



LSCO
39th Annual
Christmas
TURKEY DINNER

Join us
for a free in person Christmas Dinner

Monday, December 25
11:00 am - 1:00 pm

Dinner is open to everyone in the community
as quantities allow*

**In order to ensure we have enough food, we are asking that
anyone looking to attend the in person dinner RSVP*

Transportation will be available with the Go Friendly Bus on
Christmas Day. Contact the LSCO to arrange.

Donations Gratefully Accepted

Contact us to volunteer, donate or RSVP
403-320-2222
www.lethseniors.com/christmas
500 - 11th St. South, Lethbridge



IN THIS ISSUE

GENERAL INFORMATION

Executive Director Message ...	2
New Members	3
Upcoming Events	4
Christmas at the LSCO	4
The Volunteer Connection.....	5
Friday Music Schedule.....	5
Classified Ads.....	6
Diner Menu	8
Computer Corner.....	18
Member Spotlight.....	19
Meals on Wheels Spotlight	20

PROGRAMS & FITNESS

Drop In Classes	9
Health & Wellness.....	10
Exercise & Fitness	11
Dance & Zumba.....	13
Yoga	13
Cards & Games.....	14
Creative Arts	14
Sports.....	14
LSCO Groups.....	14
Holiday Tips.....	15



Merry Christmas
Holiday Hours:

Friday December 22: 8 am - 2 pm
Monday December 25: Closed *Christmas Day*
Tuesday December 26: Closed *Boxing Day*
Friday December 29: 8am - 2 pm
Monday January 1: Closed *New Year's Day*



SUPPORT SERVICES

Build a Budget With Us.....	5
Heather's Message	7
Christmas Movies.....	7
Support Services Calendar.....	7
Mobile Food Support	7



Executive Director

Rob Miyashiro

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

LSCO News

If you missed our recent production of “The Secret Garden”, you missed a magical performance performed by an unbelievable cast, an amazing orchestra and choir, all backed by a stage crew that is so good that everything went off without a hitch.

This show was the perfect send-off to the dynamic duo of Fran Rude and Ken Rogers, as this was their last show together. Their perfectly matched skill sets of Fran’s vision of how a performance should look and feel and Ken’s ability to have the individual and collective musical talent bring that to life has benefitted LSCO for so many years. I cannot express my appreciation enough to those two and all they have done for LSCO. I must also mention Nancy Graham’s tireless work as the Stage Manager for our shows and all of the off-stage team for their invaluable contributions to this, and past shows.

Thank you to everyone that has assisted with the success of our productions – from the cast and crew, to musicians and technicians, to our staff and volunteers. And a big thank-you to Hannah for her role as LSCO point person for “The Secret Garden” and her front of the house work.

In the first week of December – and for the next month or two, you will see a couple of University of Lethbridge Graduate students roaming around the main floor asking people if they have time to chat.

These students need to collect information directly from older adults as part of their research (one will be discussing mobility issues in the context of ageing and the other will ask questions related to fear of falling, and managing that fear). If you have the time, please assist these students with their research.

This year’s free Community Christmas Day Turkey Dinner will be in-person for the first time in years! I hope everyone that is able to make it here comes down and shares a fabulous meal with us. See the ad on the front page for more details and please have a safe and happy holiday season!

-Rob Miyashiro

Book an eye exam online
or drop by and see us

Park Place Mall
Lethbridge
(587) 388-0563

Merry Christmas

December, 2023

At LSCO we are always committed to provide assistance and services to families and individuals in need, not only during the holiday season but throughout the year.

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

I am excited to share that this year, we will be holding our annual Christmas Dinner in person again! Different from previous years, we are asking that you RSVP if you are planning on attending so we can ensure we have enough food.

Because of community generosity, last year nearly 1000 turkey dinners were delivered across the community including meals to the Lethbridge Soup Kitchen, Police members and Firefighters who were working on Christmas Day.

Our annual cost is roughly \$12,000 and we are always incredibly grateful for all the support we receive each year from the community.

How can you help with this years’ Christmas Turkey Dinner:

- 1) Meal Sponsor** as an individual or a business. Each meal/table you sponsor will be labelled with a Christmas Greeting from you.
- 2) Volunteer on Christmas Day** to help with the in person dinner.

If you would like to be involved in some way, please contact us at 403-320-2222

Season’s Greetings,

Rob Miyashiro
Executive Director
Lethbridge Senior Citizens Organization

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!



A MONTHLY PUBLICATION OF THE LETHBRIDGE SENIOR CITIZENS ORGANIZATION

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

Designed by.....Zuwairah Sani
 Edited by Hannah Dupuis
 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.comext. 304
 Operations Manager – Jodie McDonnell
 jmcdonnell@lethseniors.comext. 102
 Accounting Technician – Christine Toker
 finance@lethseniors.comext. 103
 Receptionist & Administrative Support Kari Martin
 kmartin@lethseniors.comext. 101
 Fund Development & Marketing – Hannah Dupuis
 hdupuis@lethseniors.comext. 302
 Marketing & Admin Assistant – Zuwairah Sani
 zsani@lethseniors.comext. 302
 LEARN Case Manager – Amy Cook
 learn@lethseniors.comext. 301
 Acting Support Services Manager– Amy Labossiere
 alabossiere@lethseniors.comext. 205
 Seniors System Navigator (SSN) – Camille Sherwood
 csherwood@lethseniors.comext. 206
 Seniors System Navigator (SSN) – Jon Bateman
 jbateman@lethseniors.comext. 207
 Seniors System Navigator (SSN) – Rebekah Nicholas
 rnicholas@lethseniors.comext. 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
 In-Home Supports & Volunteer Program –Bonnie Jensen
 bjensen@lethseniors.comext. 202
 In-Home Supports Program Assistant – Diane Legault
 dlegault@lethseniors.comext. 201
 Volunteer Program Assistant – Azra Pira
 volunteer@lethseniors.comext. 208
 Program Department Manager – Shawn Hamilton
 shamilton@lethseniors.comext. 104
 Fitness Coordinator – Andrea Clarke
 fitness@lethseniors.comext. 303
 Food Services Coordinator– Lachlan Dyer ext. 401
 Asst. Food Services Coordinator– Travis Eakett ext. 401
 Food Service Cashier – Georgette 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

October - November 2023

16 New Members

George Combe
 Cindy Ruchkall
 Marion Pontarolo
 Sherri Gallant
 George Gallant
 Linda Kremenik
 Noreen Cahill

Edna (Eddie) Edwards
 Eva Sommer
 Gerry Stewart
 Rodney Swanek
 Dennis Connolly
 Karla Millar-Nickson

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

FEE ASSISTANCE PROGRAM

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

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

For more information contact: feassistance@lethbridge.ca or call 311.

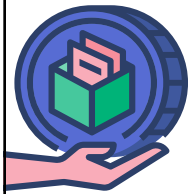
LSCO WELCOME POLICY

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

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

Please bring prior year income tax for verification.

For more information call 403-320-2222



December 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.

Dec 7	Amber Jensen	<i>Moms Stop the Harm and Failed Drug Policies</i>
Dec 14	Carolyn Hodes- University of Lethbridge	<i>Right Wing Populism & its Impact on PostSecondary Education in Alberta</i>

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

Did you know?

that you don't have to be a member of LSCO to use the Fitness Centre.

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

Christmas at the LSCO



Fund Development & Marketing Coordinator

Hannah Dupuis

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

Merry Christmas everyone!

Christmas is my favorite time of year and this year I have so many things that have me in the holiday spirit!

