

LSCO

VOLUNTEER APPRECIATION WEEK

FORGET OUR WONDERFUL VOLUNTEERS
APRIL 15TH - 19TH, 2024

SPIN TO WIN
LSCO Volunteer Desk
8:00 am - 4:00 pm
MONDAY- FRIDAY

COFFEE & DONUTS
LSCO Diner
8:00 pm - 1:00 pm
MONDAY- FRIDAY

KARAOKE NIGHT SOCIAL (18+)
LSCO Card Area
5:00 pm - 9:00 pm
RSVP by April 15
FRIDAY

BINGO NIGHT
LSCO Atrium
6:00 pm - 8:00 pm
RSVP by April 15th
TUESDAY

MAD HATTER AFTERNOON TEA
LSCO Dining Room
2:00 pm - 3:30 pm
RSVP by April 15th
WEDNESDAY

RSVP HERE



OR THROUGH THE INFO BELOW

If you have volunteered at the LSCO in the last year, these events are for you!

📞 403-320-2222 ext. 208
🌐 www.lethseniors.com/events
✉ volunteer@lethseniors.com
📍 500 11th St. S, Lethbridge

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Above: Attendees at our St. Patrick's Day Pub Event having a swell time.



Executive Director

Rob Miyashiro

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

LSCO News

As many of you know by now, our funding for the Lethbridge Elder Abuse Response Network (LEARN) Case Manager has not been renewed.

After 12 years as the sole case management resource in Lethbridge and area for seniors at risk of abuse, the Ministry of Public Safety and Emergency Services made the decision that our proposal did not align with their grant criteria, despite the fact that Elder Abuse was specifically mentioned in the criteria.

As I stated in a news release, “This government’s callous indifference to at-risk seniors experiencing abuse runs counter to their Budget Day exclamations of keeping communities safe and secure. As a result of this decision to end funding for LEARN Case Management, at-risk seniors will continue to suffer abuse with no possibility of supportive interventions available to help them.”

In the last quarter of 2023 Amy Cook, LEARN Case Manager, had 25 new files started which increased the active caseload to 48. She safety planned 109 times with 46 people and conducted 64 risk assessments with 46 people. Amy also dealt with 19 cases of domestic/family violence.

Ironically, the Ministry of Seniors, Housing, Community and Social Services thinks very highly of the services provided by LEARN: the unique emergency housing model created by LSCO and Green Acres Foundation (GAF), which enables LEARN to quickly place seniors at imminent risk of harm, has been adopted by the Ministry for implementation across the province...and the Ministry refers to it as the LEARN model.

Additionally, the LEARN Case Management manual is used by new Case Management services funded by the Ministry through the Alberta Elder Abuse Awareness Council.

We will apply to an upcoming funding window from the Alberta Elder Abuse Awareness Council, in the hope that we can restart the LEARN CCR and services in the Fall.

In other news, Amy Labossiere has accepted the position of Support Services Manager and Amy Cook will move into the Seniors System Navigator Team Lead role.

We look forward to both Amy’s work in their new positions as their skills, experience and training will continue provide our older population with excellent service. We also wish the best and give our thanks to Danni (Volunteer Assistant) and Zuwairah (Marketing Assistant) who are moving on from LSCO.

-Rob Miyashiro

TAX RETURN ASSISTANCE

LSCO will be offering free assistance for simple tax situations.
No age limit!

VOLUNTEER INCOME TAX PROGRAM

Eligibility Criteria

- Single up to \$35,000
- Couple up to \$45,000

Volunteers do not prepare tax returns for:

- Individuals with interest income over \$1000
- Returns for deceased persons
- Individuals who file for bankruptcy
- Individuals who report capital gains or losses, employment expenses, or rental income & expenses

OPEN TO ANYONE WHO MEETS INCOME THRESHOLD

Processing begins March 11th 2024.

DROP OFF INCOME TAXES AT:
The LSCO - 500 11th St. S., Lethbridge

Call 403-320-2222 for more info

COMMUNITY PARTNERS

We thank you for..

Supporting *Meals on Wheels*

Supporting *LSCO Events and Fundraisers*

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



A MONTHLY PUBLICATION OF THE LETHBRIDGE SENIOR CITIZENS ORGANIZATION

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

Edited by Hannah Dupuis
 Printed by Lethbridge Herald

Officers of the LSCO

2023 - 2024 Executive

President: Keith Sumner
 President Elect: Liz Iwaskiw
 Secretary: Veronica Panich
 Treasurer: Neil Jorgensen

Board of Directors:

