

**3 Tony Awards!**  
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**LSCO**  
**Lethbridge**  
**HEARING CENTRE**  
presents

**THE SECRET GARDEN**  
A MUSICAL FUNDRAISER

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 Ticket Centre,  
online, or by calling 403-329-SEAT(7328)

**CITY OF Lethbridge** | **BDO**

*In support of local programs for seniors*

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**LEST WE FORGET**

**WE WILL BE CLOSED**  
REMEMBRANCE DAY  
**SATURDAY NOVEMBER 11**

**WE WILL BE OPEN FRIDAY AND MONDAY**



# LSCO News



**Executive Director**

**Rob Miyashiro**

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

At the March 28, 2023 Annual General Meeting, LSCO membership approved the Board of Directors and Management to engage in an in-depth discussion with a partner organization to develop an informed understanding of whether a merger of any type would be beneficial.

The previously unnamed organization is Green Acres Foundation (GAF). Since our AGM, the Boards and Management of both organizations have met to discuss operational issues and to raise possible legal or regulatory concerns.

The discussions focused on Governance, Mission/Vision/compatibility, Operational concerns, Services concerns and other items that may have arisen. After several meetings, both organizations were in a position to provide their perspectives on the Pro's and Con's of a possible merger and the result was that there seemed to be similarities from LSCO and GAF on both the Pro and Con sides.

The subsequent discussion of these items led to the conclusion that all of the items were valuable issues for consideration and that the Cons were not insurmountable obstacles to prevent continuation of this process.

A printed summary of the meetings will be available for all LSCO members the week of November 5 at the Admin Desk. The next step in this process is to hold a Special General Meeting to discuss and vote on the Special Resolution (see below) that speaks to proceeding with more detailed discussions on operational, legal and regulatory issues, with the intent being a LSCO-GAF merger.

Rob Miyashiro

**Stay informed.**  
**Update Your Contact Info**

-  **Address**
-  **Phone Number**
-  **Email**
-  **Emergency Contact**

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



# ! IMPORTANT !

## NOTICE for Special General Meeting to be held on November 28, 2023, 1:00 PM in the LSCO Stage and Atrium

### Special Resolution for Special General Meeting – November 28, 2023

WHEREAS, at the March 28, 2023 Annual General Meeting, LSCO membership approved the Board of Directors and Management to engage in an in-depth discussion with a partner organization to develop an informed understanding of whether a merger of any type would be beneficial; and

WHEREAS a number of meetings to date have been held between the Boards and Management teams of LSCO and Green Acres Foundation (GAF) to determine the feasibility of detailed organizational merger discussions; and

WHEREAS the conversations to date have shown that there are no insurmountable obstacles to prevent the continuation of more detailed discussions regarding the possibility of a merger;

THEREFORE, BE IT RESOLVED THAT LSCO Board and Management proceed with detailed discussions with GAF focused on operational, legal and regulatory issues with the intent of forming a merged organization.

**LETHBRIDGE SENIOR CITIZENS ORGANIZATION**

# SPECIAL GENERAL MEETING

Important special resolution to discuss.  
Please direct all inquires to  
[rmiyashiro@lethseniors.com](mailto:rmiyashiro@lethseniors.com)

**TUESDAY NOVEMBER 28**  
**1 PM @ THE STAGE**








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

### 2023 - 2024 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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Seniors System Navigator (SSN) – Rebekah Nicholas  
rnicholas@lethseniors.com.....ext. 209  
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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bjensen@lethseniors.com.....ext. 202  
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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

September - October 2023

### 26 New Members

Gerri Marthaller	Julia Herrera
Irene Caldwell	Lesley Stephens
Henriette Plas	Doug Warren
Deborah Pace	Patricia Miller
Joan Hardie Arndt	Heidi Brandt
Cecile Medoruma	Lan Pham
Esther Healy	Kelly Attwell
Mary Lou Monahan	Joann Attwell
Janet Lapins	Wendy Faith-Usher
Melissa Reed Boogaart	John Usher

### 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

Saturday  
9:00 am - 12:30 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



## November 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.

Nov 2	Brad Lafortune/ Public Interest Alberta	CPP vs APP Presentation
Nov 9	Ross Kilgour/ City of Lethbridge	Are Changes Needed to Lethbridge's existing Land Use Bylaw?
Nov 16	Melanee Thomas/ Political Science, U of Calgary	Energy Transition
Nov 23	Linette Solden/ Rowan House Society	Root Causes of Domestic Violence
Nov 30	Kevin McGeogh/ U of Lethbridge	The Fascinating World Of Archaeology

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

Hello everyone!

I'm sure I am starting to sound a bit like a broken record but I want to highlight the hard work of the performers and crew preparing for The Secret Garden Musical on November 10, 11, & 12. This show involves a lot of moving parts; it has a full orchestra and vocal ensemble of over 40 members, an incredibly talented cast with actors as young as 11 and some of the best (though I might be a bit biased) creative team at the helm - Fran Rude, Ken Rogers, and Nancy Graham. Together, these performers have been rehearsing 5 nights a week since August to create a beautiful show.

Tickets are \$45 for adults and \$25 for youth and can be purchased through the Enmax Ticket Centre or by calling 403-329-SEAT. Please contact me if you would like to attend but cannot afford a ticket, some have been donated.

We will also be running a ticket raffle auction with more than \$3000 in prizes before, during, and after the show so be sure to stop by the LSCO if you're not able to attend. The volunteer team is also still looking for volunteers to if you have a few spare hours on one of the show evenings, please consider volunteering.

Lastly, just a gentle reminder that the funds from fundraisers like this help to fund the work we do at the LSCO like Meals on Wheels, free support services, and our programs. By supporting our fundraisers, you're helping to seniors in our community

## Upcoming Events

**LSCO Closed for Remembrance Day**  
Saturday November 11  
Open Friday and Monday

**The Secret Garden Fundraiser**  
November 10 | 7:30 PM  
November 11 | 7:30 PM  
November 12 | 2:00 PM

**LSCO Special General Meeting**  
Tuesday November 28 | 1 PM

## LSCO 39th Annual Christmas Dinner

Each year, volunteers & staff at LSCO serve a Christmas meal – for free – to anyone who is in need of a friendly face and a full belly.

**In 2022 we delivered over 1000 meals** across Lethbridge as well to on-duty first responders and the Lethbridge Soup Kitchen.

