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LEARN Case Manager
 Amy Cook
 learn@lethseniors.com
 403-394-0306

World Elder Abuse Awareness Day was marked on June 15th with our annual Senior's Talent Showcase.

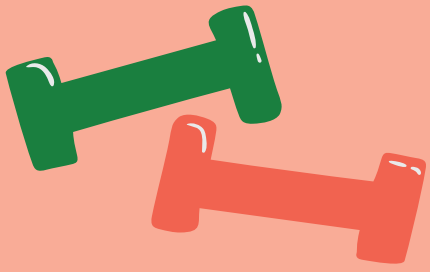
I just want to say thank you so much to everyone who attended, as well as everyone who wore purple, assisted in setting up the day of and made sure it ran smoothly!

The day would not have been a success without our network members, volunteers, the performers and all of those who showed up!



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LSCO SUMMER *of Strength*

**Register
Now!**

Step 01

**Stay active and strong
this summer with our
specialized fitness
programs for seniors**

500 11th St. S, Lethbridge | 403-320-2222
www.lethseniors.com/register



Featured Programs

- Strength & Mobility
- Cycle Combo
- Functional Fitness
- TRX Combo
- Chair Exercises
- Summer Nature Walking and more...



Featured Programs

- Paint & Chat
- Digital Photography
- Karaoke
- Quilting
- Crib and more...

Step 02

**Join a vibrant
community of like-
minded seniors and
enjoy the support and
community while
pursuing your fitness
goals**

Step 03

**Discover the joy of
physical activity and
experience the
numerous benefits it
brings to your overall
health and well-being**



Featured Programs

- Summer Line Dancing
- Pilates
- Gentle Yoga
- Tabata
- Chair Yoga and more...

See page 8, 9, 10 & 11 for more details



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

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Executive Director – Rob Miyashiro
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 Fitness Coordinator – Andrea Clarke
 fitness@lethseniors.comext. 303
 Food Services Coordinator– Lachlan Dyer ext. 401
 Asst. Food Services Coordinator– Travis Eakett 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

May - June 2023

19 New Members

D. Bruce Hepburn
 David Amies
 Patricia (Patti) Infanti
 June Tagg
 Julie Anderson
 Lily Skahl
 Robert McKay
 Grace Duff
 Teri Petz
 Lynn Gregson

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

PERSONAL TRAINING Summer of Strength Special

July & August ONLY - 10% OFF ALL Personal Training Packages !

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

FITNESS ASSESSMENT \$25

GETTING STARTED PACKAGE \$80

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. 303

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

Join the New Fundraising Working Group



Fund Development & Marketing Coordinator

Hannah Dupuis

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

Hello everyone!

I have been a busy bee working on the Fund Development plan for the LSCO. I want to share a little bit more about what a Fund Development Plan is and why it's important as well as extend an invitation for you to join our new Fundraising Working Group.

At its core, a fund development plan serves as a roadmap that guides our organization towards financial sustainability and growth. It outlines strategic initiatives designed to secure the necessary resources to support our vital programs, services, and facilities. By developing a solid fund development plan, we ensure the continued success and longevity of The LSCO, enabling us to provide an enriching and supportive environment for all our valued members.



Executive Director

Rob Miyashiro

miyashiro@lethseniors.com
403-320-2222 ext. 304

At our AGM in March and in several articles in the LSCO Times, I have discussed the organization's financial picture and what we need to do in order to continue operations in a sustainable manner.

This fall, we will make a concerted effort to implement our fund development plan (currently being drafted) and will fully explain the plan at our Fall membership meeting so it can be transparent to LSCO members.

Our hope is that our members will be engaged in this process and will be willing to provide their available resources to ensure the success of our fund development effort.

Have a great summer everyone!

Rob Miyashiro

Why is a Fund Development Plan Important?

Financial Stability: A robust fund development plan allows us to diversify our funding sources, reducing our reliance on a single revenue stream. This financial stability shields us from potential funding uncertainties and ensures that our programs and services remain accessible to all seniors who need them.

