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**LSCO WHOOP UP DAYS CELEBRATIONS**

**PANCAKE BREAKFAST**  
**TUESDAY AUGUST 22**  **\$2** 8 AM - 10 AM  
 PANCAKES, SAUSAGES, COFFEE & JUICE

**BBQ**  
**THURSDAY AUGUST 24**  **\$10** 11 AM - 1 PM  
 SMOKED BRISKET OR SMOKED PORK, BUNS, POTATO SALAD, COLESLAW, COFFEE & JUICE

*Hosted at the*  
**LSCO PARKING LOT**  
 500 11TH ST. S LETHBRIDGE

Photos from the 2022 Whoop Up BBQ



# Seniors of Distinction Awards

AgeCare

LETHBRIDGE & AREA

**NOMINATION CATEGORIES:**

- ✔ ARTS
- ✔ COMMUNITY SERVICE
- ✔ HEALTHY LIVING
- ✔ LEADERSHIP

## Nominate an individual (55+) who makes a difference in Lethbridge & Area



[agecare.ca/SeniorAwards](http://agecare.ca/SeniorAwards)



Interested in becoming a sponsor? Learn more at [agecare.ca/SeniorAwards](http://agecare.ca/SeniorAwards) or scan the QR code

## Lethbridge HEARING CENTRE

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





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www.lethbridgehearing.ca

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

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

**Jake Boldt**  
Hearing Technician

Did you know Canada is home to the longest street in the world. Yonge St. in Toronto starts at Lake Ontario and runs for almost 2000kms all the way to the Minnesota border



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Tatem Anderson DD

Denture Specialist



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## Coffee Group

1st Tuesday of each month

Aug. 1, Sept. 5. Oct. 3

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.



LETHBRIDGE Senior Citizens ORGANIZATION

No RSVP required.  
For more information contact Katie  
**403-329-1544**



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A division of the Caring Group Corp.

We Lessen the Expense  
~ Not the Care



A MONTHLY PUBLICATION OF THE LETHBRIDGE SENIOR CITIZENS ORGANIZATION

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

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

## Officers of the LSCO

### 2022 - 2023 Executive

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

### Board of Directors:

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

### Staff Members

- Executive Director – Rob Miyashiro  
 rmiyashiro@lethseniors.com .....ext. 304
- Operations Manager – Jodie McDonnell  
 jmcdonnell@lethseniors.com .....ext. 102
- Accounting Technician – Christine Toker  
 finance@lethseniors.com .....ext. 103
- Receptionist & Administrative Support Kari Martin  
 kmartin@lethseniors.com .....ext. 101
- Fund Development & Marketing – Hannah Dupuis  
 hdupuis@lethseniors.com .....ext. 302
- Marketing & Admin Assistant – Zuwairah Sani  
 zsani@lethseniors.com .....ext. 302
- Support Services Manager – Heather Bursaw  
 hbursaw@lethseniors.com .....ext. 204
- LEARN Case Manager – Amy Cook  
 learn@lethseniors.com .....ext. 301
- SSN Team Lead – Amy Labossiere  
 alabossiere@lethseniors.com .....ext. 205
- Seniors System Navigator (SSN) – Camille Sherwood  
 csherwood@lethseniors.com .....ext. 206
- Seniors System Navigator (SSN) – Jon Bateman  
 jbateman@lethseniors.com .....ext. 207
- Seniors System Navigator (SSN) – Rebekah Nicholas  
 rnicholas@lethseniors.com .....ext. 209
- Seniors System Navigator Intake – Katie Harrold  
 intake@lethseniors.com ..... 403-329-1544
- In-Home Supports & Volunteer Program – Shiloh Sabas  
 ssabbas@lethseniors.com .....ext. 202
- In-Home Supports Program Assistant – Diane Legault  
 dlegault@lethseniors.com .....ext. 201
- Volunteer Program Assistant – Azra Pira  
 volunteer@lethseniors.com .....ext. 208
- Program Department Manager – Shawn Hamilton  
 shamilton@lethseniors.com .....ext. 104
- Fitness Coordinator – Andrea Clarke  
 fitness@lethseniors.com .....ext. 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

June - July 2023

### 23 New Members

Kim Goslin  
 Julia Herrera  
 Audrey Peters  
 Mike Ford  
 Terry Ford  
 Hrelmi Meister

Bill Dixon  
 Nicole Johnson  
 Marie Thacker  
 Derrick Smith  
 Virginia Hoffarth  
 Billy McCarroll

## 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

# THE LSCO WILL BE CLOSED

## Monday, August 7th

# FOR HERITAGE DAY

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

## Secret Garden Musical Fundraiser

Happy Summer!

