



Mother's Day BRUNCH BUFFET

Sunday, May 14

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

Menu: Eggs Benedict, Applewood Smoked Bacon, Breakfast Sausage, Scrambled Eggs, Blueberry Pancakes, Fruit Parfait and a mimosa bar with champagne options available for purchase.

GENERAL \$20 UNDER 12: \$12

Tickets available online at
www.lethseniors.com/events




IN THIS ISSUE

GENERAL INFORMATION

Executive Director Message ...	2
The Heart of the LSCO	4
Upcoming Events	4
The Volunteer Connection.....	5
Classified Ads.....	6
Candidate Forum.....	9
From The Kitchen	10
Diner Specials.....	10
May Woolworth's Specials.....	10
Computer Corner.....	18

PROGRAMS & FITNESS

Weekly Schedule	11
Creative Arts	12
Exercise & Fitness	13
Dance & Zumba	14
Yoga	14
Sports.....	15
LSCO Groups.....	15
Cards & Games.....	16
Personal Training	16

SUPPORT SERVICES

LEARN Report	20
Advance Care Planning.....	7
Compass for the Caregiver	7
Practicum Students.....	8
Support Services Calendar	8
Grocery Rebate	9
Community Connect	9



Above: Chef Freddie carving the delicious roast beef served at our annual Volunteer Appreciation Dinner

Left: Volunteers at our Volunteer Appreciation Dinner

LSCO News



Executive Director

Rob Miyashiro

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

Just prior to the deadline for this month's column, LSCO hosted our Volunteer Appreciation banquet for the first time since 2019! Over 150 people were served a fabulous roast beef dinner prepared and served by Chef Fred and our Line Cook Lachlan, and we were able to express our thanks and gratitude to our volunteers.

We truly could not operate effectively as an organization without the assistance and selfless dedication of this amazing group!

A big thanks to the Lethbridge/Coaldale 4H Beef Club for being our volunteers for this event (and gave our regular volunteers a night off). And of course, thank you to our staff - whose hard work made this event a huge success!

As you know, we're going to have a Provincial Election at the end of May. When candidates knock on your door ask them questions about issues that are important to you...and make sure they answer your questions.

This issue of the LSCO Times will be printed just as our Annual Live Well Trade Show will be drawing to a close. If you see Sandy and Kendall Gibson, please thank them for the great work they have done with the show for so many years. This will be their last Live Well Showcase and they are passing the torch to Hannah to keep the show going.

Rob Miyashiro

The LSCO will be CLOSED Monday, May 22 for Victoria Day.

CARD GAMES
Members are welcome to play cards and other board games throughout the day in the atrium.
GATHER SOME FRIENDS AND SEE YOU SOON!

FATHER'S DAY BARBECUE
JUNE 19 | 11-3PM
500- 11 Street South, Lethbridge
BBQ STEAK LUNCH WITH ALL THE FIXINGS AND *SPECIAL BEVERAGES
GENERAL \$20 UNDER 12: \$12
Tickets available soon at www.lethseniors.com/events
LSCO LETHBRIDGE Senior Citizens ORGANIZATION

roost2roost LIMITED
Owner/Operator
Downsizing Dilemma? Need to move on?
We can help....
Sorting • Organizing
Packing • Arranging Movers • Unpacking
Estate Home Clearouts/Sales
Call Jody Johnson for your complimentary in-home consultation and free estimate.
Cell: 403-330-8389

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.
Instructor: Tracy Simons
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

Green carts are here!
First city-wide collection starts week of May 16
Read the user guide inside your cart
Paper bags can be used in your carts
No plastics - even compostable ones
Weekly pick-up from May - October
Drop by our open house at City Hall
May 6 from 11 a.m. - 2 p.m.
May 9 from 6-8 p.m.
Your Green Cart Collection Day

If your Blue/Black collection day is:	Your Green collection day is:
Tuesday	Wednesday
Wednesday	Tuesday
Thursday	Friday
Friday	Thursday

Questions?
Visit curbside.lethbridge.ca or contact 311 for more information.
CITY OF Lethbridge



A MONTHLY PUBLICATION OF THE LETHBRIDGE SENIOR CITIZENS ORGANIZATION

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

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

Officers of the LSCO

2022 - 2023 Executive

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

Board of Directors:

Liz Iwaskiw, Reg Dawson and Veronica Panich.
Vacant Positions

Staff Members

Executive Director – Rob Miyashiro
rmiyashiro@lethseniors.comext. 304
Operations Manager – Jodie McDonnell
jmcdonnell@lethseniors.comext. 102
Accounting Technician – Christine Toker
finance@lethseniors.comext. 103
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
SSN Link Worker – Connie-Marie Riedlhuber
cmriedlhuber@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
Volunteer Support Assistant – Kari Martin
kmartin@lethseniors.comext. 101
Program Department Manager – Shawn Hamilton
shamilton@lethseniors.comext. 104
Fitness Coordinator – Andrea Clarke
fitness@lethseniors.comext. 303
Head Chef – Fred Shelley
fshelley@lethseniors.comext. 401
Line Cook – Lachlan Dyer ext. 401
Food Service Cashier – Georgette Mortimer ext. 401

LSCO Information

Phone 403-320-2222
Fax 403-320-2762
SSN Intake 403-329-1544
Learn 403-394-0306
Meals on Wheels 403-327-7990
www.lethseniors.com
@lethlSCO on Facebook & Instagram

Hours of Operation

8:00 AM - 4:30 PM, Monday - Friday

LSCO Vision Statement

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

Welcome New Members

March - April 2023

25 New Members

Nadine Miller	Harold Addy	Lori Benson
Jill Moloy	Kathryn Klym	Susan
Nadine Miller	Robert Laing	Burrows-Johnson
Jody Meli	Harold Nicholson	Emerice Shore
Perry Tuck	Zoia Schacher	Beverly Kent
Ken Mackie	Nikki Coker	Shayne Bikman
Len Gendron	Bonnie Dueck	Robert Zuehlke
Varge Craig	Shirley Williams	
Lee Lepora	Sheila Marek	

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



May 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.

