

♥ YOU AND YOUR SPECIAL SOMEONE ARE INVITED TO

Valentine's Day
LUNCHEON

\$15 PER PERSON

Menu

*Heart-shaped Chicken
Parmigiana with Spaghetti,
Vegetables, & Garlic Toast
Heart-shaped Dessert*

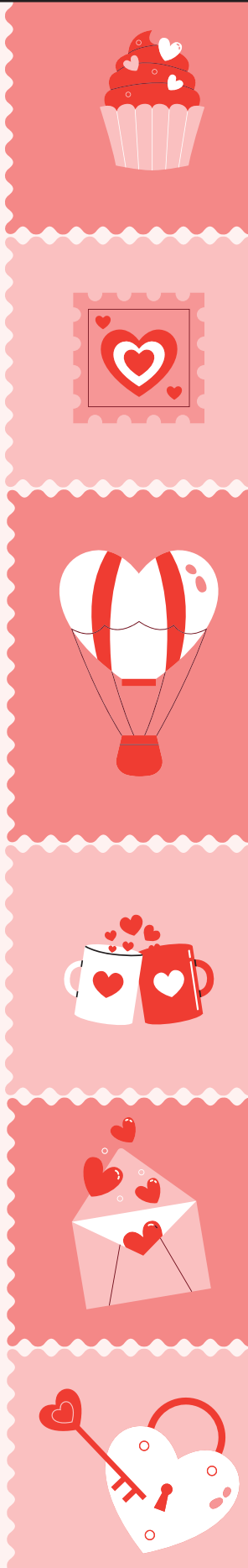
Wednesday February 14
11 AM - 1 PM

Get your tickets in advance to:

- Reserve your table
 - Take home a special Valentine's Day Treat
- *Walk ins welcome as quantities allow



♥ 500 11th Street South | 403-302-2222



IN THIS ISSUE

GENERAL INFORMATION

Executive Director Message ... 2
 Classified Ads..... 2
 New Members 3
 Volunteer Opportunities 4
 Volunteer Spotlight 4
 Friday Music Schedule..... 4
 Diner Menu 5
 Computer Corner..... 14
 Member Spotlight..... 15
 Upcoming Events 15
 Library Corner..... 15

PROGRAMS & FITNESS

Weekly Schedule 9
 Exercise & Fitness 10
 Dance & Zumba 11
 Yoga 11
 Creative Arts 11
 Sports..... 11
 LSCO Groups..... 12
 Cards & Games..... 12
 Badminton News 12

SUPPORT SERVICES

Mobile Food Support 2
 Addressing Caregiver Abuse .. 4
 Practicing Self Love 6
 Support Services Calendar..... 6
 Dental Care Presentation..... 16
 LSCO's New Lawyer..... 16

Presented by
 CORNERSTONE FUNERAL HOME

June 6 & 7, 2024
 Thursday 10 - 5 | Friday 10 - 3
 LSCO - 500 11th St S, Lethbridge

LSCO LETHBRIDGE Senior Citizens ORGANIZATION

Live Well Showcase
 A TRADE SHOW FOR ACTIVE AGING

The largest senior's show in Alberta with esteemed speakers and over 70 exhibitors

Contact Hannah to Book Your Booth
 hdupuis@lethseniors.com | 403-320-222 ext. 302

LSCO News



Executive Director

Rob Miyashiro

m Miyashiro@lethseniors.com
403-320-2222 ext. 304

Due to timing of deadlines for submissions for the LSCO Times, some of our info might sometimes appear to be a month behind. An example of this is my update about our first in-house Community Christmas Day Turkey Dinner since 2019.

Because our deadline for the January issue fell prior to Christmas, a proper reporting of the dinner was impossible for the January issue. Therefore, here I am providing an update for our Christmas Dinner in the February issue.

Lachlan and Travis, our staff and over 100 volunteers ensured that over 800 meals (and goody bags) were served (in-house and deliveries). Once again, we delivered meals to all of the firehalls, the Emergency Communications Centre, the police station and the soup kitchen – and, of course, our regular Meals on Wheels customers. By all accounts, the dinner was a huge success and we are so grateful for the support we receive from volunteers, and the community.

I would also like to thank Heather Bursaw for the great work she did to build our Support Services department, post-COVID restrictions. She was the lead Social Worker for the Seniors Community Services Partnership and was LSCO Support Services Manager.

Heather was also recognized as a leader in Provincial Social Prescribing practice. We wish her all the best in her new role with Provincial Addictions and Mental Health

I hope everyone stayed safe during our recent cold snap and snow event and I look forward to seeing you at LSCO as you escape winter with a class, group, meal or meeting friends for coffee.

Rob Miyashiro

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.

COMMUNITY PARTNERS

We thank you for..