As many of you are aware, every fall Fran Rude, Ken Rogers, Nancy Graham and many talented individuals from Southern Alberta spend hundreds of hours preparing a theatre show as a major fundraiser for the LSCO.

I am thrilled to announce this year's performance: "The Secret Garden Musical Fundraiser," an enchanting event that promises to captivate your heart while supporting a noble cause.

Inspired by Frances Hodgson Burnett's timeless novel, this heartwarming tale of hope, family, and the transformative power of nature will come to life on stage.

### Mark Your Calendars!

Save the date for the shows on November 10th, 11th, and 12th at the Yates Memorial Theatre. Tickets will hopefully be on sale soon so watch our social media and September's Paper for more details

Let's come together as a community to make The Secret Garden Musical Fundraiser a success!

I look forward to seeing you there!

Hannah

### Upcoming Events

✓

- Members Meet and Greet**  
Wednesday August 2, | 1:30 PM
- Whoop Up Pancake Breakfast**  
August 22 | 8 AM - 10 AM
- Whoop Up BBQ**  
August 24 | 11 AM - 1 PM

Lethbridge Senior Citizens Organization presents

# THE SECRET GARDEN

Book and Lyrics by MARSHA NORMAN  
 Music by LUCY SIMON  
*based on the novel by Frances Hodgson Burnett*

**Director FRAN RUDE**  
**Music Director KEN ROGERS**

**NOVEMBER 10 - 12, 2023**  
**YATES MEMORIAL THEATRE**  
 More details to come

*Funds raised to support*


LETHBRIDGE Senior Citizens ORGANIZATION

THE SECRET GARDEN is presented by arrangement with Concord Theatricals. [www.concordtheatricals.com](http://www.concordtheatricals.com)

## COMMUNITY PARTNERS

We thank you for..

Supporting Meals on Wheels




Supporting LSCO Events and Fundraisers




























And the many more organizations and individuals that partner and support us throughout the year!

Your contribution is our lifeline!

# The Volunteer CONNECTION

## Volunteer Opportunities

### 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](mailto:volunteer@lethseniors.com)

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



# 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**



**SEARCHING FOR...**

# SUMMER 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](mailto:volunteer@lethseniors.com)  
403-320-2222 ext. 208**



**LSCO**

### DID YOU KNOW?

For every 50 volunteer hours, you can receive \$10 off your membership

# Member Spotlight

## Discovering Community, Making Connections

### Member Spotlight



**Keith Sumner**



Welcome to our newest feature in the LSCO times: Member Spotlight. We want to give members the opportunity to get to know each other a bit better by sharing your personal stories, experiences, and interests with each other.

The member board in the diner will have printouts of some questions that you can answer and simply slide the papers under Hannah's and Zuwairah's door (beside the member board). We'll try to share pieces like celebrities our members have met or music that you enjoy on the member board, on social media, and in the paper!

Alternatively, if you would be willing to sit down and have an informal, in-person conversation to chat, so we can write a little article like the one below, please email Zuwairah at [zsani@lethseniors.com](mailto:zsani@lethseniors.com) or call 403-320-2222 ext. 302.

Special thank you to Carol for coming up with this idea, interviewing members and writing up these articles!

Keith is currently the President of the LSCO Executive Board; He has been the President since 2017 when he first joined the Board. He was 'nudged' into the organization by Charlie Brown, a prior president of the organization.

Keith views the Board as planners for the long term goals of the organization. He believes that the LSCO is not just a "membership club", but an organization that can and performs many roles for individuals in the community regardless of their membership status. This he believes is achieved with the variety of services the LSCO provides, be it Meals on Wheels, fitness programs & opportunities, etc.

He is a strong believer in "succession planning" as he does expect to turn the reins over to another member in due course. This is why he is doing his best to recruit new board members as much as possible.

Keith had a successful 37 year career in the Alberta Public Service with the Alberta Consumer and Corporate Affairs Ministry before he left paid employment 9 years ago. He describes his time with the Consumer Protection Legislation as "very satisfying".