At the LSCO, Christmas is one of our busiest times of the year and to make it easy for you, I've summarized everything going on here below. You can find more details about all of these at www.lethseniors.com/christmas

1. Christmas Dinner: For the first time since 2019, we will be holding our FREE Christmas Dinner in person again from 11 - 1 on Christmas Day! Please note that we are asking people to RSVP this year. If you need transportation to and from the LSCO, the Go-Friendly Bus will be available. Please contact us to arrange.

2. Christmas Social - Get in the Christmas spirit with your friends at our Christmas Party on December 15 from 1 - 4. Tickets are \$5 and can be purchased in advance at the LSCO. They include a drink ticket and a door prize entry. There will be appetizers, desserts, drinks and a 50/50. Open to all members and their invited guests

3. Christmas Movies at the LSCO - If you miss going to the movies, have we got a treat for you! Free to attend, popcorn included!

Matinee: Monday, December 11 at 1:00 pm
It's a Wonderful Life (1946)

Evening: Monday, December 18 at 7:00 pm
Miracle on 34th Street (1994)

4. Christmas Cravings Fundraiser - Bring home a Christmas Goodie platter featuring 6 unique Christmas treats. Place your orders at the administration desk or by calling 403-320-2222, with pick up starting on December 4. \$6 per half dozen.

5. Warm Rewards MOW Fundraiser: The LSCO Quilters would like to keep you warm over the winter while raising money for Meals on Wheels. On Tuesday, December 5 & 12, bring a tax receipt of your donation to Meals on Wheels and choose a quilt up to the amount you have donated as a thank you gift (as quantities allow)! See page 6 for more information.

And lastly, even though it is not Christmas related, THANK YOU to everyone who volunteered, attended, sponsored, or helped with the Secret Garden in any way. It was a huge success and would not have been possible without each and every one of you.

Secret Garden Raffle Auction Winners:

Anne Aitchison (G 998475); Jacky Hall-Buckland (G 998313); Linda Lundquis (Y 383966); Darlene Legault (Y 998614); Amy Vanderhaden (Y 383755); Anonymous (Y 3838203); Trudy Walker (G 998389); Nita Nelson (R 469899)

And if you are looking for some winter florals, be sure to stop by BloomDiggity before the end of the year as part their sales will be donated back to our Lethbridge Elder Abuse Response Network through their Community Blooms Initiative.

I hope to see you all at the LSCO sometime in December!

Upcoming Events

Warm Rewards Fundraiser
Tuesday December 5 | 10 AM - 3 PM
Tuesday December 12 | 10 AM - 3 PM

Christmas Movies
Monday December 11 | 1 - 3 PM
Monday December 18 | 7 - 8:30 PM

LSCO Christmas Social
Friday, December 15 | 1 - 4 PM

In Person Christmas Dinner
Monday, December 25 | 11 AM - 1 PM

CHRISTMAS SOCIAL

- Appetizers
- \$5 Drinks
- 50/50
- Door Prize
- Fundraiser

**FRIDAY
DEC 15**

1:00 - 4:00 PM

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

\$5 TICKETS*

Includes 1 drink and door prize entry
*Purchase in advance at the LSCO

Open to LSCO members and their guests



The Volunteer CONNECTION

Volunteer Spotlight



Vonda has been volunteering at LSCO since July of 2023 when her daughter told her that she should get out of the house and meet people -- something Vonda took to heart.

Since then, she's become an indispensable member of our volunteer team filling any shifts she can, preparing meals for the Meals on Wheels program, washing dishes, and prepping the food for the diner, but also doing anything else asked of her. After all, as she says, "I don't like to be bored!"

While it was the social aspect of volunteering that brought her to LSCO,

the chance to meet new people, make a difference in her community, and enjoy a purpose to the day are what keep her coming back.

In fact, working in the kitchen has become something she's excited to do. Vonda genuinely looks forward to waking up at 6:00am on those days she comes to volunteer because she enjoys the experience so much!

It is important to be of service to the community which is something Vonda strongly believes in. "Volunteering makes you feel good," she says, and it means a lot to her to be able to help with the food preparation for Meals on Wheels especially because she finds it meaningful and a privilege to be able to truly help those in need.

Having experienced what it's like to not have enough help with things, Vonda always makes it a point to go above and beyond in her volunteering by helping with extra cleaning, dishes, meal prep, and events.

She is also a mentor to other volunteers, assisting with their training and helping them to feel welcome and part of the team. Truly, Vonda is one of our bright stars here at LSCO; we are grateful to have her here, and happy that the volunteer experience has been so positive for her.

To nominate a volunteer for the spotlight series, email volunteer@lethseniors.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.

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!

Kitchen Volunteers

Fridays 11:00 am - 2:00 pm

We are looking for volunteers in our Kitchen and Dining Room. Volunteers are an important part of our team and help to keep the meals affordable at LSCO. We are looking for Dishwashers and help with food prep.

Christmas Social

December 15 1:00 - 4:00 PM

Volunteers are needed to help with the Members Christmas Party: selling 50/50, dishes, running food, and serving alcohol if you have your ProServe.

Christmas Dinner

December 25 10am-12:00 pm and/or 12:00 - 2:30 pm

We are looking for volunteers on Christmas Day to help LSCO provide and serve Christmas Day Dinner to our community. We have a variety of roles to fill from food prep, seating guests, clearing and busing tables, plating food, and washing dishes, etc. You can sign up for one shift, or both shifts. This is a wonderful event, and a very rewarding experience to share with others on Christmas Day.

Contact Danni

volunteer@lethseniors.com

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

FRIDAY MUSIC

Join us for live music by local bands, singers, and musicians at the LSCO !

Performers for the month of December have been confirmed. Come on down for lunch and to enjoy the talents from our community.

**11AM to 1PM (Flexible)
Every Friday
LSCO Stage Area**

SHARE YOUR MUSICAL TALENTS WITH LSCO

To sign up please contact the Volunteer Programming Team
403 320 2222 ext. 208/202
volunteer@lethseniors.com







Build a Budget With Us

Friday December 15
10 am - 11:30 am

- Tips and Tricks to Help You Save
- How to Build a Budget
- Managing Financial Assets
- Financial Resources in Lethbridge

Haig Tower Common Room
521 4 St S, Lethbridge, AB

LSCO QUILTERS'

WARM REWARDS M.O.W FUNDRAISER

- 1 Make a donation to Meals on Wheels at the Front Desk
- 2 Bring your income tax receipt to the quilt display in the card area
- 3 Choose a handmade quilt valued up to the amount you have donated as a thank you gift*

TUESDAY, DECEMBER 5TH & 12TH
10AM - 3PM

*All quilts are hand made by the LSCO Quilters
as quantities allow



EVERGREEN Cremation Services

Because Cost Is An Option

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



Lethbridge HEARING CENTRE

FREE Hearing Screening
2nd Thursday every month

December 14
10 am - 12 pm | Clinic Room

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





Martin Brothers Funeral Services

for over **Serving 100 YEARS**
Southern Alberta Families






People you know. Friends you trust.








Dale Martin Jr. Sandy Regier Lisa Shimosawa Daryl Lockyer Will Martin Jack Martin

Martin Brothers Funeral Services
Toll Free: 1.800.382.2901 403.328.2361
www.mbfunerals.com
610 - 4 Street South Lethbridge, AB

CLASSIFIED ADS

Faith Baptist Church. Meeting in Christ Trinity Lutheran Church 416 12th Street South 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.

2 year old Craft Table For Sale. Purchased from Michaels Craft store. Virtually brand new, comes fully assembled, complete with a stool and directions for assembly. \$70.00 or best offer. Contact 587-486-7643 or e-mail ve6wlemcom@gmail.com.

