

**CITY OF Lethbridge**  
**Lethbridge HEARING CENTRE**  
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 & 11 @ 7:30 PM**  
**NOVEMBER 12 @ 2:00 PM**

*Yates Memorial Theatre*  
Adults: \$45 | Youth: \$25

Tickets available at the Yates, online,  
or by calling 403-329-SEAT(7328)

*Funds raised to support*

**LSCO** LETHBRIDGE Senior Citizens ORGANIZATION

THE SECRET GARDEN is presented by arrangement with Concord Theatricals. www.concordtheatricals.com

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Photos from last year's theatre fundraiser "It's a Wonderful Life: A Live Radio Play".

Thank you to everyone who bought tickets and volunteered!

# LSCO News



**Executive Director**

**Rob Miyashiro**

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

Welcome back to LSCO! I hope everyone had a great summer and you're as excited as we are to have you back. Please look through the Fall program offerings for new and interesting activities as well as our most popular returning classes. Our Support Services department has been bolstered with a new Seniors System Navigator, Danni, and Jon has settled into his role as Housing SSN.

Check out the new meals available in the dining room – Lachlan and Travis have been creating culinary masterpieces all summer in preparation for the Fall busy season.

Is there something we're doing that you would like to see changed or something we're not doing that you would like to see implemented? If so, drop off your suggestions in the box by the water cooler in the card area. It's important to the Board and staff that we are responsive to the needs of our members.

Rob Miyashiro

# 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 ESTATES AT PARKSIDE PLACE**

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**THE BEST OF ADULT LIVING**

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- ▶ 3 Reality-tested Floorplans
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- ▶ Exceptional Standard Features

Image is of a clients home.

**Contact Trisha for more information**

403.331.1132 Or visit trisha@newrock.ca parksideliving.ca

**HERE TO SERVE**

**RACHAEL THOMAS**  
MEMBER OF PARLIAMENT

Facebook Instagram YouTube @RachaelThomasMP

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



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.....Zuwairah Sani  
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.

### Staff Members

Executive Director – Rob Miyashiro  
rmiyashiro@lethseniors.com.....ext. 304  
Operations Manager – Jodie McDonnell  
jmcdonnell@lethseniors.com.....ext. 102  
Accounting Technician – Christine Toker  
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Receptionist & Administrative Support Kari Martin  
kmartin@lethseniors.com.....ext. 101  
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hdupuis@lethseniors.com.....ext. 302  
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csherwood@lethseniors.com.....ext. 206  
Seniors System Navigator (SSN) – Jon Bateman  
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Seniors System Navigator (SSN) – Rebekah Nicholas  
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Seniors System Navigator (SSN) – Dannie Lien  
dlien@lethseniors.com..... 403-329-1544  
Seniors System Navigator Intake – Katie Harrold  
intake@lethseniors.com..... 403-329-1544  
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ssabbas@lethseniors.com.....ext. 202  
In-Home Supports Program Assistant – Diane Legault  
dlegault@lethseniors.com.....ext. 201  
Volunteer Program Assistant – Azra Pira  
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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 Mortimerext. 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

July - August 2023

### 11 New Members

Andy Leach  
Lise Souliere  
Asmo Palsvirta  
Diane Sheppard  
Gordon Pollock  
Kim Gieni

Kim Cameron  
Ramesh Patel  
Loe Martin  
Christine Gieni  
Sherrie Soucy

## 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

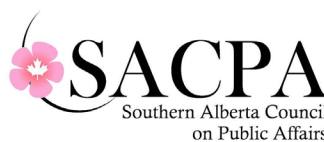
## LSCO FITNESS CENTRE

### 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: \$25 LSCO M; \$40 NM (30 Days from Date of Purchase)  
Memberships can now be purchased for up to 4 months at a time  
\$100 LSCO M; \$160 NM  
Drop in Fee: \$8 LSCO M; \$10 NM



## September Schedule

SACPA meets every Thursday from 12:00 to 1:00 pm at LSCO. Please arrive at LSCO early to buy your lunch and eat with us in the Atrium.

Sep 7	Jim	<i>Parkrun: A global fitness and well being phenomena</i>
Sep 14	Dr. Frits Pannekoek	<i>Alberta: A new whacky History</i>
Sep 21	Mike Judd	<i>Should Bison be restored to the Eastern Slope public Wildlands?</i>
Sep 28	Brenna Scott	<i>What is the difference between donating Blood and Plasma?</i>

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

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



### Content Deadline

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

# The Heart

Your contribution is our lifeline



**Fund Development & Marketing Coordinator**

Hannah Dupuis

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

## Nourish a Neighbor

Ola everyone,

First, thank you for all the wedding wishes. It was a beautiful day, even with the rain!

Second, I want to talk about our fall Meals on Wheels Fundraising campaign: Nourish a Neighbor. As I'm sure most of you are aware, the LSCO is responsible for the only subsidized hot meal delivery service in Lethbridge. What you may not know, is that we subsidize every single meal below their cost. The government does not contribute to the costs of meals; instead, we rely on fundraising and donations to make up approximately \$100,000 each year.

With the rising costs of living and many seniors on fixed incomes, we are hearing from seniors that are having to choose between rent and food. Some older adults already miss or skip meals because they cannot prepare food due to physical or mental barriers. NO senior should be hungry or alone and YOU can make a difference.

### How You Can Help

With our Nourish a Neighbour campaign you can make a difference by assisting those in the community with the highest financial need, covering the cost of essential meals. The average MOW client receives 4 meals/week.

#Meals	Full Coverage	Subsidy Coverage
2	\$24 or \$95/month	\$8.50 or \$34/month
3	\$36 or \$144/month	\$12.75 or \$51/month
4	\$48 or \$192/month	\$17 or \$68/month
5	\$60 or \$240/month	\$21 or \$85/month

Whether you can donate one meal or cover the cost of a full time client each month, you are making a difference in someone's life and keeping this vital program affordable.

**To donate, visit [www.lethseniors.com](http://www.lethseniors.com) and click the "Donate Now" button, visit us in person, or if you prefer to send a cheque, please send it to:**

**500 11 St. S, Lethbridge AB T1J4G7  
Memo: MOW Nourish a Neighbour**

I am always happy to discuss how your donation will be used so please stop by my office or give me a call.

It's our responsibility as a community to ensure that everyone has access to a warm plate of food, in the comfort of their own homes. We can't do this without you.



## Upcoming Events

- Labour Day**  
*September 4 | LSCO Closed*
- Community Connect**  
*September 5, | 1:30 PM*
- Service Canada Coffee & Chat**  
*September 6 | 10:00 AM*
- Members Meet and Greet**  
*September 6, | 1:30 PM*
- Healthy Relationships with Adult Children**  
*Thursdays, September 16, | 1:30 PM*
- Be Fast Friends**  
*September 22 | 1:30 PM*
- Truth and Reconciliation Day**  
*September 30 | LSCO Closed*
- Community Connect**  
*October 3, | 1:30 PM*
- The Secret Garden Fundraiser**  
*November 10 | 7:30 PM*  
*November 11 | 7:30 PM*  
*November 12 | 2:00 PM*

## 2022 IMPACT



**25,000**  
Meals Delivered

**33,280**  
Kms Driven by Volunteers

**300+**  
People Helped

**70%**  
Clients live below the poverty line

**6100**  
Volunteer Hours

**95%**  
Clients receive income or disability support

**11,500**  
Wellness Check-ins

**Would you like to stay living in your home longer? You Can With Lifecare!**



If you qualify for Alberta Seniors benefit, let us know. **We can help.**

- Lifecare is:**
- 24-hour personal alert button.
  - Simple to use and comfortable to wear.
  - Assistance is just the press of a button away.
  - Gives you the confidence to live independently!

**CHINOOK LIFECARE**  
(403) 320 - 1170  
<http://chinooklifecare.net/>  
#3 - 1904 13 Ave North Lethbridge, AB

# The Volunteer CONNECTION

## Volunteer Opportunities

### 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.

### 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.

### Boutique

*10am-12:30 pm or 12:30 - 3:00 pm*

Volunteers sell hand crafted items created by seniors. Volunteers should be able to handle cash and greet customers.

