 30
 When: Fridays, April 14 – June 30
 (No class April 28)
 Time: 9:00 – 10:00 am
 Fee: \$81 LSCO M; \$96 NM
 Instructor: Tracy Simons
 Register by: Tuesday, April 11

Advanced Level

Before deciding on advanced workouts, be honest with yourself about what your body can do and your current physical abilities. This will help you determine the best training plan for your individual needs. .

CYCLE COMBO

Join this challenging cycle class for a fun workout on and off the bike. Class will include resistance training and stretching. Wear comfortable clothes, bring your water bottles.

When: Tuesdays, April 4 – June 27
 Time: 9:00 – 10:00 am
 Fee: \$88 LSCO M
 Instructor: Jamie Hillier
 Register by: Friday, March 31
 Location: Gym 2

TRX COMBO

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

When: Thursdays, April 6 – June 29
 (no class April 27)
 Time: 9:00 – 10:00 am
 Fee: \$84 LSCO M
 Instructor: Jamie Hillier
 Register by: Monday, April 3
 Location: Gym 2

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
Register by: Thursday, March 30
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
Register by: Thursday, March 30
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, March 4 – April 29
(No class April 8)
Time: 9:00 – 9:55 am
Fee: \$56 LSCO M; \$72 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
Register by: Friday, March 31
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: Mondays, April 3 – June 26
(No class April 10, May 22)
Time: 11:15 – 12:30 pm
Fee: \$75 LSCO M; \$99 NM
Instructor: June Dow
Register by: Friday, March 31
Location: Room A/B

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: Friday, March 31
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
Register by: Friday, March 31
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
Register by: Friday, March 31
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.

When: Wednesdays, March 1 – April 26
Time: 10:00 – 10:45 am
Fee: \$49 LSCO M; \$63 NM
Instructor: Corrine Myers
Location: Stage Area

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, March 6 – April 3
Time: 2:15 – 3:15 pm
Fee: \$33 LSCO M; \$40 NM

When: Mondays, April 17 – May 29
(no class May 22)
Time: 2:15 – 3:15 pm
Fee: \$40 LSCO M; \$48 NM

When: Fridays, March 3 – 31
Time: 10:00 -11:00 am
Fee: \$33 LSCO M; \$40 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
Register by: Friday, March 31
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
Register by: Friday, March 31

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

YOVASCIA

Create a greater sense of wellbeing in your life through a variety of gentle yoga, fascial, breathing and vagus nerve exercises. This will allow for a deep sense of relaxation, healing and cell rejuvenation. Dress in

layers as the room temperature varies. Some props are available to use. Bring a pillow case to cover LSCO bolsters. If you have your own props feel free to bring them along with your yoga mat. (Not included in Ultimate Fitness Membership).

Date: Mondays, March 6 – 27
Time: 12:45 – 1:45 pm
Fee: \$40 LSCO M; \$52 NM
Instructor: Elaine Jagielski
Register by: Friday, March 3
Location: Room A/B

MORNING YOGA

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

When: Tuesdays, April 4 – 25
Time: 10:15 – 11:15 am
Fee: \$28 LSCO M; \$36 NM
Instructor: Shawn Hamilton
Register by: Friday, March 31
Location: Room A/B

YIN YOGA

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

When: Wednesdays, April 5 – 26
Time: 10:15 am – 11:30 pm
Fee: \$32 LSCO M
Instructor: Shawn Hamilton
Register by: Friday March 31
Location: Room A/B

FRIDAY YOGA

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

When: Fridays, April 14 – May 26
(No class April 28)
Time: 9:00 – 10:05 am
Fee: \$42 LSCO M
Instructor: Shawn Hamilton
Register by: Wednesday, April 12
Location: All Purpose Room

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.

*Registration must be made at LSCO.

*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 1: Tuesdays & Thursdays,
May 16, 18, 23, 25
Time: 1:00 – 2:00 pm
Fee: \$125 LSCO M; \$150 NM
Register by: Friday, April 23

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 take photos and others are not as advanced. At times we take trips outside of LSCO. If you would like more information, leave your name and phone number and we will contact.