*Due to rising food prices, we expect demand to be higher this year. If you are able, please consider sponsoring meals. Each meal you sponsor will be labelled with a custom Christmas greeting from you.*

### Meal Rate

1 Meal - \$12.50	10 Meals - \$125
4 Meals - \$50	20 Meals - \$ 250

**Call us at 403-320-2222 for more information or to sponsor a Christmas meal.**

## 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 Spotlight



Many of the programs at LSCO are run with the help of wonderful and dedicated volunteers. As a show of appreciation, we wanted to highlight one of our many hardworking volunteers.

Jerry has been an LSCO volunteer since 2019. After taking a break to be a caregiver to his mom, Jerry is back volunteering with us in the kitchen. Jerry has been a tremendous help these past couple months from helping us train new volunteers to staying back and helping us out when we are short staffed.

Jerry's main motivation for volunteering with the LSCO is making connections with others and giving back to the community.

He also enjoys working with the kitchen staff who he can joke around with. Jerry's advice for new volunteers is to give it a shot. Volunteering at the LSCO is an experience that is rewarding and uplifting.

For Jerry, volunteering at the LSCO is something to smile about everyday.

To nominate a volunteer for the spotlight series, email [volunteer@lethseniors.com](mailto:volunteer@lethseniors.com)

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

## 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.

### The Secret Garden

*November 10 - 12*

We are looking for volunteers each showing of The Secret Garden to help with taking tickets, ushering, and setting up raffle/silent auction items. We have positions suitable for all mobility levels and tickets to the show can be provided if needed.

### 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.

### Friday Music

*Fridays 11:00 am - 2:00 pm*

LSCO has music Fridays in the stage area/dining room. If you play an instrument, can sing or are in a band, we would love to hear you! Many seniors come to the dining room for Friday music. Old songs, new songs- our center loves musical talent!

### Contact Danni

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

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

## Plan for the answers now so your family won't be left with any questions.

Estate planning can be a sensitive topic, but it's a necessary process.

Our team will develop a custom plan that will allow you to retain more of your assets, simplify the experience for your executor and beneficiaries, and leave a legacy for your family.

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# Winter Nutrition Tips for Seniors

The colder months can pose challenges for older adults when it comes to healthy eating when cold weather and dangerous snowy roads can mean less trips to the grocery store for fresh fruits and vegetables.

It's easy to get our required daily dose of fresh produce in the summer when delicious tomatoes and peaches are in season, but it's equally important to eat fresh in the winter months.

Below are some tips to keep you eating healthy in the winter months:

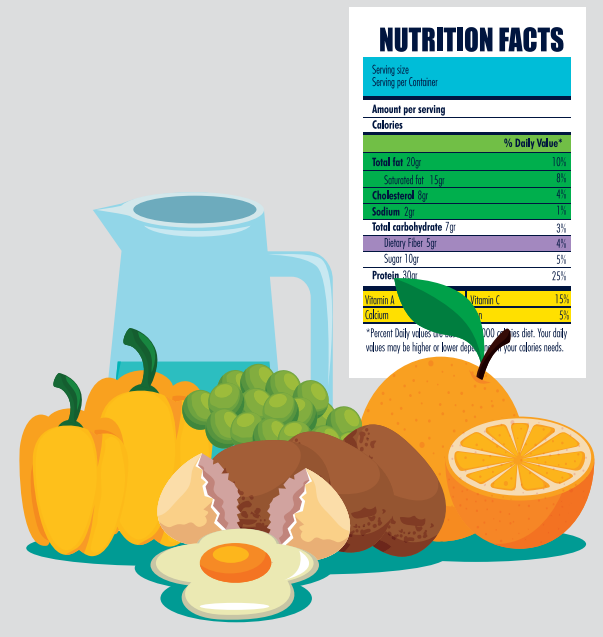
- **Take Advantage of Root Vegetables.** Winter is peak season for root vegetables, considered to be some of the most nutrient rich veggies you can eat. Parsnips, yams, beets, and carrots are just some of the root vegetables readily available from fall to spring that are easy to cook and that pack a nutritional punch. Root vegetables are high in vitamins A, B, and C as well iron. Plus, they are high in fiber and slow-burning carbohydrates, so you'll stay fuller longer after a meal.
- **Stock up on Citrus.** Oranges, grapefruit, pineapple and all other citrus fruits are in season during the winter months, so you can often find top quality citrus fruits at the best prices. High in vitamin

C, citrus is a great addition to winter diets for seniors, to help you keep cold and flus at bay.

- **Omega Three Fatty Acids.** Next time you visit the grocery store, consider adding walnuts, avocados, and flax seed to your cart. These foods are full of omega three fatty acids, known to reduce inflammation and help curb heart disease, arthritis, and even cancer. Flax seeds can be crushed in a food processor or with a mortar and pestle then added to cereals, yogurt and even salads.
- **Include Dark, Leafy Vegetables.** The winter months are a great time to add more dark leafy vegetables that are high in vitamins and antioxidants to your diet. Include spinach, broccoli or chard to your meals for extra fiber, and stock up on green veggies by keeping plenty of frozen or canned selections readily available.
- **Less Sunlight, More Vitamin D Rich Foods.** Our main source of Vitamin D is sunlight. During winter months, nutritionists recommend older adults add more Vitamin D rich foods to their diet, including egg yolks, seafood, healthy grains, and Vitamin D fortified milk.
- **Simple Beet, Carrot, Spinach & Quinoa**

Salad. Looking for winter salad that is nourishing and simple to prepare? This recipe for a beet, carrot, spinach and quinoa salad is full of nutrient rich ingredients to keep you healthy during the colder months. Beets, carrots and spinach are a great source of vitamin A, walnuts are rich in omega fatty acid, and quinoa is high in fiber, magnesium and calcium. Top it with grilled salmon or chicken for extra protein or add goat cheese or feta for a little decadence.

*This article was originally published on [www.newcastleplace.com](http://www.newcastleplace.com)*



## MENU ~ NOVEMBER 2023

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

\*menu subject to change without notice

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

### Wednesday, November 1

**Entree:** Beef & Broccoli Stir Fry  
**Starch:** Rice  
**Soup:** Chef's Choice  
**Veggie:** Chef's Choice

### Thursday, November 2

**Entree:** Perogies with Sausage  
**Soup:** Chef's Choice  
**Veggie:** Chef's Choice

### Friday, November 3

**Entree:** Turkey  
**Starch:** Stuffing & Mashed Pot  
**Soup:** Chef's Choice  
**Veggie:** Chef's Choice

### Monday, November 6

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

### Tuesday, November 7

**Entree:** Chicken Cordon Bleu  
**Starch:** Mashed Potatoes  
**Soup:** Chef's Choice  
**Veggie:** Chef's Choice

### Wednesday, November 8

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

### Thursday, November 9

**Entree:** Four Cheese Ravioli  
**Starch:** Garlic Toast  
**Soup:** Chef's Choice  
**Veggie:** Chef's Choice

### Friday, November 10

**Entree:** Roast Beef  
**Starch:** Mashed Potatoes & Yorkshire Pudding  
**Soup:** Chef's Choice  
**Veggie:** Chef's Choice

