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- Dozens of fitness classes for all levels & abilities
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- Get help with navigating finances, mental & physical health, housing and more!

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Thank You Christmas Dinner Volunteers



Thank you for giving of your time on Christmas Day to serve, pack, and deliver 1000 meals!

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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!



Executive Director

Rob Miyashiro

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

LSCO News

As at when this was written, we're in the home stretch prior to our first in-house Community Christmas Day Turkey Dinner since 2019.

Lachlan and Travis have been busy with the meal preparation for over a month as they will make enough food for a thousand meals! We are all quite excited to be hosting this meal after three years of deliveries. I'll provide an update in the next LSCO Times issue.

After much discussion during last month's Special General Meeting, LSCO Membership present voted to allow our Board and staff to engage in detailed discussions with Green Acres Foundation regarding a possible organizational merger.

Discussions and information gathering will occur throughout the winter, spring and early summer with a full report likely to be presented to LSCO Membership in the fall. We will also keep our members up-to-date when we have something relevant to share.

I hope everyone had a safe and happy holiday season and I wish all a happy and healthy New Year!

Rob Miyashiro

Meet Austyn Anderson LSCO's New Local Lawyer

Free 15 minute consultations on the
2nd Wednesday of each month*

*Starting February 2024

LETOURNEAU LLP
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Austyn Anderson, JD

403-329-4311 Ext. 112

austyn@lelaw.ca



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.

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Seniors System Navigator (SSN) – Rebekah Stewart
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Program Department Manager – Shawn Hamilton
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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 Mortimer ext. 401

LSCO Information

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 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

November 2023

42 New Members

Morgan Woodruff	Gayle McMartin	Rodney Swanek
Lindy Tuppen	Tim McCuaig	Dennis Connolly
Linda Lukens	George Combe	Karla Millar-Nickson
Ruth Bates	Cindy Ruchkall	Siny Heerink
Craig Andres	Marion Pontarolo	Luke Van Paassen
Shannon Spenceley	Sherri Gallant	Mac MacLean
Val Allen	George Gallant	Joe Schipper
Bob Petrushewsky	Linda Kremenik	Alan Loose
Jean Petrushewsky	Noreen Cahill	Darrell Jolly
Carmen Torrie	Edna (Eddie) Edwards	Doug Arcus
Keith Stinn	Eva Sommer	
Harry McMartin	Gerry Stewart	

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: feeassistance@lethbridge.ca or call 311.

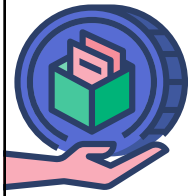
LSCO WELCOME POLICY

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



January 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.

Jan 4	Jacen Abrey	<i>Indigenous Recovery</i>
Jan 11	Belinda Crowson	<i>Lethbridge Then and Now</i>
Jan 18	Julia Brassolotto	<i>How is Medical Assistance in Dying (MAID) Different in the Context of Rural Living ?</i>
Jan 25	Kevin Van Tighem	<i>Can We Survive a Drought in Southern Alberta ?</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

Happy New Year Everyone!

As I look back over the last year, I can't help but be so thankful for all the support we've received. The unwavering support from generous donors, enthusiastic event attendees, and dedicated volunteers has truly made a difference in the lives of seniors in our community.

This year has been marked by memorable milestones, with some highlights that are especially close to my heart. My first Live Well Trade Show was a great experience and witnessing the enchanting performance of "The Secret Garden" may have made me tear up a little.

However, the most treasured moments for me have been the opportunities to connect with our incredible members on a personal level. Getting to know each individual, hearing their stories, and sharing laughter have been my favourite parts.

Please feel free to stop by my office and share what you loved about 2023!

Cheers,

Hannah



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SIGN UP BY PHONING 403-329-1544
1:30 at the LSCO, doors open at 1
JANUARY 26, 2024



To everyone who supported us in 2023:

YOU. THANK YOU. THANK YOU. THANK YOU. THANK YOU. THANK YOU. THANK YOU.

You made a difference.




PAINT & CHAT

Donna Bilyk's classes have been very popular for the beginner to advanced painter. You will learn techniques and tricks to help you complete an acrylic painting from start to finish in one afternoon. She brings all the supplies you will need. Donna is an artist from Southern Alberta. Gather some friends and come enjoy a fun afternoon.

WHEN: Monday, Jan.22	WHEN: Tuesday, Jan.22
TIME: 1:00 – 3:30 pm	TIME: 9:30 am – 12:00 pm
FEE: \$50 LSCO M; \$65 NM	FEE: \$50 LSCO M; \$65 NM
REGISTER BY: Thursday, Jan.18	REGISTER BY: Thursday, Jan.18



The Volunteer CONNECTION

Volunteer Spotlight



Jon and his partner in crime, Toby the dog, have been volunteering for LSCO for about a year now as regular drivers for the Meals on Wheels program.