Keith is relatively 'new' to Lethbridge, having lived here for the past 29 years. He says that "Lethbridge has been good to me." But Keith has also been good to this community. He has been able to contribute to the community in various ways. For example, he was a charter member of the local Dragon Boat Festival. Keith has also been involved with the Board of the South Country Treatment Centre. He also represented the Seniors sector in the City's Economic Development efforts and found the experience to be very interesting and rewarding.

A favourite saying of Keith's is "The only real sin is not allowing a person to experience the consequences of their decisions."

Keith enjoys ice cream and still savours the memories of his mother's lemon meringue pie. He loves music from the 80's and is an avid CBC listener. He prefers to read digitally, especially newspapers. He also spends his personal time exploring yoga and meditation.

Keith wants members to know that he is "approachable" and would appreciate being taken up on this if you see him around the centre.

## 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.**

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

**Compass for the Caregiver** 


**October 3, 10, 17 & 24, 2023**  
**Tuesdays from 1:30 – 3:30 pm**  
 Location: LSCO  
 \$55 registration fee  
 Contact Nordbridge at 403-329-3222 to register


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


 [caregiversalberta.ca](http://caregiversalberta.ca) | 780.453.5088 | 1.877.453.5088 (toll-free)

**This could be your Ad.**

**Contact Hannah**

 403-320-2222 ext. 302

 [hdupuis@lethseniors.com](mailto:hdupuis@lethseniors.com)





**Seniors System Navigator**

**Camille Sherwood**  
 csherwood@lsthseiors.com  
 403-329-1544

Hello everyone! July and August are the hottest months of the year here in Lethbridge, Alberta.

Although we all love spending time outside and getting our fill of vitamin D, we still need to take care of our physical selves while spending time outside, especially when being active. The City of Lethbridge has recently installed four new drinking water stations to help keep the public hydrated. They are located at; Legacy Park, Nicholas Sheeran Park, Henderson Park and Galt Gardens. They are a couple feet tall and are a royal blue colour (see picture below).

Whether you're going for a walk around the pond at Henderson park or playing pickleball at Legacy Park, you can stay hydrated! Here are a few helpful reminders to help keep you

# Balancing Hydration & Keeping Active in the Heat

hydrated while also staying active in this beautiful weather.

- Get in the habit of keeping a water bottle with you at all times.
- Try to get in your outdoor physical activity in the morning or evening.
- If mid day is the only time you can be active, look for indoor opportunities.
- If you like walking and being in nature, seek trails that are sheltered by trees.
- Set reminder alarms on your phone or other device to remind yourself to take a break from the sun.
- Eat fruit. Lots of fruits are mostly made up of water. So you can fulfil your sweet tooth craving while staying hydrated!
- Think about other liquids, not just water. Juice and tea are also great options!
- Dress for the heat. If you plan on

exercising, always wear clothing you might be a little cold in at first, you will warm up fast!

- Know the signs for mild dehydration to avoid severe dehydration. Some examples include: thirst, dry mouth, muscle cramps and headaches.
- Drink water BEFORE, DURING and AFTER you exercise.

-Camille



August Support Calendar			
TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
1 <b>Community Connect Coffee Group</b> 1:30 - 3:00 PM (Atrium)	2 <b>Reconnect &amp; Recharge</b> 10:00 am - 11:30 am (Room C/D)	3	5 <b>AA Eye Opener</b> 8:30 am - 10:30 am (Room C/D)
8	9 <b>Reconnect &amp; Recharge</b> 10:00 am - 11:30 am (Room C/D)  <b>Lethbridge Stroke Survivors Group</b> 7:00 pm - 9:00 pm	10 <b>Lethbridge Hearing Screening</b> 10:00 am - 12:00 pm (Board Room)	12 <b>AA Eye Opener</b> 8:30 am - 10:30 am (Room C/D)
15 <b>18- Monday</b> <b>Mobile Food Support</b> 4:00 pm - 6:00 pm (LSCO Parking Lot)	16 <b>Reconnect &amp; Recharge</b> 10:00 am - 11:30 am (Room C/D)  <b>Drop In Single Session</b> Counselling (Quiet Room) 12:30 pm - 3:30 pm	17 <b>18- Friday</b> <b>Lethbridge Cancer Connect</b> 10:00 - 11:30 AM (Board Room)	19 <b>AA Eye Opener</b> 8:30 am - 10:30 am (Room C/D)
22	23 <b>Reconnect &amp; Recharge</b> 10:00 am - 11:30 am (Room C/D)	24	26 <b>AA Eye Opener</b> 8:30 am - 10:30 am (Room C/D)
29	30 <b>Reconnect &amp; Recharge</b> 10:00 am - 11:30 am (Room C/D)	31	