Reg Dawson, John Usher, Merri-Ann Ford

Staff Members

Executive Director – Rob Miyashiro
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 Operations Manager – Jodie McDonnell
 jmcdonnell@lethseniors.comext. 102
 Accounting Technician – Christine Toker
 finance@lethseniors.comext. 103
 Receptionist & Administrative Support - Kari Martin
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 Fund Development & Marketing – Hannah Dupuis
 hdupuis@lethseniors.comext. 302
 SSN Team Lead– Amy Cook
 acook@lethseniors.comext. 301
 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
 jbateman@lethseniors.comext. 207
 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
 intake@lethseniors.com 403-329-1544
 In-Home Supports & Volunteer Program –Bonnie Jensen
 bjensen@lethseniors.comext. 202
 In-Home Supports Program Assistant – Diane Legault
 dlegault@lethseniors.comext. 201
 Program Department Manager – Shawn Hamilton
 shamilton@lethseniors.comext. 104
 Fitness Coordinator – Andrea Clarke
 fitness@lethseniors.comext. 303
 Food Services Coordinator– Lachlan Dyer ext. 401
 ldyer@lethseniors.comext. 401
 Asst. Food Services Coordinator– Travis Eakett
 Food Service Cashier – Georgette Mortimer

LSCO Information

Phone403-320-2222
 Fax403-320-2762
 SSN Intake403-329-1544
 Meals on Wheels.....403-327-7990
 www.lethseniors.com
 @lethlSCO on Facebook & Instagram

Hours of Operation

8:00 AM - 4:30 PM, Monday - Friday
 The Fitness Centre is also open on
 Saturdays 9:00 am - 12:30 pm

LSCO Vision Statement

“An active, healthy community which is learning, growing and making a difference.”

Welcome New Members

February - March 2024

13 New Members

Sharon Owczar
 Barbara Burke
 Barbara Clarke
 Rick Roy
 Roy Williams
 Suzanne Williams
 Andrew Wilson
 Ken Kellett
 Roger Rollolazo
 Rod McLeod
 Pat Anderson
 Marcelle Velve
 Fran Coyne

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



April 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.

Apr. 4	Nathan Neudorf, MLA Lethbridge East	<i>Rethinking Alberta's Electricity</i>
Apr. 11	Sidney Shapiro, University of Lethbridge	<i>How May Artificial Intelligence Change Our Lives Now and Down the Road?</i>
Apr. 18	Tiffany Prete, University of Lethbridge	<i>Colonization and Assimilation: Why Not Just Get Over It?</i>
Apr. 25	Susan Deleman, University of Lethbridge	<i>What Does Free Speech Mean at Post Secondary Institutions?</i>

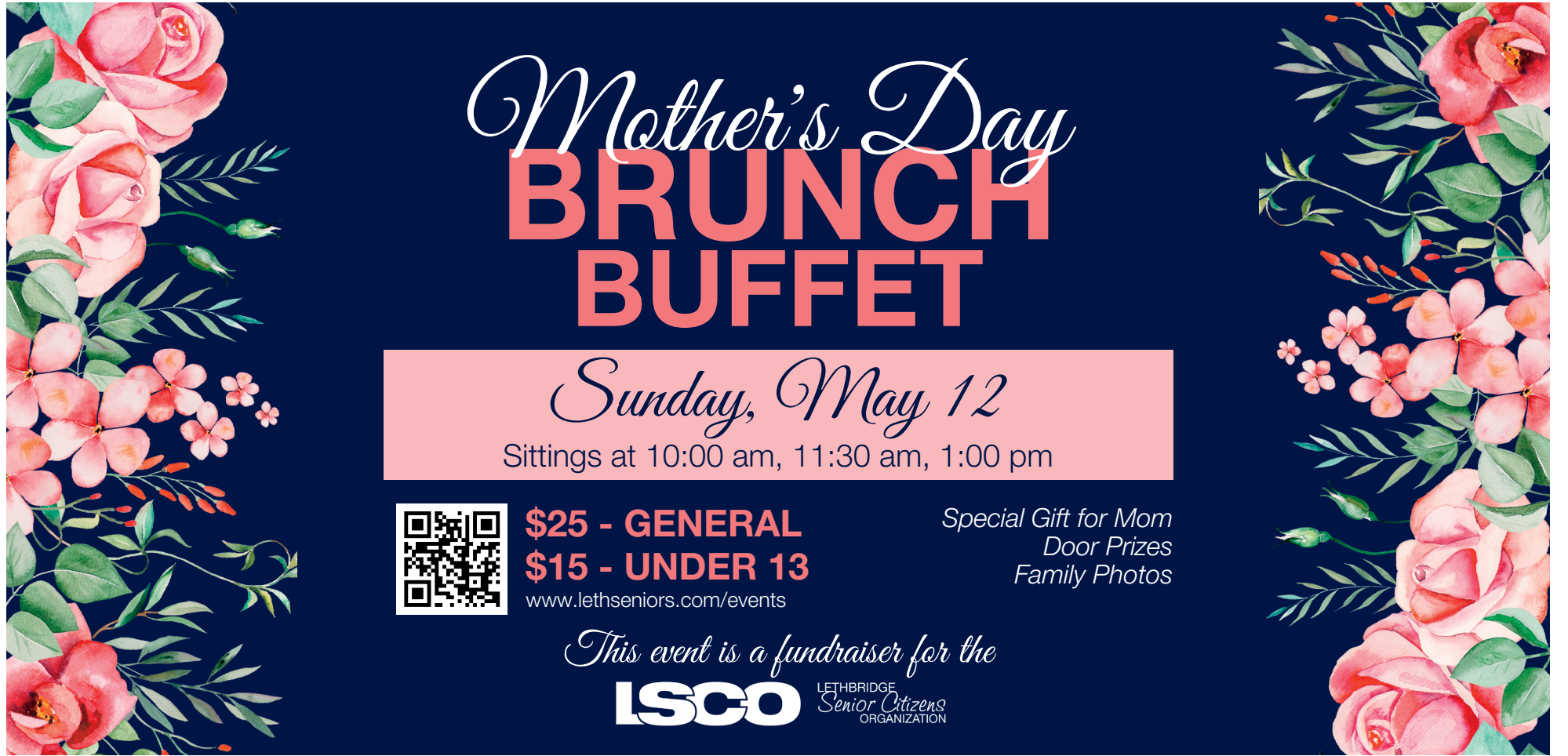
Weekly programs are broadcast on Shaw Spotlight TV and are available at SACPA.ca archives