April 20	Tania Stilson	<i>Medical Assistance In Dying (MAID)-Track 2: A Daughter's Perspective</i>
April 26	Richard Mueller Yale Belanger	<i>Where will Progressive Conservative Albertans find Refuge?</i>
May 4	Mayor Blaine Hyggen	<i>The City of Lethbridge-Mayor Hyggen's Spring 2023 Update</i>
May 11	Tom Sindlinger	<i>“The Dirty Old Indian” MY CANADIAN HERO</i>
May 15	Library panel discussion	<i>What to do about homelessness and addiction ?</i>
May 18	Bryson Brown	<i>Disease and Vaccinations: a short history</i>
May 25	Mike Judd	<i>Buffalo Treaty - Grazing Bison on Crown Land ?</i>

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

The LSCO accepts no warranty or liability resulting from incorrect, incomplete or misleading information or its improper use. Articles may be edited for space requirements. If anyone has any issues or concerns with any of the advertisers in the LSCO Times please let us know so we can address the issue.



Content Deadline

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

The Heart

Your contribution is our lifeline



Fund Development & Marketing Coordinator

Hannah Dupuis

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

By the time you are reading this, I will have worked my first Live Well Showcase! After 12 years of selfless and expertly organizing Live Well, Kendall and Sandy Gibson will be passing the torch to me for future years. The last few months have been a big learning experience for me, but I have been incredibly thankful for Kendall and Sandy for staying on board to show me the ropes. This is also a great time for feedback of what you would like to see in the Showcase moving forward or have loved in the past. Feel free to stop by my office, call, or email me with your feedback.

I have also moved offices again, and my final resting place will be Shawn's old office by the diner. Shawn has moved into Sharon's old office at the front.

Congratulations to this month's winners of the 50/50 Weekly Draw: Tokio Hori, Rick Furukawa, Rosemary Howard, and Maxine Tedesco! It has been 2 months since we started it back up again and that has given us a chance to see what changes we need to make.

As you may know, we no longer sell lottery tickets at the LSCO. I know these were a big hit with everyone, but I am hoping that you all will channel that good luck into the weekly draw where both you and the LSCO can benefit!

Starting May 1st, we will be running the weekly draws very similar to the way daily draws used to run before COVID. Whenever you visit the LSCO, you can pay \$1 to write your name and membership number on a sheet at the front desk. Each Friday, we will randomly draw a membership number from our total member list. If the member drawn matches someone on the list, that member gets the payout. If the member wasn't on the list then the money will be added to next weeks draw. So, be sure to say hi to Kari at the admin desk and get on that list!

I also want to highlight the upcoming Mother's Day Brunch Buffet. This is our first one since 2019, and is a major fundraiser for the LSCO. If you are interested in volunteering, we still need about another 15 volunteers for the event. You can sign up online at www.lethseniors.com/events or email volunteer@lethseniors.com.

Fred has created a delicious menu that would make any mother feel spoiled, plus you don't have to cook or clean up! There will be three sittings: 10:00 AM, 11:30 AM, & 1 PM so you can choose the time that works best for you. And, did I mention that tickets are only \$20?! **You can purchase your tickets online at www.lethseniors.com/events**, or if you want to purchase them in person, stop by or call the administration desk at 403-320.

Lastly, I want to give a big shout out to my new Marketing Assistant, Zuwairah, who helped me put together this edition of the paper and so many other things on her first month of the job.

With Kindness,
Hannah

Upcoming Events

Provincial Candidate Forum
May 5 | 6 PM - 8:30 PM

Mother's Day Brunch
May 14 | 10:00, 11:30, 1:00

Seniors Week
June 5 - 11

Father's Day Steak BBQ
June 18 | 1:00 - 3:00

Thank you to the Government of Alberta Community Initiatives Program for providing a **\$60,000** operating grant to the LSCO



Thank you to Michael Gordon for donating boxes and boxes of fabric to our LSCO Quilting Club. The quilts above are just some of the projects they have made and I'm sure there is many more to come!

COMMUNITY PARTNERS

SELECT PEOPLE SOLUTIONS

Teamworks career centre

ITALIAN TABLE ESTD 2018

CORNERSTONE FUNERAL HOME Ltd. Honoured to Serve

urban grocer

LETHBRIDGE Herald

CUPPER'S COFFEE & TEA. MAKE THE WORLD IN YOUR CUP.

AUDIOLOGYFIRST THE HEARING AID EXPERTS

WATER TOWER GRILL & BAR

Hosack DENTURE CLINIC LTD.

Warwick PRINTING Co. Ltd.

Lethbridge HEARING CENTRE

Alberta Health Services

The LSCO thanks you for your contribution!

The Volunteer CONNECTION

An Open Letter of Thanks

The 2023 Live Well Showcase, I'm sure, was another great success.

I'm writing this in advance of the show, as the deadline for May's paper is before the show takes place. I didn't want to wait another 4 weeks to express our gratitude to everyone.

First and foremost, Sandy and I want to thank the many volunteers. You deserve a HUGE pat on the back. You helped at the information table, prepared and served the food & coffee, provided power for each booth, and a myriad of other duties.

Thanks to all those who helped set-up and tear-down & put away all the drapes and rods. The cheerfulness and eagerness of all the volunteers are to be applauded. Your assistance made it possible for the LSCO to present it's biggest show yet. We are always impressed with the volunteerism shown at LSCO and you always rise to the occasion.

A big Thank You to the staff at LSCO. We specifically want to single out Hannah Dupuis who looked after all our graphic requirements and on-line advertising, Kari for assisting us with arranging all the

volunteers, Fred and all the kitchen staff, Christine in accounting and Shawn who looks after the LSCO Program area.

Finally, we thank Jodie. She works behind the scenes continually to help make this show a success. Rob Miyashiro is the main voice of the LSCO and has always been a huge supporter of the Live Well Showcase. We pester all the staff constantly for months while preparing for the Showcase. They are always polite and respond to every request with a smile and a can-do attitude. They are amazing.

We also know we add a lot of work to the custodian staff for this show and they step readily up to the challenge.

Thank you to our main sponsor, Cornerstone Funeral Home, Hosack Denture Clinic for sponsoring the speakers, Kasko Cattle Co for their generous donation and Nortera Foods for the veggies. Thank you also to our speakers, Travis Zentner, Austyn Anderson, Robert Sutherland and the Lethbridge Police Service.