Program Expansion: With a well-implemented fund development plan, we have the opportunity to sustain our existing programs and introduce new initiatives that meet the evolving needs and interests of our members.

Fosters Community Engagement: Fundraising efforts help us forge partnerships with individuals, local businesses, and organizations, strengthening our visibility and demonstrating the value we bring to seniors in our community.

Join Our New Fundraising Working Group

To achieve the LSCO's fund development goals, we are establishing a Fundraising Working Group. Meetings will be once a month, and will be an opportunity to:

- Share your ideas, skills, and experience
- Make a meaningful impact
- Connect, collaborate, and socialize

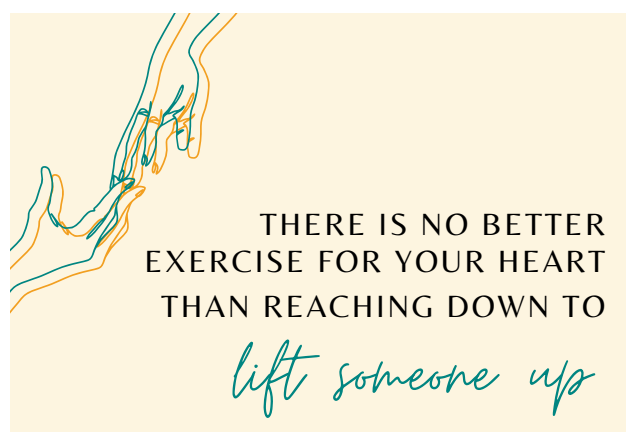
We welcome members of all backgrounds and experiences, as every contribution counts in building a vibrant and sustainable LSCO

If you are interested in joining our Fundraising Working Group or would like more information, please do not hesitate to contact me at 403-320-2222 ext. 302 or hdupuis@lethseniors.com.

Next time you hear from me I will be a newly married woman! Have a fantastic summer!

With Kindness,

Hannah



Upcoming Events

Community Connect
July 4 | 1:30 PM

LSCO Guided Tour
July 5 | 1 PM

Grand Parade
September 16

Friday Music
Fridays | 11 AM - 1 PM

COMMUNITY PARTNERS



The LSCO thanks you for your contribution!

The Volunteer CONNECTION



LSCO Community Connect
Coffee Group
1st Tuesday of each month

1:30 – 3:00 pm
 LSCO Atrium (Café)
July 4,
August 1 &
September 5 2023

RSVP
403-320-2222




SEARCHING FOR
SUMMER VOLUNTEERS
VOLUNTEERS

The LSCO is looking for help with volunteer coverage in July and August as our regular volunteers take well deserved vacations.

volunteer@lethseniors.com
403-320-2222 ext. 208



Volunteer Opportunities



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
1:30 at the LSCO, doors open at 1 pm

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

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.

MOW Couriers
 Mondays - Fridays 10:30 am - 12:30 pm

Meals on Wheels drivers are needed to deliver hot meals across our city. A minimum of 7 drivers (or a 2-person team) are required every day. Meals are picked up from LSCO at 10:30 am and deliveries are completed by 12:30. A police criminal record check is required, at no cost to the volunteer, prior to joining our MOW team. A charitable donation receipt, for mileage, is also available at the end of the year.

Newspaper Delivery
 Last Friday of the month

Volunteers deliver newspapers throughout the city in their own vehicles. Mileage reimbursed as a donation receipt. Volunteers are only needed for approximately 3 hours once every month.
 Volunteer needed for Coaldale route

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.

Contact Azra
 volunteer@lethseniors.com

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

Stay informed. Update Your Contact Info

- Address
- Phone Number
- Email
- Emergency Contact

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

LSCO LETHBRIDGE SENIOR CITIZENS ORGANIZATION

FOSTERING THE DEVELOPMENT OF DIVERSE ABILITIES

PRESENTATION AND Q&A SESSION BY **PAUL HENDERSON - PEAK VOCATIONAL & SUPPORT SERVICES**

Free Admission

- Sunday, July 30 @ 6 p.m. Starting with a Potluck Supper
- Baha'i Centre 9 - 310 12 St. S, Lethbridge, AB.
- RSVP - Mohsen Call or text 403-394-8888

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

CLASSIFIED ADS

Faith Baptist Church. Meeting in Christ Trinity Lutheran Church 416 12th Street Soth Sundays at 1:00 pm **403-380-8237**

FOR SALE: Immediate possession. CONDO UNIT GRANDVIEW 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.