Jon moved from Ontario last year where he also volunteered with a community Meals on Wheels program there. Before that, Jon drove semi-trucks across Canada and the United States and enjoyed his travels to Alberta. After his mother passed away, Jon decided it was time to give Alberta living a try.

As many of our volunteers, Jon is a dependable asset to the volunteer team. On top of supporting the Meals on Wheels program, Jon has become one of the go to guys for random tasks such as helping with the recycling and making other important deliveries to seniors in the community. Jon is ALWAYS willing to give of his time to support the LSCO and other organizations in the Lethbridge community.

Jon learned from his experiences looking after his aging parents the importance of seniors being able to age in place and live in their homes as long as possible, if that is what they wish to do.

Jon explained that Meals on Wheels is a cause that he supports and is passionate about and for Jon it's not only about getting those nutritious meals to the clients, but also a friendly visit. Jon says, "it can be lonely when you're by yourself. Just going door to door and saying "Hello" for some of these people it is the only time they get to see somebody."

Jon really goes above and beyond when he delivers the meals on his route; he enjoys hearing about the history and stories from the people he meets. Jon mentioned that one older gentleman he delivers to enjoys keeping him up to date and informed about the Calgary Flames hockey team. Jon's favourite thing about volunteering with LSCO Meals on Wheels is getting to meet and know people, plus he enjoys driving around the city with Toby – Toby likes it too!

Jon attributed his inspiration for generously giving his time as a volunteer to his grandparents and parents. His Grandparents went through the great depression and his grandfather was very giving to those who were struggling. His Dad started working at about 14 years old and had an amazing work ethic that he passed on to Jon. Yet, the most profound experiences that inspires and continues to motivate Jon to give, was helping care for his aging parents – His mother graduated from this life about 5 years ago, and his father 15 years before that from Alzheimer's. Jon emphasized, "It's not a job. Volunteering is enjoyable."

Jon explained, "I think giving back to the city is important, because at some point in your life – down the road – you might need that support.... Volunteering at LSCO, everything is very organized and well structured. It only takes an hour and the routes are planned out for you... It's just an hour a day. It's nice to get out and meet people."

Jon has truly been a pleasure to work with; his willingness to step in and fill a need is heartwarming; he is truly a volunteer superhero here at LSCO and in the community of Lethbridge.

Volunteer Opportunities

Dishwashers

Wednesdays 8am-11:00 pm or 11:00 - 2:00 pm

We require dishwashers to facilitate LSCO Meals on Wheels and our dining room needs. This job involves scrubbing pots, soaking coffee cups and cutlery and running everything through our commercial dishwasher. Dishwashers are an important part of our team, helping to keep meals affordable at LSCO.

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. to the show can be provided if needed.

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.

Contact Danni

volunteer@lethseniors.com

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

SERVICE CANADA COFFEE & CHAT

A Service Canada Community Liaison and a CRA Representative will be at the LSCO to answer your questions on Government of Canada services such as: CPP, OAS, GIS, EI, & More

JANUARY 3, 2024
10 AM- 12 PM
LSCO CARD AREA



1ST WEDNESDAY OF EVERY MONTH



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.



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: Thursdays, January 9 - March 26
Time: 11:15 am - 12:00 pm
Fee: \$90 LSCO M; \$108 NM
Instructor: Sheila Mulgrew
Location: All Purpose Room

JANUARY IS ALZHEIMER'S AWARENESS MONTH

January 24
9:00 am - 1:00 pm

Alzheimer Society
ALBERTA AND NORTHWEST TERRITORIES

Every January, Alzheimer Societies across Canada raise awareness around key issues in the dementia journey, including diagnosis, stigma, caregiving and support.

Join the Lethbridge Society as it raises awareness of the support available to people living with dementia and care partners through local programs and services.

ALZHEIMER'S INFORMATION DROP-BY



Letourneau Law Meet & Greet

Come meet Austyn Anderson as the LSCO's Lawyer support and learn about

- The importance and choosing people you trust
- Do's and don'ts of estate planning
- The role of the personal representative and a Q & A

Wednesday January 24 12 - 1:30pm

LSCO Atrium, 500 11th St. S
For Questions call Katie 403-329-1544



SCSP SENIORS SYSTEM NAVIGATORS **LETOURNEAU** LAWYERS | ARBITRATORS | MEDIATORS



FRIDAY MUSIC

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

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 THE LSCO

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

Do you have some spare time?

Become a Volunteer Today

What you can expect:

- Meet friendly and appreciative seniors.
- Make a difference in your community.
- You choose where, and how often you drive
- Create your own volunteer schedule.
- We provide a gas reimbursement.