### 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**



# Call For Volunteer Drivers

**We are urgently looking for Meals on Wheels Volunteers. We require Drivers and Couriers to deliver meals within the City of Lethbridge and are extremely short for the month of September.**

**Once a week | 10:30 am - 12:00 pm**



## URGENT NEED

**Email [volunteer@lethseniors.com](mailto:volunteer@lethseniors.com) or call ext. 208**  
 500 11th St. S, Lethbridge | 403-320-2222 | [www.lethseniors.com](http://www.lethseniors.com)



## FOX DENTURE CLINIC & IMPLANT CENTER

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**Brett J. Fox DD**  
Denture Specialist, 4th Generation

**Tatem Anderson DD**  
Denture Specialist

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[www.foxdentureclinic.ca](http://www.foxdentureclinic.ca)





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

AT THE LSCO YOU WILL NOT LEARN HOW TO PAINT A HOUSE

BUT YOU WILL LEARN

**WATERCOLORS  
ACRYLICS  
COLORED PENCIL  
AND MORE!**

SEE PAGE 12

SIGN UP FOR OUR CREATIVE ART CLASSES TODAY

[WWW.LETHSENIORS.COM](http://WWW.LETHSENIORS.COM)



# National Day for Truth and Reconciliation

On September 30, the Day for Truth and Reconciliation, Canadians learn, recognize and reflect upon the history and ongoing legacy of residential schools, the trauma experienced by many, and the hope for a healthy future. The day emphasizes the ongoing need for reconciliation, and building and strengthening relationships between Indigenous and non-Indigenous people.

September 30 is also Orange Shirt Day, a day when Canadians wear orange to recognize the ongoing intergenerational effects of residential schools and to acknowledge that “Every Child Matters”. The orange shirt symbolizes the stripping away of culture, self-esteem and freedom from Indigenous children over generations.

Learn the truth about the past through events, books, films and other resources, and reach out to Elders or Knowledge Keepers, now and throughout the year.

## How Orange Shirt Day began

Orange Shirt Day began in British Columbia in 2013 when a residential school survivor, Phyllis Webstad, shared her story of having her shiny new orange shirt taken away on her first day at a residential school. Since then, Orange Shirt Day has been an opportunity for Indigenous and non-Indigenous people, governments, schools and communities to come together in the spirit of reconciliation.

Commemorating the Day for Truth and Reconciliation is a direct response to the Truth and Reconciliation Commission Call to Action 80, which called for a day to commemorate the history and legacy of residential schools.

In Alberta, we commemorate the day every year, and encourage people to participate in events close to them.

## Activities to reflect on the Day for Truth and Reconciliation

Wear an orange shirt on September 30. Other suggested activities include:

- attending or organizing an online or in-person event following public health guidelines
- reading about the legacy of residential schools
- reading the summary of the Final Report of the Truth and Reconciliation Commission of Canada
- watching films online about people’s experiences at residential schools
- learning about Indigenous cultures

*This article can be found on [www.alberta.ca/day-for-truth-and-reconciliation](http://www.alberta.ca/day-for-truth-and-reconciliation)*

**THE LSCO WILL BE  
CLOSED SEPTEMBER 4TH  
FOR LABOR DAY**

**Wear Orange On  
September 30**

Canada

**LSCO  
Community  
Connect**

**Coffee Group**  
*1st Tuesday of each month*

**1:30 – 3:00 pm**  
LSCO Atrium (Café)  
**September 5, October 3  
& November 7 2023**

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

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

**LSCO** LETHBRIDGE Senior Citizens ORGANIZATION

**CLASSIFIED ADS**

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

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**FRESH PURE UNPASTURIZED HONEY** for sale. Various sizes for 300 gram jars to 10 lb. pails. 100% natural Beeswax hand & bodycream. 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](mailto:jdanku@icloud.com).



**Seniors System Navigator**

**Rebekah Nicholas**

micholas@lethseniors.com  
403-320-2222 ext. 209

# Celebrating Culture and Community

Oki everyone!

This summer has been a hot one! I hope you have been staying hydrated and had a chance to check out the local activities throughout the city. One of my favorites have been the farmers markets either downtown or at the exhibition grounds, has been a great way to support local businesses and meet some talented people.

If any of you have been lucky enough to attend a local Pow Wow, I hope the drumming, regalia and sharing of tradition was well received.

Indigenous people from across the Nation come together throughout the summer to participate and compete in traditional

dances passed on from generation to generation. With a dark past of not being able to practice Indigenous traditions, a lot of culture was lost when residential schools were put into place.

Now more than ever, Indigenous people are working hard to keep their culture, teach their youth and trying to break Intergenerational trauma brought from those schools. The local support from surrounding communities and the city of Lethbridge have been a wonderful sight to see when hosting events such as the International Pow Wow at the Enmax center, various awareness events in Galt Gardens and land acknowledgements.

If you ever get a chance to check out a local Pow Wow, you will not be disappointed. My hope is to see more culture awareness here at the LSCO, not just Indigenous but from the many cultures that make up our culturally diverse city population.

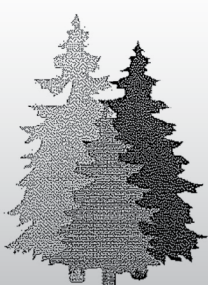
Autumn means cooler temperatures, sweaters, and changing leaves. The season change can also mean new friendships to be made, new experiences, and preparation for the cold months ahead. Check out what the LSCO has to offer for some socialization and hobby interests. I love to see your smiling faces, please do not hesitate to say hello when walking by my office, your smile is always welcome.

Gyun.



## September Support Calendar

TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
			2 <b>AA Eye Opener</b> 8:30 am - 10:30 am (Room C/D)
5 <b>Drop In Single Session</b> Counselling (Quiet Room) 9:00 am - 12:00 pm <b>Community Connect Coffee Group</b> 1:30 - 3:00 PM (Atrium)	6 <b>Reconnect &amp; Recharge</b> 10:00 am - 11:30 am (Room C/D) <b>Service Canada Coffee &amp; Chat</b> 10:00 AM - 12:00 PM (Card Area)	7	9 <b>AA Eye Opener</b> 8:30 am - 10:30 am (Room C/D)
12	13 <b>Reconnect &amp; Recharge</b> 10:00 am - 11:30 am (Room C/D) <b>AZ Lawyers</b> 10:00 am - 12:00 pm (Quiet Room) Appointment required	14 <b>Lethbridge Hearing Screening</b> 10:00 am - 12:00 pm (Board Room)	16 <b>AA Eye Opener</b> 8:30 am - 10:30 am (Room C/D)
19	20 <b>Reconnect &amp; Recharge</b> 10:00 am - 11:30 am (Room C/D) <b>Dr. Bolokoski Foot Care</b> 8:30 am - 12:00 pm Appointment & LSCO Membership required \$15 Fee - Please bring Alberta health card	21 <b>Parkinsons Support Group</b> 2:00 - 4:00 pm (Board Room) <b>22- Friday</b> <b>Lethbridge Cancer Connect</b> 10:00 - 11:30 AM (Board Room)	23 <b>AA Eye Opener</b> 8:30 am - 10:30 am (Room C/D)
26	27 <b>Reconnect &amp; Recharge</b> 10:00 am - 11:30 am (Room C/D)	28	30 <b>AA Eye Opener</b> 8:30 am - 10:30 am (Room C/D)



**EVERGREEN**  
**Cremation Services**  
*Because Cost Is An Option*

Phone: 403-329-4934  
www.evergreenfh.ca  
A division of the Caring Group Corp.  
***We Lessen the Expense***  
***~ Not the Care***

# Fall 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

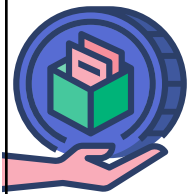
- Please sign up before the register by date to receive the best price listed. Classes are subject to a \$10 increase after this date.
- **If you missed the deadline** and are interested in participating, please ask to find out if there is room!
- LSCO Members (LSCO M); Non-Member (NM)

## 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**



## 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. If you aren't sure what class to try please ask our Fitness Staff.

### 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.

#### Session 1

When: Wednesdays, September 13 - October 25  
Time: 10:00 – 10:45 am  
Fee: \$40 LSCO M; \$56 NM  
Instructor: Corrine Myers  
Register by: Monday, September 11  
Location: Stage Area

#### Session 2

When: Wednesdays, November 1 - December 13  
Time: 10:00 - 10:45 am  
Fee: \$40 LSCO M; \$56 NM  
Instructor: Corrine Myers  
Register by: Monday, October 30  
Location: Stage Area

### CHAIR EXERCISES

This chair class will include stretching, exercise 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.

