

JOIN US FOR A  
**HALLOWEEN  
BASH**

**\$7 SPOOKY APPETIZERS | \$4 BEER & WINE  
HALLOWEEN COSTUME PRIZES**

1:00 - 4:00  
TUESDAY

**31**  
OCT.

500 11TH ST. S.  
LSCO

**FREE TO ATTEND!**

OPEN TO ALL MEMBERS  
& INVITED GUESTS

403-320-2222 OR AT  
[WWW.LETHSENIORS.COM/EVENTS](http://WWW.LETHSENIORS.COM/EVENTS)  
**RSVP BY OCTOBER 24TH**

**LSCO** LETHBRIDGE Senior Citizens ORGANIZATION

## Member Spotlight: The Library Ladies

There are some famous pairs in the world: Holmes & Watson, Tweedledum & Tweedledee, Tom & Jerry etc. These pairs are instantly recognizable to us or among the circles or groups they frequent. The LSCO isn't exempt from this experience as we have been blessed with our very own famous duo: "The Library Ladies"- Rosemary Howard and Mary Lancaster.

Acquaintances before they started volunteering together at the LSCO library about 5 years ago, the twosome have become good workmates ever since. They can always be found at the Library on Tuesdays from 9-12 and are especially glad that the activity around the Library has significantly increased ever since the Library was moved

across the main hallway.

It surprises no one to learn that they are both voracious readers. However, neither belong to a Book Club as they cherish the freedom to choose their own reading material. Rosemary prefers biographies and autobiographies while Mary prefers murder mysteries and non-fiction.

The 'Library Ladies' always look forward to their weekly commitment to the Library as they enjoy tending to the donations of books, puzzles, DVDs, and CDs that come to the Library from members and friends of the LSCO.

*Continued on page 19....*

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# LSCO News



**Executive Director**

**Rob Miyashiro**

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

Tickets are now on sale for the LSCO/ Lethbridge Hearing Centre production of "The Secret Garden" happening on November 10th, 11th and 12th.

Once again, we are fortunate to have Fran Rude as Director and Ken Rogers as Musical Director – this terrific duo has been responsible for creating so many successful musical productions for LSCO. This year's show is particularly special as Fran was recently presented the Joan Waterfield Memorial Award by the Allied Arts Council which recognizes a member of the arts community, respected by their contemporaries for advancing and enhancing the arts. We were informed that Fran was a unanimous choice for this honor by the selection committee!

Please help us in congratulating Fran for receiving this award. We would also like to thank her for her tireless contributions to the Lethbridge performing arts community.

Also, LSCO will soon be implementing a Code of Conduct for members and program participants. This concept has been discussed for many years and we felt that now was an opportune time to put this in place.

Our hope is that it will provide a consistent guideline for everyone using and visiting our awesome Community Centre and that it will provide clarity for those who are unable to follow expectations. I would like to thank the Badminton group for being the first to sign off on this new document.

Rob Miyashiro

**LSCO** LETHBRIDGE Senior Citizens ORGANIZATION

Spare Your Time for Fun

**CASINO NIGHT FUNDRAISER**

**October 4th & 5th**  
**1:00pm-3:00am**

Pure Casino Lethbridge  
756 2 Ave S, T1J 4Y9

\*Only game table profits will go towards the LSCO

## Coulee Classic Dragons Gain Strength at LSCO



LSCO members with the Coulee Classic Dragons.

Front (l to r): Pat Hodd, Liz Davis, Carol Jones, Carol Block.  
Back: Bonnie Nicol, Suzanne Harris, Colleen Valin, Becky Lore, Jane Franz and Jo-Anne Damen.

The Coulee Classic Dragons (CCD), Southern Alberta's eminent women's dragon boat team, continued to shine in national competition this summer, with a big part of their achievement tied directly to LSCO.

With year-round training at the crux of the team's success, including open water, pool-side paddling and dry land to enhance technique, fitness and skill levels, nine CCD paddlers are registered LSCO members using the Fitness Center, along with attending exercise programming on a near-daily basis.

Teammates credit Angela, Jamie, Tracy, Erich and Gabrielle – LSCO's knowledgeable and supportive trainers who over the past few years have provided guidance to increasing strength, cardio and mobility.

Pat Hodd joined the CCD team this year, and was happy to discover her fitness level was appropriate to the demands of being on a competitive dragon boat team. "I owe it to the excellent fitness classes and instructors at LSCO. There are fitness classes at all levels, including ones that provide a higher level of challenge," she said, noting that "LSCO's exercise classes and fitness centre have become a core part of my regular training routine."

Competing at Canadian National Dragon Boat Championships in Welland, Ontario in July, seven of the 10 paddlers in the 69+ Senior D small-boats that earned gold for their performance in 200m, 500m, (heats / final races) and 2000m dry land train at LSCO. Their first-place earned them a berth to the 2024 Club Crew World Championships in Ravenna, Italy next September.

Submitted by: Colleen Valin

# LSCO

## FITNESS CENTRE

**GET ACTIVE. FEEL GREAT.**

**ONE MONTH**

Unlimited access to the Fitness Centre during hours of operation.

Valid for 30 Days from Date of Purchase

MEMBERS	NON MEMBERS
<b>\$25</b>	<b>\$40</b>

**FOUR MONTHS**

Unlimited access to the Fitness Centre during hours of operation.

Valid for 4 months from Date of Purchase

MEMBERS	NON MEMBERS
<b>\$100</b>	<b>\$160</b>

**DROP IN**

Unlimited access to the Fitness Centre for the day.

Please keep your receipt with you

MEMBERS	NON MEMBERS
<b>\$8</b>	<b>\$10</b>

**ABOUT**

The Fitness Centre is open to the public 35 years +

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 the Administration Desk.