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.



Mother's Day BRUNCH BUFFET

Sunday, May 12
Sittings at 10:00 am, 11:30 am, 1:00 pm

 **\$25 - GENERAL**
\$15 - UNDER 13
www.lethseniors.com/events

*Special Gift for Mom
Door Prizes
Family Photos*

This event is a fundraiser for the
LSCO LETHBRIDGE Senior Citizens ORGANIZATION



Presented by 

LSCO LETHBRIDGE Senior Citizens ORGANIZATION

Live Well Showcase

A TRADE SHOW FOR ACTIVE AGING


The largest exhibition in Alberta focused solely on seniors - with free admission, over 70 vendors and esteemed speakers.

June 6 & 7, 2024
Thursday 10 - 5 | Friday 10 - 3

*Almost sold out,
get your booths
ASAP*

500 11th St S, Lethbridge | 403-320-2222 | lethseniors.com/livewellshowcase

Fond Farewell to All My Valued Clients



Ladybug Arborists will be relocating its operations to Airdrie in May, 2024.

It has been my pleasure to care for the trees, shrubs and gardens in Lethbridge for the past 28 years. In May, I will be transitioning our operations to Airdrie where I will gratefully be able to spend more time with my daughters and grandchildren while still doing what I love. I will be back and forth as I fulfill some existing commitments during this time. If you want a last visit or check on your site, I am pleased to arrange this.

I appreciate all the many hours I have spent increasing awareness of the importance of trees in this community. I loved tending your gardens and helping keep trees healthy and safe. I have been privileged to have supported many groups through donations and service work. I feel privileged to have worked with, mentored and encouraged young gardeners and arborists in their quest to grow in this wonderful career path.

Some of our former employees are taking on new clients under their own businesses. If you need a referral, please reach out to me. My phone number and email will remain the same.

Yours, Maureen Sexsmith-West.

When you're 20 and you drop something, you pick it up.

When you're 80 and you drop something, you decide you don't need it anymore.



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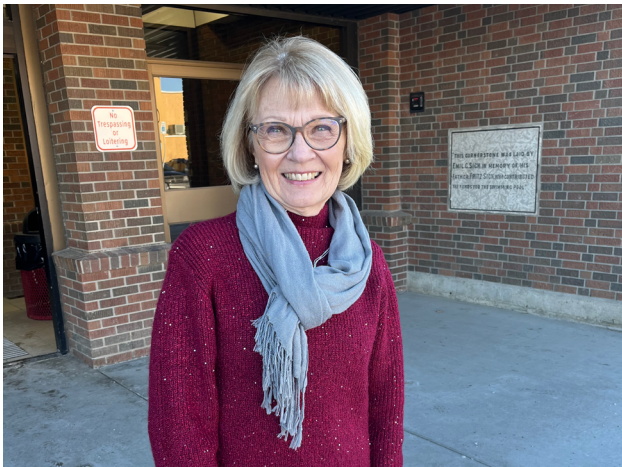

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The Volunteer CONNECTION

Volunteer Spotlight



Sharlene Peterson has been volunteering with Community Connect since 2019. Community Connect is a program that provides safety and connection to Senior's in our community through regularly schedule phone calls and social interactions.

Sharlene also currently volunteers at schools reading to young people who need help developing their reading and English skills. "Volunteering gives you a good feeling," she says. "If you're having a poor day, you can just make someone's day better," and that helps her feel better in kind.

Giving back her community and others is important to Sharlene, and she challenges herself when working with someone who is having a difficult time, to help that person have a better day and feel more positive. It's a win-win situation.

"There is so much in the world that doesn't make one feel good, but one always feels good when they help someone." Another important aspect of volunteering is that it has a way of humanizing those who she might have otherwise overlooked. It allows her to connect and associate with those she may not have while developing compassion for others in more difficult or unfortunate situations.