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# August Programs

## HOW DO I REGISTER?

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

## HOW DO I PAY?

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

## ONLINE REGISTRATIONS

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

## IMPORTANT

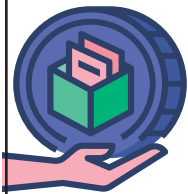
- Please sign up before the register by date to receive the best price listed. Classes are subject to a \$10 increase after this date.
- If you missed the deadline and are interested in participating, please ask to find out if there is room!
- LSCO Members (LSCO M); Non-Member (NM)

## Please note:

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

## CREDITS & REFUNDS

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



## FEE ASSISTANCE PROGRAM

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

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

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



## LSCO WELCOME POLICY

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

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

Please bring prior year income tax for verification.

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

## 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!

- 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

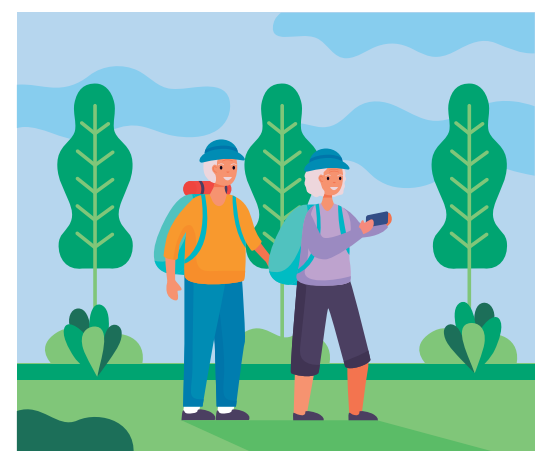
**Days Open: Monday – Friday**  
**Hours: 8:00 am – 3:30 pm**

## 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.





## 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

### 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.

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

## 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. Held in Stage Area of Dining Room.

When: Wednesdays, August 2 - 30  
Time: 10:00 – 10:45 am  
Fee: \$27 LSCO M; \$40 NM  
Instructor: Corrine Myers

### 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, 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: 10:30 - 11:30 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 are held in the All-Purpose Room (downstairs) and led by Donna Tiefenbach.

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, August 4 - 25  
Time: 9:00 – 10:05 am  
Fee: \$26 LSCO M; \$32 NM  
Instructor: Shawn Hamilton/Donna Tiefenbach

## Creative Arts

### 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. **\*In 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 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. **\*Presently on a break for the summer\***

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 6, 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**

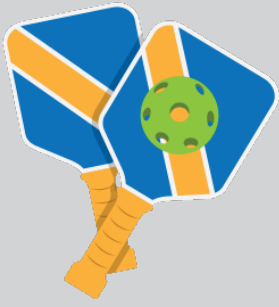
**CRIB**

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!

**NOTE:**  
 The gymnasium floors are being resurfaced. Due to this, the gyms will be closed from August 8th - September 4th.



# Pickleball News

The 2023 Pickleball Canada Western Regional Championship was held July 6th-9th in Medicine Hat. Over 500 individuals were registered with at least 35 players from Lethbridge and Coaldale. Congratulations to all that took part. Below are some of the results.