### Monday, November 13

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

### Tuesday, November 14

**Entree:** Barbecue Chicken  
**Starch:** Roast Potato & Cornbread  
**Soup:** Chef's Choice  
**Veggie:** Chef's Choice

### Wednesday, November 15

**Entree:** Spaghetti & Meatballs  
**Starch:** Garlic Toast  
**Soup:** Chef's Choice  
**Veggie:** Chef's Choice

### Thursday, November 16

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

### Friday, November 17

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

### Monday, November 20

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

### Tuesday, November 21

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

### Wednesday, November 22

**Entree:** Beef Stew  
**Starch:** Garlic Toast  
**Soup:** Chef's Choice  
**Veggie:** Chef's Choice

### Thursday, November 23

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

### Friday, November 24

**Entree:** Turkey  
**Starch:** Stuffing & Mashed Potatoes  
**Soup:** Chef's Choice  
**Veggie:** Chef's Choice

### Monday, November 27

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

### Tuesday, November 28

**Entree:** Fried Chicken  
**Starch:** Mashed Potatoes & Gravy  
**Soup:** Chef's Choice  
**Veggie:** Chef's Choice

### Wednesday, November 29

**Entree:** Shepherd's Pie  
**Soup:** Chef's Choice  
**Veggie:** Chef's Choice

### Thursday, November 30

**Entree:** Cabbage Rolls  
**Starch:** Rice  
**Soup:** Chef's Choice  
**Veggie:** Chef's Choice





**SCSP Intake**

**Katie Harrold**

intake@lethseniors.com  
403-329-1544

Hello Everyone,

I hope you are all doing well. The seasons are changing and we have also been seeing a change in the price of things. I think we have all begun to notice the rise in cost for most things, which makes it difficult to ensure we are able to afford all of our necessities.

Food insecurity has had an impact on many individuals and continues to impact many on a daily basis. The impacts of food insecurity can lead to "...lower levels of key nutrients" [1], which can increase health concerns such as "... malnutrition, vitamin deficiencies, and chronic diseases" [1].

In addition to this, those impacted by food insecurity often need to make hard decisions and are faced with choosing between buying food and engaging in other activities/

# Food Insecurity Solutions

hobbies or paying for things like medications to alleviate medical conditions [1].

Food insecurity can impact anyone, but those who experience "...social isolation, chronic or acute health conditions, high healthcare expenses, lack of affordable housing, systemic racism and racial discrimination" [1] have an increased risk of experiencing an inability to access the food they need.

When we are impacted by food insecurity, it makes it difficult for us to live a healthy and nutritious lifestyle. While food insecurity can have impacts on all of us, there are supports available to alleviate stress of the ever changing financial climate.

- We have the Mobile Food Bank truck that attends LSCO and Nord-Bridge throughout the year. The next Mobile Food Support will be at Nord-Bridge on November 14 from 1-3pm. Nothing is needed to access the food available, you can just attend and receive food assistance.
- There are also two food banks within

Lethbridge that provide support to residents. Interfaith

- Food Bank (403-320-8022) and Lethbridge Food Bank (403-320-1879) both provide access to food for those impacted by food insecurity.
- MyCityCare (403-942-1378) offers support through a U-Pick Pantry, food hampers and other initiatives to support with food insecurity
- Lethbridge Soup Kitchen offers meals daily  
Monday - Saturday. Breakfast (7am), Lunch (12pm), Dinner (6pm)  
Sunday. Brunch (10:30am), Dinner (6pm)

If you are struggling financially which is having an impact on your ability to access food, please connect with our team at **403-329-1544**. and we can identify what potential supports we can assist you in accessing.

References [1] <https://www.ncoa.org/article/what-is-food-insecurity-get-the-facts>

## NOVEMBER SUPPORT SERVICES

**WELLBEING SERVICES**

*\*appointment required*



**403-329-1544**



**intake@lethseniors.com**

**November 1**  
1st Wednesday

**Service Canada & CRA Onsite**  
10:00 am - 12:00 pm | Card Area

On-site Service Canada representative available to answer your questions regarding federal benefits and programs, no appointment necessary.

**November 7**  
1st Tuesday

**Community Connect Coffee Group**  
1:30 pm - 3:00 pm | Atrium

FREE opportunity to build connections, grow meaningful connections, and strengthen access to community supports. Drop-in style, no need to register.

**November 7**

**Single Session Counselling\***  
9:00 am - 12:00 pm | Quiet Room

FREE Single session counselling provides an opportunity to individuals interested in exploring counselling. Sessions are 1 ½ hr in length. Call intake to book.

**November 8**  
2nd Wednesday

**Free Lawyer Consultations\***  
10:00 am - 12:00 pm | Quiet Room

15-min FREE consultations with a local lawyer. Call LSCO to book appointment 403-320-2222

**November 9**  
2nd Thursday

**Lethbridge Hearing Centre Screening**  
10:00 am - 12:00 pm | Clinic Room

FREE hearing screeners to assist you in understanding your hearing health.

**November 16**

**Massage Students**  
10:00 am - 12:00 pm | Card Area

FREE neck and shoulder massages from Lethbridge College Massage Students. No appointment necessary.

**November 23**  
4th Thursday

**Eyeglasses Adjustments**  
1:00 pm - 2:00 pm | Card Area

FREE eyeglasses adjustments provided by Specsavers. Call intake to book.

**SUPPORT GROUPS**

**November 1 - 29**  
Wednesdays

**Reconnect & Recharge**  
10:00 - 11:30 am | Room C/D

**November 16**  
3rd Thursday

**Parkinsons Support Group**  
2:00 - 4:00 pm | Board Room

**November 4 - 25**  
Saturdays

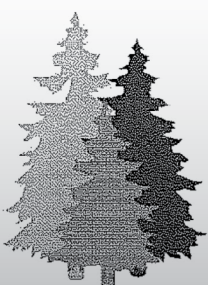
**AA Eye Opener**  
8:30 - 10:30 am | Room C/D

**November 17**  
3rd Friday

**Wellspring Cancer Connect**  
10:00 am - 11:30 am | Board Room



**Empathy. Assistance. Advocacy.**



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**~ Not the Care**



# HAVE FUN GET FIT

## FITBALL FOR BALANCE & STRENGTH

**WHEN: TUES & THURS, DROP IN UNTIL DEC. 12**  
**TIME: 9:00 – 9:50 AM**  
**DROP IN FEE: \$8 LSCO M: \$10 NM**  
**INSTRUCTOR: GABRIELLE DUMONT**