## 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:

- \$25 LSCO M;
  - \$40 Non-Member
- (30 Days from Date of Purchase)

### 4 Months:

- \$100 LSCO M;
- \$160 Non-Member

### Drop In

- \$8 LSCO M;
- \$10 NM

**Days Open: Monday – Friday**  
**Hours: 8:00 am – 4:30 pm**  
**Closed September 30th**

**\*Note: Beginning Saturday, October 14th the Fitness Centre will be open from 9:00 am – 12:30 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.



**Session 1**

When: Thursdays, September 14 - October 12  
 Time: 9:30 - 10:15 am  
 Fee: \$28 LSCO M; \$40 NM  
 Instructor: Andrea Clarke  
 Register by: Wednesday, September 13  
 Location: Stage Area

**Session 2**

When: Thursdays, November 2 - December 14  
 Time: 9:30 - 10:15 am  
 Fee: \$39 LSCO M; \$56 NM  
 Instructor: Andrea Clarke  
 Location: Stage Area

**FUNCTIONAL FITNESS**

This 45-minute class is designed for anyone with limited mobility and 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.

**Session 1**

When: Mondays, September 11 - October 30 (No Class Oct. 9)  
 Time: 11:30 am - 12:15 pm  
 Fee: \$40 LSCO M; \$56 NM  
 Instructor: Andrea Clarke  
 Register by: Friday, September 8  
 Location: Stage Area

**Session 2**

When: Mondays, November 6 - December 11  
 Time: 11:30 am - 12:15 pm  
 Fee: \$34 LSCO M; \$48 NM  
 Instructor: Andrea Clarke  
 Register by: Friday, November 4  
 Location: Stage Area

**WEIGHTS for BEGINNERS**

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

**Session 1**

When: Thursday, September 21 - October 26  
 Time: 10:15 - 11:15 am  
 Fee: \$42 LSCO M; \$54 NM  
 Instructor: Jamie Hillier  
 Register by: Tuesday, September 19

**Session 2**

When: Thursdays, November 2 - December 7  
 Time: 10:15 - 11:00 am  
 Fee: \$42 LSCO M; \$54  
 Instructor: Jamie Hillier  
 Register by: Tuesday, October 27

**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. Chairs and a

variety of exercise 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, September 11 - December 18 (No class Oct. 9)  
 Time: 10:15 - 11:00 am  
 Fee: \$98 LSCO M; Monday class Members Only  
 Instructor: June Dow  
 Register by: Friday, September 8

When: Wednesdays, September 13 - December 13  
 Time: 10:15 - 11:00 am  
 Fee: \$98 LSCO M; \$126 NM  
 Instructor: Donna Tiefenbach  
 Register by: Monday, September 11

When: Fridays, September 15 - December 15  
 Time: 10:15 - 11:00 am  
 Fee: \$98 LSCO M; \$126 NM  
 Instructor: Nancy Purkis  
 Register by: Wednesday, September 13

**MONDAY INDOOR CYCLING**

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

**Session 1**

When: Mondays, September 18 - October 30 (No class Oct. 9)  
 Time: 10:15 - 11:15 am  
 Fee: \$42 LSCO M; \$48 NM  
 Instructor: Jamie Hillier  
 Register by: Friday, September 15  
 Location: Gym 2

**Session 2**

When: Mondays, November 6 - December 11  
 Time: 10:15 - 11:15 am  
 Fee: \$42 LSCO M; \$48 NM  
 Instructor: Jamie Hillier  
 Register by: Friday, November 3

**BIKE & MORE**

This class will spend approximately 30 minutes on the bike for a fun, music based cardio workout, and then transition to strength, balance, and mobility exercises. 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, September 13 - December 13  
 Time: 9:00 - 9:55 am  
 Fee: \$98 LSCO M; \$126 NM  
 Instructor: Nancy Purkis  
 Register by: Monday, September 11

**FITBALL for BALANCE & STRENGTH**

This class will focus on balance exercises to help improve stability & coordination to reduce the risk of falls. Participants will also use many different exercise tools to increase strength and mobility. Cardiovascular fitness may also improve by participating in this class. Wear comfortable clothing, indoor footwear, bring a water bottle. If you have a yoga/exercise mat please bring it as floor work may be included. Class is for LSCO members only and is held in Gym 1.

When: Tuesdays, September 12 - December 12  
 Time: 9:00 - 9:50 am  
 Fee: \$98 LSCO M  
 Instructor: Gabrielle Dumont  
 Register by: Friday, September 8

When: Thursdays, September 14 - December 14  
 Time: 9:00 - 9:50 am  
 Fee: \$98 LSCO M  
 Instructor: Gabrielle Dumont/Shawn Hamilton  
 Register by: Monday, September 11

**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 cloths and indoor footwear. Classes held in the Fitness Centre. Space is limited. Instructor: Andrea Clarke \*Not included in Ultimate Fitness Membership.

**Session 1**

When: Tuesdays & Thursdays, September 12 - October 19  
 Time: 1:30 - 2:30 pm  
 Fee: \$84 LSCO M; \$108 NM  
 Register by: Friday, September 8

**Session 2**

When: Tuesdays & Thursdays, October 24 - November 30  
 Time: 1:30 - 2:30 pm  
 Fee: \$84 LSCO M; \$105 NM  
 Register by: Friday, October 20

**TRX EXPRESS (Beginner/Intermediate)**

Feeling short on time? Come join this fun 30-minute full body workout. TRX is functional training using a suspension system that allows you to use gravity and bodyweight as resistance to build strength, balance, coordination, core, and joint stability. All exercises can be modified to your fitness level. Wear comfortable clothing.

When: Tuesdays, October 3 - 31  
 Time: 12:15 pm - 12:45 pm  
 Instructor: Andrea Clarke  
 Fee: \$35 LSCO M; \$45 NM  
 Register by: Monday, October 2  
 Location: Gym 2

**POUND & STRETCH (afternoons)**

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

When: Tuesdays, October 3 - December 5  
 Time: 1:30 - 2:30 pm  
 Fee: \$80 LSCO M; \$104 NM  
 Instructor: Shelia Mulgrew  
 Register by: Friday, September 29  
 Location: All Purpose Room



### **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. If you aren't sure what class to try please ask our Fitness Staff.

### **ABS & CORE**

This class will get you where it counts! Core strength stabilizing exercises targeted at the entire core and the back. During this challenging class you will be using your own body weight, bands, tubing and other exercise equipment. Followed by a stretch. Dress in comfortable workout clothing and indoor footwear. Bring an exercise mat and your water bottle. **Intermediate to Advanced Fitness Levels. Space is limited.** Class held in All Purpose Room.

When: Mondays, September 11 - December 18 (No class Oct. 9)  
Time: 10:15 – 11:15 am  
Fee: \$98 LSCO M; \$126 NM  
Register by: Friday, September 8  
Instructor: Tracy Simons

When: Wednesdays, September 13 - December 13  
Time: 10:15 – 11:15 am  
Fee: \$98 LSCO M; \$126 NM  
Register by: Friday, September 8  
Instructor: Tracy Simons

### **CARDIO STRENGTH**

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

When: Mondays, September 11 - December 18 (No class Oct. 9)  
Time: 8:00 – 8:50 am  
Fee: \$98 LSCO M; \$126 NM  
Instructor: Gabrielle Dumont  
Register by: Friday, September 8  
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. Bring a water bottle, yoga or exercise mat. Intermediate to Advanced Fitness Levels.