Volunteering has shown Sharlene that you don't need a lot of common ground to build a relationship, just an invested interest in getting to know the other person.

Sharlene was inspired to give back by her mother who gave a lot of time to her neighbors and the people around her by baking for them and helping in her community. Her mother was always able to see the positive side of things, something she passed on to Sharlene and which serves her well in her volunteering with LSCO.

She says if someone wants to volunteer, they have nothing to lose and a lot to gain by doing so. People often underestimate the difference they can make in someone's life and the community in general, so she encourages everyone to give it a try!

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.

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.

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 the Volunteer Team

volunteer@lethseniors.com

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

Volunteer Appreciation Week



In Home Support & Volunteer Program Coordinator

Bonnie Jensen

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

Hi all,

This month is special – It's the month set aside nationally to truly recognize and give thanks and appreciation to all the volunteers who so generously donate their time and talents to the wellbeing of their communities.

From the bottom of our hearts, the LSCO Staff thanks all our amazing volunteers for their hard work and dedication – **We DONUT KNOW what we would do without you.**

The National Volunteer Theme this year is "Every Moment Matters". YES! Truly every moment matters. You matter! And your support and kindness matters!

We recognize the significant impact you make not only here at LSCO, but out in the community as you support our older adults

in various different roles, such as serving Christmas Day dinner, making someone smile at the LSCO Diner, delivering Meals on Wheels and having a friendly conversation at their doors, visiting with others over the phone through the Community Connect program, providing transportation through LSCO Drive Happiness, and many many other ways too many to number.

Volunteer Canada emphasized, "Volunteering matters. And by sharing these moments, we co-create the neighbourhoods, culture, and society we want to live in".

Thank you for helping us co-create such a wonderful community here at LSCO and in Lethbridge. I know we can continue to make every moment matter! And I am excited to be part of that, sharing these moments with all of you.



April LSCO Weekly Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Day	LSCO Administration 8:00 am-4:30 pm LSCO Diner 8:00 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	LSCO Administration 8:00 am-4:30 pm LSCO Diner 8:00 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	LSCO Administration 8:00 am-4:30 pm LSCO Diner 8:00 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 Genealogy 10:00 am-3:00 pm Board Room Lapidary 10:00 am-3:00 pm Lapidary Room	LSCO Administration 8:00 am-4:30 pm LSCO Diner 8:00 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	LSCO Administration 8:00 am-4:30 pm LSCO Diner 8:00 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 Paper Tole & Creative Arts 9:00 am-3:00 pm Art & Craft Room	Fitness Centre 9:00 am- 12:30 pm
8:00	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		Tai Chi Advanced 8:15 am-9:15 am Stage Area	
9:00	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-10:00 am Gym 2 Fit Ball 9:00 am-9:50 am Gym 1	Amateur Radio 9:00 am-11:00 am Radio Room Bike & More 9:00 am-10:00 am Gym 2 Fitness/Power Walking 9:00 am-9:55 am Gym 1	Fitball 9:00-9:50 am Gym 1 TRX Combo 9:00-10:00 am Gym 2 Chair Exercises 9:30-10:15 am Stage Area	Tabata 9:10 am- 10:05 am Gym 1 Qigong 9:30-10:45 am Stage Area	
10:00	Chair Yoga 10:00-10:45 am Stage Area Cycle Combo 10:15 am-11:15 am Gym 2 Gentle Exercise 10:15 am-11:00 am Gym 1	Gentle Yoga 10:00 am-11:00 am APR Yoga Nidra 10:00 am-11:00 am Stage Area	Chair Yoga 10:00-10:45 am Stage Area Gentle Exercise 10:15 am-11:00 am Gym 1 1/2 Core 1/2 Stretch 10:15 am-11:15 am APR	Gentle Yoga 10:00 am-11:00 am APR Watercolours 10:00 am-12:00 pm Art & Craft Room Pilates 10:15 am-11:30 am Room A/B Weights for Beginners 10:15 am-11:15 am Fitness Centre Badminton 10:15 am-12:00 pm Gym 1	Yoga For Seniors 10:15 am-11:15 am Room A/B 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
Lunch	Pilates 11:15 am-12:30 pm APR Badminton 11:15 am-12:45 pm Gym 1 Functional Fitness 11:30 am-12:15 pm Stage Area	Quilting 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	Badminton 11:15 am-12:45 pm Gym 1	
Afternoon	Computer Club 1:00 pm-4:00 pm Computer Lab Yoga For Seniors 1:00 pm-2:00 pm Room A/B Table Tennis 2:30 pm-4:00 pm Room C/D	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	Computer Club 1:00 pm-4:00 pm Computer Lab Watercolour Group 1:00 pm-3:00 pm Art & Craft Room Table Tennis 2:30 pm-4:00 pm Room C/D	Knitting Needlework 1:00 pm-4:00 pm Dining Room Crib 1:00-3:00 pm Card Area Strength & Mobility 1:30 pm-2:30 pm Fitness Centre	Computer Club 1:00 pm-4:00 pm Computer Lab	
Evening		Yoga 5:00 pm-6:00 pm Room A/B		Move to Heal 4:00 pm-5:00 pm Room A/B Classic Nia 5:15 pm-6:15 pm Gym 2		

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.