Contact the Volunteer Team 403 320 2222 ext. 208/202 volunteer@lethseniors.com



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780-424-5438
Become a Volunteer!
drivehappiness.ca

LSCO



Seniors System Navigator

Camille Sherwood
 csherwood@lethseniors.com
 403-329-1544

Happy New Year everyone!

I am happy to share that I have now been a part of this amazing team for a year now. I have nothing but great things to say about the kindness and support I have received throughout this past year, so a big thank you to everyone who has been a part of that.

This month, our Seniors System Navigation Team would like to recognize that January is Alzheimer's Awareness Month. The Alzheimer's Society will be at LSCO on January 24, 2024 from 9am – 1pm to share information, resources and answer any questions you may have.

Anyone 60+ years of age is also more than welcome to give our intake number a call at 403-329-1544 and we can help

Alzheimer's Awareness Month

you complete a referral to the Alzheimer's Society in Lethbridge. After the referral is made, a staff member from the Alzheimer's Society will help connect you to programs that fit your needs.

For some people, being diagnosed with Alzheimer's can be devastating however, it can also be a relief since a diagnosis can give meaning to what you've been experiencing.

Below, I have shared 5 useful steps to consider after being diagnosed, all of which and more are available in more detail on the Alzheimer's society's website (**Alzheimer Society of Alberta and Northwest Territories**).

- 1. Contact your local Alzheimer's society**, or ask our Seniors System Navigation team intake worker to make a referral.
- 2. Tell people.** Share your diagnosis with people you trust, this will help them understand and learn how they can best support you.
- 3. Focus on what you CAN do**, and on

what you enjoy doing. Find ways to help yourself cope with the changes eg. Start a memory book that you can refer to when needed. Simplify your life when possible.

- 4. Plan for the Future.** Choose someone you trust to make financial and health related decisions for you. Make sure you have completed a personal directive (PD) and power of attorney (POA).

If you don't have someone who can be this, you may be able to access the Office of the Public Guardian and Trustee (OPGT).

- 5. Take Care of Yourself.** Maintain your mental and physical health, stay active, make healthy choices and spend time with the people you care about.

Please feel free to connect with our team at **403-329-1544** if you have any questions about supports our Seniors System Navigation Team can provide.

All the best,

Camille Sherwood, BSW

JANUARY SUPPORT SERVICES

WELLBEING SERVICES

**appointment required*



403-329-1544



intake@lethseniors.com

January 2 1st Tuesday	Community Connect Coffee Group 1:30 pm - 3:00 pm Room C/D	FREE opportunity to build connections, grow meaningful connections, and strengthen access to community supports. Drop-in style, no need to register.
January 3 1st Wednesday	Service Canada & CRA Onsite 10:00 am - 12:00 pm Card Area	On-site Service Canada representative available to answer your questions regarding federal benefits and programs, no appointment necessary.
January 10 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
January 11 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.
January 17	Single Session Counselling 12:30 pm - 3:30 pm Quiet Room	FREE Single session counselling provides an opportunity to individuals interested in exploring counselling. Sessions are 1 ½ hr in length. Call intake to book.
January 24	Alzheimer's Society Info Table 9:00 am - 1:00 pm Card Area	On-site Alzheimer's Society representative available to answer questions related to supports available.
January 25 4th Thursday	Eyeglasses Adjustments 1:00 pm - 2:00 pm Card Area	FREE eyeglasses adjustments provided by Specsavers.
January 26	Be Fast Friends* 1:30 pm - 3:30 pm Stage Area	FREE opportunity to build meaningful connections and develop friendships.

SUPPORT GROUPS

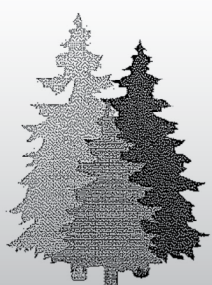
January 10 - 31 Wednesdays	Reconnect & Recharge 10:00 - 11:30 am Room C/D
January 6 - 27 Saturdays	AA Eye Opener 8:30 - 10:30 am Room C/D

January 18
3rd Thursday

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



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City Organizations Helping to Feed Those in Need

Steffanie Costigan – LETHBRIDGE HERALD
– Local Journalism Initiative Reporter

With the cost of living continuing to increase, young adults and seniors have found themselves struggling to afford food need to rely on supports in order to eat.

Some of those community supports here are Lethbridge Food Bank, Interfaith Food Bank, Lethbridge Soup Kitchen, MyCityCare, and Meals on Wheels. Executive director of Lethbridge Soup Kitchen Bill Ginther noted the increase of senior women he has noticed at that facility.

