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Live Well Showcase Spotlights Supports for Seniors

Steffanie Costigan – LETHBRIDGE HERALD – Local Journalism Initiative Reporter

This article was originally published by the Lethbridge Herald on April 29, 2023

Aging is another way of living. What that life looks like can depend on health and how well we are taking care of ourselves mentally and physically.

Thursday morning was the opening of the Lethbridge Senior Citizens Organization 10th annual Living Well Showcase which also ran until 3 p.m. Friday.

Rob Miyashiro, LSCO executive director, shared the purpose of the showcase and why it benefits the aging community.

“Our showcase supports services available in the community, and its goods and merchandise as well that are relevant to an aging population. Actually a lot of it is relevant to everybody. And so we wanted to bring all these vendors into one place so that the public can come and talk to the people that are actually doing the work or some of the goods and have a really good conversation

and a really informative setting,” said Miyashiro.

The showcase featured many supports in the community for seniors, along with varying organizations and businesses. Miyashiro expressed the importance it is coming out of the pandemic for the community to learn more.

“Coming out of the post-pandemic and the more information, our visitors for the show they want to know more about whatever it is, and I think that is what the pandemic taught us is that we do need to know more things. We need to be more curious, and we need to understand more,” he shared.

Guest speakers at Thursday’s show spoke to the public about important topics such as fraud prevention, designing a comforting plan for your family, and prepare now to avoid estate problems later.

Austyn Anderson, associate lawyer and one of the speakers at the event, shared the focus of his speech and the benefits of preparing estate ahead of time.

Continued on page 16

Senior's Week Events at the LSCO

Seniors Week June 5th – 9th

Fitness and Programming Specials

Try an exercise class you haven't been to for \$2 (see the weekly schedule for classes and times, page 11).

LSCO is partnering with the Nature Centre for a summer Walking Club. Curtis will be on hand to give you all the details Wednesday, June 7th.

Tours

There will be two guided tours of the LSCO for anyone to see what we have to offer. Monday, June 5 at 10AM and Wednesday, June 7 at 1PM. The tour will begin at the administration desk, we recommend calling to register in advance.

Dining Room Specials

June 6th - 11:00am - 1:00pm

Lunch - Bacon Cheddar Burger with Fries. \$10.00

June 8th - 8:30 - 10:30am

Classic Breakfast - \$9.00: 2 Eggs, Sausage, Bacon or Ham. Served with Hash Browns, Toast and Coffee.

June 9th - 11:00am - 1:00pm (or as quantities allow)

Lunch - \$10.00 Baked Ham, Scalloped Potato, Veggies & Beverage (Coffee/Juice/Pop)

Support Services

June 8th - 2 PM Learn from a registered dietitian on proper nutrition and how you can fuel your body to stay active.



HEALTHY LIVING FOR SENIORS

Learn from a registered dietitian about how you can fuel your body and stay active as a senior.

No Registration required.

2:00 PM JUNE 8, 2023

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- Read the user guide inside your cart
- Paper bags can be used in your carts
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- Weekly pick-up from May - October

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Friday	Thursday

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

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A MONTHLY PUBLICATION OF THE LETHBRIDGE SENIOR CITIZENS ORGANIZATION

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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.comext. 304
Operations Manager – Jodie McDonnell
jmcdonnell@lethseniors.comext. 102
Accounting Technician – Christine Toker
finance@lethseniors.comext. 103
Receptionist & Administrative Support Kari Martin
kmartin@lethseniors.comext. 101
Fund Development & Marketing – Hannah Dupuis
hdupuis@lethseniors.comext. 302
Marketing & Admin Assistant – Zuwairah Sani
zsani@lethseniors.comext. 302
Support Services Manager – Heather Bursaw
hbursaw@lethseniors.comext. 204
LEARN Case Manager – Amy Cook
learn@lethseniors.comext. 301
SSN Team Lead – Amy Labossiere
alabossiere@lethseniors.comext. 205
Seniors System Navigator (SSN) – Camille Sherwood
csherwood@lethseniors.comext. 206
Seniors System Navigator (SSN) – Jon Bateman
jbateman@lethseniors.comext. 207
Seniors System Navigator Intake – Katie Harrold
intake@lethseniors.com 403-329-1544
In-Home Supports & Volunteer Program – Shiloh Sabas
ssabbas@lethseniors.comext. 202
In-Home Supports Program Assistant – Diane Legault
dlegault@lethseniors.comext. 201
Volunteer Program Assistant – Azra Pira
volunteer@lethseniors.comext. 208
Program Department Manager – Shawn Hamilton
shamilton@lethseniors.comext. 104
Fitness Coordinator – Andrea Clarke
fitness@lethseniors.comext. 303
Food Services Coordinator– Lachlan Dyer ext. 401
Food Service Cashier – Georgette Mortimer ext. 401

LSCO Information

Phone403-320-2222
Fax403-320-2762
SSN Intake403-329-1544
Learn403-394-0306
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

April - May 2023

17 New Members

Earl McKeith
Karen Taylor
Dwayne Armstrong
Laurie Donaldson
Brett Buckingham
Cheryl Fox

Doug James
Jeff Cove
Monica Cove
Emily Lawson
Anne Marques
Liz Davis

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



June 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.

May 25	Mike Judd	<i>Buffalo Treaty- Grazing Bison on Crown Land ?</i>
June 1	Mike Warkentin	<i>What are the likely impacts of Lethbridge Exhibition's new \$80 million Agri Food Hub on our local economy ?</i>
June 8	Ingrid Hess James Rouleau	<i>Judicial Interim Release (BAIL)</i>
June 15	Duane Bratt	<i>What did the results of the May 29 Provincial Election tell us about Albertans ? Followed by AGM</i>

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

*SACPA Programmes will resume in September

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

Well, Mother's Day Brunch went exceptionally well! Thank you to those that came and continue to support the fundraisers we put on. We came very close to selling out the whole event and made \$3000 in profit.

Thank you to the volunteers who gave up part of their Mother's day to make the event a success and a special shout out to Craig in the dish pit for staying an entire extra shift to help with dishes.

This event also couldn't have been possible without the support of our sponsors and clubs at the LSCO. First, thank you to Beverage Sponsor Lethbridge Hearing Centre. The 'Hear Me Out' Mocktail was a hit!

Thank you to the LSCO Quilting Club, Paper Tole Club and the boutique for their do-

nations to the raffle. Congratulations to the winners: Marie Kennedy, Robert Jones, and Shaun Ward.