When: Wednesdays, October 4 - December 13  
Time: 8:00 – 8:50 am  
Fee: \$77 LSCO M; \$99 NM  
Instructor: Deb Palmer  
Register by: Friday, September 29  
Location: Gym 2

### **CYCLE COMBO**

You will be sure to get an excellent workout in this challenging 15 week cycle class. Be prepared to work hard both on and off the stationary bike. Class will include resistance training and stretching. Wear comfortable clothes, bring your water bottles. Class is held in Gym 2. **Not available for online registration.**

When: Tuesdays, September 12 – December 19  
Time: 9:00 - 9:55 am  
Fee: \$120 LSCO Members Only  
Instructor: Jamie Hillier  
Register by: Friday, September 8

### **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. This class is offered both Mondays and Thursdays.

#### **Session 1, Mondays**

When: September 11 - October 30 (No class Oct. 9)  
Time: 9:00 – 10:00 am  
Fee: \$49 LSCO M; \$63 NM  
Instructor: Gabrielle Dumont  
Register by: Friday, September 8  
Location: Gym 2

#### **Session 2, Mondays**

When: November 6 – December 18  
Time: 9:00 – 10:00 am  
Fee: \$49 LSCO M; \$63 NM  
Instructor: Gabrielle Dumont  
Register by: Friday, November 3  
Location: Gym 2

#### **Session 1, Thursdays**

When: September 14 - October 26  
Time: 11:20 am – 12:20 pm  
Fee: \$49 LSCO M; \$63 NM  
Instructor: Jamie Hillier  
Register by: Tuesday, September 12  
Location: Gym 2

#### **Session 2, Thursdays**

When: November 2 - December 14  
Time: 11:20 am – 12:20 pm  
Fee: \$49 LSCO M; \$63 NM  
Instructor: Jamie Hillier  
Register by: Tuesday, October 31  
Location: Gym 2

### **POUND FITNESS (mornings)**

This energizing seated and/or standing workout combines cardio, conditioning, and strength training. Drumming with Pound Rip Stix® (drum sticks) works the shoulders, biceps, triceps, forearms and back. You may increase your rhythm, timing, coordination, speed, agility, and endurance. Drop-ins welcome if the class is not full. Space is limited-register early!

When: Fridays, October 6 – December 8  
Time: 10:00 – 10:45 am  
Fee: \$80 LSCO M; \$104 NM  
Instructor: Sheila Mulgrew  
Register by: Wednesday, October 4  
Location: Stage Area

### **POUND & STRETCH (afternoons)**

This class consists of a 45-minute Pound (cardio drumming) session, followed by 15 minutes of flexibility, balance, and relaxation. You will

leave feeling great! The participants in this class are friendly and welcoming, and it is suitable for absolutely everyone. Modifications will be provided. Come out and give it a try. Space is limited-register early!

When: Tuesdays, Oct 3 - December 5  
Time: 1:30 – 2:30 pm  
Fee: \$80 LSCO M; \$104 NM  
Register by: Friday, October 29  
Instructor: Shelia Mulgrew  
Location: All Purpose Room

### **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, September 11 - December 18 (No class Oct. 9)  
Time: 9:00 – 9:55 am  
Fee: \$98 LSCO M; \$126 NM  
Instructor: Jamie Hillier  
Register by: Friday, September 8

When: Fridays, September 15 - December 15  
Time: 9:00 – 9:55 am  
Fee: \$98 LSCO M; \$126 NM  
Instructor: Tracy Simons  
Register by: Wednesday, September 13

### **TABATA CIRCUIT**

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). Class will be held in the Fitness Centre, using the machines and other equipment. Wear comfortable exercise clothes, indoor shoes and bring your water bottle. Intermediate to Advanced Fitness Levels. Space is limited.

#### **Session 1**

When: Tuesdays, September 19 – October 31  
Time: 9:00 – 9:55 am  
Fee: \$49 LSCO M  
Instructor: Andrea Clarke  
Register by: Friday, September 15

#### **Session 2**

When: Tuesdays, November 7 – December 19  
Time: 9:00 – 9:55 am  
Fee: \$49 LSCO M  
Instructor: Andrea Clarke  
Register by: Friday, November 10

### **TRX COMBO**

TRX (Suspension Training) uses straps, gravity, and your body weight to increase strength, balance, and core stability. Simply by changing resistance and altering body position, each participant can customize their workout for their own needs and goals, making it a great option for ALL FITNESS LEVELS! It's also a great option for anyone who wants to add cross training into their workouts. A variety of equipment will be used including stationary bikes. **Not available for online registration.**

When: Thursdays, September 14 - December 21  
Time: 9:00 - 9:55 am

Fee: \$120 LSCO Members Only  
 Instructor: Jamie Hillier  
 Register by: Monday, September 11

### 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, September 13 – December 20  
 Time: 9:00 - 9:55 am  
 Fee: \$98 LSCO M; \$126 NM  
 Register by: Monday, September 11

## Dance & Zumba

### EXPERIENCED BEGINNER LINE DANCING

This class is intended for those who have taken a beginner dance class, and/or have some line dance experience and are comfortable dancing to faster music. Less time will be spent on reviewing and more dancing will occur. Come dance like no one is watching!! Guys are welcome too! Space is limited, register early. **\*Not included in Ultimate Fitness Membership\***

When: Wednesdays, September 13 - October 25  
 Time: 11:30 am – 12:30 pm  
 Fee: Free for LSCO M; \$104 NM  
 Instructor: Gloria-Rose Puurveen  
 Register by: Monday, September 11  
 Location: Gym 2

### BEGINNER LINE DANCING

If you love music and dancing however, have never line danced before (or maybe just a little) and want to learn, this class is for you. Gloria-Rose will teach you basic line dances. Guys are welcome too. Wear comfortable indoor footwear, cool clothing and bring a water bottle. Space is limited. **\*Not included in Ultimate Fitness Membership\***

When: Wednesdays, September 13 - October 25  
 Time: 12:45 – 1:45 pm  
 Fees: Free for LSCO M; \$104 NM  
 Instructor: Gloria-Rose Puurveen  
 Register by: Monday, September 11  
 Location: Gym 2

### CLASSIC NIA

Join me, Lise Schulze, Nia Teacher and Trainer, as I take you on a movement journey in Your Body's Way. Classic Nia is a 1-hour movement practice inclusive of dance, martial arts and healing arts. To soul stirring music I will take you on a ride of joy, play, contrast, agility, balance, and life affirming joy. Coordination, balance, agility and ease are a few of the by-products. Nia is movement medicine for the body and soul. I'd love to show you how. **\*Not included in Ultimate Fitness Membership\***

When: Thursdays, October 19 - December 14  
 Time: 5:15 – 6:15 pm  
 Fee: \$90 LSCO M; \$135 NM  
 Register by: Thursday, October 12  
 Location: Gym 2

### MOVING TO HEAL

Join me, Lise Schulze, Nia Teacher and Trainer for Moving to Heal. This 1-hour movement practice focuses on healing and balancing in the body and mind. Using a chair for stability we will move to music and help the body find its way into ease and joy. Healing, balance and conditioning are by products. Moving to Heal is a derivative of The Nia Technique. **\*Not included in Ultimate Fitness Membership\***

When: Thursdays, October 19 - December 14  
 Time: 4:00 – 5:00 pm  
 Fee: \$90 LSCO M; \$135 NM  
 Register by: Thursday, October 12  
 Location: Room A/B

### ZUMBA GOLD

This easy to follow, fun class lets you move your body at your own speed. It is an invigorating class held to upbeat music that provides modified, low impact moves for active older adults. You will be sure to have a great time. Wear comfortable clothes, indoor footwear and bring a water bottle.

When: Tuesdays, October 3 - December 5  
 Time: 11:15 am – 12:00 pm  
 Fee: \$80 LSCO M; \$104 NM  
 Instructor: Sheila Mulgrew  
 Register by: Monday, October 2  
 Location: All Purpose Room

### 30/30 ZUMBA GOLD/ZUMBA GOLD TONING

This class combines the best of both Zumba Gold (dance fitness without weights) for 1/2 of the class and Zumba Gold Toning, the other 1/2 of the class (using the handheld toning sticks to focus on muscle toning and conditioning, to help increase your strength and bone density). Truly exercise in disguise!! Wear comfortable clothes, footwear and bring a water bottle.