Supporting *Meals on Wheels*

Supporting *LSCO Events and Fundraisers*

And the many more organizations and individuals that partner and support us throughout the year!
Your contribution is our lifeline!

The LSCO will be closed Monday, February 19th for Family Day

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Jake Boldt
BC-HIS Registered Hearing Aid Practitioner

Candice Elliott-Boldt
BC-HIS Registered Hearing Aid Practitioner

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www.lethbridgehearing.ca

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MONDAY, FEBRUARY 5
1:00 - 3:00 PM

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www.nordbridgeseniors.com | 403-329-3222



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
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 jmcdonnell@lethseniors.comext. 102
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Receptionist & Administrative Support Kari Martin
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Acting Support Services Manager– Amy Labossiere
 alabossiere@lethseniors.comext. 205
Seniors System Navigator (SSN) – Camille Sherwood
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Seniors System Navigator (SSN) – Jon Bateman
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Seniors System Navigator (SSN) – Rebekah Stewart
 rstewart@lethseniors.comext. 209
Seniors System Navigator (SSN) – Dannie Lien
 dlien@lethseniors.com 403-715-0485
Seniors System Navigator Intake – Katie Harrold
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Volunteer Program Assistant – Danni Van Zwol
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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 Mortimer ext. 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

December 2023 - January 2024

29 New Members

Wendy Ellis	Dan Arthurs
David Ellis	Tracy Arthurs
Louise Page	Naomi Huber
Randy Crow	Ralph Gust
Melencia Toledo	Linda Gust
Michael Crane	Dianne Indzeoski
Kathryn Crane	Denise Stephen
Clarence Halma	Leanne Ellis
Ralph Sjovold	Ruth Yeryk
Helen Henderson	Susie Thursby
Janet Elkjaer	Margaret Cook
Tom Trenerry	Francis Larney
Donna Trenerry	Anne Fry
Joe Johnson	

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.

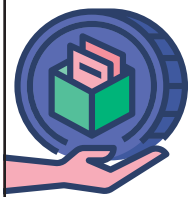
LSCO WELCOME POLICY

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



February 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.

Feb 1	Kristina Larkin	<i>Is our Education System in Peril ?</i>
Feb 8	Amanda Bigord	<i>Science Up First: What is Misinformation in the Digital Age?</i>
Feb 15	TBA	TBA
Feb 22	Trevor Harrison	<i>Where would Alberta be now Without the Rachel Notley Years ?</i>
Feb 29	Anthony Tupper	<i>Internet Child Exploitation</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 Volunteer CONNECTION

Volunteer Spotlight



Veronica has been volunteering with LSCO for 8 years doing dishes, food prep, bingos, and (more recently) sitting on the Board of Directors.

She considers LSCO to be her second family and loves to watch the groups of seniors coming together here at the center to find a sense of community and belonging.

Veronica started volunteering at LSCO right after her retirement as a way to keep busy and engaged. "I knew that if I didn't have something planned to do, I would just sit at home and watch TV." Since she had been volunteering in the community since she was in her early 20's, taking on volunteer roles in retirement was a logical step.

Seeing our member's smiling faces and having the chance to turn someone's bad day into a good day with a smile and a kind word are some of her motivations for volunteering here.

She sees a lot of men and women with spouses who have moved on gathering at LSCO regularly to talk and socialize, and she honestly feels like if LSCO wasn't here, these people wouldn't have a place to go. "It's so important to be with people," she says, and she loves how we encourage people to be together and support one another.

Veronica says that she hasn't found one

person here who she can't see some good in, and that she always tries to look for the positive when she can.

Veronica's late husband got her into volunteering nearly 40 years ago. She started with Sparks (Girl Guides Canada) because her husband volunteered for Beavers, and they continued volunteering in the community from then on.

Her message to anyone looking to volunteer is that they should come to LSCO and talk to the volunteer team because we can always use people. "It's selfless but not," she says, because while we are helping people, it also gives a great feeling.

Thanks, Veronica, for all that you do here at

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 - 1:00 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!

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.

Winners Bingo

Thursdays 11:00 am - 4:00 pm

Volunteers are needed to help at the bingo hall. Activities range from selling bingo cards to counting money in a smoke-free environment. You'll get your steps in if you work on the floor, selling bingo cards, and all volunteers are entitled to a free lunch!

Contact Kari at kmartin@lethseniors.com or 403-320-2222 ext. 101

Contact Danni volunteer@lethseniors.com

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



FRIDAY MUSIC SCHEDULE

Feb 2	Brian Rainey	5 Piece cover band based out of Lethbridge, AB performing covers of songs from various genres.
Feb 9	Gabriel Thaine	Solo singer, musician, and entertainer, Gabriel plays classics, blues, country, and more.
Feb 16	Rudy Yasenik	Rudy Yasenik with his band Classic Legends, performs polka, duets, and classic rock.
Feb 23	Gabriel Thaine	Solo singer, musician, and entertainer, Gabriel plays classics, blues, country, and more.