## POUND FITNESS

**WHEN: FRI, DROP IN UNTIL DEC. 8**  
**TIME: 10:00 AM – 10:45 AM**  
**DROP IN FEE: \$8 LSCO M: \$10 NM**  
**INSTRUCTOR: SHEILA MULGREW**  
**LOCATION: STAGE AREA**




## SERVICE CANADA & CRA COFFEE & CHAT

NOVEMBER 1, 2023 | 10 AM- 12 PM | CARD AREA  
 A Service Canada Community Liaison and a CRA Representative 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)
- Home Accessibility Tax Credit
- Multigenerational Home Renovation Tax Credit
- Income Tax Preparation



**LSCO** SENIORS SYSTEM NAVIGATORS **Service Canada**

1ST WEDNESDAY OF EVERY MONTH



## Coffee Group

1st Tuesday of each month

# November 7, 2023

## 1:30 – 3:00 pm

LSCO Atrium (Café)

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

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



The Eiffel Tower can be 15 cm taller during the summer, due to thermal expansion meaning the iron heats up, the particles gain kinetic energy and take up more space.



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## CLASSIFIED ADS

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

**FRESH PURE UNPASTURIZED HONEY** for sale. Various sizes for 300 gram jars to 10 lb. pails. 100% natural Beeswax hand & body cream. Will deliver. Call 403-381-1653.

**Karen's Kare Services. Senior Care/Recovery Assistance.** 20+ years experience in Community Service. Home cooked meals-errands-cleaning-laundry-indoor/outdoor or seasonal chores. Valid First Aid and CPR. Valid License with liability. Call Karen to book a visit today 403-315-9025. References available.



# Lethbridge HEARING CENTRE

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

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



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www.lethbridgehearing.ca

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

# FOX DENTURE CLINIC & IMPLANT CENTER

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- ▶ Exceptional Standard Features

Image is of a clients home.



**Contact Trisha for more information**

403.331.1132  
trisha@newrock.ca

Or visit  
parksideliving.ca



# Say bye-bye-bye to weekly green cart collection

**(& hi to bi-weekly collection!)**

Your green cart is getting ready to move into its bi-weekly schedule for winter. Beginning the week of Nov. 6, residents who receive curbside collection of their green cart will move to bi-weekly pick-up of the green cart.

### How will I know which week my green cart will be collected?

- Enter your address in the WasteWizard at [curbside.lethbridge.ca](http://curbside.lethbridge.ca)
- Contact 311
- Download the free **Lethbridge Loop app** to get collection reminders sent to your smartphone

**Questions?**  
Visit [curbside.lethbridge.ca](http://curbside.lethbridge.ca) or contact **311** for more information.



**CITY OF Lethbridge**

# NOVEMBER LSCO Weekly Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Fitness Centre</b> 8:00 am-4:30 pm <b>Library</b> 8:00 am-4:00 pm <b>Billiards</b> 8:30 am-3:00 pm Pool Room <b>Carpentry/Woodworking</b> 8:30 am-3:00 pm Carpentry Shop <b>Boutique</b> 10:00 am-3:00 pm	<b>Fitness Centre</b> 8:00 am-4:30 pm <b>Library</b> 8:00 am-4:00 pm <b>Billiards</b> 8:30 am-3:00 pm Pool Room <b>Carpentry/Woodworking</b> 8:30 am-3:00 pm Carpentry Shop <b>Boutique</b> 10:00 am-3:00 pm	<b>Fitness Centre</b> 8:00 am-4:30 pm <b>Library</b> 8:00 am-4:00 pm <b>Billiards</b> 8:30 am-3:00 pm Pool Room <b>Carpentry/Woodworking</b> 8:30 am-3:00 pm Carpentry Shop <b>Boutique</b> 10:00 am-3:00 pm	<b>Fitness Centre</b> 8:00 am-4:30 pm <b>Library</b> 8:00 am-4:00 pm <b>Billiards</b> 8:30 am-3:00 pm Pool Room <b>Carpentry/Woodworking</b> 8:30 am-3:00 pm Carpentry Shop <b>Boutique</b> 10:00 am-3:00 pm	<b>Fitness Centre</b> 8:00 am- 4:30 pm <b>Library</b> 8:00 am-4:00 pm <b>Billiards</b> 8:30 am-3:00 pm Pool Room <b>Carpentry/Woodworking</b> 8:30 am-3:00 pm Carpentry Shop <b>Boutique</b> 10:00 am-3:00 pm	<b>Fitness Centre</b> 9:00 am- 12:30 pm (Members)
<b>Cardio/Strength</b> 8:00 am-8:50 am, Gym 2 <b>Tai Chi Advanced</b> 8:15 am-9:15 am Stage Area <b>Yovascia</b> 8:30 am-9:30 am, Room A/B		<b>Cardio to the Core</b> 8:00 am-8:50 am, Gym 2 <b>Tai Chi Advanced</b> 8:15 am-9:15 am Stage Area	<b>Introductory Yang Style Tai Chi</b> 8:45 am-9:45 am Room A/B	<b>Tai Chi Advanced</b> 8:15 am-9:15 am Stage Area	
<b>Amateur Radio</b> 9:00 am-11:00 am Radio Room <b>Tabata</b> 9:00 am-9:55 am, Gym 1 <b>Seniors Who Lift</b> 9:00 am- 9:55 am, Gym 2	<b>Amateur Radio</b> 9:00 am-11:00 am Radio Room <b>Cycle Combo</b> 9:00 am-9:55 am Gym 2 <b>Fit Ball</b> 9:00 am-9:50 am Gym 1 <b>Tabata Circuit</b> 9:00 am-9:55 am Fitness Centre	<b>Amateur Radio</b> 9:00 am-11:00 am Radio Room <b>Bike &amp; More</b> 9:00 am-9:55 am, Gym 2 <b>Fitness/Power Walking</b> 9:00 am-9:55 am Gym 1	<b>Amateur Radio</b> 9:00 am-11:00 am Radio Room <b>Fitball</b> 9:00-9:50 am, Gym 1 <b>TRX Combo</b> 9:00-9:55 am Gym 2 <b>Chair Exercises</b> 9:30-10:15 am Stage Area	<b>Amateur Radio</b> 9:00 am-11:00 am Radio Room <b>Digital Photography</b> 9:00 am Computer Lab <b>Tabata</b> 9:00 am- 9:55 am Gym 1 <b>Yoga</b> 9:00 am-10:05 am APR <b>Paper Tole</b> 9:00 am-3:00 pm Arts & Crafts Room	
<b>Indoor Cycling</b> 10:15 am-11:15 am Gym 2 <b>ABS &amp; Core</b> 10:15 am-11:15 am Room A/B <b>Gentle Exercise</b> 10:15 am-11:00 am Gym 1	<b>Gentle Yoga</b> 10:00 am-11:00 am APR	<b>Chair Yoga</b> 10:00-10:45 am Stage Area <b>Genealogy</b> 10:00 am-3:00 pm Board Room <b>Lapidary</b> 10:00 am-3:00 pm Lapidary Room <b>Gentle Exercise</b> 10:15 am-11:00 am, Gym 1 <b>ABS &amp; Core</b> 10:15 am-11:15 am, APR <b>Tai Chi Advanced Yang</b> 10:15 am-11:15 am, Gym 2 <b>Yin Yoga</b> 10:15 am-11:30 am Room A/B	<b>Gentle Yoga</b> 10:00 am-11:00 am, APR <b>Pilates</b> 10:15 am-11:30 am Room A/B <b>Weights for Beginners</b> 10:15 am-11:15 am Fitness Centre <b>Badminton</b> 10:15 am-12:00 pm Gym 1	<b>Yoga For Seniors</b> 10:15 am-11:15 am Room A/B <b>Pound Fitness</b> 10:00 am-10:45 am Stage Area <b>Gentle Exercise</b> 10:15 am-11:00 am Gym 1 <b>Table Tennis</b> 10:30 am-12:00 pm Room C/D	<b>Flow Yoga</b> 10:00 am-11:15 am Room A/B
<b>Pilates</b> 11:15 am-12:30 pm APR <b>Badminton</b> 11:15 am-12:45 pm Gym 1 <b>Functional Fitness</b> 11:30 am-12:15 pm Stage Area	<b>Quilting</b> 12:00 pm-3:00 pm Stage Area	<b>Badminton</b> 11:15 am-12:45 pm Gym 1 <b>Line Dancing EXP</b> 11:30 am-12:30 pm Gym 2 <b>Beginner Line Dancing</b> 12:45 pm-1:45 pm Gym 2	<b>Zumba Gold &amp; Toning</b> 11:15 am-12:00 pm APR <b>Seniors Who Lift</b> 11:20 am-12:20 pm Gym 2	<b>Badminton</b> 11:15 am-12:45 pm Gym 1	
<b>Computer Club</b> 1:00 pm-4:00 pm Computer Lab <b>Yoga For Seniors</b> 1:00 pm-2:00 pm Room A/B <b>Table Tennis</b> 2:30 pm-4:00 pm, Room C/D	<b>TRX Express</b> 12:15 pm-12:45 pm, Gym 2 <b>Karaoke</b> 1:00 pm-3:30 pm Board Room <b>Pound &amp; Stretch</b> 1:30 pm-2:30 pm APR <b>Strength &amp; Mobility</b> 1:30 pm-2:30 pm Fitness Centre	<b>Watercolour Group</b> 1:00 pm-3:00 pm Craft Room <b>Computer Club</b> 1:00 pm-4:00 pm Computer Lab <b>Table Tennis</b> 2:30 pm-4:00 pm, Room C/D	<b>Knitting Needlework</b> 1:00 pm-4:00 pm Atrium <b>Crib</b> 1:00-3:00 pm Card Area <b>Strength &amp; Mobility</b> 1:30 pm-2:30 pm Fitness Centre	<b>Computer Club</b> 1:00 pm-4:00 pm Computer Lab	
	<b>Yoga</b> 5:00 pm-6:00 pm, Room A/B				