**HOURS**

MONDAY - FRIDAY  
**8:00 AM - 4:30 PM**

SATURDAY\*  
**9:00 AM - 12:30 PM**

\*Starting October 14

Closed Sundays and Holidays

500 - 11 St. S, Lethbridge T1J4G7



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  
finance@lethseniors.com.....ext. 103  
Receptionist & Administrative Support Kari Martin  
kmartin@lethseniors.com.....ext. 101  
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Marketing & Admin Assistant – Zuwairah Sani  
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Seniors System Navigator (SSN) – Camille Sherwood  
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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  
In-Home Supports & Volunteer Program –Bonnie Jensen  
bjensen@lethseniors.com.....ext. 202  
In-Home Supports Program Assistant – Diane Legault  
dlegault@lethseniors.com.....ext. 201  
Volunteer Program Assistant – Azra Pira  
volunteer@lethseniors.com.....ext. 208  
Program Department Manager – Shawn Hamilton  
shamilton@lethseniors.com.....ext. 104  
Fitness Coordinator – Andrea Clarke  
fitness@lethseniors.com.....ext. 303  
Food Services Coordinator– Lachlan Dyer ext. 401  
Asst. Food Services Coordinator– Travis Eakett ext. 401  
Food Service Cashier – Georgette 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

August - September 2023

### 35 New Members

Gary Dupuis	Wendy Romanchuk	Bruce Fowler
Donald Opp	Barb Johnson	Shirly Kalau
Frankie Opp	Roxanne Janecke	Joyce Robertson
Brian White	Maureen Barnard	Duncan Robertson
Patricia White	Ralph Corey	Jenna Foster
Sharon Hood	Pat Corey	Nancy Grigg
Shawna Hood Martin	Helene Bourgeois	KB Jensen
Joe Nemeth	Ted Spence	Sharon Nelson
Gerri Lawson	Shirley Fowler	Susan Schwarz

## 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

## 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 & 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.

**WHAT IS SACPA?** The Southern Alberta Council on Public Affairs (SACPA) is a non-profit organization focused on presenting speakers on topics related to local, national and international issues. The volunteer board members discuss issues, find speakers and ensure weekly Thursday programs for ten months yearly. Meeting are held at the Lethbridge Senior Citizen Center (LSCO) from 12:00 noon until 1:00 pm with half hour presentations followed by a half hour Q & A. Lunch can be bought at the cafeteria. Thanks to the visionaries who began SACPA and its major sponsor the University of Lethbridge, SACPA is now in its 56th year! Past programs may be viewed at SACPA.ca archives. We are thankful to: the LSCO and this newsletter for their support; Shaw/Rogers TV for taping and airing our programs; the Lethbridge Herald for their coverage; and other media. Please join us Thursdays at noon.



## October 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.

Oct 5	Danielle McIntyre/ Inter-faith Food Bank	<i>Food Insecurity on the Rise</i>
Oct 12	Kristine Cassie/ Chinook Sexual Assault Centre	<i>It Takes a Community: Why Community Needs to Take Action on Child Abuse</i>
Oct 19	Tristen Walker	<i>Development of a Climate Resiliency and Adaption Plan</i>
Oct 26	Markham Hislop / Energi Media	<i>Unethical Oil</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

Hello!

Hope everyone is enjoying the fall weather; it's my favorite time of year. I love walking in the river bottom and seeing all the different colors of leaves as they change.

Fall also means we're busy with many fundraisers and programs are kicking into full swing so there's certainly a lot going on. I encourage everyone to visit our Facebook and Instagram pages, our monthly newsletter, and check out the posters in the building to see everything going on.

**Casino Fundraiser**

If you're feeling lucky on October 4 & 5, stop by the tables at the Lethbridge Casino to help raise money for the LSCO. Thank you to PURE Casino Lethbridge for donating the profits and to all the volunteers for working those late nights!

**The Secret Garden Musical**

Preparation for our annual Theatre Fundraiser is well underway and is shaping up to be a beautiful musical. Performances are at the Yates on November 10 - 12 with two evening performances and a Sunday Matinee.

Tickets are on sale now, and can be bought at the ticket centre, by calling 403-329-7328, or online. A few tickets have been donated from sponsors back to the centre, so if you are unable to attend due to finances, please contact me.

Please tell everyone you know about the fundraiser even if you aren't able to attend! The cast and orchestra are rehearsing and donating their time 5 days a week to put on a spectacular performance and they deserve a full house!

I would also love some help putting up posters across the community, so if you have a few free minutes this month please give me a shout. Your help would be greatly appreciated.

**Weekly Draw**

Our weekly draw is up to \$94 so be sure to stop by the administration desk each week for your \$1 entry. Five names (one for each day) are drawn from the total LSCO membership list each Friday and cross referenced against members who have entered.

**In Loving Memory of Bob Black**

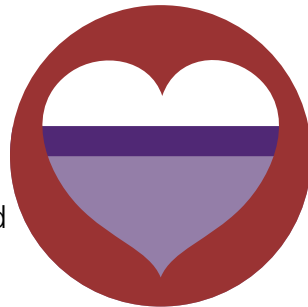
Bob was a compassionate volunteer with our Meals on Wheels program. Even as his health was failing, he continued to show dedication to seniors in our community and volunteered whenever he was able. He will be greatly missed by our LSCO and Meals on Wheels community.

In memory of Bob, he has asked that donations can be made to Meals On Wheels. Thank you to his family and all those who have donated in his memory so far. You can donate in person or by going to [www.lethseniors.com/mealsonwheels](http://www.lethseniors.com/mealsonwheels) and clicking the donate button.