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



MENU ~ FEBRUARY 2024

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

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

*menu subject to change without notice

				Thursday, February 1	Friday, February 2
				Entree: Beef Stroganoff Starch: Egg Noodles Soup: Chef's Choice Veggie: Chef's Choice	Entree: Baked Ham Starch: Scalloped Potatoes Soup: Chef's Choice Veggie: Chef's Choice
Monday, February 5	Tuesday, February 6	Wednesday, February 7	Thursday, February 8	Friday, February 9	
Entree: Honey Garlic Pork Starch: Rice Soup: Chef's Choice Veggie: Chef's Choice	Entree: Chicken Pesto Gnocchi Starch: Garlic Toast Soup: Chef's Choice Veggie: Chef's Choice	Entree: Jaeger Schnitzel Starch: Spaetzle Soup: Chef's Choice Veggie: Chef's Choice	Entree: Falafel Starch: Roast Potatoes Soup: Chef's Choice Veggie: Chef's Choice	Entree: Turkey with Stuffing Starch: Mashed Potatoes Soup: Chef's Choice Veggie: Chef's Choice	
Monday, February 12	Tuesday, February 13	Wednesday, February 14	Thursday, February 15	Friday, February 16	
Entree: Sweet & Sour Pork Starch: Rice Soup: Chef's Choice Veggie: Chef's Choice	Entree: Rinds Rouladen Starch: Spaetzle Soup: Chef's Choice Veggie: Chef's Choice	Entree: Chicken Parmigiana Starch: Spaghetti & Garlic Toast Soup: Chef's Choice Veggie: Chef's Choice	Entree: Chicken Risotto 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, February 19	Tuesday, February 20	Wednesday, February 21	Thursday, February 22	Friday, February 23	
LSCO Closed for Family Day	Entree: Chicken Souvlaki Starch: Rice Soup: Chef's Choice Veggie: Chef's Choice	Entree: Lasagna Starch: Garlic Toast Soup: Chef's Choice Veggie: Chef's Choice	Entree: Ginger Beef Starch: Rice Soup: Chef's Choice Veggie: Chef's Choice	Entree: Baked Ham Starch: Scalloped Potatoes Soup: Chef's Choice Veggie: Chef's Choice	
Monday, February 26	Tuesday, February 27	Wednesday, February 28	Thursday, February 29		
Entree: Honey Garlic Pork Starch: Rice Soup: Chef's Choice Veggie: Chef's Choice	Entree: Chicken Kiev Starch: Roast Potatoes Soup: Chef's Choice Veggie: Chef's Choice	Entree: Shepherd's Pie Soup: Chef's Choice Veggie: Chef's Choice	Entree: Chicken Stir Fry Starch: Rice Soup: Chef's Choice Veggie: Chef's Choice		

View the menu online at www.lethseniors.com/menu

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

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A division of the Caring Group Corp.

We Lessen the Expense ~ Not the Care



Seniors System Navigator

Rebekah Nicholas

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

Oki (Hello) & greetings,

We are the second month into the New Year and if those New Year's resolutions are starting to look bleak, I hope you are not too hard on yourselves and are working on what is realistic and attainable.

February has a lot of focus around love and I know we all have a love for something in our lives, whether it be your fur baby(s), plants, pickle-ball, your spouse, children, grandchildren, food, reading, volunteering, swimming or whatever brings you joy, it all counts as love in our lives.

Often we forget about ourselves when we are so busy serving others, so here are some ways we can practice self-love:

- Allow yourself to try new things
- Stop & breathe if you are overwhelmed
- Know that caring for yourself takes time
- Forgive yourself
- Celebrate your accomplishments no matter how small
- Let go of the past

Practicing Self Love

- Accept yourself for who you are
- Make time for yourself
- Set boundaries for yourself

“Love has nothing to do with what you are expecting to get – only with what you are expecting to give – which is everything.” ~ Katherine Hepburn ~

With all the turmoil in the world, cost of living, difficult relationships and cold weather, we can find ourselves down, just be kind to yourself and you are encouraged to look for the little things that bring you joy. Energy givers can be letting sunlight in your home, getting up and moving, staying hydrated, nourishing foods, getting plenty of rest, connection to others, nature and laughter.

Financial stresses are common after the holidays and especially to seniors on a fixed income. In December, the government of Canada announced the Canadian Dental Care Plan (CDCP) for eligible Canadian residents who do not have access to dental insurance and have an adjusted family net income of less than \$90,000.

Having already started in mid-December 2023, letters were mailed to seniors aged 87 and above who may qualify, followed by those aged 77 to 86 in January 2024, then those aged 72 to 76 in February 2024 and those aged 70 to 71 in March 2024. These letters will include a personalized application code and instructions on how to apply.