“Somewhat disconcerting for me is to see the number of senior women that I’m seeing, and not that senior men aren’t part of that as well, but senior women who come. My first thought is where is your family, you know, so but one of the things that we’re seeing is that there’s more of them,” said Ginther.

LSCO fund development and marketing coordinator Hannah Dupuis shared the government grants available to non-profits but in their case with Meals on Wheels program some seniors who are struggling can’t physically pick up food at food banks.

“The Government of Alberta did release a grant on food insecurity, targeted towards food banks and those sorts of things, which is great. Unfortunately, that money is only available to places that don’t charge for the cost of food at all.

“So that would be fine if you’re somebody who’s mobile and is able to make it into a food bank to pick up a hamper or to make it into a soup kitchen. But the majority of our clients are more limited in their mobility. They’re not able to go into those places, and actually get the food that they need,” said Dupuis.

Lethbridge Food Bank executive director

Mac Nichol said the increase in numbers of families and individuals using the food bank are at their all-time high and continue to rise.

“For about a year-and-a-half, we’ve seen an increase. Last month, we met our record households, which is 750 households from this food bank. Overall, I know we’re serving almost 2,000 households between us and Interfaith Food Bank right now. And that that need has steadily risen, and this month coming up will be bigger numbers,” said Nichol.

Interfaith Food Bank executive director Danielle McIntyre encourages struggling families to register with Christmas Hope campaign to receive a Christmas hamper.

“If you register with Christmas Hope you’re going to get one Christmas hamper from either Food Bank being Interfaith or Lethbridge Food Bank. And then if you have children, you can register them at one of our three toy partners. So that would be Salvation Army Toys for Tots program, or Angel Tree that’s offered through Lethbridge Family Services, or MyCityCare. One toy option and one food hamper,” said McIntyre.

Lethbridge Soup Kitchen does three meals a day throughout the week with the exception of Sundays where they do a brunch and evening meal. Ginther said people who are struggling to afford food can come to the Soup Kitchen for a meal and the doors are open to them.

“At the soup kitchen, we’re always open to whoever arrives at the door. We have no qualification. There’s no application, there’s no questions asked, if you’re hungry, you come. “

LSCO Homes support and Volunteer coordinator Bonnie Jensen voiced how their program works.

“With the Meals on Wheels program, we provide nutritious meals to seniors and sometimes other people as well, depending on their circumstances and situation. We provide them with nutritious meals daily, if they would like once a day delivered to them by a volunteer. And the meal includes a starch and a protein, a vegetable, as well as a soup and a dessert,” said Jensen.

{sic.}

Dupuis shared a study done in the U.S. about the importance having a hot meal.

“Providing meals on wheels gives them an opportunity to get a nutritious meal and a hot meal. There’s lots of studies that show that having a hot meal versus a frozen meal is actually better for health outcomes.

“There was a study that they did in the U.S. that said that participants who participated in Meals on Wheels had 50 per cent lower rates of hospitalizations, emergency department visits and overall health care costs,” said Dupuis.

Nichol welcomed those struggling to come down to the food bank to get the food needed.

“First thing is for our food banks, if anyone feels as though they’re in need, and that they need some food support. To just come down, we ask for a few different things of identification and proof of income and such. But other than that, we try and support those that are in need,” said Nichol.

This article was originally published in the Lethbridge Herald on December 8, 2023



MENU ~ JANUARY 2024

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, January 1	Tuesday, January 2	Wednesday, January 3	Thursday, January 4	Friday, January 5
LSCO CLOSED FOR NEW YEARS DAY	Entree: Spaghetti & Meatballs Starch: Garlic Toast Soup: Chef's Choice Veggie: Chef's Choice	Entree: Chicken Pot Pie Starch: Mashed Potatoes Soup: Chef's Choice Veggie: Chef's Choice	Entree: Jager Schnitzel Starch: Spaetzle 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, January 8	Tuesday, January 9	Wednesday, January 10	Thursday, January 11	Friday, January 12
Entree: Honey Garlic Pork Starch: Rice Soup: Chef's Choice Veggie: Chef's Choice	Entree: Chicken 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: Ravioli with Rose Sauce Starch: Garlic Toast Soup: Chef's Choice Veggie: Chef's Choice	Entree: Baked Ham Starch: Scalloped Potatoes Soup: Chef's Choice Veggie: Chef's Choice
Monday, January 15	Tuesday, January 16	Wednesday, January 17	Thursday, January 18	Friday, January 19
Entree: Teriyaki Pork Starch: Rice Soup: Chef's Choice Veggie: Chef's Choice	Entree: Stuffed Bell Peppers Starch: Roasted Potatoes Soup: Chef's Choice Veggie: Chef's Choice	Entree: Chicken Cordon Blue Starch: Mashed Potatoes Soup: Chef's Choice Veggie: Chef's Choice	Entree: Ginger Beef Starch: Rice Soup: Chef's Choice Veggie: Chef's Choice	Entree: Turkey with Stuffing Starch: Mashed Potatoes Soup: Chef's Choice Veggie: Chef's Choice
Monday, January 22	Tuesday, January 23	Wednesday, January 24	Thursday, January 25	Friday, January 26
Entree: Perogies with Sausage Soup: Chef's Choice Veggie: Chef's Choice	Entree: Chicken Piccata Penne Soup: Chef's Choice Veggie: Chef's Choice	Entree: Cabbage Rolls Starch: Rice Soup: Chef's Choice Veggie: Chef's Choice	Entree: Chicken Kiev Starch: Roasted 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, January 29	Tuesday, January 30	Wednesday, January 31		
Entree: Sweet & Sour Pork Starch: Rice Soup: Chef's Choice Veggie: Chef's Choice	Entree: Chicken Souvlaki Starch: Rice Soup: Chef's Choice Veggie: Chef's Choice	Entree: Shepherd's Pie Soup: Chef's Choice Veggie: Chef's Choice		