*2023 Meals on Wheels*  
Fundraising Goal

**\$55,000**

\$22,700 To Go  
\$5,300 Confirmed  
\$27,000 Pledged



**Upcoming Events**

**LSCO Tour**  
October 4 | 1:00 PM

**LSCO Casino Fundraiser**  
October 4 & 5 | 1 PM - Close  
PURE Casino Lethbridge

**Thanksgiving Diner Special**  
October 6 | 11 AM - 1 PM

**LSCO Closed for Thanksgiving**  
Monday October 9

**LSCO Halloween Bash**  
October 31 | 1 - 4 PM

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

**COMMUNITY PARTNERS**

We thank you for..

Supporting Meals on Wheels

Supporting LSCO Events and Fundraisers



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

**Your contribution is our lifeline!**

# The Volunteer CONNECTION

## Volunteer Opportunities

### MOW 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.

### 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.

### Halloween Bash

October 31

We are looking for volunteers to help decorate before the bash, assist in the kitchen with running and dishes, and serving alcohol if you have proserve.

### The Secret Garden

October, 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. If you have time in early October, we would also like volunteers to help put up posters across Lethbridge and area.

### Contact Azra

volunteer@lethseniors.com

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



### In Home Support & Volunteer Program Coordinator

Bonnie Jensen

bjensen@lethseniors.com  
403-320-2222 ext. 202

Hi, My name is Bonnie and I am the new volunteer coordinator here at LSCO. I am really excited about this new opportunity and can't wait to meet many of you as we continue to build our community together.

*Bonnie completed her practicum with the LSCO over the summer. Be sure to wish her a warm welcome!*

**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

**Lethbridge HEARING CENTRE**

### FREE Hearing Screening

2nd Thursday every month

**October 12**  
10 am - 12 pm | Clinic Room

403-320-2222  
500 11 St. S, Lethbridge

**SHOEBOX SCANNING**

"Preserving Your Family's Legacy"

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

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

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

**Lethbridge HEARING CENTRE** presents

**THE SECRET GARDEN**  
A MUSICAL

Director FRAN RUDE  
Music Director KEN ROGERS

Funds raised to support seniors' programs

**NOVEMBER 10-12, 2023**  
Yates Memorial Theatre

Adults: \$45 | Youth: \$25

**Tickets available now!**

**Nurse Next Door®**  
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Our Care Team is here for you 24/7

- Companionship, personal care, housekeeping, meal prep, transportation and more
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403-454-1399  
[WWW.NURSENEXTDOOR.COM](http://WWW.NURSENEXTDOOR.COM)

**Lethbridge HEARING CENTRE**

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

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

**403.320.6000**  
www.lethbridgehearing.ca

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

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

Jake Boldt  
Hearing Technician

# Thanks Giving Lunch



**Friday, October 6**

**\$11** Turkey, Mashed Potatoes, Stuffing & Vegetables

*We are thankful for all of you!*

The LSCO will be closed Monday, October 9 for Thanksgiving

## LSCO LETHBRIDGE Senior Citizens ORGANIZATION STRENGTHEN & TONE

**WITH THESE FITNESS CLASSES:**

### TABATA

A HIGH ENERGY CLASS DESIGNED TO GIVE YOU AN EXHILARATING WORK OUT! YOU WILL BE PERFORMING A VARIETY OF TIMED EXERCISES THAT WILL BE CHALLENGING

**WHEN:** FRIDAYS, DROP IN UNTIL DECEMBER 15  
**TIME:** 9:00 – 9:55 AM  
**DROP IN FEE:** \$8 LSCO M; \$10 NM  
**INSTRUCTOR:** TRACY SIMONS

### TRX EXPRESS

THIS CLASS FOCUSES ON FUNCTIONAL TRAINING USING A SUSPENSION SYSTEM THAT ALLOWS YOU TO USE GRAVITY AND BODYWEIGHT AS RESISTANCE TO BUILD STRENGTH, CORE, AND JOINT STABILITY.

**WHEN:** TUESDAYS, OCTOBER 3 - 31  
**TIME:** 12:15 PM – 12:45 PM  
**FEE:** \$35 LSCO M; \$45 NM  
**REGISTER BY:** OCTOBER 2

### SENIORS WHO LIFT

A VARIETY OF RESISTANCE EQUIPMENT WILL BE USED BY PARTICIPANTS TO PERFORM MOVEMENTS SUCH AS LUNGES, PRESSES, CURLS, AND SQUATS

**WHEN:** DROP IN UNTIL OCTOBER 30  
**TIME:** 9:00 AM – 10:00 AM  
**DROP IN FEE:** \$8 LSCO M; \$10 NM

## Relax & Rejuvenate

### WITH YOGASCIA

When: Mondays, October 2, 16, 23, 30  
 Time: 8:30 - 9:30 am  
 Drop In Fee: \$10 LSCO M; \$15 NM  
 Instructor: Elaine Jagielski  
 Location: Room A/B

### WITH FLOW YOGA

When: Saturdays October 21-Dec 16  
 Time: 10:00-11:15am  
 Fee: \$50 LSCO M; \$72 NM  
 Instructor: Rumi Graham  
 Register by: Thursday, October 12  
 Location: Room A/B








### WITH EVENING FLOW YOGA

When: Tuesdays October 3 -Dec 12  
 Time: 5:00 -6:00 pm  
 Fee: \$88 LSCO M; \$121 NM  
 Instructor: Donna Tiefenbach  
 Location: Room A/B



## Mb. Martin Brothers Funeral Services

Southern Alberta Families for over **100 YEARS**

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Martin Brothers Funeral Services [www.mbfunerals.com](http://www.mbfunerals.com)

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



**SSN Team Lead**

**Amy Labossiere**

alabossiere@lethseniors.com  
403-320-2222 ext. 205

Hello Friends,

Did you know that the 3rd Saturday of October is “National Sweetest Day”? This day began in 1916 (originally called “Candy Day”).