Thanks to all the exhibitors for setting up interesting displays and supporting the Live

Well Showcase. It's a lot of work and we hope they found the show worthwhile. You can tell it takes a lot of people and coordination to run this 2-day trade show.

Finally, if you came to the show, we thank you for taking the time to discover more about our active aging lifestyle. We're all 'getting up there' and the Live Well Showcase can certainly help guide us along. We are looking forward to learning more next year.

With our heartfelt thanks,

Kendall and Sandy Gibson

The Live Well Showcase Organizers



Photos from National Volunteer Week



Thank you to the 4-H Clubs in our area which generously helped with our Volunteer Appreciation Dinner so that our hard working volunteers could sit back and be pampered

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!

Mother's Day Brunch Buffet

May 14 | 9 am - 3 pm

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

Newspaper Delivery

Last Friday of the month

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

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 Azra

volunteer@lethseniors.com

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



MAY 2023 EVENTS & PROGRAMS

THE GALT PRESENTS...

special speakers and presenters for adults and seniors | registration not required | museum admission applies | free to members

Wed **03** | 2-3 pm

Protest Music with Chris Roedler

Sun **07** | 1-2 pm

Music with Willy Big Bull

Sun **28** | 1:30-2:30 pm

Stéphane Guevremont on The War in Ukraine

HANDS-ON HISTORY

interactive programs for children of all ages, to attend with their caregiver | registration not required | museum admission applies | free to members

Wed **10** | 10-11 am

Toddler Time: Plants, Seeds, and Native Gardens

Sat **20** | 10:30-11:30 am

Plants, Seeds, and Native Gardens



ARCHIVES

archives-related speakers and presenters for adults and seniors | registration not required | museum admission applies | free to members

Fri **26** | 3:30-4:30 pm

Archives 101

CREATIVE COMMUNITY

hands-on activities connected to local history and culture for adults and seniors, including those requiring accessibility | registration not required | museum admission applies | free to members

Wed **31** | 10:30-11:30 am

Plants, Seeds, and Native Gardens

SPECIAL EVENTS

Sat **13** | 11 am-1 pm

Walking Tour to "The Thing"

adults and seniors | registration required | \$10 per ticket

Thu **18** | 4-6 pm

Walking Tour to "The Thing"


adults and seniors | registration required | \$10 per ticket

Sun **21** | 2-3:30 pm

Flora Foundations: Land Based Learning with Kristin Krein

adults and seniors | registration required | \$10 per ticket

www.galtmuseum.com







Martin Brothers
Funeral Services
a division of the Caring Group Corp.







Serving

Southern Alberta Families


for over **100**
YEARS

People you know. Friends you trust.

Martin Brothers Funeral Services www.mbfunerals.com 

Toll Free: 1.800.382.2901 403.328.2361 610-4 Street South Lethbridge, AB

CLASSIFIED ADS

FOR SALE: Immediate possession. CONDO UNIT GRAND-VIEW VILLAGE Lethbridge ONE OWNER – 55 & over, bright & spacious southern exposure, 2 bedroom, 2 bath with balcony on 4th floor. Appliances and some furnishings included. Amenities include exercise room, overnight guest lodging, large & bright spacious 4th floor library and meeting area, underground heated parking with storage facility. Very accessible (mostly within walking distance) city, retail and banking services, minutes to hospital via trail access. Secure location across from police station, 2 blocks from fire hall. Environment of community of neighbours who are responsible for the administration and care of the collective premises. Reduced \$209,000.00 or offers. **To view, call 403-328-1520. If you want to lock it up and go travelling, this might be for you.**

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.

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

4 Ways to Help Fund Your Retirement

If you're almost ready to retire, congratulations! You'll be entering an exciting phase of life with the freedom to choose how you use your time. There are several ways to help supplement your income and contribute to a savings plan, while enjoying the retirement you've always dreamed of.

Rent or swap your home

For many of us, travelling is a key retirement bucket list item. One way to help fund your travels is to rent out your home while you are away. Depending on where you live, the size and state of your home, and the cost of living at your destinations, you might be able to bring in more money than you spend while you're away. There are also home exchange programs where you can swap a stay in your home for free accommodations abroad.

Consulting fees

Not quite ready to give up on a fulfilling career one hundred per cent? Consider a second career as a freelancer or consultant. Finished your job as a community newspaper editor? Pick up some side gigs as a freelance writer. Wrapped up your accounting 9 to 5 role? Earn some pocket money by filing other people's tax returns. Just remember that any extra income must be claimed on your tax return and may impact some of the tax breaks you might be eligible for.

Pass on your knowledge, for a fee

Many educators earn extra money by filling in as supply teachers after they've retired. But they don't have a lock on earning education dollars. Put the years of knowledge you've gained to valuable use as a tutor. Whether you worked in the sciences, tech-

nology or communications, you can help students of all ages boost their marks or even act as a paid mentor for people entering your old field.

Get a side hustle

Maybe you'd rather earn some extra money doing something completely different than what you did for your career. Companies large and small are looking for salespeople to add to their workforce. Always had a passion for cars? Contact local dealers and used-car retailers to see if you can join their sales team. If you're interested in technology, explore your options in the retail world at major retailers that can offer perks like discounts and the potential for added commission

Article originally published on newscanada.com

JOIN US FOR THE 2ND ANNUAL SENIOR'S TALENT SHOWCASE

JUNE 15 @ 1PM, IN THE GYM AT NORD-BRIDGE SENIOR CENTER

HOSTED BY LEARN IN RECOGNITION OF WORLD ELDER ABUSE AWARENESS DAY

COME ENJOY FOOD, ENTERTAINMENT & PRIZES!

LEARN LETHBRIDGE ELDER ABUSE

AEAAC Alberta Elder Abuse Awareness Council
Grow the Conversation...20 Years of Being a Voice

ADVANCED CARE PLANNING

We welcome you to join us for an Education Session by Alberta Health Services on Advanced Care Planning. This session will include topics:

- How to have End of Life discussions with family,
- What is Capacity and What is an Agent, Goals of Care,
- Supportive Decision Making,
- Personal Directives and Enduring Power of Attorneys,
- MAID.

Anyone Welcome to Attend !