More information can be located on the

Canada.ca website as well.

IF you have received this letter and need some assistance in applying, contact our intake at the LSCO or call 403-329-1544, and our Senior System Navigation team will do our best to assist you.

Our team can also assist in connection to resources within the city of Lethbridge, ensure all your pensions are in place, in-home support, socialization and well-being.

Stay warm out there folks, spread love and kindness and hope your year continues with good health and positivity. Take care.

Warm regards,
Rebekah Stewart BSW, RSW

THANK YOU !

LSCO would like to express gratitude to Doug Alger for his valuable assistance to numerous seniors during his time he dedicated here.

We appreciate Doug's dedicated support he has provided and extend our best wishes to him in all his future endeavors!

FEBRUARY SUPPORT SERVICES

WELLBEING SERVICES

**appointment required*



403-329-1544



intake@lethseniors.com

February 5 1st Monday	Service Canada Presentation - Canadian Dental Care Plan 12:30 - 1:00 pm Stage Area	Service Canada representative will provide a brief overview of the new Canadian Dental Care Plan including eligibility and applying.
February 6 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.
February 7 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.
February 8 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.
February 14 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
February 21	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.
February 22 4th Thursday	Eyeglasses Adjustments 1:00 pm - 2:00 pm Card Area	FREE eyeglasses adjustments provided by Specsavers.
February 22 4th Thursday	Manicures* 11:00 am - 4:00 pm Clinic Room	30 Minute appointments provided by Back 2 You Esthetics. Regular or Gel polish available. Fee for services \$10 - \$15. Call LSCO to book your appointment 403-320-2222.

SUPPORT GROUPS

February 7- 28 Wednesdays	Reconnect & Recharge 10:00 - 11:30 am Room C/D	February 15 3rd Thursday	Parkinsons Support Group 2:00 - 4:00 pm Board Room
February 2 - 23 Fridays	Reconnect & Recharge 2:00- 3:30 pm Boardroom	February 3 - 24 Saturdays	AA Eye Opener 8:30 - 10:30 am Room C/D



Empathy. Assistance. Advocacy.

Addressing Caregiver Abuse



LEARN Case Manager

Amy Cook

learn@lethseniors.com
403-394-0306

Let's take some time this February to express our gratitude for the caregivers who play a pivotal role in our lives! Whether they're family members or friends, their dedication is immeasurable.

They offer companionship, support, and assistance to ensure your golden years are filled with dignity and comfort.

Sadly, some may find themselves in situations where the individuals entrusted with their care become perpetrators of abuse. Abuse can manifest in various forms, including physical, emotional, financial, and neglect.

As a community, it's crucial that we are aware of the signs and committed to taking action against any form of mistreatment. If you or someone you know is experiencing caregiver abuse, know that help is available.

No one should endure mistreatment, and by addressing the issue head-on, we collectively work towards creating a safer environment for all.

Conversely, caregivers themselves may

also be vulnerable to abuse. The stress and challenges associated with caregiving can sometimes lead to situations where caregivers are mistreated by those they care for. It's crucial for caregivers to recognize the signs of abuse and seek support and assistance when needed.

Encouraging open communication within caregiver relationships is vital. By creating an environment where caregivers feel comfortable discussing their challenges, we can work together to find solutions and prevent the cycle of abuse. Additionally, providing resources and support for caregivers is essential in ensuring their well-being as they navigate the complexities of their role.

As a community, let's commit to fostering an environment where conversations about caregiver abuse are met with empathy and understanding. Education plays a key role in preventing abuse, and attending presentations or support groups can be valuable resources for both older adults and their caregivers.

By addressing the complex dynamics of caregiver relationships, we work towards creating a community that supports the well-being of all its members. As always, you can contact me at **403-394-0306** or **learn@lethseniors.com** to discuss any concerns you may have or arrange for a presentation on elder abuse. You can also reach out for resources pertaining to caregivers and caregiver burnout.

Remember, seeking help is a sign of

strength, and together, we can break the cycle of abuse and build a safer and more compassionate community for seniors and caregivers alike.