MENU ~ APRIL 2024

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

**menu subject to change without notice*

Monday, April 1	Tuesday, April 2	Wednesday, April 3	Thursday, April 4	Friday, April 5
LSCO Closed for Easter Monday	Entree: Beef Quesadilla Starch: Rice 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 Cordon Bleu Starch: Roast 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, April 8	Tuesday, April 9	Wednesday, April 10	Thursday, April 11	Friday, April 12
Entree: Teriyaki Pork Starch: Rice Soup: Chef's Choice Veggie: Chef's Choice	Entree: Chicken Cacciatore Starch: Rice Soup: Chef's Choice Veggie: Chef's Choice	Entree: Beef Ravioli in Rose Sauce 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, April 15	Tuesday, April 16	Wednesday, April 17	Thursday, April 18	Friday, April 19
Entree: Sweet & Sour Pork Starch: Rice Soup: Chef's Choice Veggie: Chef's Choice	Entree: BBQ Chicken with Corn Bread Starch: Roast Potatoes Soup: Chef's Choice Veggie: Chef's Choice	Entree: Penne Bolognese Starch: Garlic Toast Soup: Chef's Choice Veggie: Chef's Choice	Entree: Pulled Pork Starch: Mac & Cheese Soup: Chef's Choice Veggie: Chef's Choice	Entree: Spaghetti & Meatballs Starch: Garlic Toast Soup: Chef's Choice Veggie: Chef's Choice
Monday, April 22	Tuesday, April 23	Wednesday, April 24	Thursday, April 25	Friday, April 26
Entree: Honey Garlic 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: Hunter Schnitzel Starch: Spaetzle Soup: Chef's Choice Veggie: Chef's Choice	Entree: Chicken Kiev Starch: Roast Potatoes Soup: Chef's Choice Veggie: Chef's Choice	Entree: Lasagna Starch: Garlic Toast Soup: Chef's Choice Veggie: Chef's Choice
Monday, April 29	Tuesday, April 30			
Entree: Sweet & Sour Chicken Balls Starch: Rice Soup: Chef's Choice Veggie: Chef's Choice	Entree: Chicken Alfredo Penne Starch: Garlic Toast Soup: Chef's Choice Veggie: Chef's Choice			

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

NEW MENU ITEMS

Starting April 2

Hot Dog \$8
Beef hot dog served on a toasted bun

Southwest Chicken Burger \$10
Crispy chicken breast topped with cheddar cheese, bacon, lettuce and chipotle mayo

Pulled Pork Sandwich \$12
A mouthwatering blend of slow-cooked pulled pork, caramelized onions, and crisp shredded lettuce.

Reuben Sandwich \$12
A classic fusion of corned beef, Swiss cheese, sauerkraut, and Russian dressing

Quesadilla \$10
Choose between Beef or Chicken, expertly grilled with cheese, bell peppers, and green onion. Served with sour cream and salsa.

Eggs Memphis \$10
Grilled English muffin with tomato slices, pulled pork and 2 poached eggs topped with rich hollandaise sauce.

Chicken & Waffles \$10
Fried Chicken with a fluffy buttermilk waffle.

Additional Toppings: \$2 Each
Chili, Cheddar Cheese, Swiss Cheese, Sauteed Onions

Open to the public : Monday - Friday | 8 AM - 1 PM
***Coffee and Snacks served until 3 pm**
500 11th St. S Lethbridge

for over

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610 - 4 Street South Lethbridge, AB

A Letter on the State of the LEARN Program



Fmr. LEARN Case Manager

Amy Cook

learn@lthseniors.com
403-394-0306

As of February 29, 2024, LEARN was advised by the Government of Alberta that they will not be providing ongoing funding to support those experiencing elder abuse in Lethbridge. The current contract for LEARN Case Management services ends effective March 1, 2024.

The services offered by LEARN to those in need have impacted many, from older adults themselves to service providers in the city. As a result of this loss of funding, I am so saddened to have to advise that referrals to LEARN can no longer be made.

For this, I am so incredibly sorry. This unfortunately leaves Lethbridge and area without elder abuse services of any kind, resulting in putting so many at risk of physical, sexual, verbal, emotional, financial and medical abuse, as well as neglect.

Although funding from the government has ended, LEARN will be applying for funding offered by the Alberta Elder Abuse Awareness Council in the Spring. We are hopeful we will get funding, but of course cannot confirm.

This would also mean case management services would not be reimplemented un-

til the fall of 2024, which leaves Lethbridge without support for up to 6 months, if not longer. This thought is both incredibly heartbreaking and scary. Please continue to check LSCO social media and website for an update, as we will ensure the public is made aware should we secure funding again!