**For more information regarding programs contact the Administration Desk at 403-320-2222.**

Note: Some programs are for members only while others are open to the community. Some dates of classes may differ.

Schedule may change without notice. The Dining Room is open to the public.

**For information about LSCO programs go to [www.lethseniors.com](http://www.lethseniors.com) and register online.**



# Fall Programs

## HOW DO I REGISTER?

- Online at [www.lethseniors.com](http://www.lethseniors.com). Find the Programs & Fitness tab at the top of the page and click. Additional tabs will be visible for you to click on and review. You can also click "register online".

\*\*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

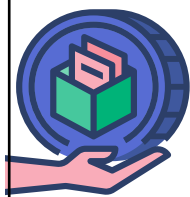
- Please sign up before the register by date to receive the best price listed. Classes are subject to a \$10 increase after this date.
- **If you missed the deadline** and are interested in participating, please ask to find out if there is room!
- LSCO Members (LSCO M); Non-Member (NM)

## 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.

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.

When: Thursdays, drop in until December 14  
Time: 9:30 - 10:15 am  
Drop In Fee: \$6 LSCO M; \$8 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

## 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  
Saturdays: 9:00 am - 12:30 pm**

**\*Closed November 11 for  
Remembrance Day**

## 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.



living. Class will focus on building strength, core and balance. A variety of exercise equipment will be used, if participants are comfortable with them. Wear comfortable light clothing. Bring your water bottle too.

When: Mondays, November 6 - December 11  
Time: 11:30 am - 12:15 pm  
Fee: \$34 LSCO M; \$48 NM  
Instructor: Andrea Clarke  
Register by: Friday, November 3  
Location: Stage Area

### GENTLE EXERCISE

The class will include low impact moves to increase your heart rate, use of resistance equipment to strengthen your muscles and stretches to help keep you limber. 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.

#### Wednesdays

When: Wednesdays, drop in until December 13  
Time: 10:15 – 11:00 am  
Drop In Fee: \$8 LSCO M; \$10 NM  
Instructor: Donna Tiefenbach

#### Fridays

When: Fridays, drop in until December 15  
Time: 10:15 – 11:00 am  
Drop In Fee: \$8 LSCO M; \$10 NM  
Instructor: Nancy Purkis

### 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.

When: Mondays, November 6 - December 11  
Time: 10:15 - 11:15 am  
Fee: \$42 LSCO M; \$48 NM  
Drop In Fee: \$8 LSCO M; \$10 NM  
Instructor: Jamie Hillier  
Register by: Friday, November 3  
Location: Gym 2

### FITBALL for BALANCE & STRENGTH

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

When: Tuesdays & Thursdays, drop in until December 14  
Time: 9:00 – 9:50 am  
Fee: \$8 LSCO M : \$10 NM  
Instructor: Gabrielle Dumont

### 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.**

When: Tuesdays & Thursdays, December 5 - 21  
Time: 1:30 – 2:30 pm  
Fee: \$42 LSCO M; \$54 NM  
Register by: Friday, November 30  
Instructor: Andrea Clarke

### 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, November 7 – December 12  
Time: 12:15 pm – 12:45 pm  
Fee: \$42 LSCO M; \$54 NM  
Instructor: Andrea Clarke  
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, drop in until Dec. 5  
Time: 1:30 – 2:30 pm  
Drop-in: \$9 LSCO M; \$10 NM  
Instructor: Shelia Mulgrew  
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, drop in until December 18  
Time: 10:15 – 11:15 am  
Drop In Fee: \$8 LSCO M; \$10 NM  
Instructor: Tracy Simons  
Location: All Purpose Room

When: Wednesdays, drop in until December 13  
Time: 10:15 – 11:15 am  
Drop In Fee: \$8 LSCO M; \$10 NM  
Instructor: Tracy Simons  
Location: All Purpose Room

### 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 drop in until December 18  
Time: 8:00 – 8:50 am  
Drop In Fee: \$8 LSCO M; \$10 NM  
Instructor: Gabrielle Dumont  
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. Drop-ins welcome.