In 1918 as the US joined the war in Europe, commodities and resources became

# National Sweetest Day

scarce. Candy was difficult to find for Canadians and Americans amidst the war as there was a great shortage of all the vital ingredients.

For those fighting overseas, the soldiers were receiving rations of chocolate to boost morale and energy. Once the war came to an end in 1919, the world felt a little brighter, access to candy became plentiful, and “Candy Day” became an entire week!

By 1921, Candy Week was mainly used as a vehicle of charity for hospitals, orphanages and homes.

Although candy week, at the beginning, was about candy, it soon became about how “sweet” it is to help one another. Today, it’s become entirely about acts of kindness. It’s a day to take the time to say something kind, surprise someone with their favourite treat, express gratitude, or however you most like to show kindness to strangers and loved ones.

I hope you give (and receive) a sweet act of kindness in the spirit of National Sweetest Day on the 14th of October!

-Amy.L

**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!

**DATES**

- October 5 : 10 AM - 12 PM
- November 16: 10AM - 12 PM

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

**Back 2 YOU Esthetics**

### SENIOR MANICURES

Regular or Gel Polish  
\$10 - \$15

Date : October 26th  
Time: 11 am - 4 pm

30 minute appointments

Call today to reserve your spot!

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

**LSCO** LETHBRIDGE Senior Citizens ORGANIZATION

## OCTOBER SUPPORT SERVICES CALENDAR

**WELLBEING SERVICES**

*\*appointment required*



403-329-1544



intake@lethseniors.com

- October 3**  
1st Tuesday  
**Community Connect Coffee Group**  
1:30 pm - 3:00 pm | Atrium
- October 4**  
1st Wednesday  
**Service Canada Onsite**  
10:00 am - 12:00 pm | Card Area
- October 5**  
**Massage Students**  
10:00 am - 12:00 pm | Card Area
- October 11**  
2nd Wednesday  
**Free Lawyer Consultations\***  
10:00 am - 12:00 pm | Quiet Room
- October 12**  
2nd Thursday  
**Lethbridge Hearing Centre Screening**  
10:00 am - 12:00 pm | Clinic Room
- October 16 & 17**  
**Flu Shots**  
9:30 am - 12:00 pm | Room C/D
- October 16**  
**Mobile Food Support**  
4:00 - 6:00 PM | Parking Lot
- October 18**  
**Single Session Counselling\***  
9:00 am - 12:00 pm | Quiet Room
- October 26**  
**Senior Manicures\***  
11:00 am - 4:00 pm | Clinic Room

- FREE opportunity to build connections, grow meaningful connections, and strengthen access to community supports. Drop-in style, no need to register.
- On-site Service Canada representative available to answer your questions regarding federal benefits and programs, no appointment necessary.
- FREE neck and shoulder massages from Lethbridge College Massage Students. No appointment necessary.
- 15-min FREE consultations with a local lawyer. Call LSCO to book appointment 403-320-2222
- FREE hearing screeners to assist you in understanding your hearing health.
- FREE flu shots for all. Please wear a short sleeved shirt and bring your Alberta Healthcare card
- FREE Fresh food support to help people during this time of tight household budgets. Put on by the Lethbridge Food Bank, no income testing.
- FREE Single session counselling provides an opportunity to individuals interested in exploring counselling. Sessions are 1 ½ hr in length. Call intake to book.
- \$10 - \$15 manicures, choice of gel or regular polish. 30 minute appointments. Call LSCO to book.

**SUPPORT GROUPS**

- October 4 - 25**  
Wednesdays  
**Reconnect & Recharge**  
10:00 - 11:30 am | Room C/D
- October 7 - 28**  
Saturdays  
**AA Eye Opener**  
8:30 - 10:30 am | Room C/D

- October 19**  
3rd Thursday  
**Parkinsons Support Group**  
2:00 - 4:00 pm | Room C/D
- October 20**  
3rd Friday  
**Wellspring Cancer Connect**  
10:00 am - 11:30 am | Board Room



**Empathy. Assistance. Advocacy.**



# MENU ~ OCTOBER 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

Monday, October 2	Tuesday, October 3	Wednesday, October 4	Thursday, October 5	Friday, October 6
<b>Entree:</b> Sweet & Sour Pork <b>Starch:</b> Rice <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice	<b>Entree:</b> Perogies with Sausage <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice	<b>Entree:</b> Chicken Cacciatore <b>Starch:</b> Penne <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice	<b>Entree:</b> Beef & Broccoli Stir Fry <b>Starch:</b> Rice <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice	<b>Entree:</b> Turkey <b>Starch:</b> Stuffing & Mashed Potatoes <b>Soup &amp; Veg:</b> Chef's Choice <i>Thanksgiving Special</i>
Monday, October 9	Tuesday, October 10	Wednesday, October 11	Thursday, October 12	Friday, October 13
<b>Entree:</b> Honey Garlic Pork <b>Starch:</b> Rice <b>Soup &amp; Veg:</b> Chef's Choice <i>LSCO Closed for Thanksgiving.</i>	<b>Entree:</b> Rindsrouladen (Beef Rolls) <b>Starch:</b> Roast Potatoes <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice	<b>Entree:</b> Spaghetti & Meatballs <b>Starch:</b> Garlic Toast <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice	<b>Entree:</b> Chicken Cordon Bleu <b>Starch:</b> Mashed Potatoes <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice	<b>Entree:</b> Baked Ham <b>Starch:</b> Scalloped Potatoes <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice
Monday, October 16	Tuesday, October 17	Wednesday, October 18	Thursday, October 19	Friday, October 20
<b>Entree:</b> Butter Chicken <b>Starch:</b> Rice <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice	<b>Entree:</b> Stuffed Pork Tenderloin <b>Starch:</b> Roasted Potatoes <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice	<b>Entree:</b> Beef Cannelloni <b>Starch:</b> Garlic Toast <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice	<b>Entree:</b> Chicken Kiev <b>Starch:</b> Roast Potato <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice	<b>Entree:</b> Roast Beef <b>Starch:</b> Mashed Potatoes & Gravy <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice
Monday, October 23	Tuesday, October 24	Wednesday, October 25	Thursday, October 26	Friday, October 27
<b>Entree:</b> Bangers (Sausage) <b>Starch:</b> Mashed Potatoes <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice	<b>Entree:</b> Beef Stew <b>Starch:</b> Mashed Potatoes <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice	<b>Entree:</b> Lasagna <b>Starch:</b> Garlic Toast <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice	<b>Entree:</b> Chicken Souvlaki <b>Starch:</b> Rice <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice	<b>Entree:</b> Baked Ham <b>Starch:</b> Scalloped Potato <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice
Monday, October 30	Tuesday, October 31			
<b>Entree:</b> Sweet & Sour Pork <b>Starch:</b> Rice <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice	<b>Entree:</b> Chicken Pesto with Gnocchi <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice			