Despite the Alberta Government not deeming it to be so, elder abuse services are necessary, valuable and life changing for those who have accessed them thus far and would have been for those who will need them in the future but won't be able to be connected.

If you have any questions, please reach out to Rob Miyashiro, LSCO Executive Director at **403-320-2222**.

We encourage you to reach out to our funder, the Government of Alberta. There is a letter template available to be picked up at LSCO or found online at lthseniors.com, under the Support Services and LEARN tab. We also encourage you to reach out to your local representatives whose information can be found below.

To Contact the Alberta Government:
Ross Nairne - Assistant Deputy Minister
Strategic, Support and Integrated Initiatives Division (SSII)
Public Safety and Emergency Services
Office of the Assistant Deputy Minister
Strategy, Support and Initiatives
9th Floor Brownlee Building
10365 - 97 Street
Edmonton Alberta T5J 3W7
780-427-8866
ross.nairne@gov.ab.ca

Lethbridge-East MLA
Nathan Neudorf
MLA for Lethbridge-East
319 Legislature Building
10800 - 97 Avenue NW
Edmonton, AB T5K 2B6
403.320.1011
Lethbridge.East@assembly.ab.ca

Lethbridge-West MLA
Shannon Phillips
MLA for Lethbridge-West
5th Floor
9820 - 107 Street
Edmonton, AB T5K 1E7
403.329.4644
Lethbridge.West@assembly.ab.ca

- 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.



Alberta Men's Sheds Association comes to Lethbridge

The Alberta Men's Sheds Association is coming to Lethbridge for men's health and well-being.

On April 10th at 2 p.m., the Lethbridge Senior Citizens Organization will be hosting a meeting at the Lethbridge Senior Citizens Organization Centre to share information about Men's Sheds, what they are, how they started, what they do and why Lethbridge should consider starting one.

The meeting is open to anyone who would like to learn about Sheds, how to start one or being a participant.

Wayne Warner, the president of The Alberta Men's Sheds Association, says Men's Shed decided to come to Lethbridge after being contacted by a local man who believes the initiative will benefit the community.

Other Men's Sheds in the province include Medicine Hat, Calgary, Airdrie, Cochrane, Innisfail, Spruceview, Camrose, Beaumont, Spruce Grove, Strathcona County, Edmonton, Grande Prairie, Cold Lake and new Sheds starting in Valleyview, Smoky Lake, Vermilion, Vegerville, and Morinville.

There are now 2500 Men's Sheds world wide and 100 in Canada.

COME ALIVE THIS SPRING AT THE LSCO

LETHBRIDGE Senior Citizens ORGANIZATION

A variety of classes are offered for all individuals of all fitness levels. Check the April issue of the LSCO Times and website

Zumba Gold
Tuesday, April 2 11:15 am – 12:00

Gentle Exercise
Wednesday, April 3: 10:15 – 11:00 am
Friday, April 4: 10:15 – 11:00 am

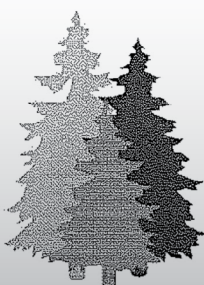
Chair Exercise
Thursday, April 4: 9:30 – 10:15 am

FREE CLASSES FOR 55+

Open 8:00 AM - 4:30 PM,
Monday - Friday
500 11th St. S, Lethbridge
www.lthseniors.com | 403-320-2222



JOIN US FOR A TOUR
Wednesday, April 3rd at 1:00 pm.



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SCSP Intake

Katie Harrold

intake@lethseniors.com
403-329-1544

Hello Everyone,

I hope you are all doing well. It's hard to believe that it is already April!

I wanted to take some time to remind everyone of the deadline to file your income tax. The filing deadline is April 30, 2024. Filing your taxes is important for ensuring that you continue to receive your senior's benefits. If you are looking for support in having your income tax filed,

LSCO runs a volunteer income tax program which is free to community members. The program is open to all ages with an income below thresholds of \$35,000 (single) and \$45,000 (couple). The program offers free filing of simple income tax returns.

Income Tax Season

Volunteers do not prepare tax returns for:

- Individuals with interest income over \$1000
- Returns for deceased persons
- Individuals who file for bankruptcy
- Individuals who report capital gains or losses, employment expenses, or rental income & expenses

The LSCO volunteer income tax program does not take appointments, items pertaining to your income tax return can be dropped off at the LSCO office.

If you are interested in having your income tax filed please stop by LSCO or for questions call **403-320-2222 ext.208**.

Once your income tax has been filed and assessed by the CRA, a Notice of Assessment will be issued to you. If you have an online CRA account, sometimes it is selected on your account to receive a digital version of your NoA. In these cases, the CRA will not

automatically issue a paper copy.

The CRA's standard is to issue Notice of Assessments within 2 weeks of receiving digital income tax returns and paper income tax returned take 10 to 12 weeks to process (CRA, 2022). If you don't receive a Notice of Assessment in the mail, call the CRA at 1-800-959-8281. Remember to keep your information updated with the CRA including your address, marital status, etc.