Tuesday, May 16 | **1:30 PM - 2:30 PM** | **500 11th St. S Lethbridge**

No Registration Required !

LSCO LETHBRIDGE Senior Citizens ORGANIZATION | **Alberta Health Services** | **SCSP SENIORS SYSTEM NAVIGATOR**

Compass for the Caregiver

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

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

Caregivers Alberta CARING FOR CAREGIVERS
caregiversalberta.ca | 780.453.5088 | office@caregiversalberta.ca | 1.877.453.5088 (toll-free)

SENIORS Who LIFT

WHEN: Thursdays, June 1 - 29
TIME: 11:20 am – 12:20 pm
FEE: \$35 LSCO M; \$45 NM
INSTRUCTOR: Jamie Hillier
LOCATION: Gym 2

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.**

Practicum Students



Bachelors of Social Work Practicum

Bonnie Jensen

Welcome

Hi, my name is Bonnie Jensen. I am currently a student with the University of Calgary working towards a Bachelor's degree in Social Work. I've been given the opportunity to do my social work practicum with LSCO. I am so excited to work with and learn from Amy and other staff members. I can't wait to meet many wonderful people and club members over the next 4 months. Hope to see you around.



Masters of Social Work Practicum

Kevin Kang

This is my goodbye letter to the LSCO family. Thank you so much for an awesome practicum experience. Not only I get to work with my colleagues at the In-Home support programs, I also get to know the other social workers, kitchen staff, program facilitators and especially the seniors who are coming to LSCO.

It is my pleasure to be part of the In-Home support programs and applied my research skills to explore best practice for the MOW program. The focus of my research is to help increase program efficiency and create a program structure to increase the service capacity of the In-Home support programs and to better serve seniors who are in need of these services.

This may not be the end for my involvement with LSCO, because the practicum experience opened my heart to work with seniors and I certainly will miss the conversations we had over the past four months.

I am wishing you all the best, Kevin



Bachelors of Social Work Practicum

Rebekah Nicholas

Farewell

Oki, time flies when you're having fun! My heart is full of gratitude for the time spent here at the LSCO. I have learned so much, made new friends and have met some amazing individuals on the way. Thank you all for making me feel so welcome and being a part of my educational journey on becoming a social worker.

Cheers.

WISE CROW

Estate Sales, Moving, & Downsizing

- Management & sale of partial or entire estates
- Removal of unsalable items
- Staging, decluttering & preparation for resale
- Sorting, packing & preparation for moves
- Unpacking & new home set up
- Social work background; experience with grief, loss, families & the elderly

FREE ONE HOUR ON-SITE CONSULTATION

Sarah Russell
403-359-4770
wisecrowstatesales

Hands on Senior Care

Aging in place with dignity

LUCIE-ANNE FOSTER, BN
780-860-2624

Owner Lethbridge & Area

www.handsonseniorcare.ca

handsonseniorcarealberta@gmail.com

MAY SUPPORT CALENDAR

TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<p>2 Drop-In Single Session Counselling 9:00 AM - 12:00 PM (Quiet Room)</p> <p>Community Connect Coffee Group 1:30 - 3:00 PM (Atrium)</p>	<p>3 Service Canada Coffee & Chat 10:00 AM - 12:00 PM (Card Area)</p> <p>Reconnect & Recharge 10:00 am - 11:30 am (Room C/D)</p>	<p>4</p>	<p>6 AA Eye Opener 8:30 am - 10:30 am (Room C/D)</p>
<p>9</p>	<p>10 AZ Lawyers 9:00 am - 12:00 pm (Quiet Room) Appointment required</p> <p>Lethbridge Stroke Survivors Group 7:00 PM - 9:00 PM</p> <p>Reconnect & Recharge 10:00 am - 11:30 am (Room C/D)</p>	<p>11 Lethbridge Hearing Screening 10:00 AM - 12:00 PM (Clinic Room) Appointment required</p>	<p>13 AA Eye Opener 8:30 am - 10:30 am (Room C/D)</p>
<p>16</p>	<p>17 Reconnect & Recharge 10:00 am - 11:30 am (Room C/D)</p>	<p>18 Parkinsons Support Group 2:00 - 4:00 (Board Room)</p> <p>19- FRIDAY Lethbridge Cancer Connect 10:00 - 11:30 AM (Board Room)</p>	<p>20 AA Eye Opener 8:30 am - 10:30 am (Room C/D)</p>
<p>23</p>	<p>24 Reconnect & Recharge 10:00 am - 11:30 am (Room C/D)</p>	<p>25</p>	<p>27 AA Eye Opener 8:30 am - 10:30 am (Room C/D)</p>
<p>30</p>	<p>31 Reconnect & Recharge 10:00 am - 11:30 am (Room C/D)</p> <p>Dr Boloski Foot Care 9:00 am - 12:00 pm (C/D) Appointment required \$15 Fee & LSCO Membership Required Please bring Alberta Health Card</p>		



SCSP Intake

Katie Harrold

intake@lethseniors.com
403-329-1544

Hello Everyone!

It's May and the weather has definitely proven that spring is here! I wanted to take a moment to share with you a little bit about the new one-time grocery rebate that the federal government announced last month as part for their 2023 budget. The government has indicated that this grocery rebate is a way to target inflation and support Canadians with low to modest income. It has been suggested that the rebate will be delivered through the GST credits that many Canadians get each year. A date this payment will be released has not been announced yet, but once legislation is passed the one-time payment will be distributed. The government has indicated that seniors will receive the rebate as a one-time payment of approximately \$225 on average.

Government Grocery Rebate

I also wanted to highlight that there has been an increase in scams related to this new grocery rebate. Global news has reported that they have been informed of phishing scams that present as a text message and ask individuals to click on a link to receive the rebate payment. The information as of now, indicates that you do not need to complete anything in order to get the grocery rebate. Seniors who are eligible will automatically receive the payment as part of their GST credit. If you receive any text messages, emails or phone calls regarding this rebate, please be cautious and do not give any of your personal information out. If you believe you are receiving scam messages, report it to the Canadian Anti-Fraud Centre at **1-888-495-8501**.