Lethbridge HEARING CENTRE

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403.320.6000
www.lethbridgehearing.ca

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

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

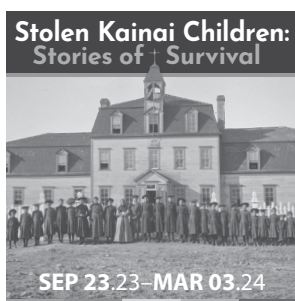
Jake Boldt
Hearing Technician

There is no wrong age to make a New Year's resolution. In fact, looking forward to the future is a hallmark of good mental health. The best way to make your resolution a reality? Just get up and do something. Go to a Senior Center, learn a new skill, go to an art group or museum or gym. There's no set amount of time or days or commitment. Do what you can. Just do it.
- Mark Nathansan, a psychiatrist specializing in older adults



JANUARY 2024 EVENTS & PROGRAMS

CURRENT EXHIBITS



HANDS-ON HISTORY ++

Thu 04 | 3:30–5 PM
Drop-in Youth Art Program ages 13-17

INDIGENOUS HISTORY ++

Thu 04 | 6–8 PM
Learning Blackfoot: Conversations with Blanche Bruised Head

SPECIAL EVENTS ++

Sat 27 | 5:30–8:30 PM
Youth Art Exhibition and Gala

TOURS **

Wed 31 | 6–7 PM
Curator Tour: ACTING OUT
Celebrating a Decade of Theatre Outré

Become a member of the Galt Museum & Archives and take advantage of the exclusive

MEMBERSHIP RATES

galtmuseum.com/memberships

Household	\$50
Grandparent	\$40
Dual Adult	\$40
Individual	\$30
Senior	\$25
Post-Secondary	\$25
Non-Profit Social Services	\$120

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

Winter 2024 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.

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: \$96 LSCO M; \$122 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

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

When: Tuesdays & Thursdays, 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

Session 2

When: Mondays, March 5 – April 23
 (No class April 1)
 Time: 9:00 - 9:55 am
 Fee: \$56 LSCO M; \$72 NM
 Instructor: Andrea Clarke
 Register by: Friday, March 1

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

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

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
 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

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



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 - March 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, QiGong

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

QIGONG/TAI CHI

Qi means “energy”, gong means “work”. Therefore, Qigong is “energy work”. A variety of gentle Qigong exercises will be practiced to relax the mind and mobilize the body’s energy while improving and maintaining health and wellbeing. Tai Chi has been described as meditation in motion. The Yang 24 form will be the focus in this class. Some Tai Chi experience is recommended.

When: Tuesdays & Thursdays, January 9 – February 15
Time: 10:15 – 11:00 am
Fee: \$78 LSCO M; \$108 NM
Instructor: Deb Neu Scotland
Register by: Monday, January 8

Yoga

CHAIR YOGA

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

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

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

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, January 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

Did you know the first phonebook only had 50 names? The book was a page long. But, it was considered as an important step towards printed directories.

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: Wednesdays
 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: \$21/10 months & LSCO Membership

KARAOKE

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

When: Tuesdays
 Time: 1:00 – 3:30 pm
 Fee: \$21/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

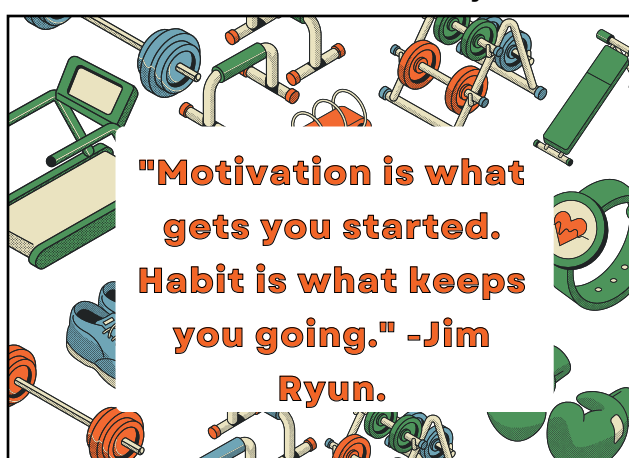
Cards & Board Games

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!