References:

<https://www.canada.ca/en/revenue-agency/news/newsroom/tax-tips/tax-filing-season-media-kit/tax-questions-answers.html>

Crushed Nuts

A little old man shuffled slowly into an ice cream parlor and pulled himself slowly, painfully, up onto a stool...

After catching his breath, he ordered a banana split. The waitress asked kindly, 'Crushed nuts?' 'No,' he replied, 'Arthritis.'

APRIL SUPPORT SERVICES

WELLBEING SERVICES

**appointment required*



403-329-1544



intake@lethseniors.com

April 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.
April 2 1st Tuesday	Prescribing Pharmacist Onsite* 10:00 am - 12:00 pm Clinic Room	On-site pharmacist from Medicine Shoppe available for: blood pressure check, laboratory testing requisition, medication review, adjustment of dosing/changes to medication therapy, strep throat testing, minor ailment prescribing, travel health consultation and vaccinations (ie. covid and flu vaccinations). Vaccinations require appointments, Call intake to book 403-329-1544.
April 3 1st Wednesday	Service Canada & CRA Onsite 10:00 am - 12:00 pm Card Area	On-site Service Canada and CRA representatives available to answer your questions regarding federal benefits and programs, no appointment necessary.
April 10 2nd Wednesday	Free Lawyer Consultations* 1:00 pm - 4:00 pm Quiet Room	15-min FREE consultations with a Ausyn Anderson from Letourneau Law. Call LSCO to book 403-320-2222
April 11 2nd Thursday	Hearing Screening* 10:00 am - 12:00 pm Clinic Room	FREE hearing screenings by Lethbridge Hearing Centre to assist you in understanding your hearing health.
April 18	Parkinson's Association of Alberta Booth 10:00 am - 12:00 pm Card Area	On-site rep with information on Parkinson's and to answer your questions.
April 17	Single Session Counselling* 9:00a m - 12:00 pm Quiet Room	FREE Single session counselling provides an opportunity to individuals interested in exploring counselling. Sessions are 1 ½ hr in length. Call intake to book 403-329-1544.
April 18	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.
April 25 4th Thursday	Eyeglasses Adjustments 1:00 pm - 2:00 pm Card Area	FREE eyeglasses adjustments provided by Specsavers.
April 26	Be Fast Friends* 1:30 pm - 3:30 pm Stage Area	FREE opportunity to build meaningful connections and develop friendships. Please register by calling 403-329-1544.

SUPPORT GROUPS

April 6 - 27 AA Eye Opener
Saturdays 8:30 - 10:30 am | Room C/D

April 18 Parkinsons Support Group
3rd Thursday Registration for Parkinson's Group is encouraged. Call 1-800-561-1911.
Empathy. Assistance. Advocacy.

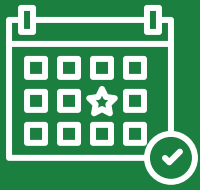


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LSCO ANNUAL REPORT HIGHLIGHTS



47,460
Facility Visits



35,796
Meaningful Interactions



250+
Programs



403
In Home Supports Clients



400
SSN Clients



23,000
Meals Delivered

Thank you to our Board of Directors, members, participants, staff, sponsors, and donors for our success in 2023.

2023 could be viewed as a “bounce back” year for LSCO. Throughout 2023 we continued to support our community. We continued to pursue our vision statement by providing a wide variety of programs, services, supports, classes and activities and by inviting the community to join us on our journey to achieve positive, active aging in an age-friendly environment.

We look forward to continue to effectively serve our community in 2024 and beyond.

You made a huge impact!

25,360
Total Volunteer Hours

That's the equivalent of

14
Full Time Staff

\$380,400
in wages

\$145,000
Donations

\$124,111
Fundraising Revenue



You can read the full annual report at www.lethseniors.com/annual-report or pick up a copy at the front desk

Spring 2024 Programs

April, May, June Classes

REGISTRATION BEGINS

Thursday March 28, 2024 - 8:15 am

HOW DO I REGISTER?

- **ADMINISTRATION DESK** is OPEN 8:15 – 4:00 pm Monday – Friday for in Person Registration.
- **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 review. You can also click “register online”.
- **PHONE IN**, by calling 403-320-2222.

HOW DO I PAY?

- By debit, cash, cheque, Visa or MasterCard.

REGISTRATION INFORMATION

- 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**.
- LSCO Members = (LSCO M); Non-Member = (NM)
- 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 cancel classes or close the facility, unfortunately we will not be able to make up the classes, give credits or refunds.

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 in rooms may vary
- At the end of class please gather your belongings and exit so the room can be prepared for the next class. You can enjoy a post exercise coffee, tea, or meal in the dining room.
- Please complete an Exercise/Fitness Waiver from your instructor or at the reception desk

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 contact the administration desk as soon as possible. A Doctors note is preferred, however a request can be made to the program department manager. Participants will be subject to a \$10 Administration Fee after the class has started. Credits/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.