Thank you the amazing businesses that provided door prizes at the last minute for me: Shoebox Scanning, Candy Clouds, and Green Haven Garden Centre.

Lastly, thank you to the event sponsors: Specsavers (Park Place Mall), HiTech Bracing, Catwalk Salon and Spa, Green Haven Garden Centre, and Cupper's - who also graciously donated coffee for the event. (You can purchase our coffee at Cupper's and a portion of the funds go back to the LSCO).

You all are fantastic, thank you for supporting the LSCO!



Upcoming Events



- Coffee With Council**
June 2 | 10 AM
- LSCO Guided Tour**
June 5 | 10 AM
June 7 | 1 PM
- Healthy Living for Seniors**
June 8 | 2 PM
- Father's Day Diner Special**
Friday June 16 | 11 AM - 1 PM
Mushroom Swiss Burger with Fries \$10
- Financial Empowerment Workshop**
June 23 | 10AM - 12PM



Thank You

Mother's Day Brunch Sponsors

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DOOR PRIZE ITEMS





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COMMUNITY PARTNERS






















The LSCO thanks you for your contribution!

The Volunteer CONNECTION



In Home Support & Volunteer Program Coordinator

Shiloh Sabas

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

Our operations in the kitchen are in dire need of additional support.

Specifically, dishwashers, line servers, and Meals on Wheels preparation.

If you have volunteered in the kitchen previously or have been interested in volunteering, please contact the volunteer team- **403-320-2222 ext. 202.** or **volunteer@lethseniors.com**

Shiloh



Welcome Azra Pira !

We are excited to announce that Azra recently joined the LSCO Team as the new Volunteer Coordination and Program Assistant. You can contact Azra at volunteer@lethseniors.com or **403-320-2222 ext. 208.**

Volunteer Opportunities

Winners Bingo

Thursdays 11:00 am - 4:00 pm

Volunteers are needed to help at the bingo hall. Activities range from selling bingo cards to counting money in a smoke-free environment. You'll get your steps in if you work on the floor, selling bingo cards, and all volunteers are entitled to a free lunch!

Casino

Oct 4 & 5 | 1pm-8pm & 8pm-4:30 am

We are looking for volunteers to help at our Casino on October 4 & 5. Volunteers will be working in shifts and will not be asked to work the entire day. Roles include: A general manager to handle money and operate the computers, a banker to take money from patrons, a cashier and a chip runner to give and refill cards and chips and help out security in the pit.

MOW Prep

8:00 am - 11:00 am

Volunteers are needed to help prepare meals 5 days a week, along with extra meals on Fridays. MOW prep volunteers are an important part of kitchen team and assist our chef in preparing meals and organizing the routes for delivery. If you are comfortable in a kitchen, looking to gain confidence or job experience, we would love to hear from you.

Dishwashers

8am-11:00 pm or 11:00 - 2:00 pm

We require dishwashers to facilitate LSCO Meals on Wheels and our dining room needs. This job involves scrubbing pots, soaking coffee cups and cutlery and running everything through our commercial dishwasher. Dishwashers are an important part of our team, helping to keep meals affordable at LSCO.

Friday Music

Fridays 11:00 am - 2:00 pm

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!

Contact Azra

volunteer@lethseniors.com

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

SHARE YOUR MUSICAL TALENTS WITH LSCO

11AM TO 1PM (FLEXIBLE) EVERY FRIDAY

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To sign up please contact the Volunteer Programming Team
403 320 2222 ext. 208/202
volunteer@lethseniors.com

Financial Empowerment Workshop



Seniors System Navigator

Camille Sherwood

csherwood@lethseniors.com
403-329-1544

The SCSP Partnership and the Lethbridge Housing Authority are bringing you the information and resources to feel positive about your financial situation!

Through the exploration of what types of assets there are (yes, there are more than just financial assets), our goal is to engage you in conversations about other areas in your life that positively contribute to your financial situation. Next, we will uncover what budgeting means and how it can help anyone in any financial situation.

Whether you have \$0 at the end of the month or \$1000, there are always ways to save! Lastly, we will discuss the intimidating world of banking and do our best to answer any questions you may have. Our goal is to help you feel positive and comfortable when talking about your financial situation. We know that when you can discuss these important areas of your life freely, you will be able to access more resources resulting in a better financial future.

Join us at LSCO on Friday June 23rd, 2023 from 10am-12pm to learn more! If you have any questions or you would like to register, please contact our intake line at 403-329-1544 before June 16, 2023.

-Camille

LSCO Community Connect
Coffee Group
1st Tuesday of each month

1:30 – 3:00 pm
LSCO Atrium (Café)

May 2, June 6, July 4, 2023

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.

LSCO LETHBRIDGE SENIORS COMMUNITY ORGANIZATION

RSVP (one week in advance) by calling Kari @ 403-320-2222 or e-mail kmartin@lethseniors.com

Compass for the Caregiver

June 6, 13, 20 & 27, 2023
Tuesdays from 1:30 – 3:30 pm
Location: Nord-Bridge Seniors Centre
\$55 registration fee
Contact Nord-Bridge at 403-329-3222 to register

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

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Financial Empowerment Workshop
Assets | Budgeting | Banking

Friday June 23
10 am - 12 pm

LSCO 500 11th St. S, Lethbridge

Register by June 16
403-329-1544

SCSP SENIORS COMMUNITY SERVICES PARTNERSHIP

Did you Know ?

Turritopsis Dohrnii aka The Immortal Jellyfish is known to be able to revert back into its adolescent state after going through adulthood—making it basically eternal !

9 Benefits of Volunteering for Older Adults

Volunteers strengthen communities, but did you know that volunteer opportunities for seniors also have many benefits to a person who serves? This is especially true for older adults who spend their time giving back. Volunteerism can improve your health, relationships, and skillsets. Take a look at the benefits of volunteering for older adults. Some of them might surprise you!

Are you an older adult thinking about helping out in your community? Here are nine things you could gain through volunteering.

1. It's good for your mental health. Volunteering keeps the brain active, which contributes to mental health. Meaningful and productive activities can help you feel happier and have a positive outlook on life. According to the National Institute on Aging, volunteering may also lower your risk of dementia and other health issues.

2. It prevents loneliness and isolation. Social isolation is a major issue that many older adults face. The feeling of loneliness and few interactions with others can negatively impact a person's health. Getting out into the community and volunteering promotes socialization. Plus, individuals who engage in volunteering activities experience a shorter course of depression than those who do not, according to the Corporation for National and Community Service.