Did you know that the shortest war in history lasted only 38 minutes? It took place between Britain and Zanzibar on August 27, 1896.

CREATIVE COMMUNITY

Wed 05 | 10:30–11:30 am
Summer Scenery Watercolour Painting

FLORA FOUNDATIONS

Sat 08 | noon–2 pm
Saskatoon with Jenny Burke

Sat 22 | noon–2 pm
Okonoki (Saskatoon) with Api'soomaahka

Sat 29 | 3–4 pm
Goldenrod with Kristin Krein

THE GALT PRESENTS...

Thu 13 | 10:30–11:30 am
Katie DeLucia on Trans-plant: A New Englander's Perspective of Trans Experience on the Prairie

INDIGENOUS HISTORY

Thu 20 | 10:30–11:30 am
Akóka'tssin (Sundance) with Elder Francis First Charger

JULY 2023 EVENTS, PROGRAMS & EXHIBITS

SPECIAL EXHIBIT until SEP 03.23

SPECIAL EVENTS

Tue 04 | 10–11 am
Herbarium Play Day
all ages welcome | children to attend with caregiver | registration required | museum admission applies | free to members | held at the University of Lethbridge Herbarium

Sat 08 | 5–8 pm
FRINGE Bike + Seek Scavenger Hunt
all ages welcome | children to attend with caregiver | registration required | \$10 per person | 10% members discount

FORT WHOOP-UP
OPEN FOR THE SUMMER!

Developed and supported in part by

WALKING TOURS

adults and seniors | \$10 advance tickets required at least 2 hours before start time | 10% members discount | location details provided during registration.

Thu 06 | 6–7:15 pm
Downtown Historical

Thu 13 | 6–7:15 pm
Downtown Queer History

Thu 20 | 6–7:15 pm
Remembering Lethbridge's Chinatown

www.galtmuseum.com





SCSP Intake

Katie Harrold

intake@lethseniors.com
403-329-1544

Happy July Everyone!

I wanted to take this opportunity to thank everyone for coming down to LSCO to partake in the Seniors Week events we had last month. I also wanted to extend my appreciation to all of you for all that you do for our community. We appreciate you!!

As part of Seniors Week, we held a Healthy Living presentation, put on by AHS dietician Heather Mathur. Heather was able to share information pertaining to the Canada Food Guide and simple ways to get all of our nutrients into our meals. She was also able to provide various recipes that are nutritious and delicious. She left me with a variety of informative documents and recipes, so if you are interested in learning more you can visit me at the old administration desk in LSCO.

You may also wish to visit the websites below to find out more about some of the recipes shared:

- Green Lizard Smoothie: <https://vimeo.com/244085420>

Healthy Living for Seniors

- Pina Colada White Bean Smoothie: <https://albertapulse.com/recipe/pina-colada-white-bean-smoothie/>
- Green Matcha: <https://gimmedelicious.com/diy-iced-matcha-latte/>

While Heather shared a lot of information pertaining to nutrition and its importance in our wellness, I also wanted to share some tips on staying active as this also plays a critical role in remaining healthy. The Center for Disease Control and Prevention [1] highlights that individuals 65 years of age and older should be engaging in moderate aerobic activity at least 150 minutes a week including 2 days of week of activities that strengthen muscles, plus activities that enhance your balance. Staying active in the some can be more challenging due to the heat, some quick tips that I found online [2,3] for staying active in the summer include:

- Go for a morning or evening walk when the temperature is cooler
- Engage in low-impact workouts such as yoga, aerobics, swimming
- Exercise indoors such as doing exercises at home with resistance bands, walking through a mall/indoor facility, or joining an indoor exercise class
- Light housekeeping and gardening
- Exercise breaks while watching television or on commercial breaks

Again, thank you all for coming out to take part in the Seniors Week festivities. I hope you have a wonderful start to your summer

and safe travels if you are planning any adventures!