When: Thursdays, Oct. 5 - Dec. 7  
 Time: 11:15 am – 12:00 pm  
 Fee: \$80 LSCO M; \$104 NM  
 Instructor: Sheila Mulgrew  
 Register by: Tuesday, October 3  
 Location: All Purpose Room



## Pilates, QiGong & Tai Chi

### PILATES

This class involves a series of classical Pilates exercises performed on an exercise mat. Each exercise emphasizes breath, core conditioning, and body awareness. We will pay special attention to alignment and form. Light weights, resistance tubing and other props may be used to add strength and stretch work. Wear comfortable workout clothes, bring a yoga mat and water bottle. **\*Not included in Ultimate Fitness Membership.**

When: Mondays, September 11 - December 18 (No Class Oct. 9)  
 Time: 11:15 am – 12:30 pm  
 Fee: \$112 LSCO M; \$126 NM  
 Instructor: June Dow  
 Register by: Friday, September 8  
 Location: Room A/B

When: Thursdays, September 14 - December 14  
 Time: 10:15 – 11:30 am  
 Fee: \$98 LSCO M; \$126 NM  
 Instructor: June Dow  
 Register by: Monday, September 11  
 Location: Room A/B

### INTRODUCTORY YANG STYLE TAI CHI

This class is suitable for people of all fitness levels. Bring a water bottle, comfortable shoes, and loose-fitting clothes. Tai Chi began as a Chinese martial art. Today most people practice Tai Chi for the health benefits of these exercises. The classes will start students at the beginning of the Yang style long form and give everyone ample opportunities to practice moves in the form each class. Sign up and see if Tai Chi is a good fitness routine for you. **\*Not included in Ultimate Fitness Membership.**

When: Thursdays, September 21 - November 30  
 Time: 8:45 - 9:45am  
 Fee: \$77 LSCO M; \$99 NM  
 Instructor: Steve Burger  
 Register by: Monday, September 18  
 Location: Room A/B

### ADVANCED YANG STYLE TAI CHI

This ongoing class is for continuing students who have done the introductory Yang Style Tai Chi class. Participants will work on a number of fine-tuning practices and group exercises. Wear comfortable clothes and clean indoor footwear. **\*Not included in Ultimate Fitness Membership.**

When: Wednesdays, September 20 - November 29  
 Time: 10:15 – 11:15 am  
 Fee: \$77 LSCO M; \$99 NM  
 Instructor: Steve Burger  
 Register by: Monday, September 18  
 Location: Gym 2

### QIGONG/TAI CHI

In this session, students will learn a variety of Qigong exercises as well as two beginner Tai Chi forms: Yang Style 6 Form and Sun Style 11 Form. The class will be suitable for all learners. Dress in layers as the room temperature varies and indoor shoes. Please Note: We are not able to accommodate drop in participants or guests for this program. Space is limited. **\*Not included in Ultimate Fitness Membership.**

When: Tuesdays & Thursdays, September 12 - October 19  
 Time: 10:15 – 11:00 am  
 Fee: \$84 LSCO M; \$108 NM  
 Instructor: Dave Scotland  
 Register by: Monday, September 11  
 Location: Gym 2

## Yoga

### GENTLE YOGA

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

When: Tuesdays, September 12 - December 12  
 Time: 10:00 – 11:00 am  
 Fee: \$98 LSCO M; \$126 NM  
 Instructor: Donna Tiefenbach  
 Register by: Friday, September 8

When: Thursdays, September 14 -  
December 14  
Time: 10:00 – 11:00 am  
Fee: \$98 LSCO M; \$126 NM  
Instructor: Donna Tiefenbach  
Register by: Tuesday, September 12

### YOVASCIA

Create a greater sense of wellbeing in your life through a variety of gentle yoga, fascial, breathing and vagus nerve exercises. This will allow for a deep sense of relaxation, healing and cell rejuvenation. Dress in layers as the room temperature varies. Some props are available to use. Bring a pillowcase to cover LSCO bolsters. If you have your own props feel free to bring them along with your yoga mat. **\*Not included in Ultimate Fitness Membership.**

When: Mondays, October 2, 16, 23, 30  
(No class Oct. 9)  
Time: 8:30 - 9:30 am  
Fee: \$38 LSCO M; \$50 NM  
Instructor: Elaine Jagielski  
Register by: Friday, September 22  
Location: Room A/B

### MORNING YOGA

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

When: Tuesdays, October 3 - 31  
Time: 10:15 – 11:15 am  
Fee: \$40 LSCO M; \$50 NM  
Instructor: Shawn Hamilton  
Register by: Friday, September 29  
Location: Room A/B

### TUESDAY EVENING FLOW YOGA

If you are interested in ending your day releasing tension, and moving through a series of postures to help you enhance flexibility and build strength, you really should register for this class. Intended for all skill levels as modifications are offered. Bring a yoga mat & water bottle. Props are available however, if you have your own feel free to bring them.

When: Tuesdays, Oct. 3 - Dec. 12  
Time: 5:00 – 6:00 pm  
Fee: \$88 LSCO M; \$121 NM  
Instructor: Donna Tiefenbach  
Register by: Friday, September 29  
Location: Room A/B

### YIN YOGA

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

When: Wednesdays, October 4 -  
December 13  
Time: 10:15 am – 11:30 pm  
Fee: \$110 LSCO M  
Instructor: Shawn Hamilton  
Register by: Friday, September 22  
Location: Room A/B

### FRIDAY YOGA

This yoga class will change weekly (Instructor Choice Class). We may begin with a few yin poses

and venture into a more active flow class working to improve balance, strength and flexibility or we may do a full Vinyasa Flow class one week and quite possibly a full one hour yin class another week. Come with an open mind. Recommended for students that have yoga experience. Bring a yoga mat & water bottle.

When: Fridays, September 29 -  
December 15  
Time: 9:00 – 10:05 am  
Fee: \$96 LSCO M  
Instructor: Shawn Hamilton  
Register by: Monday, September 25  
Location: All Purpose Room

### 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: Corrine Myers

When: Mondays, September 11 -  
December 18 (No Class Oct 2 & 9)  
Time: 1:00 - 2:00 pm  
Fee: \$91 LSCO M; \$117 NM  
Register by: Friday, September 8  
Location: Room A/B

When: Fridays, September 15 -  
December 15  
Time: 10:15 - 11:15 am  
Fee: \$98 LSCO M; \$126 NM  
Register by: Wednesday, September 13  
Location: Room A/B

## Sports

### BADMINTON FOR THE BEGINNER

This introductory course is perfect for the individual that hasn't played badminton for a while and those that are interested in learning. Game rules, etiquette, serves, returns and so much more will be covered. Wear comfortable clothes and indoor footwear. Bring a racquet if you have one. Join in on the fun!

When: Thursdays, October 5 - 26  
Time: 10:30 - 11:30 am  
Fee: \$10 LSCO M; \$20 NM  
Instructor: Lana Pittman  
Register by: Friday, September 29  
Location: Gym 1

### BADMINTON

Everyone of all skill levels are welcome to play badminton. Thursdays are a great day to come if you would like to work on your skills. Arrive no earlier than 10 minutes prior to start time. For Badminton Etiquette/Protocols see the Bulletin Board outside Gym 2 and on our website.

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

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

### TABLE TENNIS

A great active game for eye hand coordination

and individuals of all skill levels. Let us know if you need instruction and arrangements will be made. Bring your own paddle. Held in Room C/D.

When: Mondays, Wednesdays  
Time: 2:30 – 4:00 pm

When: Fridays  
Time: 10:30 – 12:00 pm  
Fee: \$44 & LSCO membership

## Creative Arts

### WATERCOLOURS

In this watercolour class, you will learn different techniques such as mixing colours, brush strokes, grazing, using mediums for different effects, etc. Most of all, she encourages fun and to be open to all ideas. Karina knows participants are at different levels and moves from painter to painter to offer assistance. Ask for a supply list upon registration.

#### Session 1

When: Thursdays, September 21 –  
October 26  
Time: 10:00 am – 12:00 pm  
Fee: \$50 LSCO M; \$70 NM  
Instructor: Karina Mak  
Register by: Monday, September 18

#### Session 2

When: Thursdays, November 2 –  
December 7  
Time: 10:00 am – 12:00 pm  
Fee: \$50 LSCO M; \$70 NM  
Instructor: Karina Mak  
Register by: Monday, October 30

### PAINT & CHAT

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

#### Session 1

When: Thursday, September 28  
Time: 1:00 – 3:30 pm  
Fee: \$55 LSCO M; \$70 NM  
Register by: Monday, September 24

#### Session 2

When: Tuesday, October 17  
Time: 1:00 – 3:30 pm  
Fee: \$55 LSCO M; \$70 NM  
Register by: Friday, October 13

### EXPLORING DRAWING MEDIA

This eight-week course will introduce a number of drawing media, paper types, and approaches to drawing. There will be time for trying various media, working on personal projects, and getting to know more about drawing, one of the essential building blocks of artistic expression. Bring pencils, erasers, and a sketchbook. Feel free to bring any other art supplies you have. This class is suitable for beginners and the more experienced

When: Thursdays, October 5 –  
November 23  
Time: 1:00 – 3:00 pm  
Fee: \$50 LSCO M; \$80 NM  
Instructor: Steve Burger  
Register by: Friday, September 29

## EXPLORING FALL COLOURS IN LINE & WASH

Fall is one of the most colourful times of the year as nature changes the foliage into bright vibrant colours. We will explore color mixing as one colour runs into another with watercolour and then will create the textures with ink or felt pen lines. We will study leaves, trees, and a shrubbery against the bright blue skies. Learning how to work with watercolour can be a challenge but if you let the paint and water run, it's much more fun and just do detail with lines. Come join this loose approach to mixed media.