**Mens Doubles Skill: (3.0 And Under) Age: (70 And Above)**

Klaus Witzke, Ken Mercer: Silver

**Mens Doubles Skill: (4.0) Age: (65 And Above)**

Michael Wagner, Rande Mergerenn: Gold

**Mens Doubles Skill: (3.5) Age: (60-64)**

Richard Boras, Blaine Takeda: 4th place

**Mixed Doubles Skill: (4.5 And Above) Age: (50 And Above)**

Ilsa Wong, Michael Wagner: 4th place

**Mixed Doubles Skill: (3.0 And Under) Age: (57 To 59)**

Diane Kelly, Dave Kelly: Bronze

**Mixed Doubles Skill: (3.0 And Under) Age: (65 To 69)**

Val Boras, Richard Boras: Gold

Sharon Fogtmann, Paul Fogtmann: Silver

**Womens Doubles Skill: (3.0 And Under) Age: (18 To 49)**

Lisa Witzke, Sara Peters: Bronze

**Womens Doubles Skill: (3.5) Age: (65 And Above)**

Cathy Wood, Sue Rougeau: Silver

**Mixed Doubles Skill: (3.5) Age: (18 To 49)**

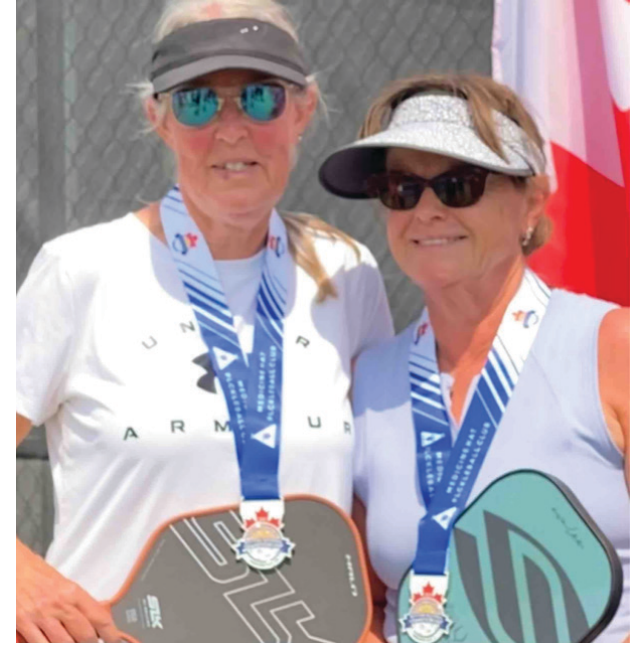
Stacey Keraiff, Tyler Keraiff: Gold

**Mens Singles Skill: (3.0 And Under) Age: (50 To 59)**

Gerard Dower: Silver

**Womens Singles Skill: (3.0 And Under) Age: (35 To 49)**

Lisa Witzke: Silver



Above: Cathy Wood and Sue Rougeau with their silver medals for the Womens Doubles Skill (65 and above) category



Mens Doubles Skill (70 and above) Silver medal holders, Klaus Witzke and Ken Mercer.

# 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

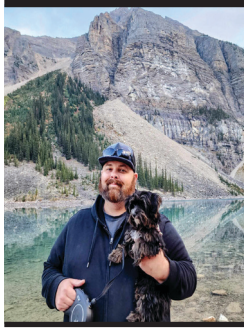
3x 1 hour sessions \$135

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

# From the Kitchen- Welcome Travis



**Assistant Food Service Coordinator**

**Travis Eakett**

teakett@lthseniors.com  
403-320-2222 ext. 401

My name is Travis Eakett, the new Assistant Food Services Coordinator. I was born and raised in Calgary but I have lived in Medicine Hat as well as Lethbridge over the years.

I have been married to my beautiful wife for 8 years and we have been raising our teenage nephew for the past 3 years together. I enjoy cooking awesome meals for us at home.

We also enjoy playing board games and watching movies. We have a dog named Koko, she is a yorkie-poodle, is super cute

and has an awesome personality. Everyday after work, I take her for a walk to the Dog park. I also love watching hockey and cheering for the Flames- Go Flames Go yo !

I have always enjoyed cooking from a young age, especially for other people. I remember cooking Roast Beef Sunday dinners for the family at as early as 11 years old. I have been in the industry for 25 years, starting out as a dishwasher while in school and moving up to multiple Chef positions throughout the years.

I like the community atmosphere at LSCO and the many friendly members, volunteers and staff. I believe Meals-on-Wheels is an important community service and it feels rewarding to be a part of that.

-Travis

Please take the time to welcome Travis if you see him in the kitchen!