References

- [1] https://www.cdc.gov/physicalactivity/basics/older_adults/index.htm#Aerobic
- [2] <https://summersetseniorliving.com/helping-seniors-stay-active-over-the-summer/>
- [3] https://ece.hsdm.harvard.edu/files/ece/files/summer_fitness_tips_for_older_adults.pdf



July Support Calendar

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

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

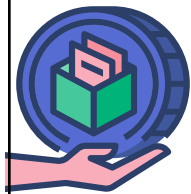
- Please sign up before the register by date to receive the best price listed. Classes are subject to a \$10 increase after this date.
- If you missed the deadline and are interested in participating, please ask to find out if there is room!
- LSCO Members (LSCO M); Non-Member (NM)

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

New

SUMMER NATURE WALKING CLUB

Join the Summer Nature Walking Club as we explore different parks in Lethbridge. This is a great opportunity to connect with others with the support of an interpreter who will highlight different plants and animals along the way!

- July 11 with David Scott
- July 25 with Graeme Greenlee
- August 8 with Penny Hopkins
- August 22 with Claudia Burstlein
- Sept 5 – TBD

Meet at Lethbridge Seniors Centre Organization (LSCO) for departure on the group bus at 8:30am with return at 10:30 am. Bathrooms available at LSCO prior to departure.

The walk will be strictly outdoors, so please wear comfortable walking shoes, and dress for the weather/conditions (hat, sunscreen, bug spray etc).

A limited number of binoculars and walking poles will be available to borrow.

Registration required as limited spots are available.

Offered in partnership with Nature Lethbridge and the Lethbridge Senior Citizens Organization.

To Register for this FREE program: Call the Nature Centre at 403-320-3064

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

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.

Did you know?

the Dining Room at LSCO is open to the public and serves breakfast and lunch?

Exercise & Fitness

Beginner/Gentle/ Intermediate Level

If it has been a while 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, July 6 - 27
Time: 9:30 - 10:15 am
Fee: \$22 LSCO M; \$32 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, July 10 - 31
Time: 11:00 - 11:45 am
Fee: \$25 LSCO M; \$40 NM
Instructor: Andrea Clarke
Location: Stage Area

GENTLE EXERCISE

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

When: 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
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.

Strength Mobility - Session 1

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

Strength Mobility - Session 2

When: Tues. & Thurs., August 1 - 17
Time: 1:30 - 2:30 pm
Fee: \$42 LSCO M; \$54 NM
Instructor: Andrea Clarke

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, July 5 - August 2
Time: 9:00 - 9:55 am
Drop In Fee: \$34 LSCO M; \$40 NM
Instructor: Andrea Clarke

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.

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, July 5 - August 2
Time: 9:00 - 10:00 am
Drop In Fee: \$34 LSCO M; \$40 NM
Instructor: Jamie Hillier/Deb Palmer
Location: Gym 1

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 accepted.

When: Thursdays, July 6 - 20
Time: 11:20 am - 12:20 pm
Fee: \$20 LSCO M; \$24 NM
Instructor: Jamie Hillier
Location: Gym 2

CARDIO TO THE CORE

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 and bring a water bottle, yoga or exercise mat. **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

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

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

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: **FREE** LSCO M; \$12 NM
Instructor: Gloria-Rose Puurveen
Location: Gym 2



Pilates, Yoga

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

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

Instructor : Corinne Myers

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

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

When: Mondays, August 14 - 28
Time: 10:15 - 11:15 am
Fee: \$19 LSCO M; \$24 NM
Location: All Purpose Room (downstairs)

When: Fridays, August 4 - 25
Time: 10:15 - 11:15 am
Fee: \$26 LSCO M; \$32 NM
Location: All Purpose Room (downstairs)

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). Instructor: Donna Tiefenbach

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

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

When: Tuesdays, August 1 - 29
Time: 10:00 - 11:00 am
Fee: \$33 LSCO M; \$40 NM

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

FRIDAY YOGA

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

When: Fridays, July 7 - 28
Time: 9:00 - 10:05 am
Fee: \$26 LSCO M; \$32 NM
Instructor: Shawn Hamilton/Donna Tiefenbach

Creative Arts

ANIMAL FACES IN COLORED PENCIL

In this 2-part class you will learn some basic techniques in using coloured pencil like blending and creating detail.