When: Wednesdays, October 4 & 11  
Time: 10:00 am – 12:00 pm  
Fee: \$25 LSCO M; \$50 NM  
Instructor: Donna Gallant  
Register by: Friday, September 29

## LSCO Groups

### AMATEUR HAM RADIO

The purpose of the LSCO Seniors Amateur Radio Group is to advance Amateur radio interests and where necessary, to provide emergency and community communications support. Newcomers are welcome to visit the Radio Room on the second floor at the LSCO and view our collection of "bygone days and current" amateur radio equipment. Anyone wishing to join the group or use the equipment with a member present, must have an amateur radio license. If someone would like to obtain their "ham" license, we do have volunteers who may help you with the licensing process at no cost except for the training manual. If you are interested in seeing what this is all about you are very welcome to pop in sometime for a visit and orientation.

When: Monday – Friday  
Time: 9:00 – 11:00 am (or longer on request and with notice).  
Fee: \$28/year & LSCO membership

### BILLIARDS

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

Drop In Fee: \$6 M; \$7 NM.  
When: Monday – Friday  
Time: 8:30 am – 3:00 pm  
Fee: \$53/year & LSCO membership

### COMPUTERS

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

Time: 1:00 – 4:00 pm  
Fee: \$20/year & LSCO Membership  
Register by: Ongoing

### 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 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

### GENEALOGY

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

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

### KARAOKE

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

When: Tuesdays  
Time: 1:00 – 3:30 pm  
Fee: \$20/year & LSCO membership  
Non-Mem: \$2/day

### KNITTING, CROCHET & MORE

Whether you knit, crochet, or do other needlework consider joining us weekly. We work on projects socialize, laugh, share ideas and enjoy a coffee. If you have supplies bring them, if not we do have some to loan. Those learning are very welcome. Held in the Dining Room/Atrium.

When: Thursdays  
Time: 1:00 – 4:00 pm  
Fee: \$10/year & LSCO membership

### LAPIDARY (Stone Crafters)

Are you interested in making jewelry or other pieces of art that uses rocks and fine gems? If the answer is yes, our experienced stone crafters will help you safely learn how to use the machines and complete your projects. Please leave your name and phone number so arrangements can be made. For safety, it is important that 2 people are in the room at all times. Supply costs extra **\*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

### TAI CHI

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

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

### WOOD WORKING

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

## PERSONAL TRAINING

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

### INITIAL CONSULT Free

- Prescreening & Goal Setting

### FITNESS ASSESSMENT \$25

- Cardiovascular Balance/flexibility
- Muscular strength/endurance

### GETTING STARTED PACKAGE \$80

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

5x 1 hour sessions \$190    5x 30 minute sessions \$100  
1 hour single session \$50    3x 1 hour sessions \$135

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

**CONTACT ANDREA**  
fitness@lethseniors.com | 403-320-2222 ext. 303



## Pickleball News

LSCO, Lethbridge Pickleball Club and Coaldale Pickleball

Club have enjoyed playing outdoors throughout the summer and will continue into the fall as long as the weather cooperates. Many LSCO players have returned to indoor play now that the gymnasium floors have had lines added and floors resurfaced.

A great representation of players participated in the Alberta Provincials in Red Deer and Crown of the Continent in Bigfork Montana. Congratulations to all who participated!

### Provincials:

#### 3.0 Skill Level, 50-59 yrs:

BRONZE - Elizabeth Wong & Gordon Chan

#### 3.5 Skill Level, 60-64 yrs:

SILVER – Cathy Wood & Blaine Takeda

### Crown of the Continent

#### 3.0 Skill Level, 70-74 yrs:

SILVER – Bev Witzke & Kris Wolosiak

#### 3.0 Skill Level, 49 yrs & under:

GOLD - Sean Dyck & Cam Van Roon

BRONZE - Jim Hudson & Michael Orr

#### 3.0 Skill Level, 60-64 yrs:

BRONZE – Shawn Hamilton & Kevin Hamilton

#### 3.0 Skill Level, 50+ yrs:

GOLD - John Baugh & Kevin Hamilton

#### 3.5 Skill Level, 49 yrs & under:

BRONZE – Lisa Witzke & Sean Dyck

#### 3.5 Skill Level, 60-64 yrs:

BRONZE – Ron Eras & Klaus Witzke

#### 3.5 Skill Level, 70-75 yrs:

BRONZE - Klaus Witzke & Sue Justice (Kalispell)

#### 4.5 Skill Level, 50+ yrs:

GOLD – Ilsa Wong & Dennice Smith (Great Falls)

#### 4.5 Skill Level, 50+ yrs:

GOLD – Ilsa Wong & Michael Wagner

#### 4.5 + Skill Level, 60+ yrs:

GOLD – Michael Wagner & Bobby Costanza (Hope)

**\*Watch out for future pickleball events and news.**

## Partnership shows learning about nature is a walk in the park

There is a new group of nature enthusiasts enjoying the more than 260 kms of beautiful trails and pathways in our city thanks to a unique partnership. The Helen Schuler Nature Centre, the Lethbridge Senior Citizens Organization (LSCO), and Nature Lethbridge have partnered to take residents for a walk in the park. Funded by the Government of Canada's New Horizons for Seniors Program, the Summer Nature Walking Club explores a new City park every second Tuesday from June to September.

“The club is a great way for people to connect, get outside and learn about our local flora and fauna,” Curtis Goodman, Volunteer Coordinator, Helen Schuler Nature Centre. “Even if you’ve lived in Lethbridge your whole life, you’re bound to learn or see something new which is exciting.”

Resident and summer walking club participant, Pat McMullin, says she’s lived in Lethbridge since 1986 and had never been to Nicholas Sheran Park. “I’ve been to the spray park with my grandkids before and around the area, but never to the park,” says McMullin. “We used to spend a lot of our summers down in Montana but since COVID, we sold our place down there and now I get to enjoy a lot of time in the city. It really is a beautiful place to explore in the summer.”

Each walk is led by a local nature enthusiast who will help walkers learn about what they see along their stroll. Penny Hopkins, Director-at-Large with Nature Lethbridge, says while her identifying birds is what initially piqued her interest, now her thirst for nature has blossomed exponentially.


“At first I thought, you can’t get much more exciting than birds but then I started learning to identify plants, then insects and now I’ve ended up being excited about fungus,” she laughs. “There is just so much out there to explore and learn and it’s all in our backyards!”

A bus takes the registered participants from the LSCO to the park de jour. The group then takes a guided tour through the park to learn more about their surroundings. Lethbridge Senior Citizen Organization members, Allan and Kerry, enjoyed their walk by getting to greet old friends and meet new ones. Many different bird species made their calls, the turtles came out, mushrooms showed their varied caps and colourful plant life caught our attention. “We could just feel ourselves relaxing and benefitting from our time in nature’s abundance”.

This is the first year the club has been active and it will be used to see if there is an appetite for further installments in years to come.