Farewell Heather



Support Services Manager

Heather Bursaw

hbursaw@lethseniors.com
403-320-2222 ext. 204

To all of you who have made my day over the years working at LSCO from the motivated gym-goers who do not miss a MWF workout, to the smiles and stories shared by the radio club. To the jokes offered by the pool players, to the songs from the Karaoke Club, to the helpful faces manning the computer lab.

To the kind smiles offered by the ladies in the boutique, the genuine laughs and kindness I get from the library ladies. To the hard workers in the wood shop, the volunteers in the kitchen, sharing lunch and all good things home-baked, to everyone working hard each day making life easier for other older adults in the community, all the way back to my team and the entire staff of LSCO, I want to say thank you.

Working here has been extremely rewarding and provided me with the confidence to continue on, working hard to make a difference for our community.

Sincerely,
Heather

Mobile Food Support

Free Food for All!

Monday, December 11, 2023

4:00 - 6:00 pm

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

You're Invited To

Christmas Movies

at the LSCO

IT'S A
WONDERFUL
LIFE

Matinee

1:00 pm

Monday, December 11

MIRACLE ON
34TH STREET

Evening

7:00 pm

Monday, December 18

Lethbridge Senior Citizens Organization
500 11th Street South, Lethbridge
403-320-2222

Free to Attend!

DECEMBER SUPPORT SERVICES

WELLBEING SERVICES

**appointment required*



403-329-1544



intake@lethseniors.com

December 6
1st Wednesday

Service Canada 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.

December 5
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.

December 20

Single Session Counselling*
12:30pm - 3:30pm | 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.

December 13
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

December 14
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.

SUPPORT GROUPS

December 6 - 27
Wednesdays

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

December 21
3rd Thursday

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

December 2 - 30
Saturdays

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

December 1-22

Reconnect & Recharge for Older Adults
2:00 - 3:00 pm | Stage Area



Empathy. Assistance. Advocacy.



MENU ~ DECEMBER 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

Friday, December 1				
				Entree: Roast Beef Starch: Mashed Potatoes & Yorkshire Pudding Soup: Chef's Choice Veggie: Chef's Choice
Monday, December 4	Tuesday, December 5	Wednesday, December 6	Thursday, December 7	Friday, December 8
Entree: Teriyaki Pork Starch: Rice Soup: Chef's Choice Veggie: Chef's Choice	Entree: Rinds Rouladen Starch: Mashed Potatoes Soup: Chef's Choice Veggie: Chef's Choice	Entree: Chicken Cordon Bleu Starch: Roast Potatoes Soup: Chef's Choice Veggie: Chef's Choice	Entree: Bangers (Sausages) Starch: Mashed Potatoes Soup: Chef's Choice Veggie: Chef's Choice	Entree: Baked Ham Starch: Scalloped Potatoes Soup: Chef's Choice Veggie: Chef's Choice
Monday, December 11	Tuesday, December 12	Wednesday, December 13	Thursday, December 14	Friday, December 15
Entree: Honey Garlic Pork Starch: Rice Soup: Chef's Choice Veggie: Chef's Choice	Entree: Chicken Penne Alfredo Starch: Garlic Toast Soup: Chef's Choice Veggie: Chef's Choice	Entree: Beef Stew Starch: Mashed Potatoes Soup: Chef's Choice Veggie: Chef's Choice	Entree: Spaghetti & Meatballs Starch: Garlic Toast Soup: Chef's Choice Veggie: Chef's Choice	Entree: Turkey Starch: Stuffing & Mashed Pot Soup: Chef's Choice Veggie: Chef's Choice
Monday, December 18	Tuesday, December 19	Wednesday, December 20	Thursday, December 21	Friday, December 22
Entree: Sweet & Sour Pork Starch: Rice Soup: Chef's Choice Veggie: Chef's Choice	Entree: Perogies with Sausage Soup: Chef's Choice Veggie: Chef's Choice	Entree: Shepherd's Pie Soup: Chef's Choice Veggie: Chef's Choice	Entree: Chicken Kiev Starch: Mashed Potatoes Soup: Chef's Choice Veggie: Chef's Choice	Entree: Roast Beef Starch: Mashed Potatoes & Yorkshire Pudding Soup: Chef's Choice Veggie: Chef's Choice
Monday, December 25	Tuesday, December 26	Wednesday, December 27	Thursday, December 28	Friday, December 29
LSCO Closed for Christmas	LSCO Closed for Boxing Day	Entree: Ginger Beef Starch: Rice Soup: Chef's Choice Veggie: Chef's Choice	Entree: Barbecue Chicken Starch: Mashed Pot & Cornbread Soup: Chef's Choice Veggie: Chef's Choice	Entree: Baked Ham Starch: Scalloped Potato Soup: Chef's Choice Veggie: Chef's Choice



DECEMBER 2023 EVENTS & PROGRAMS

CURRENT EXHIBITS

 Escaping Residential Schools SEP 23.23 - MAR 03.24	 Stolen Kainai Children: Stories of Survival SEP 23.23 - MAR 03.24
 ACTING OUT CELEBRATING A DECADE OF THEATRE OUTRÉ AUG 19.23 - FEB 11.24	 Transplanted Sunflowers OCT 14 - APR 7.24

CREATIVE COMMUNITY **

Wed 01 | 10:30-11:30 AM
Newcomer Women & Girls Group

SPECIAL EVENTS ++

Sun 03 | 2-3 PM
Children's Symphony Music Performance

Sat 09 & Sun 10 | 5-8 PM
Sat 16 & Sun 17 | 5-8 PM
Christmas at the Fort

HANDS-ON HISTORY

Thu 07 | 3:30-5 PM
Thu 21 | 3:30-5 PM
Drop-in Youth Art Program ages 13-17

INDIGENOUS HISTORY ++

Thu 07 | 6-8 PM
Learning Blackfoot: Conversations with Blanche Bruised Head

Thu 13 | 6-8 pm
Indigenous Beading Workshop (Lanyard)

THE GALT PRESENTS **

Wed 20 | 1:30-3:30 PM
Holiday Tunes with Mr. Chris Roedler

MEMBERSHIPS

Become a member of the Galt Museum & Archives and take advantage of the exclusive benefits! Learn more: www.galtmuseum.com/memberships

+ 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

December Drop In Classes



Important Message

CLASS & PROGRAM LISTING

Majority of the Winter 2024 classes/programs are listed in this paper. Additional classes may be included in the January Times. Note: Most, but not all programs are available for online registration.

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.