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

COMPUTER

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

WOOD WORKING

Women and men interested in the wood working

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

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

CRIB

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

When: Thursdays
 Time: 1:00 – 3:00 pm
 Fee: LSCO membership; NON-Members \$2 Weekly
 Location: Card Area

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



ZUMBA

Zumba

When: Saturdays, March 4 – April 29
 Time: 9:00 – 9:55 am
 Fee: \$56 LSCO M; \$72 NM

Zumba Gold

When: Tuesdays, April 4 – June 27
 Time: 11:15 am – 12:00 pm
 Fee: \$91 LSCO M; \$117 NM

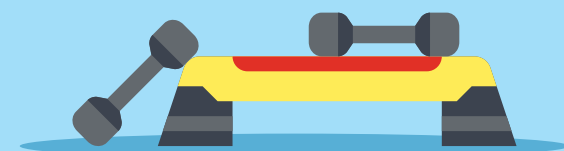
30/30 Zumba Gold / Zumba Gold Toning

When: Thursdays, April 6 – June 29
 Time: 11:15 am – 12:00 pm
 Fee: \$84 LSCO M; \$108 NM

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. 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
Instructor: Erich Dyck
Location: Gym 2



PERSONAL TRAINING

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

INITIAL CONSULT Free

- Prescreening & Goal Setting

FITNESS ASSESSMENT \$25

- Cardiovascular • Balance/flexibility
- Muscular strength/endurance

GETTING STARTED PACKAGE \$80

- 2x 1 hour one-on-one sessions
- 6-8 week custom program • Fitness Assessment

5x 1 hour sessions \$190

5x 30 minute sessions \$100

1 hour single session \$50

3x 1 hour sessions \$135

Whether you are looking to get started, lose weight, or take your training to the next level, Andrea Clarke would love to help you with your health and fitness goals.

CONTACT ANDREA

fitness@lethseniors.com | 403-320-2222 ext. 61

From the Kitchen



Head Chef

Fred Shelley

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

Hi all I just wanted to thank you for coming on down and supporting the Woolworth Wednesdays specials. It has been a real success. Some of our guests are even dressing up in their 50s attire and dancing to the Golden Oldies playing in the dining room. I just love it.

It will continue in the Month of March, with all new specials and classic fountain drinks.

Secondly we would like to invite you all to our St. Patrick's Pub day March 17 th 1:30 -4:30 .

We will be serving beer, wine and a selection of appy's along with a little Celtic music to dance to. So come down, and please don't forget to wear green.. Slainte !!

Cheers
Chef Freddie

Joke of the Month

How can you tell if an Irishman is having a good time?

He's Dublin over with laughter!



WOOLWORTH WEDNESDAYS

March 8
Fish and Chips with Coleslaw, Lemon Tart, Coke Float

March 15
Grilled Cheese, Tomato Soup, Apple Pie, Strawberry Shake

March 22
Open Face Roast Beef Sandwich, Fries & Gravy,
Chocolate Cream Pie, Rootbeer Float

March 29
Pulled Pork Sandwich, Poutine, Chocolate Pudding, Vanilla Shake

COFFEE WITH THE CHIEF

Friday, March 24
8:00 - 9:00 AM

LSCO will be hosting LPS Chief Shahin Mehdizadeh for an informal coffee and chat in our diner.