When: Wednesdays, drop in until December 13  
Time: 8:00 – 8:50 am  
Drop In Fee: \$8 LSCO M; \$10 NM  
Instructor: Deb Palmer  
Location: Gym 2

### SENIORS WHO LIFT

Bars & Plates, and a variety of other resistance equipment will be used by participants to perform movements such as lunges, presses, curls, and squats. Stretching to follow. This challenging class is beneficial to increase muscle strength and endurance. **Participants should have some exercise experience. This class is offered both Mondays and Thursdays.** Drop-ins welcome.

#### 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

#### 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, November 1  
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, drop in until December 8  
 Time: 10:00 – 10:45 am  
 Drop In Fee: \$9 LSCO M; \$10 NM  
 Instructor: Sheila Mulgrew  
 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, drop in until Dec. 5  
 Time: 1:30 – 2:30 pm  
 Fee: \$9 LSCO M; \$10 NM  
 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, drop in until Dec.18  
 Time: 9:00 – 9:55 am  
 Drop In Fee: \$8 LSCO M; \$10 NM  
 Instructor: Jamie Hillier

When: Fridays, drop in until Dec.15  
 Time: 9:00 – 9:55 am  
 Drop In Fee: \$8 LSCO M; \$10 NM  
 Instructor: Tracy Simons

### **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.

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

### **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, drop in until Dec. 20  
 Time: 9:00 - 9:55 am  
 Drop In Fee: \$8 LSCO M; \$10 NM



## **Line Dance & Zumba**

### **EXPERIENCED BEGINNER LINE DANCING**

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

When: Wednesdays, November 1 – December 13  
 Time: 11:30 am – 12:30 pm  
 Fee: \$35 LSCO M; \$42 NM  
 Instructor: Gloria-Rose Puurveen  
 Location: Gym 2

### **BEGINNER LINE DANCING**

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

When: Wednesdays, November 1 – December 13  
 Time: 12:45 – 1:45 pm  
 Fee: \$35 LSCO M; \$42 NM  
 Instructor: Gloria-Rose Puurveen  
 Location: Gym 2

### **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, drop in until December 5  
 Time: 11:15 am – 12:00 pm  
 Drop-In: \$9 LSCO M; \$10 NM  
 Instructor: Sheila Mulgrew  
 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, drop in until December 7  
 Time: 11:15 am – 12:00 pm  
 Drop-In: \$9 LSCO M; \$10 NM  
 Instructor: Sheila Mulgrew  
 Location: All Purpose Room

## **Yoga**

### **SATURDAY FLOW YOGA**

Energize the start of your weekend with this moderately paced flow class. Guided by breath, our practice will explore asanas to build stability, mobility and balance, and calm and centre the mind. Bring your mat, water bottle, and dress in layers, as the room temperature can vary.

When: Saturdays, drop in until December 16 (No Class November 11)

Time: 10:00 - 11:15 am  
 Drop In Fee: \$8 LSCO M; \$10 NM  
 Instructor: Rumi Graham  
 Location: Room A/B

### **CHAIR YOGA**

Perform yoga poses and breathing exercises with the aid of a chair. This gentle class may help you increase strength, flexibility, range of motion for joints, and stress reduction. Chair yoga is suitable for all fitness levels and conditions.

When: Wednesdays, 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

### **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, November 6 - December 4  
 Time: 8:30 - 9:30 am  
 Fee: \$45 LSCO M; \$50 NM  
 Instructor: Elaine Jagielski  
 Register by: Friday, November 3

### **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, drop in until December 12  
 Time: 5:00 – 6:00 pm  
 Drop-In: \$10 LSCO M; \$15 NM  
 Instructor: Donna Tiefenbach  
 Location: Room A/B

## **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.

When: Thursdays, November 2 – December 7  
 Time: 10:00 am – 12:00 pm  
 Fee: \$50 LSCO M; \$70 NM  
 Instructor: Karina Mak  
 Register by: Wednesday, November 1

### **WINTER SHADOWS & SUNSETS ACRYLIC PAINTING**

In this class we will work on painting winter scenes based on sunsets and those long shadows in the snow. You will learn how to mix colors that create these cool striking shadows

and the soft pastel skies. And you will see how the shadows help describe the land formations. Any level is good but we will keep it simple for dramatic effects. Ask for a supply list.

When: Wednesdays, November 15 & 22  
Time: 10:00 am – 12:00 pm  
Fee: \$25 LSCO M; \$50 NM  
Instructor: Donna Gallant  
Register by: Friday, November 10

### CHRISTMAS CARD MARKING WORKSHOP

There is nothing nicer than to receive a thoughtful handmade card. In this 3-hour workshop we will use watercolour as our basic medium and embellish with other materials. There is a quick approach that will be taught, to make a unique, one-of-a-kind card giving it that personal touch. A simple, but an effective design will be the key for faster results. Ask for a supply list when registering.