You will also learn about the fascial portions of the animal's faces. We will attempt to do a cat and a dog face or at least get started, because they do take a while to complete. You will have the basic instructions to finish. Ask for a supply list upon registration.

When: Wednesdays, July 19 & 26
Time: 10:00 am - 12:00 pm
Fee: \$25 LSCO M; \$45 NM
Instructor: Donna Gallant
Register by: Friday, July 14

MAKING COLLAGE PAPERS

This 2-part class will be a fun exploration of creating interesting textures and patterns for you to use in your art work collages. We will use various techniques to create simple yet effective designs. We will use household finds as well as stamps and stencils to help create our papers, even a brush can be used to create many different shapes and marks. A great class as your precursor to the next class or your own masterpieces. Ask for a supply list upon registration.

When: Wednesdays, August 2 & 9
Time: 10:00 am - 12:00 pm
Fee: \$25 LSCO M; \$45 NM
Instructor: Donna Gallant
Register by: Friday, July 28

COLLAGE LANDSCAPE & FACES

In this 2-part class we will have fun making collage landscapes and faces. We will make a landscape collage in the first class and some fun faces in the next one. We will mix a little painting into the collage or marking effects to create some fun and interesting art. It will be fun for all. Ask for a supply list upon registration.

When: Wednesdays, August 16 & 23
Time: 10:00 am - 12:00 pm
Fee: \$25 LSCO M; \$45 NM
Instructor: Donna Gallant
Register by: Friday, August 11

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, August 17
Time: 1:00 - 3:30 pm
Fee: \$50 LSCO M; \$65 NM
Register by: Friday, August 11

EXPRESSIVE ACRYLIC TREES

This quick little workshop will be a study in the structure and life of a tree. We will try and create an expressive approach to painting trees using acrylic paint and a different point of view. Let loose and explore.

When: Thursday, August 31
Time: 9:30 am - 12:30 pm
Fee: \$20 LSCO M; \$40 NM
Instructor: Donna Gallant
Register by: Friday, August 25

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

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. ***During July and August members will be in the Radio Room Wednesdays. If you cannot make it that day leave your name and number and a member will contact you***

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.

Drop In 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. ***For specific computer questions during July and August leave your name, email address and phone number at the Administration Desk***

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. ***Presently on a break for the summer. Resumes September 6, 2023***

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 ***Other days will be available if interest is expressed***

When: Wednesdays
 Time: 10:00 am – 3:00 pm
 Fee: \$35/year & LSCO membership

PAPER TOLE WORKSHOP

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

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

QUILTING

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

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

TABLE TENNIS

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

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

TAI CHI

Advanced Tai Chi practitioners are encouraged to join these sessions. Experienced non-members of LSCO are welcome to pay a drop-in fee of \$2 daily to practice. ***Presently on a break for the summer. Resumes September 2023***

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. ***A waiver must be completed upon registration***

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

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!

5 Ways to Stay Fit in the Summer

We all want to look and feel our best, especially in the summer! But, once summer arrives, many people struggle to keep up with their fitness routines because they go on holiday, make social plans or get demotivated. However, we often forget how summer is a great time to stay in shape, because there are plenty of activities you can do which are also fun!

The great thing about summer is that the temperatures rise, which means you can spend time by the beach or by the pool, the days are longer, allowing you to enjoy outdoors activities. We've selected 5 ways you can stay in shape this summer, whilst also having fun!