**AZ LAWYERS LLP**

DOUGLAS ALGER

IAN ZAKEIKS

ASIF MUHAMMAD

SEBASTIAN KOPPE

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

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

ENDURING POWER OF ATTORNEY

PERSONAL DIRECTIVE

WILLS & ESTATES

REAL ESTATE LAW

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

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

## TRY OUT OUR 50'S STYLE DINER

*Open to everyone | Daily Specials*

*8:00 am - 1:00 pm*

<h2 style="margin: 0;">LSCO MENU ~ AUGUST 2023</h2> <p style="margin: 0; font-size: 0.9em;">Breakfast served from 8:00 ~ 11:00 am • Lunch served from 11:00 am ~ 1:00 pm</p> <p style="margin: 0; font-size: 0.8em;">*menu subject to change without notice</p>					Sandwich & Salad Special Changes Daily See Menu Board in Dining Room		
Tuesday, August 1	<b>Entree:</b> Salisbury Steak <b>Starch:</b> Roast Potatoes <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice	Wednesday, August 2	<b>Entree:</b> Chicken Stir Fry <b>Starch:</b> Rice <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice	Thursday, August 3	<b>Entree:</b> Penne Bolognese <b>Starch:</b> Garlic Toast <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice	Friday, August 4	<b>Entree:</b> Baked Ham <b>Starch:</b> Scalloped Potatoes <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice
Monday, August 7	<b>Entree:</b> Sweet & Sour Pork <b>Starch:</b> Rice <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice	Tuesday, August 8	<b>Entree:</b> Beef Stew <b>Starch:</b> Mashed Potatoes <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice	Wednesday, August 9	<b>Entree:</b> Butter Chicken <b>Starch:</b> Rice <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice	Thursday, August 10	<b>Entree:</b> Roast Beef <b>Starch:</b> Mashed Potatoes & Gravy <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice
Monday, August 14	<b>Entree:</b> Honey Garlic Pork <b>Starch:</b> Rice <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice	Tuesday, August 15	<b>Entree:</b> Chicken Pesto Gnocchi <b>Starch:</b> Garlic Toast <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice	Wednesday, August 16	<b>Entree:</b> Chicken Parmigiana <b>Starch:</b> Spaghetti <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice	Thursday, August 17	<b>Entree:</b> Baked Ham <b>Starch:</b> Scalloped Potatoes <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice
Monday, August 21	<b>Entree:</b> Spaghetti & Meatballs <b>Starch:</b> Garlic Toast <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice	Tuesday, August 22	<b>Entree:</b> Pork Chops and Apple Sauce <b>Starch:</b> Roast Potatoes <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice	Wednesday, August 23	<b>Entree:</b> Barbecue Chicken <b>Starch:</b> Mashed Potatoes <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice	Thursday, August 24	<b>Entree:</b> Roast Beef <b>Starch:</b> Mashed Potatoes & Gravy <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice
Monday, August 28	<b>Entree:</b> Sweet & Sour Pork <b>Starch:</b> Rice <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice	Tuesday, August 29	<b>Entree:</b> Chicken Cordon Bleu <b>Starch:</b> Mashed Potatoes & Gravy <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice	Wednesday, August 30	<b>Entree:</b> Shepherd's Pie <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice	Thursday, August 31	<b>Entree:</b> Chicken Alfredo <b>Starch:</b> Garlic Toast <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice



## AUGUST 2023 EVENTS, PROGRAMS & EXHIBITS

**FORT WHOOP-UP**  
OPEN FOR THE SUMMER!

### WALKING TOURS \*

Location details provided during registration

Wed 02 | 6-7:15 pm

Downtown Historical

Thu 10 | 6-7:15 pm

St. Patrick's Cemetery

Fri 11 | 6-7:15 pm

Mountain View Cemetery

Wed 16 | 6-7:15 pm

Downtown Historical

Thu 17 | 6-7:15 pm

Remembering Lethbridge's Chinatown

Thu 24 | 6-7:15 pm

Downtown Queer History

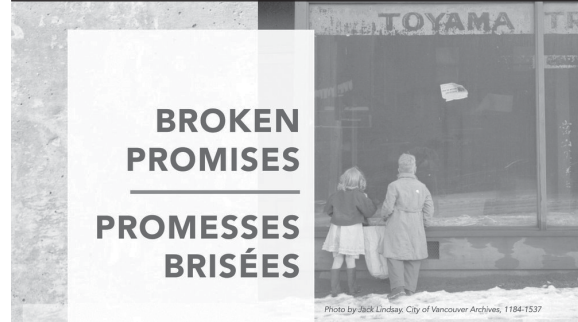
\* advance registration required | \$10 per person | 10% members discount