- Amy

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



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ATTENTION SENIORS
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1011 - 3rd Avenue South
(2 blocks north of LSCO)
403-327-4145

CURRENT EXHIBITS

ACTING OUT

CELEBRATING A DECADE OF THEATRE OUTRÉ

CLOSING FEB 11.24

Escaping Residential Schools

CLOSING MAR 03.24

Stolen Kainai Children: Stories of Survival

CLOSING MAR 03.24

Transplanted Sunflowers

UNTIL APR 07.24

FEBRUARY 2024 EVENTS & PROGRAMS

INDIGENOUS HISTORY ++

Sat 03 | 10:30–11:30 AM

Indigenous Radically! Dancing Our Archive: Bringing to Life the Photography of Tsimshian Benjamin Alfred Haldane

Thu 08 | 6–8 PM

Learning Blackfoot: Conversations with Blanche Bruised Head

CREATIVE COMMUNITY **

Wed 07 | 10:30–11:30 AM

Black History Month

SPECIAL EVENTS ++

Sat 27 | 3–7 PM

Black History Month Showcase and BIPOC Foundation Pitch Competition

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 not required | free to attend | all ages

+ registration required | free to attend

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

* registration required | \$10/person | members discount may apply

www.galtmuseum.com



Thank You! To our generous community partners and sponsors!

Because of your support
Over \$34,000 was raised for Meals on Wheels!



February LSCO Weekly Program Schedule

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

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

Note: Some programs are Full. Ask about Drop In Classes

For information about LSCO programs go to www.lethseniors.com and register online.

February Drop In Classes

IMPORTANT THINGS TO KNOW

Purchase your drop-in pass at the Administration Desk and give the receipt to the instructor.

Call to ensure the class is taking place as advertised.

- 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

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

Exercise & Fitness

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.**

When: Mondays
 Time: 10:15 – 11:15 am
 Drop In Fee: \$8 LSCO M; \$10 NM
 Instructor: Tracy Simons
 Location: Room A/B

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

CARDIO STRENGTH

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

When: Mondays
 Time: 8:00 – 8:50 am
 Drop In Fee: \$8 LSCO M; \$10 NM
 Instructor: Gabrielle Dumont
 Location: Gym 2

CARDIO TO THE CORE

The instructor will lead you through a number of different moves and exercises to ensure you get that great workout you are looking for! Wear comfortable workout clothes, indoor sneakers. Bring a water bottle, yoga or exercise mat. **Intermediate to Advanced Fitness Levels.**

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

CHAIR EXERCISES

This chair class will include stretching, exercise to help you increase strength, flexibility, range of motion for joints and stress reduction. Many options are given making it suitable for all fitness levels.

When: Thursdays
 Time: 9:30 – 10:15 am
 Drop In Fee: \$6 LSCO M; \$8 NM
 Instructor: Andrea Clarke
 Location: Stage Area

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.**

When: Mondays
 Time: 10:15 – 11:15 am
 Drop In Fee: \$8 LSCO M; \$10 NM
 Instructor: Jamie Hillier
 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 & Thursdays
 Time: 9:00 – 9:50 am
 Drop In Fee: \$8 LSCO M; \$10 NM
 Instructor: Gabrielle Dumont

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
 Time: 9:00 – 9:55 am
 Drop In Fee: \$8 LSCO M; \$10 NM

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.**

When: Wednesdays
 Time: 10:15 – 11:00 am
 Drop In Fee: \$8 LSCO M; \$10 NM
 Instructor: Donna Tiefenbach

When: Fridays
 Time: 10:15 – 11:00 am
 Drop In Fee: \$8 LSCO M; \$10 NM
 Instructor: Andrea Clarke

POUND & STRETCH

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
 Time: 1:30 – 2:30 pm
 Fee: \$9 LSCO M; \$10 NM
 Instructor: Shelia Mulgrew
 Location: All Purpose Room

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.**

When: Mondays
 Time: 9:00 – 10:00 am
 Fee: \$8 LSCO M; \$10 NM
 Instructor: Gabrielle Dumont
 Location: Gym 2

When: Thursdays
 Time: 11:20 am – 12:20 pm
 Fee: \$8 LSCO M; \$10 NM
 Instructor: Jamie Hillier
 Location: Gym 2

TRX EXPRESS (Beginner/Intermediate)

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.**

When: Tuesdays
 Time: 12:15 pm – 12:45 pm
 Drop In Fee: \$8 LSCO M; \$10 NM
 Instructor: Andrea Clarke
 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
 Time: 9:00 – 9:55 am
 Drop In Fee: \$8 LSCO M; \$10 NM
 Instructor: Jamie Hillier

When: Fridays
 Time: 9:00 – 9:55 am
 Drop In Fee: \$8 LSCO M; \$10 NM
 Instructor: Tracy Simons

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.**

When: Tuesdays
 Time: 9:00 – 9:55 am
 Drop In Fee: \$8 LSCO M; \$10 NM
 Instructor: Andrea Clarke

Dance & Zumba

ZUMBA GOLD

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

When: Tuesdays
 Time: 11:15 am – 12:00 pm
 Drop-In: \$9 LSCO M; \$10 NM
 Instructor: Sheila Mulgrew
 Location: All Purpose Room

30/30 ZUMBA GOLD/ZUMBA GOLD TONING

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

When: Thursdays
 Time: 11:15 am – 12:00 pm
 Drop-In Fee: \$9 LSCO M; \$10 NM
 Instructor: Sheila Mulgrew
 Location: All Purpose Room

MOVING TO HEAL

Join me, Lise LeMoine, 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
 Time: 4:00 – 5:00 pm
 Fee: \$15 LSCO M; \$20 NM
 Location: Room A/B

CLASSIC NIA

Join me, Lise LeMoine, 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.