3. It gives you a feeling of purpose. As

we grow older, our sense of purpose might begin to fade. Children grow up and move out of the house, we retire from our jobs, and some physical activities may become more difficult. Regaining a feeling of purpose through volunteering can help older adults feel recharged with a new zest for life. It can also be a motivating factor for setting and accomplishing other goals.

4. It helps you meet new friends. Life changes, such as moving to a new neighborhood or retiring from a career, can make finding friends to spend time with difficult. Volunteering is a great way to meet new people with common interests. By working together towards the same mission, you can build friendships with like-minded peers who are finding creative solutions in your community.

5. It gives you and a loved one a way to reconnect. Do you struggle to find new activities to do with your spouse or grandchildren? Volunteering is a great way to reconnect and strengthen your relationships. Together, you can learn, help others, and make meaningful memories to share with family members and friends.

6. Volunteering for older adults increases physical activity

Physical activity is highly important when it comes to staying healthy and independent as we age. Volunteering keeps you moving, whether you are serving meals at a shelter, helping to clean up your local parks, or walking around the neighborhood with someone as a companion.

7. It bridges the generation gap. By interacting with younger generations, older adults are able to share important life lessons. On the other hand, younger generations can teach seniors new ways of looking at life. By building a connection with each other, both generations can offer respect and affirmation.

8. It helps you engage with old interests. Do you have an old hobby that has slipped to the wayside? It might be time to revisit it. Put your interests to good use by finding a volunteer activity that includes something that you used to enjoy. For example, if you retired from a teaching career, you might enjoy volunteering at a youth center.

Volunteer activities can align with almost any interest, including art, building, cooking, business, and exercise. Do some research to find the one that best fits your interests.

9. It helps you learn new skills. Sometimes, monotony can make life a little dull. If you find yourself bored or with too much time on your hands, volunteering might be just what you need to spice things up. Many volunteer activities allow you to try things you've never done before and learn new skills. Take a look at opportunities that are a little outside of your comfort zone. You may develop a passion you never knew you had!

This article was originally published on www.vantageaging.org on October 24, 2022

LINE DANCING WITH GLORIA-ROSE PUURVEEN

BEGINNER

If you love music and dancing however, have never line danced before (or maybe just a little) and want to learn, this class is for you. Gloria-Rose will teach you basic line dances. Guys are welcome too.

When: Wednesdays, until - June 28

Time: 1:00 pm – 2:00 pm

Drop In Fee: \$7 LSCO M; \$10 NM

Location: Gym 2



EXPERIENCED BEGINNER

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

When: Wednesdays, until - June 28

Time: 11:40 am – 12:40 pm

Drop In Fee: \$7 LSCO M; \$10 NM

Location: Gym 2

SUMMER LINE DANCING

Line dancing geared to bring together dancers of varying levels. Let's have fun together and dance like nobody's watching, because they truly are not. Guys are welcome too! Wear comfortable clothing, non marking soled shoes and bring a water bottle.

When: Wednesdays, July 5 - 26

Time: 11:30 am – 1:00 pm

Fee: \$22 LSCO M; \$32 NM

Location: Gym 2



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World Elder Abuse Awareness Day (WEEAD)



LEARN Case Manager

Amy Cook

learn@lethseniors.com
403-394-0306

World Elder Abuse Awareness Day is marked each year on June 15th. It is an official United Nations International Day acknowledging the significance of elder abuse as a public health and human rights issue.

Canadian researchers have estimated that 30% of Canada's older adults are at risk of social isolation, some of whom will experience elder abuse. Elder abuse is the action, or inaction of a person in a position of trust that causes harm to

an older adult. This can include adult children, family members, friends, or caregivers. Controlling an older adult's finances without their permission, forcing or withholding medication, and emotional and physical violence are all forms of elder abuse. Over time, someone experiencing abuse at the hands of a trusted helper may recede further into isolation as a result of the dynamics of abuse. Feelings of shame about what is happening to them may cause them to withdraw from social settings. Some people grow up believing that this abuse is normal, and even acceptable. These conditions keep victims of abuse silent, reinforcing the isolation that is a part of the cycle of abuse.

Since 2006, communities throughout Canada and around the world have honoured this day to address the visibility and significance of elder abuse by

organizing events to share information, promote resources and services that can help increase the safety of older adults, and highlight older adults within the community! In Lethbridge, LEARN is holding the second annual Senior's Talent Showcase @ Nord-Bridge Seniors Centre on June 15th at 1PM. Please come out and join us for food and lots of entertainment! Participants will receive prizes to recognize their talents and there will be door prizes for those who attend! Entrance is free or by donation. I hope to see you there!

- Amy

The Lethbridge Elder Abuse Response Network (LEARN) is a collaboration of human service organizations that are invested in addressing and supporting those experiencing elder abuse. LEARN responds to and provides education, awareness, and advocacy for those at risk of or already experiencing elder abuse, as well as the community at large.

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June Support Calendar			
TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
		1	3 AA Eye Opener 8:30 am - 10:30 am (Room C/D)
6 Community Connect Coffee Group 1:30 - 3:00 PM (Atrium)	7 Reconnect & Recharge 10:00 am - 11:30 am (Room C/D) Service Canada Coffee & Chat 10:00 AM - 12:00 PM (Card Area)	8	10 AA Eye Opener 8:30 am - 10:30 am (Room C/D)
13	14 AZ Lawyers 9:00 am - 12:00 pm (Quiet Room) Appointment required Reconnect & Recharge 10:00 am - 11:30 am (Room C/D) Lethbridge Stroke Survivors Group 7:00 PM - 9:00 PM	15 Parkinsons Support Group 2:00 - 4:00 (Board Room) 16- Friday Lethbridge Cancer Connect 10:00 - 11:30 AM (Board Room)	17 AA Eye Opener 8:30 am - 10:30 am (Room C/D)
20	21 Reconnect & Recharge 10:00 am - 11:30 am (Room C/D) Drop In Single Session Counselling (Quiet Room) 12:30 pm - 3:30 pm	22	24 AA Eye Opener 8:30 am - 10:30 am (Room C/D)
27	28 Reconnect & Recharge 10:00 am - 11:30 am (Room C/D)	29	30 AA Eye Opener 8:30 am - 10:30 am (Room C/D)



SCSP Intake

Katie Harrold

intake@lethseniors.com
403-329-1544

Hello everyone! Summer is upon us with the warm weather having started rather quickly. I hope you are all able to find ways to stay cool during this heat!