\*\* registration not required | museum admission applies | free to members

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



### SPECIAL EXHIBIT until SEP 03.23



### SPECIAL EVENT \*

Please arrive 10 minutes early

Sun 09 | noon-2 pm

Blackfoot Beading with Deserae Yellow Horn

### FLORA FOUNDATIONS \*

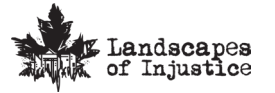
Sat 12 | noon-2 pm

Sipatsimo (Sweetgrass) with Api'soomaahka

Sat 19 | noon-2 pm

Sweetgrass with Jenny Burke

Developed and supported in part by



### ARCHIVES \*\*

Fri 18 | 3:30-4:30 pm

My Life in Corrections with Ken Hamilton

### INDIGENOUS HISTORY \*\*

Sun 20 | 10:30-11:30 am

Blackfoot Conversation Circle with Julius Delaney

### THE GALT PRESENTS... \*\*

Thu 24 | 10:30-11:30 am

Professor Jay Whitehead on Theatre Outré and Creativity

# FREE PANCAKE BREAKFAST

**AUG. 21**  
7:30 AM - 10 AM  
PIP International Inc.  
4085 2 Avenue South, Lethbridge

**RACHAEL THOMAS**  
MEMBER OF PARLIAMENT

[f](https://www.facebook.com/RachaelThomasMP) [@RachaelThomasMP](https://www.instagram.com/RachaelThomasMP)  
RachaelThomas.ca | Rachael.Thomas@parl.gc.ca | 403-320-0070

## PREARRANGING PROVIDES Peace of Mind

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

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

**100% GUARANTEE**  
NO INCREASED COST services are applied in the future.

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LETHBRIDGE ALBERTA T1K 7B1

Did you know the oldest rock on earth can be found in The Canadian Shield? The 4.28 billion-year-old rock was discovered by geologists in 2001.

## Computer Corner

By Sjoerd Schaafsma

### Change: More Computer Odds & Ends

Change is good, change is bad... It all depends on the changes and if they benefit, hinder, or affect you in some way.

Computers and technology in general are constantly changing from automated weaving looms to the latest developments in AI. People have argued for years about the good the bad and the ugly of change. That's not my place here, take it to the bar or coffee shop to hash it out. Solve the problems of the world over a coffee or your beverage of choice.

#### Taskbar Behaviour - Again

Windows 11 (which I don't use) has changed the layout of the task bar. Now the Start button and its usual accompaniment of icons are located in the middle of the task bar instead of the left edge. I've also heard that the task bar just seems to disappear if you don't want it to. If the Taskbar vanishes it should come back when you hover the mouse over it. To change the default behaviour of the taskbar right click on it, choose taskbar settings and deselect "Automatically Hide the Taskbar". When it is disabled the switch button will be labeled Off.



Here is a slightly different slant on configuring the task bar from that offered a few months ago in the May Edition.

#### Configuring the Windows 11 Taskbar

<https://softwarekeep.com/help-center/how-to-hide-taskbar-in-fullscreen-in-windows>



#### Trackpad - Bad behaviour

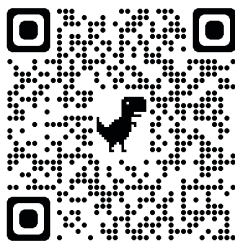
The touchpad on a laptop does the same job as the mouse on a desktop computer. It is sometimes also called a trackpad. The touchpad is used to control the mouse pointer, also known as the cursor. It's a personal preference, some people like it, some prefer to use the mouse.

The laptop I'm using now has a much larger trackpad than I'm accustomed to. The problem here is that my hands and fingers brush across the pad while I'm typing and move the cursor. When I look back up to where I think I'm typing, I find I've been

typing in a totally different place. Depending on the make and model of laptop, you're using, the technique to disable a trackpad will differ. On this ASUS laptop the option to disable the trackpad is found in the system setup, before Windows even starts. The option was named disable "Internal Pointing Device".

On a Lenovo ThinkPad, the setting is in Windows-settings-devices-Touchpad-Additional Settings or Mouse from the control panel.