Seniors & Exercising- Overcoming Obstacles As You Go

Starting or maintaining a regular exercise routine can be a challenge at any age—and it doesn't get any easier as you get older. You may feel discouraged by health problems, aches and pains, or concerns about injuries or falls. If you've never exercised before, you may not know where to begin, or you may think you're too old or frail and can never live up to the standards you set when you were younger. Or maybe you just think that exercise is boring.

While these may seem like good reasons to slow down and take it easy as you age, they're even better reasons to get moving. Becoming more active can energize your mood, relieve stress, help you manage symptoms of illness and pain, and improve your overall sense of well-being. And reaping the rewards of exercise doesn't have to involve strenuous workouts or trips to the gym. You can gain the benefits from adding more movement and activity to your life, even in small ways. No matter your age or physical condition, it's never too late to get your body moving, boost your health and outlook, and improve how well you age.

Myths About Exercising As You Age

Myth 1: "There's no point to exercising. I'm going to get old anyway."

Fact: Regular physical activity helps you look and feel younger and stay independent longer. It also lowers your risk for a variety of conditions, including Alzheimer's and dementia, heart disease, diabetes, certain cancers, high blood pressure, and obesity. And the mood benefits of exercise can be just as great at 70 or 80 as they were at 20 or 30.

Myth 2: "Exercise puts me at risk of falling down."

Fact: Regular exercise, by building strength and stamina, prevents loss of bone mass and improves balance, actually reducing your risk of falling.

Myth 3: "It's too frustrating; I'll never be the athlete I once was."

Fact: Changes in hormones, metabolism, bone density, and muscle mass mean that your strength and performance levels inevitably decline with age. But that doesn't mean you can no longer derive a sense of achievement from physical activity or improve your health. The key is to set lifestyle goals that are appropriate for your age. And remember: a sedentary lifestyle takes a much greater toll on athletic ability than biological aging.

Myth 4: "I'm too old to start exercising."

Fact: You're never too old to get moving and improve your health! In fact, adults who become active later in life often show greater physical and mental improvements than their younger counterparts. If you've never exercised before, or it's been a while, you won't be encumbered by the same sports injuries that many regular exercisers experience in later life. In other words, there aren't as many miles on your clock so you'll quickly start reaping the rewards. Just begin with gentle activities and build up from there.

Myth 5: "I can't exercise because I'm disabled."

Fact: If you're chair-bound, you obviously face special challenges. However, you can lift light weights, stretch, and do chair aerobics, chair yoga, and chair tai chi to increase your range of motion, improve muscle tone and flexibility, and promote cardiovascular health. Many swimming pools offer access to wheelchair users and you can also find adaptive exercise programs for wheelchair sports such as basketball.

Myth 6: "I'm too weak or have too many aches and pains."

Fact: Getting moving can help you manage pain and improve your strength and self-confidence. Many older people find that regular activity not only helps stem the decline in strength and vitality that comes with age, but actually improves it. The key is to start off gently.

This article was originally published on HelpGuide.org

CYCLE COMBO

When: Mondays, January 8 - March 25

Time: 10:15 – 11:15 am

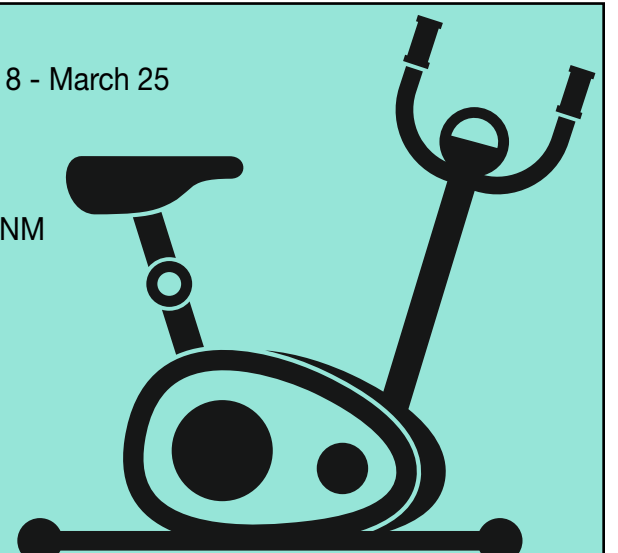
Fee: \$88 LSCO M; \$99 NM

Instructor: Jamie Hillier

Register by: Friday, January 5

Location: Gym 2

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.