1. Working out outdoors is always more enjoyable. Take advantage of the warm weather to go on runs, walks or bike rides around the park.
2. Practice swimming either in your local pool or by the sea. Swimming is one of the most complete exercises you can do, as it works every single muscle in your body. Go on long enjoyable swims that will both tone your body and help you disconnect your mind.
3. Have fun practicing water sports! Whether it's paddleboard, windsurf, wakeboard, kayak or water ski, there are many fun water activities that you can practice with friends and family that will also keep you in shape!
4. Take your workouts outdoors! Bring your workout app with you (Nike Training App is perfect!) and train outdoors.
5. Walk whenever possible. Make the most of the summer weather to walk instead of taking public transport or taxis. We underestimate the power of walking, yet it is great way to stay in shape and destress.

Article originally published on shawellness.com



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Registration Required
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 Aug 8 - Aug 22 - Sept 5
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Nature Lethbridge



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Above: Mayor Blaine Hyggen, John Middleton-Hope and Ryan Parker pictured with attendees at Coffee with Council.

LSCO MENU ~ JULY 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, July 3	Tuesday, July 4	Wednesday, July 5	Thursday, July 6	Friday, July 7
Closed for Canada Day	Entree: Chicken Stir Fry Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: Pork Chops and Apple Sauce Starch: Roast Potatoes Veggie: Chef's Choice	Entree: Penne Bolognese Starch: Garlic Toast Veggie: Chef's Choice Soup: Chef's Choice	Entree: Ham Starch: Scalloped Potatoes Veggie: Chef's Choice Soup: Chef's Choice
Monday, July 10	Tuesday, July 11	Wednesday, July 12	Thursday, July 13	Friday, July 14
Entree: Sweet & Sour Pork Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: Chicken Pot Pie 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: Barbecue Chicken Starch: Mashed Potatoes Veggie: Chef's Choice Soup: Chef's Choice	Entree: Roast Beef Starch: Mashed Potatoes Veggie: Chef's Choice
Monday, July 17	Tuesday, July 18	Wednesday, July 19	Thursday, July 20	Friday, July 21
Entree: Honey Garlic Pork Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: Meat Pie Starch: Roast Potatoes 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: Ham Starch: Scalloped Potatoes Veggie: Chef's Choice Soup: Chef's Choice
Monday, July 24	Tuesday, July 25	Wednesday, July 26	Thursday, July 27	Friday, July 28
Entree: Shepherds Pie Veggie: Chef's Choice Soup: Chef's Choice	Entree: Spaghetti & Meatballs Starch: Garlic Toast Veggie: Chef's Choice Soup: Chef's Choice	Entree: Jaeger Schnitzel Starch: Spaetzle Veggie: Chef's Choice Soup: Chef's Choice	Entree: Chicken Cacciatore Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: Roast Beef Starch: Mashed Potatoes & Gravy Veggie: Chef's Choice Soup: Chef's Choice
Monday, July 31	Sandwich & Salad Special Changes Daily	See Menu Board in Dining Room		
Entree: Chicken Parmigiana Starch: Spaghetti Veggie: Chef's Choice Soup: Chef's Choice				

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



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

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Computer Corner

By Sjoerd Schaafsma


Potpourri; Security Levels and Back to Beginnings


One more taskbar setting

Clicking  **Taskbar settings** (right click on the task bar then left click on the icon) from the taskbar itself will bring you to the Windows **Taskbar settings** page, this is yet another place where Windows settings can be adjusted. As I said before, this is Windows, there's more than one way to perform many tasks.

Levels of Security

Whether it's locking your house or setting a password for a site or device, there are different levels for different occasions. You might simply close the door if you're home, or use the dead bolt when you're gone. You may secure your computer with a 30 letter password, a PIN number or no password at all; it all depends on the circumstances.

I inherited an old Samsung tablet recently. It seldom leaves the house and is used more as an e-Reader than a full fledged modern tablet. I finally got tired of swiping to unlock the screen if I left my story for a few minutes. There had to be a **no security setting** so I dug into the  settings. The Security options were MUCH more than I needed. Back tracking to the Lock Screen option, I found the setting **None**. Now it's just a matter of tapping the on-off switch. This isn't a setting I'd recommend for a phone or tablet that is on the road or with you all the time but for this situation it's just what I wanted.