I wanted to take some time to share about the presentations that we had over the last couple of months regarding Advance Care Planning. We had the pleasure of hosting Doug Alger, from AZ Lawyers LLP as well as Alberta Health Services Seniors Health Family Nurse Practitioner, Kimberly Wescott.

Doug was able to share from a legal perspective, the importance of having advanced directives in place at all stages in life. He was able to share that not having a will, personal directive/goals of care, and enduring power of attorney in place can create some challenges in ensuring your wishes are met. Alberta Health Services was able to provide a nice overview of Goals of

Advance Care Planning

Care and how this is an important part of end of life planning. Together these presentations provided a review of what these documents are and their role in advanced care planning. Below I've provided a very brief summary of these important documents.

Supported Decision-Making – used when individuals still have capacity and allows a “support” person to have access to your personal information as well as assist you in communicating your decisions. This document comes into effect once signed.

Will – this document is used to highlight your wishes for your estate after your death. Your Will does not take effect until you pass away.

Personal Directive – is used for personal matters only, including: where you will live, healthcare matters, participation in social/education/employment activities, legal matters. This document comes into effect when there is a declaration of incapacity completed by a physician.

Power of Attorney – is used for financial matters only, including: paying bills, managing finances (ie. depositing or investing money), applying for financial

benefits, dealing with the estate. Springing Power of Attorney comes into effect after an event has happened and you are deemed to lack capacity in making financial decisions. An Enduring Power of Attorney comes into effect immediately and continues to be in effect following in capacity.

Goals of Care – is used to communicate your care wishes. It includes identifying resuscitative, medical, and comfort care measures you would like to be initiated if you need to receive medical attention. These documents need to be reviewed as well as signed along with a physician or nurse practitioner and become activated once signed.

The Senior System Navigation Team has some informative documents on advanced directives which can be obtained by stopping by LSCO and visiting me at my desk. Doug Alger also attends LSCO the second Wednesday of each month and can assist in providing more information or discussing your concerns regarding these documents.

For more information on accessing these lawyer appointments you may contact us at LSCO **403-320-2222**.

Initiating a Dialogue on Dementia & Elder Abuse



NICE
National Initiative for the Care of the Elderly
Initiative nationale pour le soin des personnes âgées
We care together
Ensemble pour le bien-être des aînés

GLOBALY

2/3

PEOPLE WITH DEMENTIA HAVE BEEN ABUSED

IN CANADA

4-10%

OF OLDER ADULTS HAVE EXPERIENCED ABUSE

ELDER ABUSE

An act or lack of appropriate action, occurring within a relationship where there is an expectation of trust which causes harm or distress to an older person. Strangers can also engage in abuse.

NEGLECT

A specific type of elder abuse where the basic necessities of care are withheld or not provided.

Types of Abuse

Physical

Any action that causes bodily injury or physical discomfort.



Psychological

Severe persistent verbal or non-verbal behaviours that cause emotional distress, fear, diminished self-esteem or dignity.



Sexual

Direct or indirect involvement in sexual activity or activities sexual in nature, without consent.



Financial

An action that leads to theft or exploitation of a person's money, property, or assets.



Spiritual/Religious

Restricting spiritual practices, customs, traditions, or beliefs.



Over/Under Medication

Misuse of medication that causes harm to the senior.





SSN Team Lead

Amy Labossiere

alabossiere@lethseniors.com
403-320-2222 ext. 205

Hello Friends,

It was wonderful to see so many friendly faces at the 2023 Live Well Showcase. First, I would like to congratulate our gift-card winners, Ilona & Erna! Thank you for stopping by and answering questions about your experience as a senior in Lethbridge. At our booth, we wanted to hear from seniors themselves about what types of things were working well, and what things could be improved for older-adults in our community. We had many individuals stop by our booth, with 18 who partook in the needs assessment (majority of participants were females between 60-69 years of age). Here's what we found:

-50% of people who stopped by felt they were able to maintain regular activities such as shopping, visiting family/friends, hobbies, etc. 50% felt they were not, with barriers identified as health and driving test limitations (written and driven exams).

-45% of people felt they weren't able to get everywhere they needed to in terms of transportation. 55% felt they were able to get where they needed. Most common mode of transportation was car, bicycle, scooter and rides from family/friends.

-27% of people felt they wanted to have more acquaintances. 11% did not.

-22% felt they experienced barriers in accessing information or support (barriers: automated phone systems/internet) compared to 33% who felt they didn't have any difficulties.

-Health-wise, 27% felt they were not connected to the healthcare system compared to 22% who did.

-When thinking of future housing needs, 33% of individuals felt they would prefer to stay in their home with support from their family, 11% plan to stay in their home and utilize in-home community supports, and 0% planned to relocate somewhere they can receive support such as a lodge/assisted living.

-When asked which supports older-adults feel Lethbridge is lacking, suggestions given were: access to a dietician to support health, dietary challenges, access to a doctor, lower rates for seniors' centers, educa-

tion around finances for seniors and other options for meals/cooking

-When asked who people are most likely to turn for when looking for support, responses were: LFS, 811, LSCO, family/friends and MLA office

I would like to give a friendly reminder that if you are an older-adult in Lethbridge and are struggling with getting your needs met, please let us know. The SCSP team are here to assist seniors in navigating systems such as health, finances, seniors housing, resource access (e.g. food security), legal etc.

You can reach our SCSP Intake Line at **403-329-1544**.

-Amy.L

Ladybug Arborists
PRUNING & CONSULTING

How Can We Help Your Trees Today?

Elm and fruit tree bookings.
Limited spaces.

403~327~0001
maureen@ladybugarborists.com

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!