Fitness

ABS & CORE

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

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

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

CHAIR EXERCISES

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

FITBALL FOR BALANCE & STRENGTH

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

FITNESS/POWER WALKING

When: Wednesdays, drop in until December 20
Time: 9:00 - 9:55 am
Drop In Fee: \$8 LSCO M; \$10 NM

GENTLE EXERCISE

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

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

MONDAY INDOOR CYCLING

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

POUND & STRETCH

When: Tuesday, drop in until December 12
Time: 1:30 – 2:30 pm
Fee: \$9 LSCO M; \$10 NM
Instructor: Shelia Mulgrew
Location: All Purpose Room

POUND FITNESS (mornings)

When: Fridays, Until December 8
Time: 10:00 – 10:45 am
Drop In Fee: \$9 LSCO M; \$10 NM
Instructor: Sheila Mulgrew
Location: Stage Area

SENIORS WHO LIFT

Mondays
When: Drop in until December 18
Time: 9:00 – 10:00 am
Fee: \$49 LSCO M; \$63 NM
Instructor: Gabrielle Dumont
Location: Gym 2

Thursdays

When: Drop in until December 14
Time: 11:20 am – 12:20 pm
Fee: \$49 LSCO M; \$63 NM
Instructor: Jamie Hillier
Location: Gym 2

STRENGTH & MOBILITY TRAINING

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)

When: Tuesday, drop in until December 12
Time: 12:15 pm – 12:45 pm
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Andrea Clarke
Location: Gym 2

TABATA

When: Mondays, drop in until December 18
Time: 9:00 – 9:55 am
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Jamie Hillier

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

When: Tuesday, drop in until December 19
Time: 9:00 – 9:55 am
Fee: \$49 LSCO M; \$63 NM
Instructor: Andrea Clarke

Zumba

ZUMBA GOLD

When: Tuesday, drop in until December 12
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

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

When: Saturdays, drop in until December 16
Time: 10:00 - 11:15 am
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Rumi Graham
Location: Room A/B

CHAIR YOGA

When: Wednesdays, drop in until December 13
Time: 10:00 - 10:45 am
Fee: \$40 LSCO M; \$56 NM
Instructor: Corrine Myers
Location: Stage Area

TUESDAY EVENING FLOW YOGA

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

Fitness Centre Holiday Hours

Friday, December 22
8:00 am – 1:30 pm

**Saturday, December 23 –
Wednesday, December 27**
CLOSED

Thursday, December 28
8:00 am – 3:30 pm

Friday, December 29
8:00 am – 1:30 pm

**Saturday, December 30 –
Monday, January 1**
CLOSED

**Regular hours of operation
begin Tuesday, January 2,
2024**

Winter Programs

HOW DO I REGISTER?

- Online at 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.

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.

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
Saturday 9:00 am – 12:30 pm

Important Message

CLASS & PROGRAM LISTING

Majority of the Winter 2024 classes/programs are listed in this paper. Additional classes may be included in the January Times.

Note: Most, but not all programs are available for online registration.

CHOOSING CLASSES

Fitness/Exercise Programs have been categorized into levels to help you find the classes suited to your needs. Please review the levels. Dance and other mindful movement classes are listed separately.

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.

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 an 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. Please ask our Fitness Staff for more information.

Health & Wellness

BALANCE WORKS *NEW*

If you are an adult that has noticed your balance failing over the past 3-5 years, this class is for you. It is for those who are unsteady, perhaps have had a fall that knocked your confidence. Even those who lost ground during the pandemic, it is time to get it back. Classes are smaller with more supervision. Each participant will go through a pre-assessment to give the instructor an idea of their ability. This will be on January 10 with classes starting January 17. Space is limited, register early!

***Important: Your contact information will be given to the instructor so that she can arrange a time for your assessment.**

When: Wednesdays, January 17 - March 6
Time: 1:30 – 2:30 pm
Fee: \$32 LSCO M; \$48 NM
Register by: Tuesday, January 9
Instructor: Aingeal O'Mahony Guyn
Location: Stage Area

About The Instructor:

Aingeal O'Mahony Guyn is a licensed physiotherapist who has had a passion for balance / dizziness issues the past 22 years. She enjoys working with a population who struggle to keep their balance for various reasons. Poor balance causes a ripple effect as people stop going out, stop mobilizing and loose confidence. Aingeal wants to create a safe environment, in a class setting where people can practice positions and movement and regain what they have lost.

ON SALE
JUST IN TIME ...
FOR CHRISTMAS

THE NEWEST PUBLICATION
FROM THE LHS!

Available at local booksellers like Analog Books, the Galt Museum, Club Cigar Store and on our website! Launching November 28th!

Beginner/Gentle/ Intermediate Level Classes

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, January 4 - February 15
Time: 9:30 - 10:15 am
Fee: \$39 LSCO M; \$56 NM
Instructor: Andrea Clarke
Register by: Wednesday, January 3
Location: Stage Area

Session 2

When: Thursdays, February 22 - March 28
Time: 9:30 - 10:15 am
Fee: \$34 LSCO M; \$84 NM
Instructor: Andrea Clarke
Register by: Wednesday, February 21
Location: Stage Area

CHAIR YOGA

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

Session 1

When: Wednesdays, January 10 - February 28
Time: 10:00 - 10:45 am
Fee: \$45 LSCO M; \$68 NM
Instructor: Corrine Myers
Register by: Monday, January 8
Location: Stage Area

Session 2

When: Wednesdays, March 6 - April 24
Time: 10:00 - 10:45 am
Fee: \$45 LSCO M; \$68 NM
Instructor: Corrine Myers
Register by: Monday, March 4
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, January 8 - February 26 (No class February 19)
Time: 11:30 am - 12:15 pm
Fee: \$40 LSCO M; \$56 NM
Instructor: Andrea Clarke
Register by: Friday, January 5
Location: Stage Area

Session 2

When: Mondays, March 4 - April 29 (No class April 1)
Time: 11:30 am - 12:15 pm
Fee: \$45 LSCO M; \$64 NM
Instructor: Andrea Clarke
Register by: Friday, February 23
Location: Stage Area

WEIGHTS for BEGINNERS

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

Session 1

When: Thursday, January 11 - February 29
Time: 10:15 - 11:15 am
Fee: \$56 LSCO M; \$72 NM
Instructor: Jamie Hillier
Register by: Tuesday, January 9

Session 2

When: Thursdays, March 7 - April 25
Time: 10:15 - 11:00 am
Fee: \$56 LSCO M; \$72 NM
Instructor: Jamie Hillier
Register by: Tuesday, March 5

GENTLE EXERCISE

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

When: Mondays, January 8 - March 25 (No class February 19)
Time: 10:15 - 11:00 am
Fee: \$77 LSCO M; \$99 NM
Instructor: June Dow
Register by: Friday, January 5

When: Wednesdays, January 3 - March 27
Time: 10:15 - 11:00 am
Fee: \$91 LSCO M; \$117 NM
Instructor: Donna Tiefenbach
Register by: Friday, December 29

When: Fridays, January 5 - March 22
Time: 10:15 - 11:00 am
Fee: \$91 LSCO M; \$117 NM
Instructor: Andrea Clarke
Register by: Wednesday, January 3

BIKE & MORE

This class will spend approximately 30 minutes on the bike for a fun, music based cardio workout, and then transition to strength, balance, and mobility exercises. Wear comfortable clothes, bring your water bottles. Beginner to Advanced cyclers welcome. Class held in Gym 2. If session is not full, drop-ins are welcome. Please ask.

When: Wednesdays, January 10 - March 27
Time: 9:00 - 9:55 am
Fee: \$98 LSCO M; \$108 NM
Instructor: Tracy Simons
Register by: Monday, January 8
Location: Gym 2

CYCLE COMBO

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. Limited Space.

When: Mondays, January 8 - March 25 (No class February 19)
Time: 10:15 - 11:15 am
Fee: \$88 LSCO M; \$99 NM
Instructor: Jamie Hillier
Register by: Friday, January 5
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.

When: Tuesdays, January 9 - March 26
Time: 9:00 - 9:50 am
Fee: \$96 LSCO M; \$108 NM
Instructor: Gabrielle Dumont
Register by: Friday, January 5

When: Thursdays, January 11 - March 28
Time: 9:00 - 9:50 am
Fee: \$96 LSCO M; \$108 NM
Instructor: Gabrielle Dumont
Register by: Monday, January 8

STRENGTH & MOBILITY TRAINING

A group strength training class designed for the Active Older Adult (55 years +). It does not matter if you are new to exercising with weights, resistance bands, etc. or are more experienced. Options are always given. Wear comfortable exercise clothes and indoor footwear. Classes held in the Fitness Centre. Space is limited. Instructor: Andrea Clarke ***Not included in Ultimate Fitness Membership.**

Session 1

When: Tuesdays & Thursdays, January 2 - February 15
Time: 1:30 - 2:30 pm
Fee: \$98 LSCO M; \$126 NM
Register by: Friday, December 29

Session 2

When: Tuesdays & Thursdays, February 20 - March 28
Time: 1:30 - 2:30 pm
Fee: \$84 LSCO M; \$108 NM
Register by: Friday, February 16

TABATA CIRCUIT

This energetic 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. Should have some Fitness Experience. Minimum 6 people to run class.