Along with this announcement, I believe that it is important that we discuss ways that we can save on groceries, as it appears the price of items has continued to increase, and this can make it more difficult for many to continue to afford to live. Some tips for saving during grocery trips include:

- Plan ahead, including making a list and sticking to it – Meal planning can help

you create a comprehensive list of what groceries you may need. Having a list can also allow one to stick to buying what they need.

- Browse flyers and compare prices – Browsing flyers can allow one to take note of specials and find the best bang for your buck. You may also be able to find coupons in flyers that can help you save on the items you need.
- Price matching – Price matching can allow you to get all the deals you may see in multiple flyer all in one place. Next time you're in the grocery store, ask the staff if they offer price matching.
- Take advantage of discount days – Certain stores offer discount days, offering a percentage off your total grocery bill. This can help to reduce the cost of your monthly grocery purchases.

Stay tuned to the government announcements for further information on the grocery rebate.

If you have any questions, do not hesitate to reach out to me directly at **403-329-1544**.

LSCO Community Connect
Coffee Group
1st Tuesday of each month

May 2, 2023
1:30 – 3:00 pm
LSCO Atrium (Café)

Coffee Groups are designed to connect, empower and educate Seniors through meaningful relationships by helping them to build connections and strengthening their access to community services & support.

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

LSCO LETHBRIDGE Senior Citizens ORGANIZATION

SENIOR FOCUSED CANDIDATE FORUM

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

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

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

LSCO LETHBRIDGE Senior Citizens ORGANIZATION

www.lethseniors.com

"We TAKE the TIME to HELP YOU get TOP DOLLAR for your home!"

ROYAL LEPAGE
South Country Real Estate
403-327-2111

Keith Pushor
Senior Real Estate Specialist (SRES®)

Brandi Young
Co-Agent
Extraordinaire

Go to keithpushor.ca for a "Hands-On Approach" to Real Estate

SHOEBOX SCANNING

"Preserving Your Family's Legacy"

Don't let your precious photos and videos be damaged due to elements, aging, or pests.

Digitize them today and share your life story with your family and friends.

403.382.1250
info@shoebox-scanning.com
www.shoebox-scanning.com

Mitchell Hall
Owner

Ladybug Arborists
PRUNING & CONSULTING

Winter is a great time to prune your trees!

Booking Elms, Ornamentals & Fruit Trees now.
Limited spaces.
403-327-0001
maureen@ladybugarborists.com

MEMBER ISA CERTIFIED ARBORIST ISA



Head Chef

Fred Shelley

fishelley@lethseniors.com
403-320-2222 ext. 401

From the Kitchen

I just wanted to say thank you for the great turn out for our Easter buffet and the overwhelming success of our Volunteers appreciation week. The Roast Beef dinner was epic and I was overcome by the accolades from you all.

As you know cook with great pride and I got to express my love through my cooking that evening. It was a true pleasure serving you, for all you do to keep the LSCO tip top and thriving.

Spring is in the air, and with that come Mother's Day, And Father's Day. I am very excited for our up incoming Mother's Day Brunch, Seniors Week and Our Father's Day BBQ afternoon. Menu to follow...

And of course, we will continue The Woolworth Wednesday Special, In our 50's style diner with new menu items and of course our 50s Juke Box hits. So, come on down and sit for a spell, have some breakfast or lunch.

Always a pleasure to see you.

Cheers,

Chef Freddie

Joke of the Month

A family were going to the movies, and as they approached the ticket booth the teller says

“Hi welcome to the movies, For you Ma'am its \$5, And for you sir its \$5

And for you little boy You're free”

The little boy steps up to the booth on his tippy toes and says.

“I'M NOT FREE I'M FOUR”

WOOLWORTH WEDNESDAYS

\$8

May 5
Grilled Cheese, Tomato soup, Lemon meringue Pie and a Coke float

May 10
Hot Roast Beef Sandwich, fries, Butterscotch pudding and a Strawberry Shake

May 17
Patty Melt, Onion Rings, Cherry Tart and a Shirley Temple

May 24
Chicken Pot Pie, fries and gravy, Banana cream pie and a Vanilla

May 31
BLT, Poutine, Cherry Pie and a chocolate Milkshake

LSCO MENU ~ MAY 2023

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

*menu subject to change without notice

Monday, May 1	Tuesday, May 2	Wednesday, May 3	Thursday, May 4	Friday, May 5
Entree: Chicken Parmesan Starch: Garlic Toast Soup: Chef's Choice	Entree: BBQ Pork Chops Starch: Roast Potatoes Soup: Chef's Choice	Entree: Lasagna Starch: Garlic Toast Soup: Chef's Choice	Entree: Chili Con Carne Starch: Bread Rolls Soup: Chef's Choice	Entree: Shepherds Pie Soup: Chef's Choice
Monday, May 8	Tuesday, May 9	Wednesday, May 10	Thursday, May 11	Friday, May 12
Entree: Beef Pot Pie Starch: Mashed potatoes Soup: Chef's Choice	Entree: Pineapple Chicken Starch: Rice & Veg Soup: Chef's Choice	Entree: Sausage Starch: Mashed Potatoes Soup: Chef's Choice	Entree: Ginger Beef Starch: Rice Soup: Chef's Choice	Entree: Cabbage Rolls Starch: Rice & Veg Soup: Chef's Choice
Monday, May 15	Tuesday, May 16	Wednesday, May 17	Thursday, May 18	Friday, May 19
Entree: BBQ Chicken Starch: Roast Potatoes Soup: Chef's Choice	Entree: Salisbury Steak Starch: Mashed Potatoes & Gravy Soup: Chef's Choice	Entree: Honey Garlic Pork Starch: Rice & Veg Soup: Chef's Choice	Entree: Chicken Alfredo Starch: Garlic Toast Soup: Chef's Choice	Entree: Roast Beef Starch: Mashed Potatoes & Gravy Soup: Chef's Choice
Monday, May 22	Tuesday, May 23	Wednesday, May 24	Thursday, May 25	Friday, May 26
LSCO Closed for Victoria Day	Entree: Beef Stirfry Starch: Rice & Veg Soup: Chef's Choice	Entree: Pork Loin Starch: Mashed Potatoes & Gravy Soup: Chef's Choice	Entree: Beef Stew Starch: Mashed Potatoes Soup: Chef's Choice	Entree: Baked Ham Starch: Scalloped Potatoes Soup: Chef's Choice
Monday, May 29	Tuesday, May 30	Wednesday, May 31	<p>Sandwich & Salad Special Changes Daily See Menu Board in Dining Room</p>	
Entree: Pasta & Meatballs Starch: Garlic Toast Soup: Chef's Choice	Entree: Shake 'n' Bake Chicken Starch: Roast Potatoes Soup: Chef's Choice	Entree: Sweet and Sour Pork Starch: Rice & Veg Soup: Chef's Choice		

May 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 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 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	
	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 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, Atrium 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	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.