View the menu online at [www.lethseniors.com/menu](http://www.lethseniors.com/menu)



## OCTOBER 2023 EVENTS & PROGRAMS

### SPECIAL EVENTS

- all ages*
- Wed 04 | 10:30–11:30 AM  
MMIWG2S Faceless Dolls Workshop +
  - Thu 05 | 7–8:30 PM  
Blackfoot Sky Science at the Oldman River Observatory \*
  - Fri 20 | 6–7:30 PM  
Afro Fusion Dance Workshop \*
  - Thu 26 | 6–8 PM  
Indigenous Radically Lecture:  
Dr. Tina Taitano DeLisle ++
  - Fri 27 & Sat 28  
Haunted House at Fort Whoop-Up  
registration encouraged, \$5/person  
1–3 PM | children and caretakers  
6–9 PM | 18+

### SPECIAL EVENT

- adults and seniors*
- Fri 13 | 6–8 PM  
Death Cafe ++
  - Sat 21 | 1–4 PM  
Flora Foundations: Herbalism Plant Circle with Jördis Weilandt ++
  - Tue 31 | 8–11 PM  
Rocky Horror Picture Show Screening
- ### THE GALT PRESENTS \*\*
- Sun 01 | 1:30–3:30 PM  
Stéphane Guevremont Lecture:  
The Great Depression in Alberta
- ### CREATIVE COMMUNITY \*\*
- Wed 11 | 10:30–11:30 AM  
Day of the Dead program

### INDIGENOUS HISTORY ++

- Thu 12 | 6–8 PM  
Learning Blackfoot: Conversations with Blanche Bruised Head

### TOURS \*

- Thu 19 | 7–8:15 PM  
St. Patrick's Cemetery Flashlight Tour
- Thu 27 | 6:30–7:45 PM  
Mountain View Cemetery Flashlight Tour
- Mon 30 | 7–8:15 PM  
Galt Hospital Ghost Tour

### ARCHIVES \*\*

- Fri 20 | 3–4 pm  
Ukrainian Genealogy Webinar

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







# 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.



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**PARKSIDE PLACE**

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### THE BEST OF ADULT LIVING

- ▶ Maintenance Free Living
- ▶ 3 Reality-tested Floorplans
- ▶ Endlessly Customizable
- ▶ Exceptional Standard Features



Contact Trisha for more information

403.331.1132

[trisha@newrock.ca](mailto:trisha@newrock.ca)

Or visit

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



**RACHAEL THOMAS**  
MEMBER OF PARLIAMENT

[f](https://www.facebook.com/RachaelThomasMP) [i](https://www.instagram.com/RachaelThomasMP) [y](https://www.youtube.com/RachaelThomasMP) @RachaelThomasMP

[RachaelThomas.ca](http://RachaelThomas.ca) | [Rachael.Thomas@parl.gc.ca](mailto:Rachael.Thomas@parl.gc.ca) | 403-320-0070

# October 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> (Starting October 14) 9:00 am- 12:30 pm
<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>Qigong/Tai Chi</b> 10:15 am-11:00 am Gym 2 <b>Flow Yoga</b> 10:15 am - 11:15 am Room A/B	<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>Qigong/Tai Chi</b> 10:15 am-11:00 am, Gym 2 <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> (Starting October 21) 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

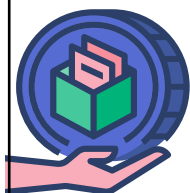
- Please sign up before the register by date to receive the best price listed. Classes are subject to a \$10 increase after this date.
- **If you missed the deadline** and are interested in participating, please ask to find out if there is room!
- LSCO Members (LSCO M); Non-Member (NM)

## 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.

#### Session 1

When: Thursdays, drop in until October 12  
Time: 9:30 - 10:15 am  
Drop In Fee: \$6 LSCO M; \$8 NM  
Instructor: Andrea Clarke  
Location: Stage Area

## 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**

**\*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 2**

When: Thursdays, October 19 – December 14  
 Time: 9:30 - 10:15 am  
 Fee: \$50 LSCO M; \$72 NM  
 Register by: Wednesday, October 18  
 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, drop in until October 30 (No Class Oct. 9)  
 Time: 11:30 am - 12:15 pm  
 Drop In Fee: \$6 LSCO M; \$8 NM  
 Instructor: Andrea Clarke  
 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.

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.

**Wednesdays**

When: Wednesdays, drop in until December 11  
 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. Please ask.

**Session 1**

When: Mondays, drop in until October 30 (No class Oct. 9)  
 Time: 10:15 – 11:15 am  
 Drop In Fee: \$8 LSCO M; \$10 NM  
 Instructor: Jamie Hillier  
 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  
 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, drop in until December 12  
 Time: 9:00 – 9:50 am  
 Fee: \$8 LSCO M  
 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.**

**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  
 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, 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  
 Location: All Purpose Room  
 Register by: Friday, September 29

**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 (No class Oct. 9)  
 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

**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 (No class Oct. 9)  
 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.