Session 1

When: Tuesdays, January 9 - February 27
Time: 9:00 - 9:55 am
Fee: \$56 LSCO M; \$72 NM
Instructor: Andrea Clarke
Register by: Friday, January 5

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, January 9 - 30
Time: 12:15 pm – 12:45 pm
Instructor: Andrea Clarke
Fee: \$28 LSCO M; \$32 NM
Register by: Monday, January 8
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, January 9 - March 26
Time: 1:30 – 2:30 pm
Fee: \$90 LSCO M; \$108 NM
Instructor: Shelia Mulgrew
Register by: Friday, January 5
Location: All Purpose Room

Intermediate - Advanced Level Classes

CORE & CRUNCHES

This class will get you where it counts! Core strength stabilizing exercises targeted at the entire core and the back. During this class you will be using your own body weight, bands, tubing and other exercise equipment. Followed by a stretch. Modifications are given. Dress in comfortable workout clothing and indoor footwear. Bring an exercise mat and your water bottle. All Fitness Levels welcome. Minimum 8 people to run class.

When: Mondays, January 8 - March 25
(No class February 19)
Time: 10:15 – 11:15 am
Fee: \$77 LSCO M; \$99 NM
Register by: Friday, January 5
Instructor: Tracy Simons
Location: All Purpose Room

When: Wednesdays, January 10 - March 27
Time: 10:15 – 11:15 am
Fee: \$84 LSCO M; \$108 NM
Register by: Monday, January 8
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, January 8 - March 25
(No class February 19)
Time: 8:00 – 8:50 am
Fee: \$77 LSCO M; \$99 NM
Instructor: Gabrielle Dumont
Register by: Friday, January 5
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: Wednesday, January 3 - March 27
Time: 8:00 – 8:50 am
Fee: \$91 LSCO M; \$117 NM
Instructor: Deb Palmer
Register by: Friday, December 29
Location: Gym 2

CYCLE COMBO

You will be sure to get an excellent workout in this challenging cycle class. Be prepared to work hard both on and off the stationary bike. Class will include resistance training and stretching. Wear comfortable clothes, bring your water bottles. Please note: At times equipment may be shared to accommodate additional participants. Ex: ½ off bike for floor work, ½ on bike and switch. Not available for online registration.

When: Tuesdays, January 2 - March 26
Time: 9:00 - 9:55 am
Fee: \$104 LSCO Members Only
Instructor: Jamie Hillier
Register by: Friday, December 29

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, January 3 - March 27
Time: 9:00 - 9:55 am
Fee: \$91 LSCO M; \$117 NM
Instructor: Jamie Hillier
Register by: Friday, December 29
Location: Gym 1

PILATES

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

When: Mondays, January 8 - March 25
(No class February 19)
Time: 11:15 am – 12:30 pm
Fee: \$112 LSCO M; \$126 NM
Instructor: June Dow
Register by: Friday, January 5
Location: APR

When: Thursdays, January 11 - March 28
Time: 10:15 – 11:30 am
Fee: \$98 LSCO M; \$126 NM
Instructor: June Dow
Register by: Monday, January 8
Location: Room A/B



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.

Mondays

Session 1

When: January 8 – February 12
Time: 9:00 – 10:00 am
Fee: \$42 LSCO M; \$54 NM
Instructor: Gabrielle Dumont
Register by: Friday, January 5
Location: Gym 2

Session 2

When: February 26 – March 25
Time: 9:00 – 10:00 am
Fee: \$35 LSCO M; \$45 NM
Instructor: Gabrielle Dumont
Register by: Friday, February 23
Location: Gym 2

Thursdays

Session 1

When: Thursdays, January 11 - February 29
Time: 11:20 am – 12:20 pm
Fee: \$56 LSCO M; \$63 NM
Instructor: Jamie Hillier
Register by: Tuesday, January 9
Location: Gym 2

Session 2

When: Thursdays, March 7 – April 25
Time: 11:20 am – 12:20 pm
Fee: \$56 LSCO M; \$63 NM
Instructor: Jamie Hillier
Register by: Tuesday, March 5
Location: Gym 2

TABATA

This high energy fitness class is designed to give you an exhilarating work out! Participants will perform a variety of timed exercises that will be challenging (20 seconds of work at maximum effort, followed by 10 seconds of rest; 8 times). Wear comfortable exercise clothes, indoor shoes and bring your water bottle. Intermediate to Advanced Fitness Levels. Class held in Gym 1.

When: Mondays, January 8 - March 25
(No class February 19)
Time: 9:00 – 9:55 am
Fee: \$77 LSCO M; \$99 NM
Instructor: Jamie Hillier
Register by: Friday, January 5

When: Fridays, January 12 - March 29
Time: 9:00 – 9:55 am
Fee: \$84 LSCO M; \$108 NM
Instructor: Tracy Simons
Register by: Wednesday, January 10

TABATA CIRCUIT

This energetic 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. **Should have some Fitness Experience. Minimum 6 people to run class.**

Session 1

When: Tuesdays, January 9 - February 27
 Time: 9:00 – 9:55 am
 Fee: \$56 LSCO M; \$72 NM
 Instructor: Andrea Clarke
 Register by: Friday, January 5

Session 2

When: Tuesdays, March 5 – April 23
 Time: 9:00 – 9:55 am
 Fee: \$56 LSCO M; \$72 NM
 Instructor: Andrea Clarke
 Register by: Friday, March 1

TRX COMBO

TRX (Suspension Training) uses straps, gravity, and your body weight to increase strength, balance, and core stability. Simply by changing resistance and altering body position, each participant can customize their workout for their own needs and goals. A variety of equipment will be used including stationary bikes. Please note: At times equipment may be shared to accommodate additional participants. Ex: ½ on TRX, ½ on Bike and switch. Not available for online registration.

When: Thursdays, January 4 - March 28
 Time: 9:00 - 9:55 am
 Fee: \$104 LSCO Members Only
 Instructor: Jamie Hillier
 Register by: Friday, December 29

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.

Session 1

When: Wednesdays, January 3 - February 28
 Time: 11:30 am – 12:30 pm
 Fee: \$45 LSCO M; \$54 NM
 Instructor: Gloria-Rose Puurveen
 Register by: Friday, December 29
 Location: Gym 2

Session 2

When: Wednesdays, March 6 – April 24
 Time: 11:30 am – 12:30 pm
 Fee: \$40 LSCO M; \$48 NM
 Instructor: Gloria-Rose Puurveen
 Register by: Friday, March 1
 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. Minimum 8 people run class.