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

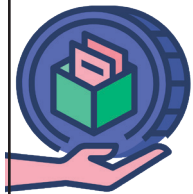
- Please sign up before the register by date to receive the best price listed. Classes are subject to a \$10 increase after this date.
- If you missed the deadline and are interested in participating, please ask to find out if there is room!
- LSCO Members (LSCO M); Non-Member (NM)

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.

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

Creative Arts

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. Gather some friends and come enjoy a fun afternoon.

When: Thursday, May 25
 Time: 1:00 – 3:30 pm
 Fee: \$50 LSCO M; \$65 NM
 Register by: Friday, May 19

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

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, May 4 – June 29
 Time: 9:30 – 10:15 am
 Fee: \$48 LSCO M; \$64NM
 Drop In Fee: \$6 LSCO M; \$7 NM
 Instructor: Andrea Clarke
 Location: Stage Area



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, May 4 – June 29
Time: 9:30 – 10:15 am
Fee: \$48 LSCO M; \$64 NM
Drop In Fee: \$6 LSCO M; \$7 NM
Instructor: Andrea Clarke
Location: Stage Area

FUNCTIONAL FITNESS

This 45-minute class is designed for anyone with limited mobility (ex: arthritis, hip replacement, etc.) impaired motor control, looking to improve activities of daily living. Class will focus on building strength, core and balance. A variety of exercise equipment will be used, if participants are comfortable with them. Wear comfortable light clothing. Bring your water bottle too.

When: Mondays, May 1 – June 19
(No Class May 22)
Time: 11:00 – 11:45 am
Fee: \$40 LSCO M; \$56 NM
Drop In Fee: \$6 LSCO M; \$7 NM
Instructor: Andrea Clarke
Location: Stage Area

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

GENTLE EXERCISE

The class will include low impact moves to increase your heart rate, use of resistance equipment to strengthen your muscles and stretches to help keep you limber. Participants are encouraged to perform exercises that are right for them. Chairs and a variety of other equipment will be used. Wear inside shoes and comfortable clothes to move freely in. Bring a water bottle too! **Individuals of all skill levels and abilities are encouraged to attend.** Classes held in Gym 1.

When: Wednesdays, 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

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 2

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

Strength Mobility – Session 3

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

WEIGHTS for BEGINNERS

This strength class is designed for individuals who would like to learn how to use weights and other exercise equipment, as well as for those who may have minimal amount of experience or have been away from exercising for a while. It is designed to develop muscular endurance, strength, balance agility and more. Regular strength training helps to reduce body fat and preserve your muscle mass and bone density. **A benefit for all ages and All Fitness Levels.** Wear comfortable clothes, indoor exercise footwear and bring a water bottle. Class will be held in the Fitness Centre.

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
Instructor: Tracy Simons

When: Wednesdays, until – June 28
Time: 10:15 – 11:15 am
Drop In Fee: \$7 LSCO M; \$10 NM
Instructor: Tracy Simons

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

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
(No class May 22)
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
Instructor: Gabrielle Dumont

FITNESS/POWER WALKING

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

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

FULL BODY BLAST

Come make this class your own by challenging your major muscle groups for each exercise. With the use of body weight, barbells, dumbbells, tubing and more; your muscles will be working the whole time. **All Fitness Levels Welcome.** Wear comfortable clothes, indoor exercise shoes, yoga/exercise mat and bring a water bottle.

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

INDOOR CYCLING (Mondays)

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

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

INSTRUCTORS CHOICE

The instructor will lead you through a number of different moves and exercises to ensure you get that great workout you are looking for! Wear comfortable workout clothes, indoor sneakers. Bring a water bottle, yoga or exercise mat. **Intermediate to Advanced Fitness Levels.**

When: Wednesdays, 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
(No class May 22)
Time: 9:00 – 10:00 am
Drop In Fee: \$7 LSCO M; \$10 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

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

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

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, 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.

When: Mondays, June 5 - 26
Time: 2:15 – 3:15 pm
Fee: \$26 LSCO M; \$32 NM
Instructor: Corrine Myers

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

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, until – May 30
Time: 5:00 – 6:00 pm
Fee: \$10 LSCO M; \$15 NM
Instructor: Donna Tiefenbach

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, until – May 30
 Time: 5:00 – 6:00 pm
 Fee: \$10 LSCO M; \$15 NM
 Instructor: Donna Tiefenbach
 Location: Room A/B

GENTLE YOGA

Gentle yoga classes are a great place to take it slower and experience the benefits of yoga. If you are new to yoga or haven't practiced yoga for a while this may be the class for you. Wear comfortable clothing; bring a mat, blanket and water bottle. Plan on practicing barefoot or wear nonslip socks. Classes held in the All-Purpose Room (downstairs)

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

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

Seniors Week

June 5 – 11

The June edition of the LSCO times and our social media will provide more information as to what's happening at the LSCO.

Stay Tuned!



LSCO Library Corner

“You Can Never Get A Cup Of Tea Large Enough Or A Book Long Enough To Suit Me”

C.S Lewis.



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 2: Tuesdays & Thursdays, May 30, June 1, 6, 8
 Time: 1:00 – 2:00 pm
 Fee: \$100 LSCO Member; \$120 NM
 Register by: Friday, May 21

LADIES ONLY BEGINNERS

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

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

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

LADIES ONLY SIP AND SWING!

Complimentary beverage with each lesson!

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

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

PICKLEBALL

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

Jupiter is the fastest spinning planet in our Solar System rotating on average once in just under 10 hours.