SEPTEMBER 22, 2023
11:30 at the LSCO, doors open at 11:00

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

SESSIONS WILL BE FACILITATED BY A SENIORS SYSTEM NAVIGATOR AND AN AHS RECREATION THERAPIST. WE ENCOURAGE PEOPLE TO ARRIVE EARLY AS WE WILL BE STARTING ON TIME LIMITED SEATING

SIGN UP BY PHONING 403-320-2222

LSCO MENU ~ JUNE 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	Thursday, June 1	Friday, June 2
			Entree: Chicken Parmagiana Starch: Spaghetti Veggie: Chef's Choice Soup: Chef's Choice	Entree: Roast Beef Starch: Mashed Potatoes & Gravy Veggie: Chef's Choice Soup: Chef's Choice
Monday, June 5	Tuesday, June 6	Wednesday, June 7	Thursday, June 8	Friday, June 9
Entree: Sweet & Sour Pork Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: BBQ Chicken Starch: Roasted Potatoes Veggie: Chef's Choice Soup: Chef's Choice	Entree: Ginger Beef Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: Cannelloni Starch: Garlic Toast Veggie: Chef's Choice Soup: Chef's Choice	Entree: Baked Ham Starch: Scalloped Potatoes Veggie: Chef's Choice
Monday, June 12	Tuesday, June 13	Wednesday, June 14	Thursday, June 15	Friday, June 16
Entree: Beef Stirfry Starch: Egg Noodles Soup: Chef's Choice	Entree: Pineapple Teriyaki Pork Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: Sweet and Sour Meatballs Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: Chicken Cordon Bleu Starch: Mashed Potatoes & Gravy Veggie: Chef's Choice Soup: Chef's Choice	Entree: Shepherds Pie Soup: Chef's Choice
Monday, June 19	Tuesday, June 20	Wednesday, June 21	Thursday, June 22	Friday, June 23
Entree: Chicken Pot Pie Starch: Roast Potatoes Veggie: Chef's Choice Soup: Chef's Choice	Entree: Beef Stew Starch: Mashed Potatoes & Gravy Veggie: Chef's Choice Soup: Chef's Choice	Entree: Cabbage Rolls Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: Honey Garlic Pork Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: Meatloaf Starch: Mashed Potatoes & Gravy Veggie: Chef's Choice Soup: Chef's Choice
Monday, June 26	Tuesday, June 27	Wednesday, June 28	Thursday, June 29	Friday, June 30
Entree: Sweet and Sour Pork Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: Lasagna Starch: Garlic Toast Veggie: Chef's Choice Soup: Chef's Choice	Entree: Chili Con Carne Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: Chicken Alfredo Starch: Garlic Toast Veggie: Chef's Choice Soup: Chef's Choice	Entree: Roast Beef Starch: Mashed Potatoes & Gravy Veggie: Chef's Choice Soup: Chef's Choice

JUNE WEEKLY SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Pickleball 7:00 am-8:30 am, Gym 2		Pickleball 7:00 am-8:30 am, Gym 1		Pickleball 7:00 am-8:30 am, Gym 1	
	Fitness Centre 8:00 am-3:30 pm Library 8:00 am-4:00 pm Cardio/Strength 8:00 am-8:50 am, Gym 2 Tai Chi Advanced 8:15 am-9:15 am Stage Area Billiards 8:30 am-3:00 pm Pool Room Carpentry/Woodworking 8:30 am-3:00 pm Carpentry Shop	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 Chair Yoga 10:00 am-10:45 am Stage Area	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	
	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	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 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	
	Pilates 11:15 am-12:30 pm Room A/B Badminton 11:15 am-12:45 pm Gym 1 Functional Fitness 11:00 am - 11:45 am Stage Area	Pickleball Mens 11:45 am-1:15 pm Gym 1	Badminton 11:15 am-12:45 pm Gym 1 Line Dancing EXP 11:40 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	
	Computer Club 1:00 pm-4:00 pm Computer Lab Pickleball 1:00 pm-4:45 pm Gym 1; Gym 2 Yoga For Seniors 1:00 pm-2:00 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		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.

June and July 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

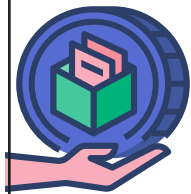
- Please sign up before the register by date to receive the best price listed. Classes are subject to a \$10 increase after this date.
- If you missed the deadline and are interested in participating, please ask to find out if there is room!
- LSCO Members (LSCO M); Non-Member (NM)

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.

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 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

Golf Lessons

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.

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



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**

New

OUTDOOR NATURE WALK

LSCO is partnering with the Helen Schuler Nature Centre for a “Summer Nature Walking Club”. Curtis will be on hand in the lobby, by the Boutique to give you all the details.

When: Wednesday, June 7th
Time: 10:00 am - 12:00 pm.

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.

Exercise & Fitness

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. Held in Stage Area of Dining Room. Instructor: Andrea Clarke

When: Thursdays, until June 29
Time: 9:30 – 10:15 am
Drop In Fee: \$6 LSCO M; \$7 NM

When: Thursdays, July 6 -27
Time: 9:30 -10:15 am
Fee: \$22 LSCO M; \$32 NM

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. Held in Stage Area of Dining Room. Instructor: Andrea Clarke

When: Mondays, until – June 19
Time: 11:00 - 11:45 am
Drop In Fee: \$6 LSCO M; \$7 NM

When: Mondays, July 10 -August 14
(No class August 7)
Time: 11:00 - 11:45 am
Fee: \$25 LSCO M; \$40 NM

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. Held in Stage Area of Dining Room. Instructor: Corrine Myers

When: Wednesdays, until– June 28
Time: 10:00 – 10:45 am
Drop In Fee: \$6 LSCO M; \$7 NM

When: Wednesdays, July 5 - 26
Time: 10:00 – 10:45 am
Fee: \$22 LSCO M; \$32 NM

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, until – June 28
Time: 10:15 – 11:00 am
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Donna Tiefenbach

When: Fridays, until – June 28
Time: 10:15 – 11:00 am
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Andrea Clarke

When: Mondays, July 10 - 31
Time: 10:15 – 11:00 am
Fee: \$22 LSCO M; \$32 NM
Instructor: June Dow

When: Wednesdays, July 5 – August 2
Time: 10:15 – 11:00 am
Fee: \$27 LSCO M; \$40 NM
Instructor: Donna Tiefenbach

When: Fridays, July 7 – August 4
Time: 10:15 – 11:00 am
Drop In Fee: \$27 LSCO M; \$40 NM
Instructor: Andrea Clarke

POUND & STRETCH(Afternoons)

This class consists of a 45-minute Pound (cardio drumming) session, followed by 15 minutes of flexibility, balance, and relaxation. You will leave feeling great! The participants in this class are friendly and welcoming, and **it is suitable for absolutely everyone.** Modifications will be provided. Come out and give it a try. Space is limited-register early!