Session 1

When: Wednesdays, January 3 - February 28
 Time: 12:45 – 1:45 pm
 Fees: \$45 LSCO M; \$54 NM
 Instructor: Gloria-Rose Puurveen
 Register by: Friday, December 29
 Location: Gym 2

Session 2

When: Wednesdays, March 6 – April 24
 Time: 12:45 – 1:45 pm
 Fee: \$40 LSCO M; \$48 NM
 Instructor: Gloria-Rose Puurveen
 Register by: Friday, March 1
 Location: Gym 2

CLASSIC NIA

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

When: Thursdays, January 11 - March 28
 Time: 5:15 – 6:15 pm
 Fee: \$120 LSCO M; \$180 NM
 Register by: Tuesday, January 9
 Location: Gym 2

MOVING TO HEAL

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

When: Thursdays, January 11 - Mar 28
 Time: 4:00 – 5:00 pm
 Fee: \$120 LSCO M; \$180 NM
 Register by: Tuesday, January 9
 Location: Room A/B

ZUMBA GOLD

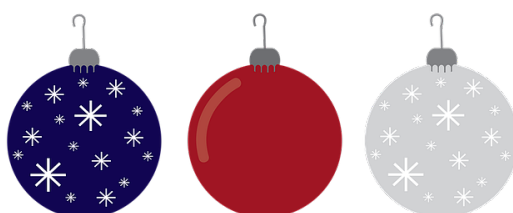
This easy to follow, fun class lets you move your body at your own speed. It is an invigorating class held to upbeat music that provides modified, low impact moves for active older adults. You will be sure to have a great time. Wear comfortable clothes, indoor footwear and bring a water bottle.

When: Tuesdays, January 9 - March 26
 Time: 11:15 am – 12:00 pm
 Fee: \$90 LSCO M; \$108 NM
 Instructor: Sheila Mulgrew
 Register by: Friday, January 5
 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, January 11- March 28
 Time: 11:15 am – 12:00 pm
 Fee: \$90 LSCO M; \$108 NM
 Instructor: Sheila Mulgrew
 Register by: Tuesday, January 9
 Location: All Purpose Room



Tai Chi

INTRODUCTORY YANG STYLE TAI CHI

This class is suitable for people of all fitness levels. Tai Chi began as a Chinese martial art. Today most people practice Tai Chi for the health benefits of these exercises. The classes will start students at the beginning of the Yang style long form and give everyone ample opportunities to practice moves in the form each class. Sign up and see if Tai Chi is a good fitness routine for you. Bring a water bottle, wear comfortable shoes, and loose-fitting clothes.

When: Wednesdays, January 10 – March 20
 Time: 8:45 – 9:45 am
 Fee: \$77 LSCO M; \$99 NM
 Instructor: Steve Burger
 Register by: Friday, January 6
 Location: Room A/B

INTERMEDIATE YANG STYLE TAI CHI

These classes are for individuals who have previously taken the introductory session with Steve.

When: Thursdays, January 11 – March 21
 Time: 8:45 - 9:45 am
 Fee: \$77 LSCO M; \$99 NM
 Instructor: Steve Burger
 Register by: Monday, January 9
 Location: Room A/B

ADVANCED YANG STYLE TAI CHI

This ongoing class is for continuing students who have done the introductory Yang Style Tai Chi class. Participants will work on a number of fine-tuning practices and group exercises. Wear comfortable clothes and clean indoor footwear.

When: Wednesdays, January 10 – March 20
 Time: 10:15 – 11:15 am
 Fee: \$77 LSCO M; \$99 NM
 Instructor: Steve Burger
 Register by: Friday, January 6
 Location: Gym 2

Yoga

YOGA FOR SENIORS

You're never too old to reap the rewards of yoga. For seniors who are looking for a safe, effective way to enhance their physical health and overall wellness, the stretching, breathing, and meditation practices of yoga can be a great solution. In fact, as you will see, doing yoga regularly can result in a host of benefits for older adults, from greater flexibility and improved balance to lower stress and better sleep. Wear comfortable clothing (layer up as some rooms vary in temperature), bring a yoga mat, water bottle and maybe even a blanket. Instructor: Corrine Myers

When: Mondays, January 8 - March 25
 (No class February 19)
 Time: 1:00 - 2:00pm
 Fee: \$77 LSCO M; \$99 NM
 Register by: Friday, January 5
 Location: Room A/B

When: Fridays, January 5 - March 22
 Time: 10:15 - 11:15am
 Fee: \$91 LSCO M; \$117 NM
 Register by: Wednesday, January 3
 Location: Room A/B

GENTLE YOGA

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

When: Tuesdays, January 2 - March 26
Time: 10:00 – 11:00 am
Fee: \$98 LSCO M; \$126 NM
Instructor: Donna Tiefenbach
Register by: Friday, December 29

When: Thursdays, January 4 - March 28
Time: 10:00 – 11:00 am
Fee: \$98 LSCO M; \$126 NM
Instructor: Donna Tiefenbach
Register by: Tuesday, January 2

YOGA SATURDAYS

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, Jan 13 - March 23
(No class February 17)
Time: 10:00 - 11:15 am
Fee: \$70 LSCO M; \$90 NM
Instructor: Rumi Graham
Register by: Thursday, January 11
Location: Room A/B

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. Class held in Room A/B.

Session 1:

Date: Mondays, January 8 - February 12
Time: 8:30 - 9:30 am
Fee: \$45 LSCO M; \$50 NM
Instructor: Elaine Jagielski
Register by: Friday, January 5

Session 2

Date: Mondays, February 26 - March 25
Time: 8:30 - 9:30 am
Fee: \$45 LSCO M; \$50 NM
Instructor: Elaine Jagielski
Register by: Friday, February 23

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, January 9 - March 26
Time: 5:00 – 6:00 pm
Fee: \$96 LSCO M; \$120 NM
Instructor: Donna Tiefenbach
Register by: Friday, January 5
Location: Room A/B

Cards & Board Games**CRIB**

If you enjoy playing crib join in on the fun every week. Newcomers are welcome.

When: Thursdays
Time: 1:00 – 3:00 pm
Fee: LSCO membership; NON-Members \$2 Weekly

Location: Card Area

NOTE: LSCO Members are welcome to play cards and other board games throughout the day provided tables are available. Players must provide their own cards, game boards, etc. Gather some friends and see you soon!

**Creative Arts****WATERCOLOURS**

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

Session 1:

When: Thursdays, January 11 – February 15
Time: 10:00 am – 12:00 pm
Fee: \$50 LSCO M; \$70 NM
Instructor: Karina Mak
Register by: Monday, January 8

Session 2:

When: Thursdays, February 22 – March 28
Time: 10:00 am – 12:00 pm
Fee: \$50 LSCO M; \$70 NM
Instructor: Karina Mak
Register by: Monday, February 16

PAINT & CHAT

Join Donna as she guides both the beginner and more advanced painter with techniques and tricks to complete an acrylic painting. She brings the supplies you will need. All you bring is the willingness to learn and have fun. Donna is an artist from Southern Alberta who enjoys sharing her knowledge.

When: Monday, January 22
Time: 1:00 – 3:30 pm
Fee: \$50 LSCO M; \$65 NM
Register by: Thursday, January 18

When: Tuesday, January 23
Time: 9:30 am – 12:00 pm
Fee: \$50 LSCO M; \$65 NM
Register by: Thursday, January 18

When: Tuesday, February 27
Time: 9:30 am – 12:00 pm
Fee: \$50 LSCO M; \$65 NM
Register by: Thursday, February 22

INTRODUCTION TO DRAWING

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, January 25 – March 14
Time: 1:00 – 3:00 pm
Fee: \$60 LSCO M; \$80 NM
Instructor: Steve Burger
Register by: Friday, January 18

LEARN TO BE POSITIVE WITH NEGATIVE PAINTING

This essential and unique point of view in painting will make it much easier for you to understand and paint the positive images for accurate proportions. Whether you use watercolour or acrylic this 4-week class will challenge you no matter what level you are at. Remember your mind is like a parachute, it only works when it's open. Be prepared for something new and exciting. Ask for a supply list when you register.