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: \$28/12 months & LSCO membership

BILLIARDS

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

Fee: \$6 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

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

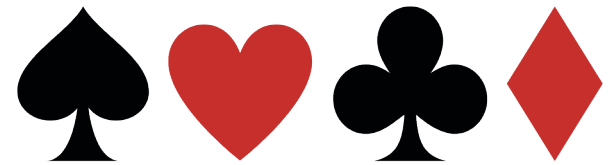
Advanced Tai Chi practitioners are encouraged to join these sessions. Experienced non-members of LSCO are welcome to pay a drop-in fee of \$2 daily to practice.

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



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!

Discover your options.
 Learn more about our specialty medical services.
logan.org/visitmontana

PAULA'S PRISTINE CLEANING SERVICE
 Residential & Commercial
 We can do a little or a lot ~ whatever your needs.
 Move in, move out.
 Windows inside & out too!
 EXCELLENT SERVICE, REFERENCES AVAILABLE
CALL 403-331-8892
paulaspristine@gmail.com

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



FOX DENTURE CLINIC
& IMPLANT CENTER

Satisfaction Guaranteed Since 1922

4th Generation in Lethbridge

Brett J. Fox DD
Denture Specialist, 4th Generation

Tatem Anderson DD
Denture Specialist

- Implant Supported Dentures
- Full & Partial Dentures
- Relines / Repairs
- Sport Guards / Night Splints

FREE CONSULTATION

NEW LOCATION! **403.327.6565**

Bay 30 - 4012 4th Ave S Lethbridge, Alberta T1J5M6

Member of the College of Alberta Denturists
Member of the Denturist Association of Alberta

www.foxdentureclinic.ca

**Eat anything you want...
anytime, anywhere...**

with the help of implant supported dentures.

Call us today for your complete denture care needs



Hosack
DENTURE CLINIC LTD.

Giving you something to smile about!

604 - 6 Street South • Lethbridge
(403) 327-7244 • Toll Free 1-877-467-2251




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

Lethbridge HEARING CENTRE

Make an appointment at the front desk for your **FREE** Hearing Consultation at LSCO on the 2nd Thursday of every month.

- Locally owned & family operated
- University educated
- Full hearing evaluations
- AADL, DVA & WCB Vendor
- Digital hearing devices
- Repairs & adjustments on all makes/models
- Devices for all budgets & lifestyles
- Conveniently located with free parking




403.320.6000
www.lethbridgehearing.ca

120, 2037 Mayor Magrath Dr. S.
Lethbridge, AB

Candice Elliott-Boldt
BC-HIS, Registered Hearing Aid Practitioner

Jake Boldt
Hearing Technician

It may feel a lot longer in the moment, but the average person spends two weeks of their life sitting at traffic lights.

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, May 1 – June 19 (No Class May 22)
Time: 11:00 - 11:45 am
Fee: \$40 LSCO M; \$56 NM
Drop In: \$6 LSCO M; \$7 NM
Instructor: Andrea Clarke
Location: Stage Area

NOW SELLING!

THE ESTATES AT
PARKSIDE PLACE

BUNGALOW CONDOS IN COALDALE

THE BEST OF ADULT LIVING

- Maintenance Free Living
- 3 Reality-tested Floorplans to Choose From
- Endlessly Customizable
- Exceptional Standard Features



CONSTRUCTION HAS STARTED!

Images are of a clients home.

PROUDLY BUILT BY **NEWROCK**

Contact Trisha for More Information:

☎ **403.331.1132** Or visit us at
✉ trisha@newrock.ca parksideliving.ca

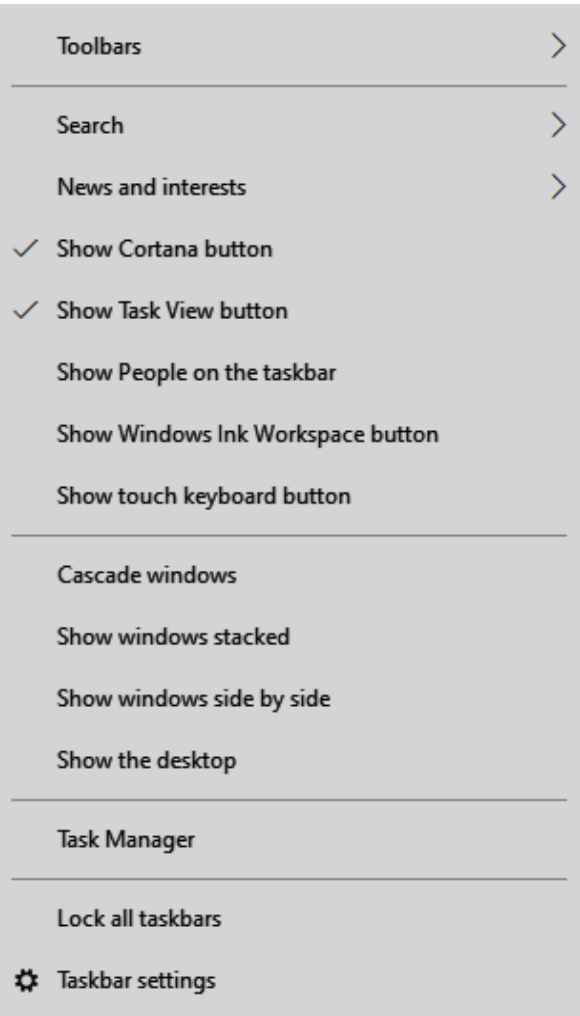
Computer Corner By Sjoerd Schaafsma

The Taskbar - Shortcuts and More

While helping people with windows I've found that a big problem is often getting around the operating system (OS) itself. Using the taskbar efficiently is one way to get around the OS faster whether for managing files or accessing applications. Much of what's written here applies to versions of Windows from XP to Windows 10 but the focus will be on Windows 10. It is assumed the mouse is setup for right handed use.

Here's a short list of what you can do to modify the Taskbar and its behaviour.

1. Change its location
2. Change its size
3. Change which icons and shortcuts appear
4. Hide the taskbar till needed



How to make changes: Remember this is Windows, there's more than one way to accomplish most tasks.

Step 1 is usually unlocking the taskbar. Locking the taskbar prevents potentially unwanted changes from happening. These are usually caused by YOU (or me) clicking and/or dragging 'something' unintentionally. I've done it.

To unlock the taskbar right click on

an empty part of the task bar. The taskbar menu should pop up.