When: Tuesdays, until June 27
Time: 1:30 – 2:30 pm
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Nancy Purkis
Location: All Purpose Room

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: Tues. & Thurs., July 4 - 27
Time: 1:30 – 2:30 pm
Fee: \$56 LSCO M; \$72 NM

Strength Mobility – Session 2

When: Tues. & Thurs., August 1– 17
Time: 1:30 – 2:30 pm
Fee: \$56 LSCO M; \$72 NM

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 footwear and bring a water bottle. Class will be held in the Fitness Centre. *****CANCELLED*****

When: Thursdays, May 25 – June 29
Time: 10:15 – 11:15 am
Fee: \$41 LSCO M; \$48 NM
Instructor: Jamie Hillier
Register by: Tuesday, May 23

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.** Class held in All Purpose Room.

When: Mondays, until – June 26
(No class May 22)
Time: 10:15 – 11:15 am
Drop In Fee: \$7 LSCO M; \$10 NM

When: Wednesdays, until – June 28
Time: 10:15 – 11:15 am
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 cyclers welcome.** Class held in Gym 2. If session is not full, drop-ins are welcome. Please ask.

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

When: Wednesdays, July 5 – August 2
Time: 9:00 – 9:55 am
Drop In Fee: \$34 LSCO M; \$40 NM
Instructor: TBA

CARDIO TO THE CORE

Improve your heart health during these 5 weeks in this low to high intensity cardiovascular workout. Deb will ensure you get some core and flexibility moves in too! Wear comfortable clothes and footwear and bring a water bottle.

Intermediate to Advanced Fitness Levels.

When: Wednesdays, July 5 – August 2
Time: 8:00 – 8:50 am
Fee: \$34 LSCO M; \$40 NM
Instructor: Deb Palmer
Register by: Tuesday, July 4
Location: Gym 2

CARDIO STRENGTH

Start your week out right with this mixed cardio and strength workout. Participants will use many different pieces of fitness equipment and are encouraged to exercise at their own level. Wear comfortable workout clothes, indoor runners.

Bring a water bottle. **Intermediate to advanced fitness level.**

When: Mondays, until – June 26
Time: 8:00 – 8:50 am
Drop In Fee: \$7 LSCO M; \$10 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 and is held in Gym 1.

When: Tuesdays, until – June 27
Time: 9:00 – 9:50 am
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Gabrielle Dumont

When: Thursdays, until – June 29
Time: 9:00 – 9:50 am
Drop In Fee: \$7 LSCO M; \$10 NM

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, until – June 28
Time: 9:00 – 10:00 am
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Jamie Hillier
Location: Gym 1

When: Wednesdays, July 5 – August 2
Time: 9:00 – 10:00 am
Drop In Fee: \$34 LSCO M; \$40 NM
Instructor: Jamie Hillier/TBA
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, until – June 26
Time: 9:00 – 10:00 am
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Gabrielle Dumont
Location: Gym 2

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, July 4 – August 1
Time: 9:00 – 10:00 am
Fee: \$34 LSCO M; \$40 NM
Instructor: Jamie Hillier

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 – June 26
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, until – June 28
Time: 8:00 – 8:50 am
Drop In Fee: \$7 LSCO M; \$10 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, June 1 - 29
Time: 11:20 am – 12:20 pm
Fee: \$35 LSCO M; \$45 NM
Instructor: Jamie Hillier
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, until – June 26
Time: 9:00 – 10:00 am
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Jamie Hillier

When: Mondays, July 10 -31
Time: 9:00 – 10:00 am
Drop In Fee: \$27 LSCO M; \$32 NM
Instructor: Jamie Hillier

When: Fridays, until – June 30
Time: 9:00 – 10:00 am
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Tracy Simons

When: Fridays, July 7 – August 4
Time: 9:00 – 10:00 am
Drop In Fee: \$34 LSCO M; \$40 NM
Instructor: Andrea Clarke

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: Thursday, July 6 – August 3
Time: 9:00 – 10:00 am
Fee: \$34 LSCO M
Instructor: Jamie Hillier/TBA

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, until – June 28
Time: 11:40 am – 12:40 pm
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Gloria-Rose Puurveen
Location: Gym 2

BEGINNER LINE DANCING

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

When: Wednesdays, until – June 28
Time: 1:00 – 2:00 pm
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Gloria-Rose Puurveen
Location: All Purpose Room

SUMMER LINE DANCING

Line dancing geared to bring together dancers of varying levels. Let's have fun together and dance like nobody's watching, because they truly are not. Guys are welcome too! Wear comfortable clothing, non marking soled shoes and bring a water bottle.

When: Wednesdays, July 5 - 26
Time: 11:30 am – 1:00 pm
Fee: \$22 LSCO M; \$32 NM
Instructor: Gloria-Rose Puurveen
Location: Gym 2

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, until – June 29
Time: 11:15 am – 12:00 pm
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Sheila Mulgrew
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, July 10 - 31
Time: 11:15 - 12:30 pm
Fee: \$22 LSCO M; \$32 NM
Instructor: June Dow
Location: Room A/B

When: Thursdays, July 6 - August 3
Time: 10:15 - 11:30 am
Fee: \$35 LSCO M; \$40 NM
Instructor: June Dow
Location: Room A/B

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, until - June 28
Time: 10:00 - 10:45 am
Drop In Fee: \$6 LSCO M; \$7 NM

When: Wednesdays, July 5 - 26
Time: 10:00 - 10:45 am
Fee: \$22 LSCO M; \$32 NM

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 : Corinne Myers

When: Mondays, June 5 - 26
Time: 1:00 - 2:00 pm
Fee: \$26 LSCO M; \$32 NM

When: Mondays, July 10 - 31
Time: 1:00 - 2:00 pm
Fee: \$26 LSCO M; \$32 NM

When: Fridays, June 2 - 30
Time: 10:00 - 10:55 am
Fee: \$33 LSCO M; \$40 NM

When: Fridays, July 7 - 28
Time: 10:00 - 10:55 am
Fee: \$33 LSCO M; \$40 NM

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

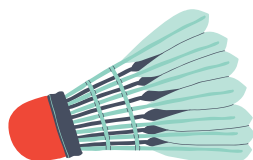
water bottle. Plan on practicing barefoot or wear non-slip socks. Classes held in the All-Purpose Room (downstairs)

When: Tuesdays, until - June 27
Time: 10:00 - 11:00 am
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Donna Tiefenbach

When: Tuesdays, July 4 - 25
Time: 10:00 - 11:00 am
Fee: \$26 LSCO M; \$32 NM

When: Thursdays, until - June 29
Time: 10:00 - 11:00 am
Drop In Fee: \$7 LSCO M; \$10 NM

When: Thursdays, July 6 - 27
Time: 10:00 - 11:00 am
Fee: \$26 LSCO M; \$32 NM



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. For Badminton Etiquette/Protocols see the Bulletin Board outside Gym 2 and on our website.