When: Wednesdays, January 24 - February 14
Time: 10:00 am – 12:00 pm
Fee: \$40 LSCO M; \$60 NM
Instructor: Donna Gallant
Register by: Friday, January 19

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: \$68 & 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: \$29/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: \$55/ 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: \$21/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: \$11/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: \$21/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: \$30/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: \$11/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: \$36/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: \$23/year & LSCO membership

QUILTING

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

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

TABLE TENNIS

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

When: Mondays, Wednesdays
 Time: 2:30 – 4:00 pm
 When: Fridays
 Time: 10:30 – 12:00 pm
 Fee: \$45/year & 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: Monday / Wednesday / Friday
 Time: 8:15 – 9:15 am
 Fee: \$21/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: \$46/year & LSCO membership

12 Tips to Help you Avoid the Holiday Bulge



- 1. Eat Before You Go-** You will be less tempted to overindulge if you have already eaten.
- 2. Choose Treats Wisely-** Pick something you only have during the holidays and not something that is available all of the time.
- 3. Don't Skip Meals-** While it might be tempting to skip meals thinking that will make up for the holiday treats, it is actually counterproductive.
- 4. Control Your Drinking-** Alcohol is an easy way to add the calories. Avoid mixed and fruity drinks. And avoid the Egg Nog, as it has at least 350 calories per serving.
- 5. Exercise Whenever You Can-** Exercised doesn't mean just at the gym. Park a distance from the store, use the stairs.
- 6. Make It A Family Affair-** Plan activities to do, such as walking the neighborhood to view the holiday lights.
- 7. Don't Forget Strength Training-** Maintain your muscle mass by paring down your routine to basics.
- 8. Don't Set Unrealistic Exercise Goals-** Aim to exercise 30 minutes a day, instead of an hour. Its alright to divide it up into 10 minute intervals during the day.
- 9. Don't Attempt To Stick To an Unrealistic Diet During the Holidays-** If you enjoy your favorite foods in small portions, you will feel more satisfied. Trying to stay away from certain foods may cause you to eat more than you intended.
- 10. Drink Plenty Of Water-** Water helps counter the dehydrating affects of travel or alcoholic beverages. Water will also help satiate your appetite as thirst is often mistaken for hunger.
- 11. Spread Out Your Meals-** Don't eat everything at once. Eat dinner early and walk before having dessert.
- 12. Make Workouts A Priority-** Try early morning workouts.

THE ESTATES AT
PARKSIDE PLACE

NOW SELLING!

BUNGALOW CONDOS IN COALDALE

THE BEST OF ADULT LIVING

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

Image is of a clients home.

Contact Trisha for more information

403.331.1132 Or visit
trisha@newrock.ca parksideliving.ca

MERRY Christmas AND HAPPY NEW YEAR

RACHAEL THOMAS
LETHBRIDGE ALBERTA MP

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

PREARRANGING PROVIDES
Peace of Mind

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

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

CORNERSTONE FUNERAL HOME Ltd.
Honoured to Serve

403-381-7777
www.cornerstonefuneralhome.com
2825 - 32 STREET SOUTH
LETHBRIDGE ALBERTA T1K 7B1

FOX DENTURE CLINIC & IMPLANT CENTER

Satisfaction Guaranteed Since 1922

4th Generation in Lethbridge

Brett J. Fox DD
Denture Specialist, 4th Generation

Tatem Anderson DD
Denture Specialist

- Implant Supported Dentures
- Full & Partial Dentures
- Relines / Repairs
- Sport Guards / Night Splints

FREE CONSULTATION

NEW LOCATION! **403.327.6565**

Bay 30 - 4012 4th Ave S Lethbridge, Alberta T1J5M6
www.foxdentureclinic.ca

Eat anything you want... anytime, anywhere...
with the help of implant supported dentures.

Call us today for your complete denture care needs

Hosack DENTURE CLINIC LTD.

Giving you something to smile about!

604 - 6 Street South • Lethbridge
(403) 327-7244 • Toll Free 1-877-467-2251





The Secret Garden Musical Fundraiser

THANK YOU

Sponsors, community, cast & crew

Lethbridge HEARING CENTRE



LETOURNEAU
LAWYERS | ARBITRATORS | MEDIATORS



Martin Brothers
Funeral Services

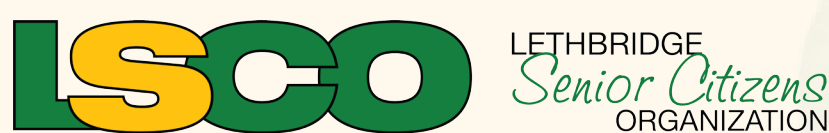


Raffle Auction Donors

Analog Books | Andrew Hilton Wine & Spirits | Back 2 You Esthetics
Bariyaa Ipa - Local Artist | Breathe Easy Heating & Air Conditioning
Cuppers Coffee | Herbal Apothecary | Letourneau Law LLP | Love Cheese Shop
LSCO Quilting Club | Luigis North | Mint Smartwash | Site One Landscape Supply
Suzanne's and Jenny's | The Craft Store | Westbridge Pharmacy

Because of your support

Over \$15,000 was raised for the LSCO





Computer Corner By Sjoerd Schaafsma

Desk Top Publishing for the Non Professional

Yes, for real this time.

So, once again - What is Desktop Publishing Software? (DTP)

Desktop publishing software is used to create, edit, and publish different print materials like magazines, books, brochures, posters, business cards, birthday cards, labels, etc. With it, you can easily adjust the text layout, insert media, and arrange graphics to meet your requirements. Additionally, the created digital material can be printed or published directly to multiple social media easily.

As non professionals, we have numerous options available to us at no or low cost. The greater the cost, the more options, and perhaps also a greater learning curve.

DTP programs generally have many of the same features. The details of how these are implemented and the commands used to accomplish what you want may be different.

What good DTP programs have in common is; a large collection of templates to build on, many fonts to embellish your lettering, a large selection of graphics, the ability to choose your own photos, or images downloaded from the internet. Most are able to export to a PDF format so almost anyone can view the end product. Some will have the option to export to another format that can be edited by other graphic software. In most cases the choices are easy to choose by way of drop down menus.

If you save or export your project as a PDF, it can be brought or sent to a printing service. Perform a search for “where can I print my (name of project) in Lethbridge”, or you can print from your own printer. The cost and convenience will depend on your project and how many copies you’re making.

A Google search for “desktop publishing programs”; (yes include the quotations) will bring up thousands of hits. (without the brackets () you’ll have millions of hits)

Some of the “best of” type sites need to be taken with a grain of salt. Be aware!!

Personal DTP has been around since the 80’s and ran on the early Commodore and Apple computers, some of these early programs have kept up with the times and competition and are still around today.

Here’s a short list of what’s available, an approximate cost, and what platforms they run on.

Name	Approx Cost \$	Operating System	Web / Local	Comments
Canva	0	iOS, Android	Web	
Adobe InDesign	\$30/Month	Windows, Mac	Local	Adobe
Microsoft Publisher	\$13/month or \$160	Windows	Local	Microsoft
Scribus	0	Windows, Mac, Linux	Local	Open Source
PrintMaster	\$80	Windows	Local	Broderbund
Printshop Deluxe	\$80	Windows	Local	Broderbund
Libre Office	0	Windows, Mac, Linux	Local	Open Source
Microsoft Office	Too many options	Windows, Mac	Local/Web	Microsoft
Corel Office	Too many options	Windows, Mac	Local	Corel

The word processing software included in major Software suites has advanced to the state that they can also serve as a DTPs, and depending on your needs, this may be all you need.