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

**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: Drop in until October 30  
(No class Oct. 9)

Time: 9:00 – 10:00 am

Drop In Fee: \$8 LSCO M; \$10 NM

Instructor: Gabrielle Dumont

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: Drop in until October 26

Time: 11:20 am – 12:20 pm

Drop In Fee: \$8 LSCO M; \$10 NM

Instructor: Jamie Hillier

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 - Dec 5

Time: 1:30 – 2:30 pm

Fee: \$80 LSCO M; \$104 NM

Register by: Friday, September 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: Fridays, drop in until  
December 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.

**Session 1**

When: Tuesdays, drop in until  
October 31

Time: 9:00 – 9:55 am

Drop In Fee: \$8 LSCO M; \$10 NM

Instructor: Andrea Clarke

**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

**Zumba****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

**QiGong & Tai Chi****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 beginners. Dress in layers as the room temperature varies and indoor shoes. We are not able to accommodate a drop in participants or guests for this program. Space is limited. **\*Not included in Ultimate Fitness Membership.**

When: Tuesdays & Thursdays,  
October 24 - November 30

Time: 10:15 – 11:00 am

Fee: \$84 LSCO M; \$108 NM

Instructor: Dave Scotland

Register by: Friday, October 20

Location: Gym 2

**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, Oct. 21 - Dec. 16  
(No Class November 11)

Time: 10:00-11:15am

Fee: \$56 LSCO M; \$72 NM

Instructor: Rumi Graham

Register by: Thursday, October 12

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.**

**Session 1**

When: Mondays, October 2, 16, 23, 30  
(No class Oct. 9)

Time: 8:30 - 9:30 am

Fee: \$38 LSCO M; \$50 NM

Drop In Fee: \$10 LSCO M; \$15 NM

Instructor: Elaine Jagielski

Location: Room A/B

**Session 2**

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

## 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  
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.

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.

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

**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

**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

**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

**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.

**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.**

**INITIAL CONSULT Free**

- Prescreening & Goal Setting

**FITNESS ASSESSMENT \$25**

- Cardiovascular
- Muscular strength/endurance
- Balance/flexibility

**GETTING STARTED PACKAGE \$80**

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- 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

**CONTACT ANDREA**

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

**Pickleball News**

The 2023 Canadian National Pickleball Tournament was held in Regina, SK at the end of August.

A number of local players came away with medals as follows:

**Mixed Doubles Skill Level 3.0 and under; 65+ yrs.**

GOLD: Val Boras & Richard Boras

**Mixed Doubles Skill Level 3.5; 60-64 yrs.**

GOLD: Cathy Wood & Blaine Takeda

**Mixed Doubles Skill Level 3.5; 16+ yrs.**

BRONZE: Stacey Keraiff & Christopher Jones

**Women's Doubles Skill Level 4.0; 50-59 yrs.**

SILVER: Ilsa Wong & Bonnie Ewasechko

**Men's Doubles Skill Level 4.0; 70+ yrs.**

GOLD: Michael Wagner & Rande Megerenn

**Men's Doubles Skill Level 3.5 and under; 60-64 yrs.**

SILVER: Blaine Takeda & Richard Boras

**Men's Singles Skill Level 3.0 and under; 50+ yrs.**

GOLD: Gerard Dower

**Apologies if any players were missed. Congratulations to all participants!**



## Fran Rude Honoured with the Joan Waterfield Memorial Award

The Joan Waterfield Memorial Award recognizes a member of the arts community that have made a substantial, lifetime contribution to arts in Lethbridge.

Fran Rude has been involved in the Lethbridge theatre scene since 1978, participating in many productions across genres; dramatic, comedic, and melodramatic plays. She began with acting and moved into directing with Playgoers of Lethbridge, Lethbridge Musical Theatre, and Marquee Theatre. She has directed 55 shows and participated in over 70 local productions. Fran's philanthropic and service efforts have benefited many local community organizations, including the Lethbridge Symphony, Lethbridge Alzheimer's Society, Lethbridge Seniors Citizens Organization, and Lethbridge Roar. Fran has volunteered her time and energy for over a dozen benefit productions, that have galvanized the local performance community and raised hundreds of thousands of dollars for local non-profit organizations. Fran has mentored several generations of the city's musicians and actors and nurtured a love of performance, leaving an indelible mark on the arts community, and thereby, all of Lethbridge.



*Above: Fran Rude at the award ceremony with a portrait all Joan Waterfield Memorial Award Winners are gifted*

On behalf of all of us at the LSCO, thank you Fran for all the hard work you you have put into organizing and directing theatre fundraisers for us over the years. Congratulations on this well deserved award!

# HAVE FUN GET FIT

**ZUMBA GOLD**  
**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**  
**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**

**POUND FITNESS**  
**WHEN: FRIDAYS, OCT. 6 - DEC. 8**  
**TIME: 10:00 AM - 10:45 AM**  
**FEE: \$80 LSCO M: \$104 NM**  
**INSTRUCTOR: SHEILA MULGREW**  
**REGISTER BY: WEDNESDAY, OCTOBER 4**  
**LOCATION: STAGE AREA**

**LSCO** LETHBRIDGE Senior Citizens ORGANIZATION

*fall classes*  
 OPEN FOR REGISTRATION

**LSCO** LETHBRIDGE Senior Citizens ORGANIZATION

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# Embracing Connections



## LEARN Case Manager

Amy Cook

learn@lethseniors.com  
403-394-0306

While we still have nice weather, I want to encourage you all to continue to get out, build connections and foster relationships with those around you!