When: Thursdays
 Time: 5:15 – 6:15 pm
 Fee: \$15 LSCO M; \$20 NM
 Location: Gym 2

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!

When: Wednesdays
 Time: 11:30 am – 12:30 pm
 Fee: \$6 LSCO M; \$8 NM
 Instructor: Gloria-Rose Puurveen
 Location: Gym 2

BEGINNER LINE DANCING

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

When: Wednesdays
 Time: 12:45 – 1:45 pm
 Fees: \$6 LSCO M; \$8 NM
 Instructor: Gloria-Rose Puurveen

Yoga

SATURDAY FLOW YOGA

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

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

CHAIR YOGA

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

When: Mondays
 Time: 10:00 - 10:45 am
 Fee: \$6 LSCO M; \$8 NM
 Instructor: Corrine Myers
 Location: Stage Area

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
 Time: 5:00 – 6:00 pm
 Drop-In Fee: \$10 LSCO M; \$15 NM
 Instructor: Donna Tiefenbach
 Location: Room A/B

Creative Arts

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.

Visit: www.lethseniors.com for additional classes.

WATERCOLOURS

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

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

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: \$29/12 months & 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. Fee: \$6 M; \$7 NM.

When: Monday – Friday
Time: 8:30 am – 3:00 pm
Fee: \$55/12 months & 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/months & 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 have 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: \$11/12 months & 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 6 – June 5
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: \$30/12 months & LSCO Membership; NM \$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: \$11/12 months & LSCO Membership

LAPIDARY (Stonecrafters)

Are you interested in making jewelry or other pieces of art that uses rocks and fine gems? If the answer is yes, our experienced stonecrafters 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.

When: Wednesdays (other days will be available if there is interest)
Time: 10:00 am – 3:00 pm
Fee: \$36/12 months & LSCO Membership

PAPER TOLE & CREATIVE ART

If you are familiar with the art of paper tole and would like to work on your projects while socializing, come talk to us. Supply costs extra. Painters, knitters and other crafters are welcome to join us to work on their projects too.

When: Fridays
Time: 9:00 am - 3:00 pm
Fee: \$23/12 months & LSCO Membership

QUILTING

If you have basic quilting skills consider joining this group. They socialize, help and share ideas with each other to complete their own projects. They also create items for donations and raffles. 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: \$44/12 months & LSCO Membership

TAI CHI

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

When: Mon/Wed/Fri
Time: 8:15 – 9:15 am
Fee: \$20/12 months & 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.

When: Monday – Friday
Time: 8:30 am – 3:00 pm
Fee: \$44/12 months & 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!

Badminton News

Many LSCO Badminton players participated in the LSCO Badminton Tournament in December 2023.

This is the first tournament held at LSCO in many years. We had great participation and thank all the players that and organizers.

We look forward to hosting future tournaments. Here are the results:

1st Place Champions:
Kathryn Iwaasa and Tim Capule

2nd Place:
Ruel Vera Cruz and Monte Turner

There are several members planning to participate in the Alberta 55 Plus Badminton Provincials Tournament in Okotoks on March 28 and 29, 2024.

We wish them Good Luck!



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Computer Corner

By Sjoerd Schaafsma

Upgrading your Old Computer

This is a well-worn subject that keeps coming up. I had a brief glance at my archive and found four issues back in 2022 that dealt with this as well as a couple from 5 and 6 years ago. So, without flogging a dead horse, topic or computer I'll try to keep it brief.

When do you need to upgrade your computer? When it no longer does what you want it to? When do you replace your computer? When you can no longer upgrade it.

To use the house analogy... do you need a new house just because there's not enough space in it? Or do you need to clean up the clutter? A full hard drive can make it look like your computer is in need of replacing; however, a good cleaning might be all it needs. So, back to the home analogy, "all I really need is a Quonset hut or an extra shed to store the extra stuff." In the computer world, that's easier and much cheaper; buy a big external hard drive and move all your extra clutter to it, movies, pictures, cute videos, software you no longer use, you name it.

However, if your hard drive is big and old and you've been upgrading Windows 10 over the years, the increasing demands of the operating system software itself might be slowing you down. A case in point, the computer club has replaced several 1 terabyte hard drives with solid state drives (SSD) a quarter of the capacity. The difference is like day and night, instead of the frustration of waiting for a browser page, program, or document to load, it's just there. Options that were expensive when you bought your computer are now relatively cheap. A 1 terabyte SSD that cost ~\$600 in 2013, now costs less than \$100. A name brand 256 Gb drive costs about \$50, no name brands around \$30.