Or, you may find the niche app that’s right for you and will do all you want from your mobile phone or tablet. The more I look, the more answers I find.

Come out to a session at the computer club and see what we have to offer.

Computer Club EVENTS

December 2023

The LSCO Computer Club has access to the computer lab on Monday, Wednesday and Friday from 1 – 4:00 pm. This time may be pre-empted for other events. Workshops usually run from 1 - 3 pm with a short break around 2 pm.

If a date is not included below it will be a sharing and help session. There is no guarantee that a club member will be available on non workshop days. Send an email to computerclub@lethseniors.com with a preferred date and time if you want help. The more details you can give the more likely it will be that you get some beneficial help.

December

Mon 4 - Updates Planning, sharing, help and socializing

Wed 6 - Ad blocking while browsing avoiding misleading ads, tweaking or filtering your email to minimize advertising distractions

Fri 8 - Sharing, help and socializing

Mon 11 - Sharing, help and socializing

Wed 13 - Gmail, ins and outs, advantages, tweaks, making it work for you.

Fri 15 - Sharing, help and socializing

Mon 18 - Sharing, help and socializing

Wed 20 - Sharing, help and socializing

Fri 22 Sharing, help and socializing

We’re taking a break till January. Happy Holidays, see you in the new year.

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.



More Details and links are available on the [LSCO Computer Club Website](http://www.lethseniors.com/website)



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



www.lethseniors.com/about/lSCO-times-publications/.

Focus your mobile device, on the QR code and follow the link.

Member Spotlight

Discovering Community, Making Connections

Member Spotlight



**Kiyoshi Edward "Ed"
Arinobu**



If you are always awed by the beauty of the orchids and amaryllis blooms displayed at the entrance to the cafeteria, then you have Ed to thank for that. Best known as the LSCO's volunteer "Green Thumb" gardener, he is the main reason the plants in the dining room atrium look so healthy.

Ed was born in B.C. to parents of Japanese descent, who were also born in Canada. He was raised in the Fraser Valley where his parents farmed strawberries and also had chickens. This family of five children, the eldest two born before, were sent to an internment camp in Slocan, B.C. and were residents there from 1942-46 where he and one of his siblings were born; all of the family's property was confiscated by the government. After the war, the family was exiled to Japan where the youngest of his siblings was born.

Ed returned to Canada in 1962 and briefly resided with an uncle and aunt. He then became a 'houseboy' for a Canadian family of non-Japanese descent in the Vancouver area for the next five years where he did household chores and childcare. He looks upon these years of his youth as relatively positive and says the female parent of this family was an "excellent influence" on him. He had to pay for his high school tuition, so the family he was living with/working for, allowed him to take paying summer jobs doing gardening. He attributes these experiences to his "green thumb".

While in High School, he took English as a Second Language classes before he proceeded to the BC Institute of Technology. As a youth, Ed always had an interest in carpentry and construction thus he enrolled in the BCIT Building Technology program. After completing the program, he obtained employment in Winnipeg before he ended up moving back to Vancouver where he found a job.

This was where he married "Suni" and they decided to raise their family on the west coast. He worked for architectural and engineering firms as an 'engineering technologist' his whole adult life before he retired from paid work about 12 years ago. Ed and Suni moved to southern Alberta in 2011 to be closer to Suni's mother.

For a period of time, he and Suni were involved in the Lethbridge Japanese Canadian Christian Fellowship where they did traditional churchwork and took leadership roles until it folded. They have since become active at the Evangelical Free Church volunteering as 'lay servants'. Ed also volunteers at the Soup Kitchen with his church. He defines himself as a Christian and tries to act accordingly. He enjoys interacting with people and says he might have changed his career to the human service field, if he had had the opportunity. He is also passionate about playing a part in seeking solutions to the 'houseless' crisis in Lethbridge.



He enjoys playing table tennis and also likes swimming. He also likes cooking and tries not to tie himself down to the cuisine of any specific ethnicity. He also enjoys wood-working. He is not a musician, but he greatly enjoys listening to Classical music and is a big fan of the Lethbridge Symphony. Ed also has a small greenhouse where he starts seedlings and tries his hand at vegetable gardening.

The most significant book he recently read was the autobiography of Nelson Mandela. The concepts of truth and reconciliation really inspired him as it especially made him ponder on its contrasts to the notion of revenge.

Ed strikes this writer as a thoughtful, thinking man. He seems like the plants he cares for, that is, given the proper resources, he continues to grow and contribute with a full heart. If you happen to see Ed quietly carrying watering cans to the plants in the atrium, please acknowledge his volunteerism, it will nourish you and him.

Thanks Ed!

Lethbridge HEARING CENTRE

- 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



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



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



Meals on Wheels Spotlight

The LSCO Meals on Wheels program provides nutritious and fresh meals to seniors in our community.

The Meals on Wheels program is one of LSCO's key programs run mostly by volunteers. In the kitchen, Lachlan and Travis, with the help of our amazing volunteers, cook and package approximately 80 delicious meals daily for our volunteer MOW drivers to deliver them to our seniors.

Lachlan and Travis work hard and have created a menu filled with lots of mouth watering meals from the fan favourite Roast Beef to the Chicken Pesto Gnocchi, they ensure our seniors and our diners are well fed.

To volunteer for the Meals On Wheels Program please contact volunteer@lethseniors.com



Meals on Wheels Volunteers hard at work



Martha's House
950 14 Street South
403-327-2090

Living in Community... in the heart of the city

LETHBRIDGE DENTURE CLINIC

We offer complete quality Denture care; a result of intention, effort and professional skill.

Kimberly Ankermann, DD
Trisha Perverseff, DD

403-381-4142
#2 - 1718 3 Ave S. Lethbridge, AB
www.lethbridgedentureclinic.com

Owner/Operator

Downsizing Dilemma? Need to move on?

We can help....

- Sorting • Organizing
- Packing • Arranging Movers • Unpacking
- Estate Home Clearouts/Sales

Call Jody Johnson for your complimentary in-home consultation and free estimate.

Cell: 403-330-8389

CHRISTMAS CRAVINGS FUNDRAISER

Looking to skip the Christmas baking this year?

Bring home a **Christmas Goodie Platter**
\$6 PER HALF DOZEN

Each order includes 6 unique treats

Platters available starting December 4

Call 403-320-2222 or stop by the administration desk to place your order.

PAULA'S PRISTINE CLEANING SERVICE
Residential & Commercial

We can do a little or a lot ~ whatever your needs.

Move in, move out.
Windows inside & out too!

EXCELLENT SERVICE, REFERENCES AVAILABLE
CALL 403-331-8892
paulaspristine@gmail.com



AZ LAWYERS LLP

YOUR TRUSTED TEAM OF LETHBRIDGE LAWYERS

Proudly serving the former clients of Krushel Farrington Law Firm and Dan Shapiro

- REAL ESTATE LAW
- WILLS & ESTATES
- AGRICULTURAL LAW
- DIVORCE & FAMILY LAW
- BUSINESS LAW

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

Hearing Instruments Don't Make You Old, They Make You Smart.

GET SMART. COME HEAR...

EXPERIENCE COUNTS!

60 YEARS of SERVICE to Southern Alberta

Michael B. Golia, BC-HIS, RHAP-Alberta
Beth Golia - Office Manager

www.trinityhearinglethbridge.com
403-327-3877 | Toll FREE: 1-888-327-7868
#214-740-4 Ave. S. Professional Bldg. (Downtown, next door to Post Office)