When: Mondays, Wednesdays & Fridays
Time: 11:15 am - 12:45 pm

When: Thursdays
Time: 10:15 - 12:15 pm
Fee: \$66 & LSCO membership

TABLE TENNIS

A great active game for eye hand coordination and individuals of all skill levels. Let us know if you need instruction and arrangements will be made. Bring your own paddle.

When: Mondays, Wednesdays
Time: 2:30 - 4:00 pm
When: Fridays
Time: 10:30 am - 12:00 pm
Fee: \$44 & LSCO membership

LSCO Groups

AMATEUR HAM RADIO

The purpose of the LSCO Seniors Amateur Radio Group is to advance Amateur radio interests and where necessary, to provide emergency and community communications support. Newcomers are welcome to visit the Radio Room on the second floor at the LSCO and view our collection of "bygone days and current" amateur radio equipment. Anyone wishing to join the group 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. If you are interested in seeing what this is all about you are very welcome to pop in sometime for a visit and orientation.

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

COMPUTERS

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

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

GENEALOGY

Weekly, members spend time researching their family history. LSCO provides a desktop computer for use however, it is recommended that you bring along your laptop if you have one. Members range from beginners to those with 5+ plus years of experience with the club. Group members share their genealogy expertise with each other, sharing tips on accessing web sites containing document sources such as immigration/passenger lists, birth, marriage and death records, etc. Please purchase an LSCO Membership at the Administration Desk before registering for this group.

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

KARAOKE

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

When: Tuesdays
Time: 1:00 - 3:30 pm
Fee: \$20/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 (Stone Crafters)

Are you interested in making jewelry or other pieces of art that uses rocks and fine gems? If the answer is yes, our experienced stone crafters 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 (other days will be available if there is interest)
 Time: 10:00 am – 3:00 pm
 Fee: \$35/year & LSCO membership

PAPER TOLE WORKSHOP

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

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

QUILTING

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

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

TAI CHI

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

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

WOOD WORKING

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

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



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Cards & Board Games

CRIB

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

When: Thursdays
 Time: 1:00 – 3:00 pm
 Fee: LSCO 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 Mondays 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 provided tables are available. Players must provide their own cards, game boards, etc. Gather some friends and see you soon!

Live Well Continued

“The theme of this speech is prepare now to prevent problems later. Because we don’t want our personal representative or our executor, or our children having to go through all these legal costs that may come up if we don’t have our plan in place ahead of time. I think it will really help over the community to understand why we need to do this now; the small cost it will be today so we can avoid these issues down the road in the future,” said Anderson.

It is estimated there were over 70 exhibitors showcased, and the highly anticipated guest speaker for Friday’s speech was Dr. Robert Sutherland on the topic of Alzheimer’s. Pat Frank, the program coordinator of Kainai

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First Nations Elders, shared the importance of her attendance at the showcase and how it can help at the reserve.

“I am bringing our board here. But we have been here before several times, twice. The president came up to our reserve one year during our open house and invited us, so we have been coming ever since. They have some on the reserve but not as big as this one. I think this one is very informative and, at the same time, important to help us with doing something on the reserve, too,” she said.

This article was originally published by the Lethbridge Herald on April 29, 2023

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

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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.

ZUMBA

30/30 GOLD/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, until – June 29

Time:
11:15 am – 12:00 pm

Drop In Fee:
\$7 LSCO M; \$10 NM

Instructor:
Sheila Mulgrew

Location:
All Purpose Room

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Computer Corner By Sjoerd Schaafsma

The Taskbar - Part Two

One thing leads to another and as I came to the end of writing last month's article I saw that there is still a lot more to cover on the taskbar subject. Remember, before modifying, unlock the taskbar.

In no particular order here are settings some of us may find useful:

News and Interests: To change the options for News and Interests hover over its label to bring up the sub menu

Figure 1 shows my preferred option which is to turn off the News and Interests feature all together.

Depending on how cluttered your taskbar is there are choices on how much of a label you want to see, with or without text, or whether you want the link to open when you hover over it.

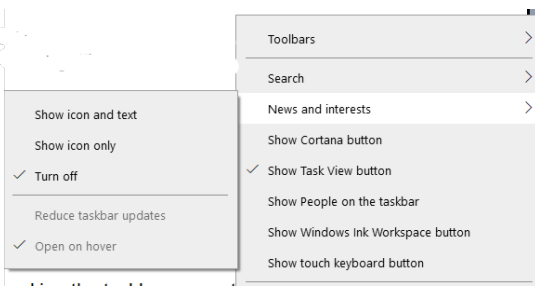
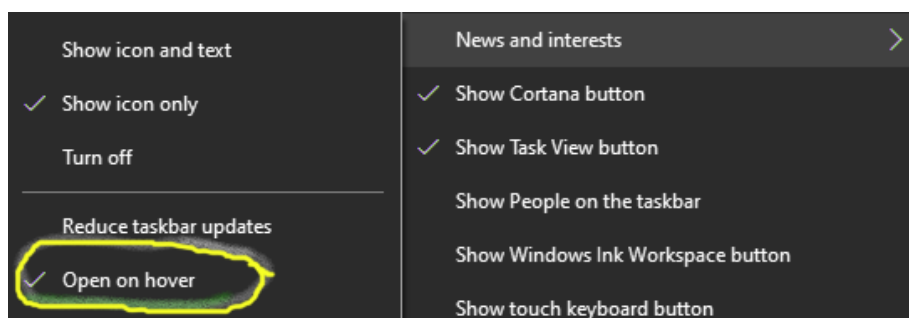


Figure 2 - News and interests turned on with icon and text showing sun, temperature, and Sunny



Figure 3 -With Open on hover checked, if you hover the mouse pointer over the icon, a separate window pops up showing news, weather, the exchange rate for the dollar and various other items the system "thinks" may interest you. To get rid of this pop up window tap the Escape Key. If you click on any of the items shown the Edge browser pops up. You now have the choice of reading the article, closing the tab that opened up, or closing Edge. I don't use Edge, so I close it.



The Cortana button: If you prefer giving spoken instructions to typing, Cortana might be for you. You need a Microsoft account to use Cortana. But this is an entirely different subject... stay tuned.