When: Tuesday, December 5  
Time: 10:00 am – 1:00 pm  
Fee: \$30 LSCO M; \$55 NM  
Instructor: Donna Gallant  
Register by: Thursday, November 30

## 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 & \$60 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

## 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.

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

### 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



# LOW IMPACT EXERCISES

## GENTLE EXERCISE

**WHEN:** WEDNESDAYS UNTIL DEC. 13 | FRIDAYS UNTIL DEC 15  
**TIME:** 10:15 - 11:00 AM  
**DROP IN FEE:** \$8 LSCO M; \$10 NM  
**INSTRUCTOR:** DONNA TIEFENBACH | NANCY PURKIS  
**LOCATION:** GYM 1

## FUNCTIONAL FITNESS

**WHEN:** MONDAYS, NOVEMBER 6 - DECEMBER 11  
**TIME:** 11:30 AM - 12:15 PM  
**FEE:** \$34 LSCO M; \$48 NM  
**REGISTER BY:** FRIDAY NOVEMBER 3  
**INSTRUCTOR:** ANDREA CLARKE  
**LOCATION:** STAGE AREA

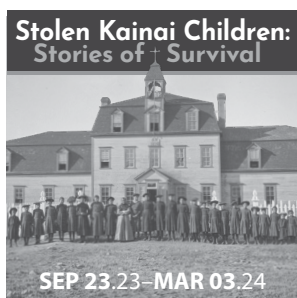
## INDOOR CYCLING

**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  
**LOCATION:** GYM 2



## NOVEMBER 2023 EVENTS & PROGRAMS

### CURRENT EXHIBITS



### THE GALT PRESENTS \*\*

Sun 05 | 1:30-3:30 PM  
 Stéphane Guevremont Lecture:  
 Modern Canada

### CREATIVE COMMUNITY \*\*

Wed 08 | 10:30-11:30 AM  
 Diwali

### INDIGENOUS HISTORY ++

Thu 09 | 6-8 PM  
 Learning Blackfoot: Conversations  
 with Blanche Bruised Head

Thu Nov 16 | 1-2 pm  
 Métis Week: Métis Memories of  
 Residential School

Thu Nov 30 | 6-8 PM  
 Indigenous Radically Lecture:  
 Hulleah J. Tsinhnahjinnie

### ARCHIVES \*\*

Fri 10 | 1-4 pm  
 Varenky (Perogy) Making with  
 Troyanda / Curator's Tour  
*all ages*

### TOURS \*

Fri Nov 17 | 1:30-2:30 pm  
 Curator Tour: Escaping Residential  
 School

### SPECIAL EVENTS ++

Sat 18 | 5-8 PM  
 Sun 19 | 12-5 PM  
 Indigenous Makers Market

Thu 23 | 4-9 PM  
 Night at the Museum  
 Shopping Event  
 doorprizes, discounts

+ registration required | free to attend  
 ++ registration not required | free to attend | all ages  
 \* registration required | \$10/person | members discount may apply  
 \*\* registration not required | museum admission applies | free to members



# Create & Inspire

## with LSCO Programs

### WATERCOLOURS

When: Thursdays, Nov. 2 – Dec. 7  
 Time: 10:00 am – 12:00 pm  
 Fee: \$50 LSCO M; \$70 NM

### WINTER SHADOWS & SUNSETS ACRYLIC PAINTING

When: Wednesdays, Nov. 15 & 22  
 Time: 10:00 am – 12:00 pm  
 Fee: \$25 LSCO M; \$50 NM

**LSCO** LETHBRIDGE Senior Citizens ORGANIZATION

**LSCO** LETHBRIDGE Senior Citizens ORGANIZATION **Lethbridge College**

## MASSAGE THERAPY SESSIONS

Students from the Lethbridge College Massage Therapy program will be providing free neck and shoulder massages on a first come, first served basis.  
 Stop by the dining room to secure a spot for yourself!

**DATE**  
 • November 16: 10AM - 12 PM

500 11th St. S, Lethbridge  
[www.lethseniors.com](http://www.lethseniors.com)  
 403-320-2222

## THE SECRET GARDEN RAFFLE

**DRAW @ LSCO NOVEMBER 17\***

**OVER \$3000 OF PRIZES**

**TICKETS AT THE LSCO**  
 Purchase tickets, place them in containers next to your favorite items, and you could be the lucky winner!

\*winners will be contacted

**LSCO** LETHBRIDGE Senior Citizens ORGANIZATION

# We will REMEMBER them.

LEST WE FORGET TO THE GLORY OF GOD AND IN MEMORY THOSE WHO FELL DURING WORLD WAR II AND THE KOREAN WAR

**RACHAEL THOMAS**  
 MEMBER OF PARLIAMENT

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# Family Violence Prevention Month



## LEARN Case Manager

Amy Cook

learn@lethseniors.com  
403-394-0306

November is Family Violence Prevention Month, which is inclusive of intimate partner violence, domestic violence, and elder abuse.

Alberta has the third highest rate of self-reported spousal violence among Canadian provinces, yet family violence is preventable.

Anyone experiencing family violence has the right to be treated with courtesy, compassion and respect, get information about their legal rights, press charges for criminal actions, have the maximum protection from abuse permitted by law (restraining/protection orders) and get help from community resources, such as LEARN.

If you are not a senior, there are still resources available to you, such as the YWCA.

In Alberta, the Protection Against Family Violence Act protects family members of all ages, whether they live together or apart. This includes couples who are married, common-law, separated or divorced.

Family violence effects couples who are currently together or separated, birth, adopted, step- and foster children, grandparents and other extended family and individuals with guardians, trustees, or care givers. If you find yourself being directly affected by any form of family violence, or violence perpetrated by someone in a trusting relationship to you such as a friend, there are financial, emotional, housing, and mental health resources available to you. As the LEARN Case Manager, I can help you access these resources if needed.

For the month of November, LEARN will have a booth set up in the lobby of LSCO with information, resources, and goodies in recognition of Family Violence Prevention

Month.

Please stop by, and on November 15th, wearing purple alongside center staff to show support to those experiencing family violence.

- 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.*



**DIGNITY HAS NO EXPIRATION DATE.**

To make referrals, ask questions, or to request a presentation on elder abuse for your agency call the Lethbridge Elder Abuse Response Network (LEARN) Case Manager at 403-394-0306.

Silence is not an option.

It's not always easy to spot the impact of elder abuse. Nearly one in 10 Alberta seniors is the victim of physical, mental or sexual abuse, financial exploitation or neglect. Make sure you know the signs and how to stop it.

Learn more. [Alberta.ca/ElderAbuseHappens](https://Alberta.ca/ElderAbuseHappens)

**FIVE WAYS YOU CAN HELP PREVENT FAMILY VIOLENCE**

More than one-third of women and one in twelve men have experienced family violence in their lifetime. *That's too many.* Here's how you can help.

- 1. Don't ignore it.** If you hear your neighbors engaged in a violent situation, call the police. It could save a life.
- 2. Lend an ear.** If someone confides in you they are experiencing domestic violence, listen without judgment. Believe what they are telling you and ask how you can help.
- 3. Check in regularly.** If a loved one or friend is in danger, reach out regularly to ensure his or her safety.
- 4. Be a resource.** Offer to do the legwork to help ease stress and keep things confidential.
- 5. Lead by example.** Refuse to support the culture perpetuated in music, movies, television, games and the media that glorifies violence, particularly against women.