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RachaelThomas.ca | Rachael.Thomas@parl.gc.ca

City Hall hours are changing

Beginning January 2, we are adjusting the opening time at City Hall to 8:30 a.m.

Virtual and telephone 311 customer service hours will not change. Residents can self-serve 24/7 at lethbridge.ca or call or chat with the City starting at 8 a.m. Monday through Friday.




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403.331.1132 Or visit
trisha@newrock.ca parksideliving.ca

Letter & Certificate of Appreciation from the CVITP

LSCO will once again be providing the Community Volunteer Income Tax Program (CVITP) in the New Year. Each year, we prepare and file hundreds of income tax forms for low-income individuals and couples in the community.

Please see the February and March 2024 issue of the LSCO times for more information about this program. You can also visit our website <https://lethsenior> to learn more.

See below the letter and certificate of appreciation we received from Canada Revenue Agency CVITP department for our work with the community.

LETHBRIDGE SENIOR CITIZENS ORGANIZATION

500 11 ST S
LETHBRIDGE, ALBERTA
T1J 4G7

December 12, 2023

Dear Lethbridge Senior Citizens Organization,

Thank you for partnering with the Community Volunteer Income Tax Program (CVITP) or the Income Tax Assistance – Volunteer Program (ITAVP) in Quebec for the 2023 tax-filing season.

Whether you have been part of the CVITP/ITAVP for many years or you are new to hosting free tax clinics, your contribution has made a significant difference in the lives of many Canadians.

From January 1st to June 30th of this year, through the dedication and hard work of community organizations like yours, more than 701,710 individuals were able to meet their tax obligations and receive the benefit and credit payments they are entitled to. For Canadians with a modest income, every dollar counts and these payments help with the costs of raising children, living with disabilities, or just keeping up with the bills.

Your desire to support those in need serves as a model of inspiration to others and a testament to the strength of our communities across Canada.

In recognition of your great work, please accept the enclosed Certificate of Appreciation signed by the Honourable Marie-Claude Bibeau, Minister of National Revenue.

We hope you will continue to participate in the CVITP/ITAVP for years to come.

Nermine Gabr
CVITP and Benefits Outreach Officer, and Indigenous Services
Western Region
Canada Revenue Agency

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for your contribution to the 2023 Community Volunteer Income Tax Program

M.C. Bibeau
The Honourable Marie-Claude Bibeau
P.C., M.P.
Minister of National Revenue

Canada

Did you know sharks love the taste of the Internet? If shark attacks give you the heebie-jeebies, you and the people over at Google aren't alone. In 1987, it was reported by The New York Times that sharks "have shown an inexplicable taste for the new fiber-optic cables that are being strung along the ocean floor linking the United States, Europe, and Japan."



Computer Corner

By Sjoerd Schaafsma

Apps Included in Your New Device (a very brief overview)

Christmas is over, and maybe you got a new computer device, be it a mobile phone, a tablet, laptop or desktop computer. Regardless of brand, operating system, or type of device, there is a lot you can do without adding any extra software packages. Even if you've been using your device for years, you may learn of a gem you didn't know you had.

ChatGPT, the free online AI (artificial intelligence) program, generated lists with a question in the form of "list common apps that are usually pre-installed on <device name>". The results were put into a table with the following headings: iPhone/iPad, Android Phone/Tablet, Microsoft Windows, and Macintosh, which ended up being far too large to include here (so much for that idea). It did however provide a good starting point for the article.

Here then is the brief overview and commentary on some of what's available on your brand new device.

Besides phoning, smart phones are able to access the internet via both cellular and wifi network services. Unless you have a very large data plan, access the internet via Wi-fi whenever it's possible to do so safely. Downloading movies can use up your available data very quickly. Both iPhones and Android phones can text, however when communicating with other Apple devices, the 'cheapest' way to communicate is to use iMessage or FaceTime on wifi, which is available on all Apple devices, phone, tablet (iPad) or Mac.

All modern phones have GPS capabilities, as do iPads or Android tablets with a SIM (cellular network) card.

Some tablets both iPad and Android have a sim card which provides access to cellular networks, but not necessarily a built in texting app.

All the devices have a contacts app whose contents can be searched and shared or synchronized (synced) between devices.

Mobile devices all have cameras, a front-facing or selfie camera, as well as a rear-facing, camera which generally has a higher resolution. Mobile phones tend to have better cameras than tablets. Laptops have a front facing camera at the top of the screen which is useful for conferencing or video chats. Some Macs have cameras, some don't they do however have software that will make use of an external camera. Camera, Photo Booth and FaceTime all make use of the camera. Windows on a desktop computer also has a built in camera app which can be used with an external camera.