The TaskView button: Shows what tasks are running on your computer. Click on the thumbnail of the task to jump to it.

Figure 4 – Search, Cortana, and Taskview

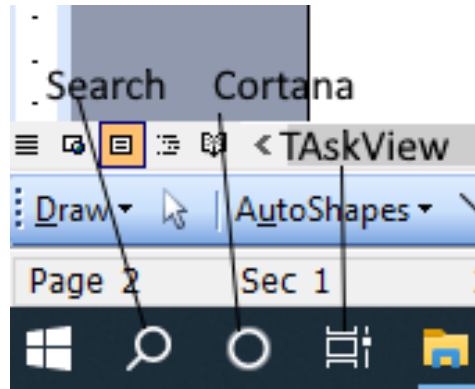
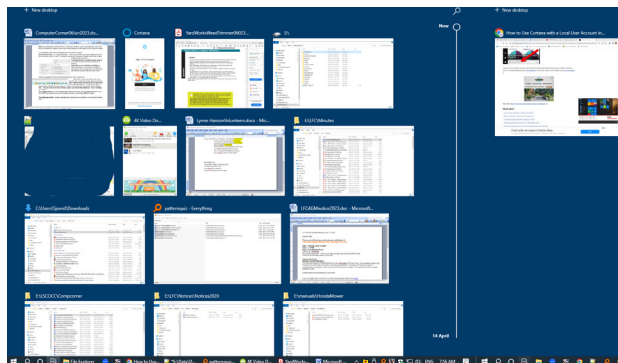
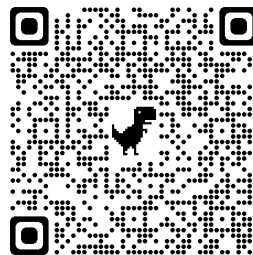


Figure 5 - The result of clicking the TaskView button as I work on this article using 2 monitors.



This article borrows heavily from the Microsoft Web page

How to use the taskbar in Windows



Tip of the Month: While in your Browser Tap the F11 function key to go to full screen mode.I find it makes it easier to read long emails on the desktop. To exit full screen mode. Tap the F11 Key again.

Computer Club EVENTS

June 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.

June

- 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.

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.

The Computer Corner and LSCO Times can be read online at: <http://lethseniors.com/about/lscotimes-publications/>

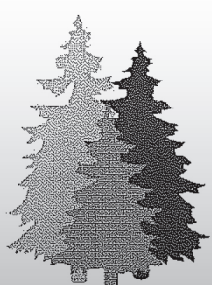
Computer Club Google Site - URL and QR code

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



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

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MAYOR



JENN SCHMIDT-REMPEL
COUNCILLOR



JOHN MIDDLETON-HOPE
COUNCILLOR

📅 **Friday, June 2**

🕒 **10:00 Am**

📍 **LSCO, 500 11th St S**

LSCO Lethbridge Senior Citizens Organization
Community Centre

CITY OF Lethbridge



The Widow's Walk

Kay Long

"I believe the best way to begin reconnecting humanity'S heart, mind, and soul to nature is for us to share our individual stories."

J. Drew Lanham

Spring is finally here, folks, and we can all enjoy the weather change. For me that means being able to get outdoors, enjoy nature, and, soon - plant some flowers. I'm seeing signs that nature is waking up also. The trees are budding, the grass is starting to green-up, and we have a little bunny who has decided to live in our backyard. He has been there every morning when I let Ramón out and he and the bunny play chase around the backyard. Then bunny finds a spot under the fence and he's gone. Maybe until tomorrow.

Now that spring is here we also need to be reminded that Lethbridge is a unique City in that it has a population of rattlesnakes within the city limits. There was a time that we humans tried to kill every rattlesnake

we encountered. However, as poisonous vipers go, our prairie rattlesnakes are not that dangerous. Their bite seldom kills the unlucky person whom they strike. Painful, yes. Deadly, not unless they strike head or body and even then, seldom. They are part of nature's plan to keep down the population of small vermin which can cause problems for humans.

I am not a "snake" person and growing up in Oregon I am well aware of the possibility of encounters with rattlesnakes. Just stay calm and slowly move away. He's more scared of you than you are of him.

As I noted in my book, The Smiths of Hood River Valley, one would seldom see a rattlesnake in the Valley but I do remember one frightening encounter that happened when I was a child. My Dad was a part-time commercial fisherman, complete with boat, nets, a drift permit and a float in the river with a tent. It was like camping out on the water.

One evening the family was all on the boat coming back from hauling in the net. Mom and I jumped out with our little dog, Patches on his leash. We stood on the upper deck while Dad secured the boat to the lower deck. He grabbed the line and bent down to tie the it to a post on the lower deck. When he stood up Mom said, I think there's a snake on the canvas close to the pole where you tied the boat, and I

think it's a rattlesnake."

Dad asked her to repeat what she had just said. He finally comprehended what she was saying and picked up a short piece of 2X4 board, moved a piece of canvas slightly with the board and there it was, a rattlesnake. It was curled up and unable to rattle because it was still wet. It had been a high flood year with a lot of debris that had come down the river. The snake must have traveled on some debris and when it hit the float, crawled off to what it thought was higher ground.

We were all startled to see this dangerous animal laying in an area that was within striking distance where Dad's head had been just a few seconds before. He used the board and with arms shacking he managed to hit the snake before it could strike. He said afterwards if he hadn't been able to kill the snake we would have left the float and never gone back. There were just too many places that the snake could hide and Dad had always feared rattlesnakes.

I remember the rattles (8 buttons) being a prized possession in our house for many years. Both Dad and I were ophidiophobic, and Dad had good reason to be after this rattlesnake encounter. Today we are all taught to have a more "live and let live" attitude about rattlesnakes. Especially since they are our next door neighbors.

Golf Lessons

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

<p>LADIES ONLY BEGINNERS</p> <p>When: Tuesdays & Thursday, June 13, 15, 20, 22</p> <p>Time: 1:00 – 2:00 pm</p> <p>Fee: \$100 LSCO Member; \$120 NM</p> <p>Register by: Friday, June</p>	<p>LADIES ONLY SIP AND SWING!</p> <p>When: Tuesdays & Thursdays, June 20, 22, 27, 29</p> <p>Time: 2:30 – 3:30 pm</p> <p>Fee: \$125 LSCO M; \$150 NM</p> <p>Register by: Friday, May 21</p>
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