If an item has a check mark beside it is active. Items with a greater than symbol lead to a sub menu with more options.

To select options on the task bar menu, it's back to left clicking.

If you aren't interested in using the taskbar or don't like its position at the bottom of the screen, you can move it to the top or sides of the desktop, or hide it until you need it. You can modify the taskbar to change the size of the icons as well as which icons appear on the taskbar.

To **hide** the taskbar; right-click any empty space on the taskbar, and select **Taskbar settings**.

Turn on either Automatically hide the taskbar in desktop mode or Automatically hide the taskbar in tablet mode (or both).

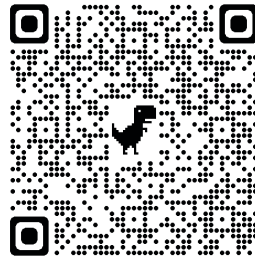
By default the switch is blue when turned on.

The taskbar will appear again when you hover the cursor over its last location, usually the bottom or the screen.

To move the taskbar, left click and hold on an empty area, then drag the bar to one of the screen edges and let go. It will stay there until you move it again.

To change the size of the taskbar hover the mouse at the top border until the double headed arrow appears and drag the arrow up till the taskbar is the size you want.

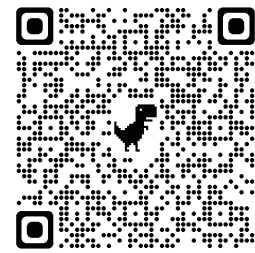
This article borrows heavily from the Microsoft Web page: How to use the taskbar in Windows



Tip of the Month: Using a Shortcut to take a Screenshot.

The shortcut for accessing the **Snipping Tool** is to Press the **windows key + Shift + S**, all at the same time. Once the app is open you can choose how much of the screen you want to copy, the entire screen, a selected area or a window.

Microsoft help site. Use Snipping Tool to capture screenshots



Computer Club EVENTS

May 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.

May

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

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

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

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

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

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/>

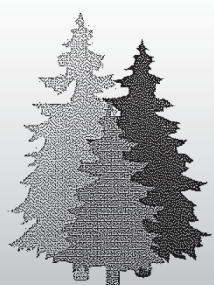
Computer Club Google Site - URL and QR code

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



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

<http://lethseniors.com/about/lscotimes-publications/>



EVERGREEN
Cremation Services
Because Cost Is An Option

Phone: 403-329-4934
www.evergreenfh.ca

A division of the Caring Group Corp.

*We Lessen the Expense
~ Not the Care*



Nathan Neudorf



United Conservatives
Alberta Strong & Free

AUTHORIZED BY THE UNITED CONSERVATIVE PARTY | 1-888-465-2660

MOVING ALBERTA FORWARD

Happy MOTHER'S DAY




RACHAEL THOMAS
LETHBRIDGE ALBERTA MP

[f](#) [@](#) [v](#) @RachaelThomasMP

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

CHERYL SEABORN

POSITIVE CHANGE

- \$600 OVER 6 MONTHS TO EVERY SENIOR.
- INDEX SENIORS BENEFITS FOR INFLATION.
- PUBLIC HEALTH GUARANTEE, REDUCE SURGERY WAIT TIMES, CRH CATH LAB AND RENAL DIALYSIS IMPROVEMENTS.



UNITED CONSERVATIVE PARTY CANDIDATE

LETHBRIDGE-WEST

APPROVED AND PAID FOR BY THE LETHBRIDGE-WEST UCP CONSTITUENCY ASSOCIATION

Your pension is yours.

You've worked hard to earn your pension. Rachel Notley and the Lethbridge NDP team promise that we will keep your pension safe from political meddling.

We are committed to public healthcare, making life more affordable, and capable leadership.




albertandp.ca
Authorized by Alberta NDP

World Elder Abuse Awareness Day (WEEAD)



LEARN Case Manager

Amy Cook

learn@lethseniors.com
403-394-0306

With spring in the air, that means summer is around the corner! And summer means World Elder Abuse Awareness Day (WEEAD)! Every year, on June 15th, LEARN hosts an event to recognize WEEAD.

Last year, we hosted the first ever Senior's Talent Showcase! There were so many laughs and good times had that we decided to host it annually to recognize WEEAD and

showcase the talent and resilience of older adults in the community! Mark it in your calendar!

We are now accepting talent submissions in preparation for the big day! If you would love to showcase your talent, I would love to hear from you! The event will be held on June 15th at 1PM in the gym at Nord-Bridge Senior Center! LEARN needs wonderful and talented people like you to make it a success!

We ask that your talent portion last a maximum of 5 minutes and are accepting a maximum of 7 submissions, so don't wait to sign yourself up! Please contact Katie using the SCSP Intake Line at **403-329-1544**.

She will need you to provide your name and phone number, as well as your talent

and whatever you might need from us during set up (microphone, music stand, etc.). I will then call you back to discuss things further!

If you don't want to submit a talent, but you want to come out for some entertainment, food and prizes, please do! I look forward to seeing you all there and having some fun while we recognize the importance of combatting elder abuse in our community!

- 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.



TRY OUT OUR 50'S STYLE DINER

Open to everyone | Daily Specials

8:00 am - 1:00 pm






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

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. Gather some friends and come enjoy a fun afternoon.

WHEN:


TIME:

FEE:

Thursday, May 25

1:00 – 3:30 pm

\$50 LSCO M; \$65 NM



LETHBRIDGE DENTURE CLINIC

We offer complete quality Denture care; a result of intention, effort and professional skill.

Kimberly Ankermann, DD
Trisha Perverseff, DD

403-381-4142
#2 - 1718 3 Ave S. Lethbridge, AB
www.lethbridgedentureclinic.com

Hearing Instruments Don't Make You Old, They Make You Smart.

GET SMART. COME HEAR...

EXPERIENCE COUNTS!

60 YEARS of SERVICE to Southern Alberta








Michael B. Golia, BC-HIS,
RHAP-Alberta
Beth Golia - Office Manager

www.trinityhearinglethbridge.com



403-327-3877 | Toll FREE: 1-888-327-7868

#214-740-4 Ave. S. Professional Bldg.
(Downtown, next door to Post Office)