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## Computer Corner

By Sjoerd Schaafsma

### Desk Top Publishing, AI, and other Musings

This month's article was to have been about desktop publishing... but... I was having lunch with family I hadn't seen for a few years and my niece mentioned that she was the go to gal in her small remote community for computer related 'stuff'. Specifically it was someone roping her into a volunteer job to print flyers. Later in the conversation I mentioned that my current computer column was on desktop publishing and I asked her what software she used. To my surprise she asked, "What's desktop publishing?" "Well, you print flyers, what program do you use?" "Oh, I just use an app on my phone." What a difference a generation can make!

She was born at a time when personal computers were in their infancy, there were no phones or tablets capable of doing what she now does on her phone.

Many of the programs and functions that used to require specific software and installation to a computer via floppy disks, CDs or a very long download, are now included on a mobile device, or readily available on the internet. I'm running late for this edition of the computer corner so having just done a presentation on AI, artificial intelligence, I thought I'd use ChatGPT, a freely available online artificial intelligence program, to help me get started on this edition.

I figured if it could generate lesson plans, suggest resources to use for an AI presentation, and write a decent poem in Spanish, based on a deliberately mis-typed question in English, it could also help me get a start on this column. Well, it generated a very respectable article of the requested length, but it was not what I had in mind.

So far nothing you've read here was generated by AI. I'm going to rephrase the question and try again. Maybe I'll be able to use the next result for another column.

Send an email to [computerclub@lethseniors.com](mailto:computerclub@lethseniors.com) and I'll send you a link to the original CHatGPT generated article.

#### Definitions

**Desktop Publishing** – from Oxford Languages - the production of printed matter by means of a printer linked to a desktop computer, with special software. The system enables reports, advertising matter, company magazines, etc., to be produced cheaply with a layout and print quality similar to that of typeset books, for xerographic or other reproduction.

**ChatGPT** - ChatGPT is an artificial intelligence chatbot that uses natural language processing to create humanlike conversational dialogue. OpenAI, is the artificial intelligence research company, that created ChatGPT and launched the tool in November 2022. GPT stands for Generative Pre-trained Transformer. <https://openai.com/about> [QR code to the OpenAI Website.](#)



## Computer Club EVENTS

### November 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.

#### NOVEMBER

Wed 1- Sharing, help and socializing

Friday 3- Sharing, help and socializing

Monday 6- Sharing, help and socializing

**Wed 8- Options for updating your iOS device, iPhone, iPad**

**Wed 15- Desktop Publishing, On and Off line: Cards, posters, brochures, business cards, Desktop and Mobile**

**Wed 22 Toys and Gadgets, the annual pre Christmas preview of what's new and cool or old and cool and you didn't even know it existed, after this session you'll know you want one, or know someone who will.**

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/lSCO-computerclub>



**The Computer Corner and LSCO Times can be read online at: URL**

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

**Accessing the LSCO Times online.**

If you are reading the paper and have a mobile device, try accessing the Times 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. If the URL gets split in the process of going from one digital format to another, the link won't work. The QR code should.

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.

## 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
- Muscular strength/endurance
- Balance/flexibility

### GETTING STARTED PACKAGE \$80

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

\$50 1 HOUR SINGLE SESSION

\$135 3x 1 HOUR SESSIONS

\$190 5x 1 HOUR SESSIONS

\$100 5x 30 MINUTE SESSIONS

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

### CONTACT ANDREA

[fitness@lethseniors.com](mailto:fitness@lethseniors.com) | 403-320-2222 ext. 303



# Member Spotlight

## Discovering Community, Making Connections

# Member Spotlight



**Millie Shewchuk**



Millie Shewchuk was born on Fair Island, a small island community off of Newfoundland. She recalls life being rather simple there as they could only grow the basics like potatoes, cabbages, and carrots in their small garden. She attended primary school on the Island before the government moved families off the small islands around Newfoundland as winter services were limited when the sea froze over. Millie's dad was agreeable to such a move so his children could be more conveniently located to educational and medical services; she appreciates that he was progressive in this regard in order to create more opportunities for his children.

Their family home was moved to the mainland area called Centreville. Other families soon followed and it became a small new village. Her father was a seasonal cod fisherman, and a hunter during the winters. Her mother was a full time homemaker who also helped her father bring in the cod. As a child, Millie never felt the need to complain about their meals as she was fed a steady supply of fish and moose. She has many positive memories about playing in the fresh outdoors with her 6 half-siblings and 6 full siblings

As a teenager looking for new adventures, Millie moved to the city of Gander, Newfoundland. She worked in hotels where she

met her future 'Prairie boy' husband, Rick who was stationed there as part of his ice patrols, all over northern Canada. After they married, they lived in Yellowknife for over 4 years where Rick worked in the weather office. They later moved to Lethbridge in 1973 where Rick continued his work in the weather office here. Millie recalls that they arrived during a Chinook and acclimatized to Lethbridge very easily. Millie worked at Southland Nursing Home and St. Mike's before she retired from paid employment about 10 years ago

They had 3 children, 5 grandchildren and 2 great-grandchildren. They lost their two adult daughters some years ago and she describes the experience as a "life changing nightmare" to live through. The rest of her family live close by in Calgary and Innisfail. Many of her extended family are still in Newfoundland. Millie tries to get back to Newfoundland every other year for a month or two. She loves to visit Fair Island, where many of her family members still have holiday 'cabins'. She also has some extended family in St. John's.

Millie is a dedicated LSCO food service volunteer and can regularly be found serving lunch meals; she believes that volunteering here is "good therapy" for her as it makes her "happy" and brings her "pleasure". Her favourite meals are a Turkey dinner and Beef stew. She enjoys watching golf and rooting for the Blue Jays. She also enjoys listening to easy and classical music, Irish folk music and jigs, she attributes her love for music to her very musical family. She spends the remainder of her time trying to improve her fitness with LSCO's fitness programs and classes. Millie also likes to read non-fiction stories and history (e.g. WWII, the holocaust).

Millie believes that "what goes around, comes around" and that "family is everything". She is most proud of her children and her adult granddaughter. As a result of her upbringing, she believes in "doing things for people"; she tries to give of herself and be "kind". And she always believes, "the best is yet to come."

Be sure to look for Millie's friendly, happy face at the kitchen volunteers' table in the dining room.

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 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!



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**Norm Lepard**  
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### AWARD NOMINEES

- Bill Brown
- Kathy Chrest
- Edie Christison
- Richard Gaff
- Norm Lepard
- Shirley Marlatt
- Elizabeth Olsen
- Stephen Peers
- Jan Tichler
- RaeAnn Wipf

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