LSCO MENU ~ MARCH 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		Wednesday, March 1	Thursday, March 2	Friday, March 3
		Entree: Sweet & Sour Pork Chops Starch: Rice Soup: Chef's Choice	Entree: Pineapple Chicken Starch: Rice Soup: Chef's Choice	Entree: Shake & Bake Chicken Starch: Roast Potatoes Soup: Chef's Choice
Monday, March 6	Tuesday, March 7	Wednesday, March 8	Thursday, March 9	Friday, March 10
Entree: Chicken Stir Fry Starch: Egg Noodles Soup: Chef's Choice	Entree: Beef Pot Pie Starch: Broccoli Soup: Chef's Choice	Entree: Chicken Alfredo Starch: Garlic Toast Soup: Chef's Choice	Entree: Sheppards Pie Soup: Chef's Choice	Entree: Roast Beef Starch: Mashed Potatoes & Gravy Soup: Chef's Choice
Monday, March 13	Tuesday, March 14	Wednesday, March 15	Thursday, March 16	Friday, March 17
Entree: Salisbury Steak Starch: Mashed Potatoes & Musroom Gravy Soup: Chef's Choice	Entree: Chicken Mac & Cheese Starch: Garlic Toast Soup: Chef's Choice	Entree: Hot Hamburger Starch: Mashed Potatoes & Musroom Gravy Soup: Chef's Choice	Entree: Honey Garlic Pork Starch: Rice Soup: Chef's Choice	Entree: Irish Stew Starch: Dinner Roll Soup: Chef's Choice
Monday, March 20	Tuesday, March 21	Wednesday, March 22	Thursday, March 23	Friday, March 24
Entree: Chicken Snitzel Starch: Mashed Potatoes & Musroom Gravy Soup: Chef's Choice	Entree: Penne & Meat Sauce Starch: Garlic Toast Soup: Chef's Choice	Entree: Pineapple Teriyaki Pork Ribs Starch: Ribs Soup: Chef's Choice	Entree: Fried Chicken Starch: Mashed Potatoes & Gravy Soup: Chef's Choice	Entree: Baked Ham Starch: Scalloped Potatoes Soup: Chef's Choice
Monday, March 27	Tuesday, March 28	Wednesday, March 22	Thursday, March 23	Friday, March 24
Entree: Chicken A La King Starch: Egg Noodles Soup: Chef's Choice	Entree: Lasagna Starch: Garlic Toast Soup: Chef's Choice	Entree: Sausage Starch: Mashed Potatoes Soup: Chef's Choice	Entree: BBQ Pork Chops Starch: Roast Potatoes Soup: Chef's Choice	Entree: Roast Beef Starch: Mashed Potatoes & Gravy Soup: Chef's Choice



LEARN Case Manager

Amy Cook

learn@lethseniors.com
403-394-0306

This month, LEARN has partnered with some Coordinated Community Response Network Members to put on a Financial Literacy Learning Series. I have noted financial abuse to be the most common type of elder abuse I see, and it is my hope that this learning series will help teach others how to effectively plan for your passing and protect yourself and your loved ones! It can often be overwhelming to discuss these topics as they can be quite complex and confusing, so we have broken the series up into 5 parts throughout the month of March.

Each Wednesday afternoon from 1-3PM will

March Financial Literacy Learning Series

cover a different topic, and also allow room for questions to be asked with bank representatives and a lawyer present. On March 1st, you will be provided with a general overview of topics to be covered so you can decide which ones you want to come to, and which ones you maybe aren't as keen to attend. Of course, I recommend attending all of them to get the greatest understanding possible.

Topics will generally include banking, the risks and benefits to joint accounts and joint assets, advances directives such as the different types of power of attorney that can be written, personal directives and wills, an explanation on rebates, taxes and capital gains.

Each of these topics will be covered by

someone with the knowledge and expertise to answer any questions you may have, and each session is free to attend! There will also be snacks and door prizes, so we ask that you please register beforehand. Registration can be completed at the administration desk at LSCO, by emailing kmartin@lethseniors.com or by calling 403-320-2222.

I would like to thank Lethbridge Legal Guidance, the Domestic Violence Action Team, and Servus Credit Union for assisting in the planning and preparation for this series! I would also like to thank John McMullen of Letourneau LLP and Chris Prawdzik, CPA, of Volution LLP Tax Advisors and Chartered Professional Accountants for their contribution to the material that will be presented!

I hope to see you all there!