Isolation is one of the leading risk factors for elder abuse, but surrounding yourself with positivity, connection and support is one of the best things you can do to both protect your physical self, and your mental health!

Should you be experiencing difficult dynamics or strained relationships in your personal life, you are not alone, and you don't need to feel isolated in that experience. LSCO has so many options to ensure you are able to connect with others with similar interests, goals and lived experiences.

Whether you are a member at one of the LSCO or not, I challenge you to make it a

point this October to make a new friend, or simply just speak to someone you have not yet had the opportunity to interact with.

And as always, if you are experiencing abuse, or have any questions regarding mistreatment, family dynamics or strained relationships, please don't hesitate to reach out to me!

- 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.*



## Support LEARN with the Community Blooms Initiative

Community BLOOMS is an initiative that provides financial assistance to Lethbridge Local Charities & Organizations; created so that BLOOMdiggity and its team may LIVE & GIVE exceptionally, further strengthening our own investment & passion for community, as well as leading others to do the same.

2% of all daily sales from September - December will be donated to LEARN.

You can shop online at [www.bloomdiggity.ca](http://www.bloomdiggity.ca) or in person 312 7 St S, Lethbridge, AB T1J 2G2

THANK YOU BLOOMDIGGERITY







## Get your FLU SHOT

LSCO Room C & D   
 9:30 am – 12:00 pm   
 October 16 & October 17 

\*Please wear a short sleeved shirt and Bring your Alberta Health Care Card.\*

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**Computer Corner**  
By Sjoerd Schaafsma

**Dealing with Email**

Notice.... the title says dealing with email. This is not so much about the details of the many ways you can make email simpler or do more for you, or how to connect to a new email server. This is about keeping your email account manageable.

I maintain a few email lists, the largest is over 800 addresses, and I periodically receive the following message or variant thereof, "The user's mailbox is full". I figured that was a good enough reason for this article.

Depending on your email server, (the company or service that actually stores or provides your email), you may have anywhere from 1 Gigabyte to 1 terabyte of free storage per email account.

- Shaw - 1 Gb,
- Gmail & Telus - 15 Gb,
- msn.com probably 15 Gb (it's tricky, it's Microsoft),
- Yahoo - 1 Terabyte.

If you pay for more storage, the sky's the limit.

The type of mail you receive and store will determine how much space you NEED. I use Gmail and Telus, and haven't run out of space yet. If I was using Shaw, I would have run out long ago.

If your emails consist of nothing but text, you may never run out. If you regularly delete email messages, you may not run out either. If you are still using the POP email service then you are storing your email on your own computer, and depending on how your email is configured, (the stuff we aren't going to go into) your storage limit is probably determined by your hard drive space.

Granted not everyone cares about every email I send out... It's like a news service, read it or not, it's your choice. However, if bulk mail, or mail with large attachments is filling up your mailbox you may be missing important emails from family and friends.

The solution: Check on your available space, AND, clean out the deadwood!

Most email services will let you sort your email by sender, size of the email, date, and whether or not it has an attachment. This will make it easier to delete multiple messages at once.

An in depth explanation of how to clean your email inbox is available at the link below:



<https://www.mailbutler.io/blog/email/spring-clean-email-inbox-declutter/>

**Definitions: E-Wallet**

I was asked recently, "Can I use my E-Wallet for that?" I don't use an E-wallet, the closest I came was keeping my Covid vaccination records on my iPad.

Here's a definition from the Cambridge online Dictionary: a way of storing a user's digital cash and on-line shopping information.

A Google search for "define e-wallet" will give you much more info.

**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.

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

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



Email computerclub@lethseniors.com to be added to the email list or to ask for help from the computer club. Membership is not required to be added to the mail list.

**Computer Club EVENTS**

**October 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.

**OCTOBER**

Monday 2- Updates Planning, sharing, help and socializing

Wed 4- Sharing, help and socializing

Friday 6- Sharing, help and socializing

Monday 9- Thanksgiving LSCO closed

Wed 11- **What is AI - Artificial Intelligence? This will be presented via a number of TED talks and articles about AI on the Smart Board. Proposed subjects: What is AI, History, examples, current uses, societal implications**

Friday 13- Sharing, help and socializing

Monday 16- Sharing, help and socializing

Wed 18- Sharing, help and socializing

Friday 20- Sharing, help and socializing

Mon 23- Sharing, help and socializing

Wed 25- **USB Cables, how many? Why so many, what are they all for, Cable speeds USB transfer speeds, Examples will be shown Presenter Terry**

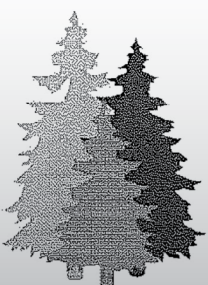
Friday 27- Sharing, help and socializing

Monday- 30 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>



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# Member Spotlight

## Discovering Community, Making Connections

# Member Spotlight



**Rosemary Howard (l)**  
**and Mary Lancaster (r)**



...Continued from page 1

Given the fact that they were “on the same page” when it came to their volunteerism and what they hoped to achieve for the library, they were eager to develop an organizational system which is currently in place. Fiction, Non-fiction, Auto/biographies, and Large Print books- these are the main categories that govern their catalogue. The Library’s September Free Book Giveaway refreshes the collection; and any funds put in the Donation Box are appreciated and go towards benefiting LSCO programs such as Meals on Wheels.

A former volunteer coordinator had the fantastic idea to involve this dynamic duo with ticket sales, raffles, and other special projects (e.g. Christmas dinners, Mother’s Day functions, St Pat’s Day pubs, BBQs). This has led to varying volunteering commitments that has given them the opportunity to promote ideas that enhance the organization.