**\*As seen in City of Lethbridge’s “Our Stories”**









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[handsonseniorcarealberta@gmail.com](mailto:handsonseniorcarealberta@gmail.com)

## Compass for the Caregiver



**October 3, 10, 17 & 24, 2023**

Tuesdays from 1:30 – 3:30 pm

Location: Nordbridge  
\$55 registration fee

Contact Nordbridge Seniors Centre at 403-329-3222 to register  
COMPASS is a supportive facilitated workshop for anyone 55+ who identifies as a caregiver for a spouse, children, grandchildren, extended family, close friend, or neighbour near or far



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office@caregiversalberta.ca    1.877.453.5088 (toll-free)



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# SEPTEMBER 2023 EVENTS & PROGRAMS



OPEN THROUGH  
SEPTEMBER 30

**TOURS \***

*Location details provided during registration*

**Thu 07 | 6–7:15 pm**  
Military Veterans Mountain View Cemetery Walking Tour

**Sat 09 | 1–2:30 pm**  
City of Lethbridge Historical Bus Tour

**Sun 10 | 1–2:30 pm**  
City of Lethbridge Historical Bus Tour

**SPECIAL EVENT \*\***

*all ages*

**Fri 08 | 5–8:30 pm**  
LETH'S MAKE IT HAPPEN Digital Art Exhibition and Fashion Show powered by BIPOC Foundation

\* advance registration required | \$10 per person | member's discount may apply

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

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

**WEEK OF TRUTH: SEP 22–29.23** free program admission

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**ARCHIVES**

**Fri Sep 22 | 3–4 pm**  
Conversations about Blackfoot Borderlands

**INDIGENOUS HISTORY**

**Fri Sep 22 | 5–8 pm**  
How to be a Good Non-Indigenous Ally

**Thu Sep 28 | 6–8 PM**  
Learning Blackfoot: Conversations with Blanche Bruised Head

**FORT WHOOP-UP**

**Sun Sep 24 | 3–4:30 PM**  
Blackfoot and Transitions to the Spirit World

**Sun Sep 24 | 5–6:30 PM**  
Niitsitapi Tree Burial Walking Tour

**THE GALT PRESENTS**

**Mon Sep 25 | 6:30–8:30 PM**  
Indigenous Authors Book Club

**Tue Sep 26 | 10:30–11:30 AM**  
Reconciliation in our City Talk

**Tue Sep 26 | 6–8 PM**  
Apooyak'ii/ Dr. Tiffany D. Prete, Lecture: Stolen Niitsitapi (the Real People) Children: Canada's Assimilative Tactics Revealed

**CREATIVE COMMUNITY**

**Wed Sep 27 | 10:30–11:30 AM**  
Orange Shirt Day

**SPECIAL EVENT**

**Wed Sep 27 | 5:30–7 PM**  
Dance Workshop with Sandra Lamouche

**Fri Sep 29 | 5:30–7:30 PM**  
Outdoor film screening: Guitar Lessons  
*rated PG*





# TRY OUT OUR 50'S STYLE DINER

Open to everyone | Daily Specials

8:00 am - 1:00 pm

Sandwich & Salad  
Special Changes  
Daily  
See Menu Board in  
Dining Room

## LSCO MENU ~ SEPTEMBER 2023

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

\*menu subject to change without notice



Friday, September 1

Entree: Baked Ham  
Starch: Scalloped Potatoes  
Veggie: Chef's Choice  
Soup: Chef's Choice

Monday, September 4

Tuesday, September 5

Wednesday, September 6

Thursday, September 7

Friday, September 8

LSCO Closed for  
Labor Day

Entree: Beef Ravioli in a Rose Sauce  
Starch: Garlic Toast  
Soup: Chef's Choice  
Veggie: Chef's Choice

Entree: Chicken Kiev  
Starch: Roast Potatoes  
Soup: Chef's Choice  
Veggie: Chef's Choice

Entree: Jaeger Schnitzel  
Starch: Spaetzle  
Soup: Chef's Choice  
Veggie: Chef's Choice

Entree: Roast Beef  
Starch: Mashed Potatoes & Gravy  
Veggie: Chef's Choice  
Soup: Chef's Choice

Monday, September 11

Tuesday, September 12

Wednesday, September 13

Thursday, September 14

Friday, September 15

Entree: Sweet & Sour Pork  
Starch: Rice  
Soup: Chef's Choice  
Veggie: Chef's Choice

Entree: Chicken Parmigiana  
Starch: Spaghetti  
Veggie: Chef's Choice  
Soup: Chef's Choice

Entree: Chilli  
Starch: Rice  
Soup: Chef's Choice  
Veggie: Chef's Choice

Entree: Chicken Pesto Gnocchi  
Starch: Garlic Toast  
Soup: Chef's Choice  
Veggie: Chef's Choice

Entree: Lasagna  
Starch: Garlic Toast  
Soup: Chef's Choice  
Veggie: Chef's Choice

Monday, September 18

Tuesday, September 19

Wednesday, September 20

Thursday, September 21

Friday, September 22

Entree: Honey Garlic Pork  
Starch: Rice  
Soup: Chef's Choice  
Veggie: Chef's Choice

Entree: Barbecue Chicken  
Starch: Roast Potatoes & Corn Bread  
Soup: Chef's Choice  
Veggie: Chef's Choice

Entree: Ginger Beef  
Starch: Rice  
Soup: Chef's Choice  
Veggie: Chef's Choice

Entree: Chicken Souvlaki  
Starch: Rice  
Veggie: Chef's Choice  
Soup: Chef's Choice

Entree: Baked Ham  
Starch: Scalloped Potatoes  
Veggie: Chef's Choice  
Soup: Chef's Choice

Monday, September 25

Tuesday, September 26

Wednesday, September 27

Thursday, September 28

Friday, September 29

Entree: Shepherds Pie  
Soup: Chef's Choice  
Veggie: Chef's Choice

Entree: Pork Chops  
Starch: Roast Potatoes  
Soup: Chef's Choice  
Veggie: Chef's Choice

Entree: Enchiladas  
Starch: Rice  
Soup: Chef's Choice  
Veggie: Chef's Choice

Entree: Chicken Fettucine Alfredo  
Starch: Garlic Toast  
Soup: Chef's Choice  
Veggie: Chef's Choice

Entree: Roast Beef  
Starch: Mashed Potatoes & Gravy  
Veggie: Chef's Choice  
Soup: Chef's Choice

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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



# Healthy Relationships with Adult Children



## LEARN Case Manager

Amy Cook

learn@lethseniors.com  
403-394-0306

Happy fall everyone!

This month, I would like to let you all know of an opportunity coming up at LSCO!

It is not uncommon that as individuals age and their once small children become older adults themselves, relationships start to shift, change and grow. Ideally, we see this change have positive impacts and strengthen relationships between parent and child, but this is not always the case.

Sometimes, with change, we see relationships begin to shift and potentially family dynamics becoming strained, which is also not all that uncommon. This can look like many different things; perhaps

it has become difficult to communicate feelings and thoughts, maybe you feel your boundaries are not being respected, or maybe you don't know how to set and maintain healthy boundaries!

In partnership with Lethbridge Family Services and a volunteer with the LEARN Program, LEARN is delivering a psycho-social group to address Healthy Relationships with Adult Children. Topics covered will include identifying healthy and unhealthy relationships, education about thoughts, feelings and communication and discussions about mental health, addictions, and elder abuse. The group will also cover resources available to you within the city!

You do not have to be a member of LSCO or Nord-Bridge to attend, and it is free of charge! Please contact myself, the LEARN Case Manager, by phone at **403-394-0306** or by email at [learn@lethseniors.com](mailto:learn@lethseniors.com) if you have any questions or would like to attend.

We look forward to being able to provide you with some education, information and skills regarding having and maintaining a healthy relationship with your adult children!

- Amy

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



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## HEALTHY RELATIONSHIPS WITH ADULT CHILDREN

### 8 WEEK EDUCATIONAL GROUP

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Every Thursday  
Sept. 14 - Nov. 2

LSCO Board Room  
1:30-3

For more information & to register, contact Amy at  
403-394-0306

Topics include:  
Boundaries  
Communication  
Relationship challenges  
Addiction/mental health  
Elder abuse

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BC-HIS, Registered Hearing Aid Practitioner

Jake Boldt  
Hearing Technician

# Computer Corner

By Sjoerd Schaafsma

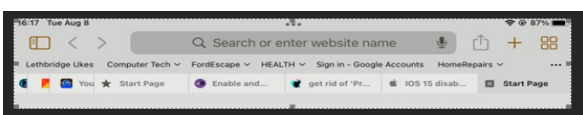
## Ramblings from the Memory Bank

Taking knowledge for granted is a hole many of us fall into. Having reached a certain age references to things past may not be relevant or even be understood by younger generations. The reverse is also true, 'you know... that episode of ... whatever? Yes, I may know the show you're referring to, but it has no appeal to me, I don't watch it, and therefore I can't relate. The same goes for cultural references, personal experiences, where you were brought up, languages you speak, and so forth. I can speak a fair bit of Geek (bet you didn't know it was a language and deserved a capital letter eh?), and try to remember that not everyone does, the same goes for any field that has it's own jargon and seemingly undecipherable acronyms. If the geek crowd around you is talking about Python, they probably aren't talking about snakes but a computer language, but it doesn't hurt to ask... "which Python?". Enough rambling; now for tips and such.