What do you think a computer store would rather sell you, a 50-dollar item or a whole new computer, or the labor cost involved in the installation of the new hard drive? This last might be a moot point if you can't do the work yourself. However, if you belonged to a computer club, hint hint, you could learn to do the work yourself, as well as get help from experienced members.

The next simple upgrade is increasing the memory in your computer. We have a few computers that will run Windows 10 with 4 Gb of RAM; it's not a pleasant experience, that's why they're in the spare parts area. They're so old the memory can't be realistically upgraded. A 10-year-old computer may have come with 4Gb of RAM because more ram wasn't needed for Windows 7. If you upgraded to Windows 10, and there is space for more memory, doubling the RAM can make a world of difference. A quick search of Amazon shows 4 Gb of RAM available for \$23. If doing the job yourself seems daunting, as mentioned before, there's lots of experience available at the computer club. We can open up a lab computer or your own and show you what to get and where to get it.

Tips of the Month: How much Memory and Hard Drive space your computer Has

In Windows 10, go to: Start - Settings - System - About. (the Windows key + I is a shortcut to the settings area of your PC). Among other things, this page will show how much memory and which version of Windows 10 you have. Clicking on "This PC" in file manager will show the available space and size of your hard drive(s).



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.



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

Computer Club EVENTS

February 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.

February

Friday 2 Sharing, help and socializing

Monday 5 Updating PCs, Planning, sharing, help and socializing

Wed 7 More Windows Basics, Understanding the Jargon, Creating and Deleting -Files & folders, the Recycle Bin, and more

Friday 9 Sharing, help and socializing

Monday 12 Sharing, help and socializing

Wed 14 Sharing, help and socializing

Friday 16 Sharing, help and socializing

Monday 19 Family Day LSCO CLOSED

Wed 21 Transferring files, creating folders, Moving pictures to a PC or other External Device (HANDS ON, bring your mobile! USB drive, Charge or On the Go Cable)

Friday 23 Sharing, help and socializing

Monday 26 Sharing, help and socializing

Wed 28 Sharing, help and socializing Pink Shirt Day

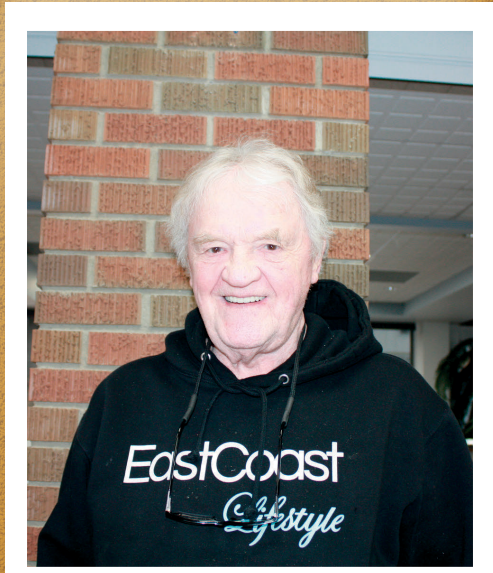
There will be more workshops when requested and presenters are available.

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.

Member Spotlight

Discovering Community, Making Connections

Member Spotlight



Gerald "Gerry" De Bow



Gerald "Gerry" De Bow was born in Moncton, New Brunswick into a very devout Baptist family. One of his earliest memories is hearing the sound of sirens "blowing all day" announcing the end of WWII, as a six year old. Gerry described an upbringing that completely insulated him within a Baptist environment.

He recalls favourable times at summer camp and also the times when he and his brother visited extended family on a farm. Gerry grew up with his maternal grandmother in his family's home, and although she was not Baptist, he saw her as a great source of unconditional love and hugs.

At age 18, he attended Acadia University in Wolfville, Nova Scotia. Although it was a Baptist University, he was exposed to non-Baptist people and different types of mindsets. Although there was a church-abiding community at university, Gerry participated in more secular activities. He even played Piano regularly at the Kentville Legion.

Gerry got his BA degree, came 'out west' in the 60's and got a job with the City of Edmonton Welfare Department. He found his time there very educational as he got to familiarize himself with people and their behaviours outside of his upbringing in the Baptist doctrine.

With support from his employer, he decided to upgrade his post secondary education.

Therefore, Gerry returned to Nova Scotia to attend the Maritime School of Social Work in Halifax, receiving his Master's Degree in Social Work from Acadia University. In the 2nd year of his program, he did a 1 year practicum with two psychiatrists in a mental health clinic, where he gained the valuable experience of working within a professional team that practiced family therapy. There, Gerry realized that looking at the causes of behaviours was essential.