There are different ways of disabling a trackpad. A web search for "disable laptop trackpad Windows 10" is a good place to start, including the make and model of your laptop will narrow down the search and hopefully save you some time and frustration.



#### How to Disable the Touchpad on Windows 10

<https://www.lifewire.com/disable-touchpad-windows-10-4587689>

#### Tip of the Month: Finding a Downloaded File

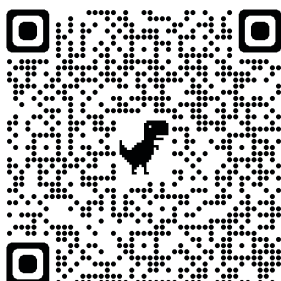
Don't know where your downloaded file is? You can usually find it in the default downloads folder.

C:\Users\your name\downloads, where your name is the name of the user logged into the computer. Why do you care where it is? Well you might want to share it with someone, use it on another computer or delete it.

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.

**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](mailto: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.

#### 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/lSCO-times-publications/>





Join the Nature Centre, Lethbridge Senior Citizens Organization & Nature Lethbridge for our

# Summer Nature Walking Club

Registration Required  
 June 27 - July 11 - July 25  
 Aug 8 - Aug 22 - Sept 5  
 8:30am-10:30am

Nature Lethbridge



**CALL THE NATURE CENTRE TO REGISTER**  
**403.320.3064**  
**FREE TO ATTEND!**

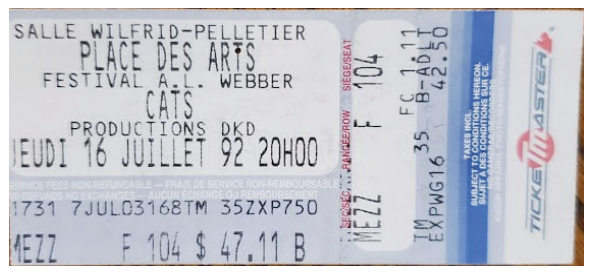
Funded by the Government of Canada's New Horizons for Seniors Program



## The Humble Bookmark

LSCO Library Corner

Below are bookmarks that have been left in books donated to our library.



THIS new cheap fare to Britain is a boon for the shrewdies. One of the first variations to crop up is a way to save on flights to the States. You book a ticket to London, via New York for \$736.10, pay \$32.20 for your one allowed stop-over and that's all you're up for—\$768.30 for a return ticket to New York instead of the normal fare of \$1,194.70. No catch. You simply do not use the part of the ticket which will take you to and fro across the Atlantic.

★ ★ ★

You can find more forgotten bookmarks on a board in the Library at the LSCO

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**UPCOMING EVENT**

# Carnival

Thursday, August 17  
 4:00 pm - 7:00 pm



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**785 Columbia Blvd W**  
**Lethbridge, AB**

# Learn to Spot a Scam

**WHAT IS A SCAM?** | When someone deceives you into providing personal or financial information so they can steal from you.

Scammers will:

- **PRETEND** to be an organization you know. Such as the CRA, Service Canada, Canada Post, internet & phone companies, utility companies, computer support.
- Indicate a **PROBLEM** or **PRIZE**. Like owing taxes, computer virus, seized mail, grandchild in trouble, randomly selected to win a prize.
- **PRESSURE** you to act **IMMEDIATELY**. Such as, they want you to act before you can confirm their story. They might threaten to arrest you, sue you, deport you, take away your driver's license, or say your computer is corrupted.
- **Require PAYMENT/MONEY**. Credit card number, e-transfers, bitcoin, gift cards



## If You're Unsure

- **HANG UP!** Close your internet browser or email.
- **VERIFY** Information by calling organizations directly. \*\*\* DO NOT verify information with the information provided by the potential scammers via phone, website, mail, etc. \*\*\*
- **REPORT** the scam to Canadian Anti-Fraud Centre by phone at 1-888-495-8501.

## Think You've Been Scammed?

- **Step 1 - IMMEDIATELY** notify the proper organizations connected with the information the scammer took from you. Such as CRA, credit card company, etc.
- **Step 2 - As a victim of a scam**, you are encouraged to contact the local authorities and report the scam. Call Lethbridge Police Services non emergent line at 403-328-4444.

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**Monday, August 14, 2023**  
**4:00 - 6:00 pm**

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

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