FINANCIAL LITERACY LEARNING SERIES

JOIN US MARCH 1, 8, 15, 22 & 29 FROM 1-3 AT LSCO IN THE STAGE AREA TO LEARN ABOUT TOPICS PERTAINING TO FINANCIAL LITERACY & HOW TO PROTECT YOURSELF. TOPICS WILL INCLUDE:

- JOINT ACCOUNTS & ASSETS, WILLS & TYPES OF POWER OF ATTORNEY
- THE PROCESS & IMPORTANCE OF ESTATE PLANNING
- CAPITAL GAINS, REBATES, TAXES
- THE OFFICE OF THE PUBLIC GUARDIAN & TRUSTEE

EACH SESSION WILL FOCUS ON A DIFFERENT TOPIC & INCLUDE A QUESTION PERIOD WITH BANK REPRESENTATIVES & A LAWYER.

CALL 403-320-2222 TO REGISTER. OPEN TO EVERYONE & FREE OF CHARGE! DOOR PRIZES AND SNACKS PROVIDED!

Free Neck & Shoulder Massages!

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

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

PREARRANGING PROVIDES Peace of Mind

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

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

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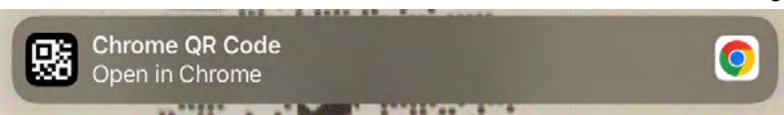
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Computer Corner

By Sjoerd Schaafsma

Email: QR Codes and Email

I think most of you have seen a QR code, even if sometimes it looks like nothing more than a black dot. A QR code (QR stands for Quick Response) is a type of matrix barcode (or two-dimensional barcode). QR codes are frequently used to track information about products in a supply chain and – because many smartphones have built-in QR readers – they are often used in marketing and advertising campaigns. More recently, they have played a key role in helping to trace corona virus exposure and slow the spread of the virus. In simple terms, it's a machine scannable code that tells the machine, or you, something. It may be a link to a part number or a link to a website. Nowadays that scanner can be the camera on your smart phone. I used my iPad successfully, without needing additional software. An older Samsung tablet with Android 10 needed an additional QR scanning program. I got the free QR scanner from Kaspersky. The Google Play Store has many QR scanners some are free, some not, beware! To use the scanner: start the camera or QR scanner app, Focus on the QR code and either the option to open a link in Chrome pops up or you are taken straight to the website. You don't even need to click the shutter button. What's even better is that you can now make your own



QR code for a website. So, one day while waiting for lunch at a local watering hole I thought, "Let's check

out the link to the watering hole's website" followed by, "Well, why don't I add a QR code or two to this and future articles"

There is or might be a security problem with QR codes. How can you tell where a QR code will take you? When I create a hyperlink in this document I often add the entire URL, to make it clear where the link is meant to go, even though it's unlikely anyone would want to type out the entire link. Here's the word on safety and more from Kaspersky, one of the major providers of antimalware software. Each link will take you to the site described.

[QR Code Security: What are QR codes and are they safe to use?](https://www.kaspersky.com/resource-center/definitions/what-is-a-qr-code-how-to-scan)
<https://www.kaspersky.com/resource-center/definitions/what-is-a-qr-code-how-to-scan>

[YouTube video from Kaspersky](https://youtu.be/cmrdnxJBAOI) : <https://youtu.be/cmrdnxJBAOI>

Check out the QR codes in this article and please let me know if you have success.

This article is designed to be printed to paper but is also accessible online as part of the LSCO Times, hence the note at the bottom of these articles including the link.

Here's how to create your own QR code with Google Chrome Share pages with a QR Code <https://support.google.com/chrome/answer/9979877?hl=en&co=GENIE.Platform%3DDesktop>

Tip of the Month: Email: Etiquette Using CC - Carbon Copy and BCC - Blind Carbon Copy

Not every recipient of your message may belong on the To line. You can use the CC field to copy others who need the email as a reference or the BCC field to copy them but keep their email addresses private.