### Browser settings and Tabs

Periodically I get swamped with open tabs in my browsers, be it Chrome, Safari, iPad or Desktop. On a desktop with two monitors there's usually enough visible on the tab to see which site it is on, a smart phone or tablet is a different story. Here's how to navigate this information glut and either get to where you want to go, or delete the extras.

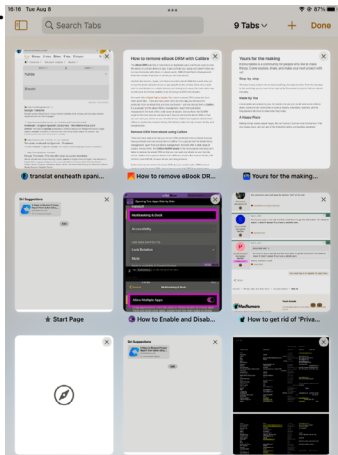
Near the top of the screen, Chrome on iOS shows a square with a number inside it beside the share symbol.



### iPad Number Square Chrome

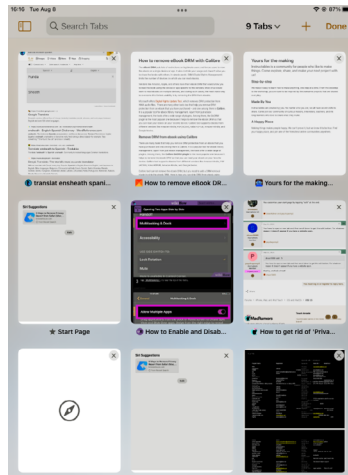
The number shows how many sites you have open. Tapping the number displays thumbnails of the websites that are open.

Tapping a thumbnail will bring you to the website. Chrome on an Android shows the same square and number in the upper right hand corner of the screen. Safari on iOS shows a group of 4 squares in the upper right hand corner. Tapping on the group will display the number of open tabs as well as thumbnails of the open tabs.



### iPad Squares Safari

Chrome on a desktop shows a down arrow, the Search Tabs icon in the upper right corner of the browser window. Clicking the down arrow or using the keyboard shortcut Control + Shift + A on a PC displays a list of the open tabs. To do the same in Safari on a Mac: Click View>Show All Tabs, or Shift Command backslash ( \ ). The Safari display on the Mac is similar to that on the iPad



Note, if you use a program called "File box Extender" on a PC, the Search Tabs icon may be hidden. Turn off file box extender, or use the keyboard shortcut.

**Tip of the Month:** Whenever possible download apps from the author or company that makes it.



Most third party sharing sites have too many false download options. This is especially true for free apps. An exception is the Older Geeks site - OlderGeeks.com

### Accessing the LSCO Times online

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

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

# Computer Club EVENTS

## September 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. There is no guarantee that a club member will be available on non workshop days.

\*If a date is not included below it will be a sharing and help session.

### SEPTEMBER

- Wed 6: Sharing, Planning, help and socializing
- Friday 8: Sharing, help and socializing
- Mon 11: Updates sharing, help and socializing
- Wed 13: Windows 10 and 11, BACK to BASICS, FILE handling and more ( AT LEAST 2 SESSIONS) We will use the GCF learning site as a guide**
- Friday 15: Sharing, help and socializing
- Mon 18: Sharing, help and socializing
- Wed 20: Sharing, help and socializing
- Friday 22: Sharing, help and socializing
- Mon 25: Planning Session, help and socializing
- Wed 27: Continuation of Computer Basics using The GCF Free Learning tutorials - Managing files, transferring, deleting, copying, folders, partitions, external drives, USB thumb drives, cloud storage**
- Friday 29: Sharing, help and socializing

More Details and links are available on the LSCO Computer Club Website

**Computer Club Google Site - URL and QR code**

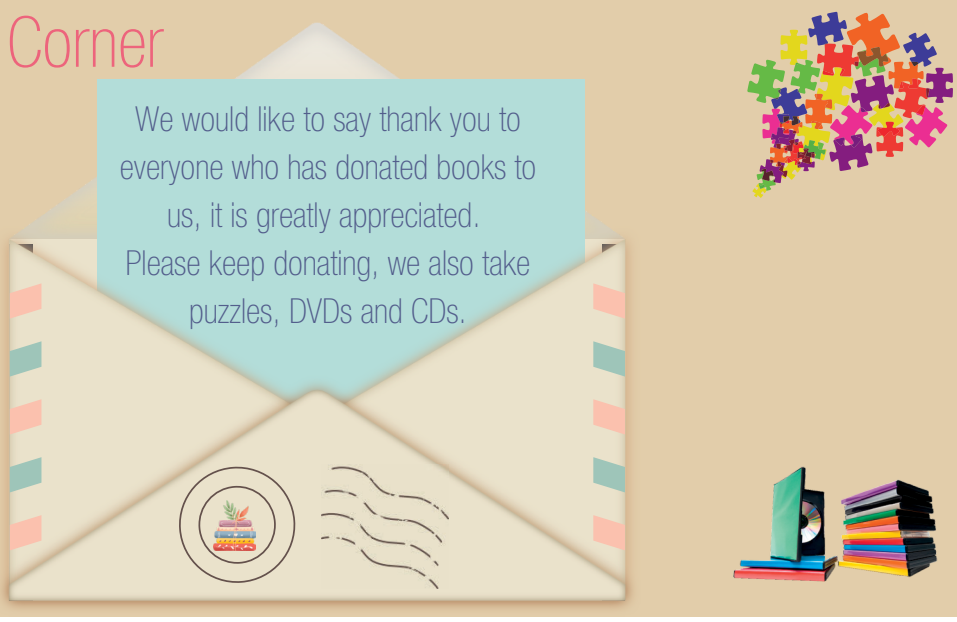
<https://sites.google.com/view/lscocomputerclub>



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.

## LSCO Library Corner

We would like to say thank you to everyone who has donated books to us, it is greatly appreciated. Please keep donating, we also take puzzles, DVDs and CDs.



# 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



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.

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# SERVICE CANADA COFFEE & CHAT

SEPTEMBER 6, 2023 | 10 AM- 12 PM | CARD AREA

A Service Canada Community Liaison will be at the LSCO to answer your questions on Government of Canada services such as:

- Canada Pension Plan (CPP)
- Old Age Security (OAS)
- Guaranteed Income Supplement (GIS)
- Employment Insurance (EI)
- My Service Canada Account (MSCA)



1ST WEDNESDAY OF EVERY MONTH

## Lethbridge Food Bank

# Mobile Food Support



## Free Food for All !

Working people welcome / no income testing... fresh food support to help support people during this time of tight household budgets.

**Monday, October 16, 2023**  
**4:00 - 6:00 pm**

Lethbridge Senior Citizens Organization  
(LSCO) Parking Lot  
500 - 11th Street South • 403-320-2222

# Community Connect



## Volunteer Program Assistant

Azra Pira

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

The Community Connect Coffee Groups are open for anyone in the community who would like to build connections, grow meaningful relationships, and want to strengthen their access to community services and support.

Mentoring, personal connection and education are at the core of our Community Connect Coffee Groups. That is why we do what we do and try to leave no one to suffer alone.

We care about seniors and in a society that is fast paced and constantly changing knowing that there is a place to go and spend some time visiting and learning can help make life a little brighter.

At our last Community Connect Coffee Group hosted on August 4th, we had 11 participants attend from all walks of life. The participants enjoyed a playful game of Human Bingo and built connections with

one another.

There is power in connecting with others and sharing time and conversation and we hope that those of you reading this article who may be interested will give it a try as we will be building the group together as we go and you are all WELCOME!

The Community Connect Coffee Groups are held on the first Tuesday of each month from 1:30pm to 3:00pm in the Atrium at LSCO. Refreshments will be provided.

We hope to see you at our next meeting which will be held on September 5th 2023.

We welcome:

- Seniors and Volunteers from our monthly phone support program (Keep In Touch/Community Connect)
- LSCO Members and Volunteers
- All interested retired seniors
- Retired Senior professionals who worked in Senior services or support careers



Above: Participants at our last Community Connect Coffee Group building rapport and connections with one another.



## SHOEBOX

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Did you know?

that anyone 18 and over can participate in most classes at LSCO?