My iPad is a different story; the lock screen setting can be accessed from  Settings, Touch ID & Passcode. The only setting I'm concerned with is the Passcode which can be turned off... not a good idea if you value your info and phone. The time before a passcode is required can be set from immediately to 4 hours. The choice is yours; my mind goes to the business adage...location, location, location. I find that using a device at home, and having to enter a passcode every minute or 5 minutes is a nuisance. If however you set the time to 4 hours; don't forget to change your setting to a longer time interval when you leave the house.

Shortcut of the Month

The **Home key** on a typical PC keyboard (Not to be confused with

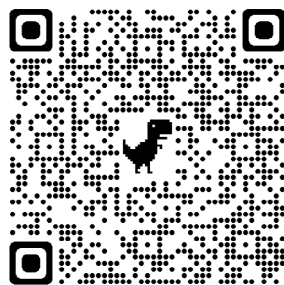
the home button on an iOS device, or the home icon on an Android device, or the Google Home app) is a shortcut which quickly brings you back to a starting point. It functions differently in different apps, but in all cases it brings you quickly to a starting point without needing to scroll or repeatedly tap the back arrow key. A few examples: In a text document it brings you to the start of a line, in a Gmail message it brings you to the top of the message, on a web page it brings you to the top of the page.



Figure 1 Location of Home key on a typical full size keyboard

If you are reading the paper and have a mobile device, try accessing the Times, the LSCO website or articles via the QR codes. Focus your camera on the code and an option to open the site should appear. With older operating systems you may need a separate app to read the QR code. Google Play has scanners for Android, The Apple App Store for iOS.

The site listed below gives an overview of available QR scanner apps. Beware, there are many options from paid to free, don't get sidetracked by the ads on the site.



<https://blog.beaconstac.com/2019/09/best-qr-code-scanner-apps/>



Computer Club EVENTS

July 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.

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/lSCO-times-publications/>

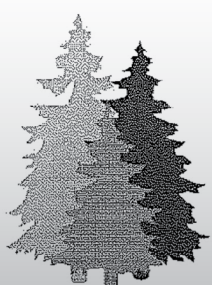
Computer Club Google Site - URL and QR code

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



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

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LSCO Library Corner

The Humble Bookmark

A glance at bookmarks through the ages

1st – 6th century: Bookmarks were found in ancient handwritten books, sometimes made from leather lined with vellum, a parchment made from animal skin.

Middle Ages: Cords made from vellum, string or leather were often sewn into the spine of a book. Sometimes multiple cords were anchored with a small rod and could be used to mark multiple pages.

People would also put small, everyday items into the pages of a book, such as pieces of parchment, twigs, leaves, stray and bit of string. 18th – 20th century: It became fashionable to use narrow silk ribbons as bookmarks, particularly in Bibles and prayer books. They were normally bound to the spine – a practice still used today, especially in hardcovers.

Woven silk bookmarks became popular in the Victorian era. In the early 19th century, bookmarks were used as a way to advertise goods and services, as well as to publicize non-profits.

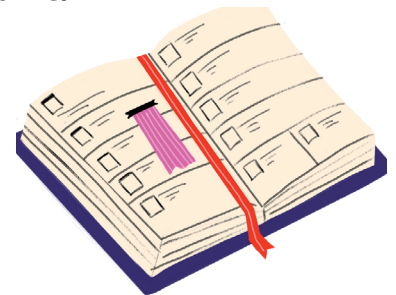
Everything from tobacco to insurance to pianos were promoted on bookmarks, which were distributed free to customers. These were most often made of stiff paper or celluloid, the first man-made plastic.

Since the Victorian era, as books became increasingly available to the public, almost

anything goes for a bookmark. You can find beautiful bookmarks made of wood, metal, paper, or fabric with designs carved, etched, painted or sewn, with tassels, pom-poms and ribbon in all shapes and sizes.

Or you can find bookmarks that serve as an important reminder or memento, such as a to-do list, a newspaper article or even a photograph. A bookmark can be whatever you like really – that's the beauty of them.

Source: <https://bookstr.com/article/beauty-and-utility-the-history-of-bookmarks/>



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