All devices have a calendar, clock and a mail app.

They all have a SEARCH or Find function to help you find files and apps on your device or the internet.

Mobile devices including laptops all have a recording option. Many also have voice to text capabilities in various languages. Using dictation and text to speech software lets you get by with very little typing.

Come out to a session at the computer club and see what we have to offer, and just what some of these apps REALLY do.

But until you do, here are a few links that might help make better use of your new device:

- **CHATGPT** {<https://chat.openai.com/>} : Enter your questions into the message box and expect a quick answer.
- **GCFGlobal.org** {<https://edu.gcfglobal.org/en/subjects/tech/>} : Has free text and video tutorials on many computer related subjects
- **Android Beginners Guide:** The Basics YouTube 7 minutes
- **iPhone Tips for Seniors:** Basic Settings YouTube 7 minutes part of a series. Click on the Browse YOUTUBE button to get started
- **iPhone User Guide** {<https://support.apple.com/en-ca/guide/iphone/welcome/ios>}

Computer Club EVENTS

January 2024

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.

January

Monday 8 Updating PCs, Planning, sharing, help and socializing

Wednesday 10 Exploring Social Media - Facebook , Twitter, Instagram, TikTok, Discord, Telegram, Signal ...Exploring. (Because we haven't had anyone step up to do a full presentation), privacy, sharing, stories...

Friday 12 Sharing, help and socializing

Monday 15 Sharing, help and socializing

Wed 17 Sharing, help and socializing

Friday 19 Sharing, help and socializing

Monday 22 Sharing, help and socializing

Wed 24 Safe Surfing and Downloading

Friday 26 Sharing, help and socializing

Monday 29 Sharing, help and socializing

Wed 31 Sharing, help and socializing

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/lethseniors.com)



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



Heidi Brandt



Heidi Brandt is a very new member of LSCO. Still learning about all that LSCO offers, she is excited about carefully “getting her feet wet.” She currently volunteers at the Boutique and has joined the needlework group.

Born in Augsburg, Germany, she and her family immigrated to Canada in 1960. Her father was concerned about a possible third World War so he wanted to get his family away from it; Heidi was a young child, but she remembers the rough ocean waters as they traversed by ship. The family first went to Calgary, and then moved to Lethbridge in 1962. Her father ran a European meat and sausage shop in Lethbridge until the family moved to the Crowsnest Pass.

Heidi received all of her formal education in Canada and had to learn English when she first came. She had some difficulties with her elementary grades, a result of being physically and verbally bullied by other children; but fortunately, this diminished once she got to junior high school. Although she found her German heritage to be a burden in her younger years, she is proud to be of German descent now and is still fluent in the German language.

Heidi trained at Lethbridge College in Hospitality, Marketing, and Small Business. She has a wide range of employment experience including in the hotel, marketing, child care, and property management industry. She became very knowledgeable about Crowsnest Pass history as she enjoyed her job at the Frank Slide Interpretive Centre very much. She is still interested in gainful employment, but only if it meets her interests and physical competencies.

Heidi has lived in a variety of places in Western Canada and most recently returned to Lethbridge six months ago from Fort St. John, B.C and is quite happy to be back in Lethbridge.

Heidi has one daughter who is a social worker who also resides in Lethbridge. She says that her daughter has helped her learn to cook Canadian. She also has some extended family in Brooks.

A woman of many talents and interests, Heidi enjoys scrapbooking and altering clothing. She also learned to do small renovation jobs from her father. She likes to read and loves animals; As a child, she thought that she might work with animals,



LSCO Library Corner

YES I DO HAVE A RETIREMENT PLAN, I PLAN ON READING...

but it never came to fruition for her. She also builds floral arrangements, especially from recyclable materials; she produced her own show in this field and would love to recreate something similar at LSCO. This writer saw photos of some of her creations and was very impressed. Heidi also enjoys cooking; she is very good at making tasty Danishes and Beef Rouladen with Rotcole. She also played sports, but is currently more interested in walking or light hiking. Heidi’s music preferences vary from the Eagles and Fleetwood Mac, to Whitney Houston, George Strait, and the Rolling Stones.

Heidi’s most memorable learnings from her father were: “think before you speak” and “do not be quick to judge”. She believes these lessons have held her in good stead. She is always open and willing to learn, but also feels that she might have some skills to share with other members. We gladly welcome Heidi to the LSCO, a friendly and warm person who feels comfortable talking with anyone!

LSCO Community Connect
Coffee Group
 1st Tuesday of each month

January 2, 2024
1:30 – 3:00 pm
 Room C/D

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

No RSVP required.
 For more information contact Katie
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