He returned to Edmonton to work for two more years in a family counselling type role. Then he decided to completely pivot in his career.

This was the 1960's after all. There was societal 'chaos' in that all things were becoming loud and to the surface: e.g. marijuana and other illicit drugs, the women's movement, the VietNam War, LGBTQ+ rights, racial issues, the Manson murders, man landed on the moon, Woodstock, etc. Some of these events prompted Gerry to decide to attend Law School at the University of Alberta in 1968.

Gerry married Shirley in 1966 and their three children were born in Edmonton. He finished his Law degree in 1971 and practiced for 12 years until 1984. He had a keen interest in a judicial role and he obtained his first placement as a Provincial Court Judge in Lethbridge. The role included criminal, family, youth, and civil courts. He acknowl-

Upcoming Events

Service Canada Dental Care Presentation
Monday February 5 | 12:30 - 1 PM

Members Meet & Greet
Wednesday February 7 | 1:30 PM

Valentines Day Lunch
Wednesday February 14 | 11 AM - 1 PM

Family Day - LSCO Closed
Monday February 19

Live Well Showcase
Thursday June 6 | 10 AM - 5 PM
Friday June 7 | 10 AM - 3 PM

edges that this was a powerful role and he tried to avoid the punitive aspect, while trying to understand what the people were going through; he strove to be objective and to avoid his "built-in prejudices". He has found that he doesn't miss the work, but he appreciates the effect it had on his view of the world and its people. He retired four years ago

Gerry has had the rich experience of backpacking through Europe and being exposed to many cultures, countries and ideas. He is now a widower and looks back fondly on his married life as extremely rewarding as they enjoyed so many of life's experiences together.

Gerry now enjoys spending his time learning how the internet and new technologies, including Artificial Intelligence, can enhance day-to-day life; he says that he can be found online "24 hours a day".

You can regularly find Gerry at the LSCO dining room having lunch and good conversations with other members.

LSCO Library Corner

LSCO LIBRARY IS LOOKING FOR BOOKS, DVD CD'S AND PUZZLES.

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Austyn L. Anderson, JD

Introducing Austyn Anderson

The Lethbridge Senior Citizens Organization is pleased to announce that effective February 1, 2024 Austyn L. Anderson of Letourneau LLP will begin as the Local Lawyer here at the LSCO.

Austyn will be providing regular legal consultations, seminars, and articles to assist our seniors with their various legal needs and questions.

Austyn graduated with a Juris Doctor de-

gree from the University of Alberta. Prior to law school, Austyn attended the University of Lethbridge, where he graduated with a Bachelor's of Arts Degree in Political Science with Great Distinction.

Austyn was born and raised in Lethbridge, Alberta. He loves Southern Alberta and tries to give back whenever he can. Austyn has a long history of volunteering in the Lethbridge community. Most recently Austyn has focused his volunteer efforts on coaching youth basketball.

Austyn loves sports. If he is not camping with his wife and daughter, you will most likely find him coaching, playing or watching an organized sport. His favourites are basketball, baseball, golf, and pickle ball.

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Canadian Dental Care Plan Presentation

Join us for an informational session about the Canadian Dental Care Plan (CDCP).

LSCO STAGE AREA

500 11th St. S Lethbridge | intake@lethseniors.com | 403-329-1544

FEBRUARY 5
12:30PM - 1:00PM

LIFE TIME HIGHS TOURS

587 223 0203
INFO@LHTTOURS.CA
LHTTOURS.CA

SPOKANE LILAC FESTIVAL & TORCH LIGHT PARADE

MAY 16TH - 21 2024
DBLE OCCP - \$1650.00 PP

DAVENPORT GRAND, RIVER WALK, CAROUSAL SKY RIDE OVER THE FALLS, BING CROSBY'S HOUSE, BARRISTER'S WINERY, 1 NT AT ST. EUGENE, 1 NT - BONNERS FERRY, INCLUDES COEUR D'ALENE LAKE CRUISE

RENO, NEVADA

APRIL 13 - 21, 2024
DBLE OCCP - \$1389.00 PP

4 NTS - SILVER LEGACY, LAKE TAHOE, CARSON CITY, VIRGINIA CITY, OUTLET MALL, 2 NTS - CACTUS PETE - JACKPOT, 2 NTS - BW - BUTTE

Did you know?

that LSCO Fitness Centre memberships are available to anyone 35 years and over.

Anyone 18 and over can also participate in most classes at LSCO

MOOSE JAW ESCAPE

MARCH 18TH - 21, 2024
DBLE OCCP - \$560.00 PP

SEATTLE & THE BLUE JAYS

JULY 3 - 9, 2024
DBLE OCCP - \$2355.00 PP

NEWFOUNDLAND & LABRADOR

JUNE 7TH - 19, 2024
DBLE OCCP - \$4969.00 PP

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