Rosemary began her LSCO experience prior to her retirement, as she started taking Chair Yoga classes in 2016. She has been an LSCO member for 9 years. In 2017, she retired from her 44 year career at the University of Lethbridge as a Library Technician; she especially enjoyed the international aspect that inter-library loans brought to her role.

An “air force brat” from a family of 8 children, she was born in Duncan, B.C. Her family came to Taber in 1968 for her Dad’s career. She obtained a B.A. in History from the UofL in 1972. She thanks her Dad for promoting higher education and her lifelong interest in learning.

Mary began her LSCO membership 5 years ago; she was still working part-time, but taking Tai Chi and other fitness classes. She is a true Lethbridge native, born and raised

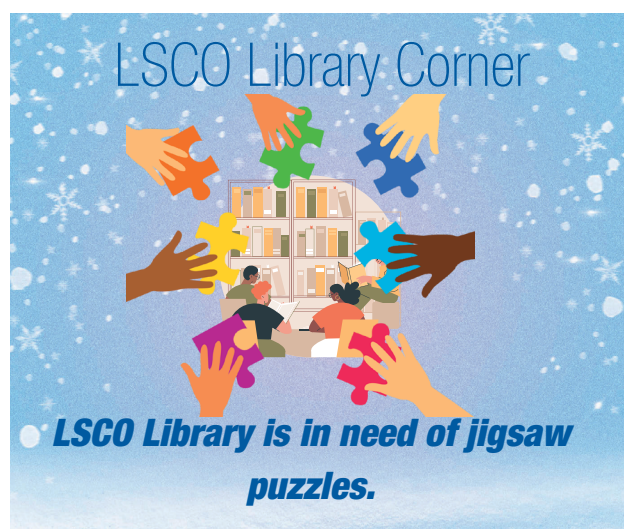
and graduated from CCHS.

Mary and her husband have one daughter who lives and works in Oman. Her daughter is her greatest source of pride because she is a strong, independent woman. Mary always looks forward to her regular visits so she can ply her with the specialties of home. She spends her ‘off’ hours keeping very busy in her flower garden, doing various needlecrafts, puzzles, and watching TV/ Youtube.

Between the two, their favourite meals are roast beef dinners, popcorn, and a traditional turkey dinner. They both enjoy 50’s-70’s Rock and Roll music, but one prefers Country & Western, while the other prefers Classical music. If you are curious who might share your preferences, you will have to stop by the Library to meet the Ladies.

Mary describes Rosemary as being “open to do anything” and a great friend while Rosemary describes Mary as the “idea lady” with a great sense of humour. They make quite a pair and are a gift to LSCO, quietly going about their tasks that keep the organization running smoothly.

They would always like us to remember: “Reading is to the mind, as exercise is to the body”.



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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# Welcome Zuwairah



**Marketing & Admin Assistant**

**Zuwairah Sani**  
 zsani@lethseniors.com  
 403-320-2222 ext. 208

Hi all !

My name is Zuwairah Sani and I have been the Marketing and Admin Assistant for the past six months. Some of you may have seen me in and around LSCO however, I realized that I haven't taken the opportunity to properly introduce myself.

So, I thought I would finally do so and why not make it interesting by letting you in on a few fun facts about me.

- Firstly, I am multilingual; I speak five languages including English and I am constantly trying to broaden my repertoire. As someone who is originally from Western Nigeria but was raised

in the Northern region, I constantly had to juggle the local dialect of where I am originally from i.e Yoruba with the language commonly spoken where I grew up- Hausa as they both were very present in my household. I also had to learn Arabic as a rite of passage through my Islamic lessons as I am Muslim and I have had a deep adoration for the French language since middle school.

- Secondly, I am passionate about the arts and have deeply entrenched myself in various creative pursuits over the years. I consider writing my first and most important creative venture and I am constantly experimenting with various forms of it such as, poetry, plays, short stories, personal essays etc. I also dabble in photography, paint in my spare time, create digital art and play two musical instruments: the keyboard and ukulele.
- Hence, it is this passion for the arts which led me into getting involved with

"We're Here Too", a creative collective formed to amplify the voices and work of black creatives in the Lethbridge community. The collective was founded by Oseremen Irete, Bariyaa Ipa and Mystique Muhoza in 2020 and I have been working as a core member of the team since 2021. Our current primary form of exhibition is a yearly 'zine (mini magazine) usually comprised of various forms of media and art created by black creatives in and around the Lethbridge community. Keep an eye out for the latest edition coming out soon.

- Lastly, I am a three time high school spelling bee champion so you know who to look for if you ever have any spelling needs ;)

I am super excited to be a part of the LSCO team and although, I have already spent a few months here, I am very much still coming into my own with this role and would greatly appreciate any suggestions or feedback you may have for me.

## LOW IMPACT EXERCISES

### CHAIR EXERCISES

**WHEN:** THURSDAYS, OCTOBER 19 – DECEMBER 14  
**TIME:** 9:30 - 10:15 AM  
**FEE:** \$50 LSCO M; \$72 NM  
**REGISTER BY:** WEDNESDAY, OCTOBER 18  
**INSTRUCTOR:** ANDREA CLARKE  
**LOCATION:** STAGE AREA

### FUNCTIONAL FITNESS

**WHEN:** MONDAYS, DROP IN UNTIL OCTOBER 30  
**TIME:** 11:30 AM - 12:15 PM  
**DROP IN FEE:** \$6 LSCO M; \$8 NM  
**INSTRUCTOR:** ANDREA CLARKE  
**LOCATION:** STAGE AREA

### INDOOR CYCLING

**WHEN:** MONDAYS, DROP IN UNTIL OCTOBER 30  
**TIME:** 10:15 – 11:15 AM  
**DROP IN FEE:** \$8 LSCO M; \$10 NM  
**INSTRUCTOR:** JAMIE HILLIER  
**LOCATION:** GYM

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