Reserve the To field for those you're directing the message to and any actions you require from them. For others who simply need to be aware of the message, whether you're hiding their email addresses or not, use the CC and BCC lines instead.

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.

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

Computer Club Google Site - URL and QR code

<https://sites.google.com/view/lscocomputerclub>



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

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 the changes to Mondays from Wednesdays in March

March

- Fri 3** Updates, sharing, help and socializing
- Mon 6** London Drugs Presents: Using Smart Devices
- Wed 8** Sharing, help and socializing
- Fri 10** Sharing, help and socializing
- Mon 13** Music - playing, finding, transferring to a mobile player, ripping, types of mobile music players, music software
- Wed 15** Sharing, help and socializing
- Fri 17** Sharing, help and socializing
- Mon 20** Accessibility features, Windows, Mac, mobile devices. Take advantage of the features built into your operating system.
- Wed 22** Sharing, help and socializing
- Fri 24** Sharing, help and socializing
- Mon 27** Planning Session, Sharing, help and socializing
- Wed 29** Sharing, help and socializing
- Fri 31** Sharing, help and socializing

April

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

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

Email computerclub@lethseniors.com to be added to the email list or to ask for help from the computer club. Membership is not required to be added to the mail list.



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Legal Tips and Information

Douglas Alger

It has lately come to my attention, that people who have been appointed as a power of attorney for someone can overreach on the power that has been granted to them. This article will hopefully explain what it means to be appointed a power of attorney and how one should exercise their authority under the document.

A little bit of history first. It used to be the case that if one wanted to take over someone's financial affairs, they would have to apply to the court for an order allowing them to do so. This court process would involve having a doctor signing a document declaring the person to be incompetent. It would also involve a notice being given to the person in question that a trustee would be appointed for their finances. Finally notice would have to be given to other family members to give them notice of the application. This process of course would lessen the chance of someone being appointed that wasn't suitable to be a person's attorney. It would also involve the court requiring the trustee appointed to pass accounts every few years.

While this process was supervised by the court, the problem was that it was difficult

With Great Power Comes Great Responsibility

and costly to get. It was also cumbersome for most people to administer during the trusteeship. Not to mention it tied up the courts with applications. Finally, you could only apply for such an order once it was determined that the person was incompetent.

Enter the Powers of Attorney Act of Alberta of 1991, which brought in the concept of an Enduring Power of Attorney. An Enduring Power of Attorney (EPA) means that if you grant someone the power to look after your financial affairs, that power of attorney is still valid if you subsequently become incompetent. EPA's can be immediate or only come into effect when a doctor signs a statement declaring a person to be incompetent. Note here it is best to state your power of attorney can come into effect if you are also sick or infirm. The only trick here is some doctors only consider mental incapacity as a proper ground for bringing into effect an EPA and not infirmity.

It took some time, and some might say years for EPAs to become the norm, but now today they are quite commonplace to have done up at the same time as your will. Overall, they do simplify matters for your loved ones and have proven to be legally effective. The issue becomes when someone that you have appointed treats their appointment like they have all the power of a dictator.

When you have been appointed a person's trustee under a power of attorney, you must exercise your power only in the best interests of the person who appointed you. Which means not doing anything with that person's finances and property that would harm their property or finances. This is particularly the case when you have been chosen amongst your siblings to act in that capacity for a parent. You should be cognizant of the fact that

your siblings in most cases have a right to know how you're dealing with your parent's affairs. At any time, an interested person can call into question your handling of the matter and you should be prepared to provide reasonable requests for disclosure. Your appointment means you should be as diplomatic and open as possible with the person who appointed you, and with any interested parties such as your siblings.

If you are not forthcoming and open, you will likely face a challenge to your role as trustee. Keep good records and if you are concerned how to do this, perhaps hire a bookkeeper to help you do so. It would not hurt either to provide regular updates to your siblings or other interested parties.

If you any questions about preparing an Enduring Power of Attorney or being appointed an attorney, I would be happy to answer those questions. A good as time as any is my visits to the LSCO on the second Wednesday of every month.

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