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

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.

Fitness & Movement

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, April 11 – May 30
FREE class April 4
Time: 9:30 - 10:15 am
Fee: \$45 LSCO M; \$64 NM
Instructor: Andrea Clarke
Location: Stage Area

Session 2

When: Thursdays, June 13 – June 27
Time: 9:30 - 10:15 am
Fee: \$17 LSCO M; \$24 NM
Instructor: Andrea Clarke
Location: Stage Area

FUNCTIONAL FITNESS

This 45-minute class is designed for anyone with limited mobility and impaired motor control looking to improve activities of daily living. Class will focus on building strength, core and balance. A variety of exercise equipment will be used, if participants are comfortable with them. Wear comfortable light clothing. Bring your water bottle too.

When: Mondays, May 6 – June 24`
(No class May 20)
Time: 11:30 am – 12:00 pm
Fee: \$39 LSCO M; \$49 NM
Instructor: Andrea Clarke
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. A benefit for all ages. Wear comfortable

clothes, indoor exercise footwear and bring a water bottle. The class will be held in the Fitness Centre.

When: Thursday, May 2 – June 20
Time: 10:15 – 11:15 am
Fee: \$63 LSCO M; \$81 NM
Instructor: Jamie Hillier

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, April 8 – June 24
(No class May 20)
Time: 10:15 – 11:00 am
Fee: \$77 LSCO M; \$99 NM
Instructor: June Dow
When: Wednesdays, April 10 – June 26
FREE class April 3
Time: 10:15 – 11:00 am
Fee: \$84 LSCO M; \$108 NM
Instructor: Donna Tiefenbach

When: Fridays, April 12 – June 28
(No class June 7)
FREE class April 5
Time: 10:15 – 11:00 am
Fee: \$77 LSCO M; \$99 NM
Instructor: Andrea Clarke

BIKE & MORE

Start your day with an invigorating ride on a stationary bike with Nancy leading the way. She will give you many options to ensure you get the workout you need. Mat work will include the use of a variety of resistance equipment and the class ends with a stretch. Wear comfortable clothes and bring a full water bottle.

When: Wednesdays, April 10 – June 19
Time: 9:00 – 10:00 am
Fee: \$77 LSCO M; \$99 NM
Instructor: Nancy Purkis
Location: Gym 2

CYCLE COMBO MONDAYS

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, April 8 – May 27
(No class May 20)
Time: 10:15 – 11:15 am
Fee: \$56 LSCO M; \$66 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.

Session 1

When: Tuesdays, April 2 - 30
Time: 9:00 – 9:50 am
Fee: \$35 LSCO M; \$45 NM
Instructor: Gabrielle Dumont

Session 1

When: Thursdays, April 4 - 25
Time: 9:00 – 9:50 am
Fee: \$28 LSCO M; \$36 NM
Instructor: Gabrielle Dumont

Session 2

When: Tuesdays, May 7 - 28
Time: 9:00 – 9:50 am
Fee: \$28 LSCO M; \$36 NM
Instructor: Gabrielle Dumont

Session 2

When: Thursdays, May 2 - 30
Time: 9:00 – 9:50 am
Fee: \$35 LSCO M; \$45 NM
Instructor: Gabrielle Dumont

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!

Session 1

When: Tuesdays, April 9 – May 28
Time: 1:30 – 2:30 pm
Fee: \$64 LSCO M; \$76 NM
Instructor: Shelia Mulgrew
Location: All Purpose Room

Session 2

When: Tuesdays, June 4 – 25
Time: 1:30 – 2:30 pm
Fee: \$32 LSCO M; \$38 NM
Instructor: Shelia Mulgrew
Location: All Purpose Room

STRENGTH & MOBILITY TRAINING

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

Session 1

When: Tuesdays & Thursdays, April 2 - 25
Time: 1:30 – 2:30 pm
Fee: \$56 LSCO M; \$72 NM

Session 2

When: Tuesdays & Thursdays, May 7 - 30
Time: 1:30 – 2:30 pm
Fee: \$56 LSCO M; \$72 NM

Session 3

When: Tuesdays & Thursdays, June 4 - 27
Time: 1:30 – 2:30 pm
Fee: \$56 LSCO M; \$72 NM

Intermediate to Advanced Level

Intermediate level is the category that the majority of the population falls into. You know you aren't new to fitness anymore but you aren't a fitness expert either. You have built up a base level of strength and endurance. By now, you've improved your work capacity, increased the intensity of your workouts and learned proper techniques for most exercises. Advanced exercisers have the knowledge and motivation to work hard at this level. If you aren't sure what class to try please ask our Fitness Staff.

Fitness & Movement

1/2 CORE 1/2 STRETCH

For 30 minutes participants will move through a variety of exercises to increase core strength followed by 30 minutes of stretching and relaxation. A variety of equipment will be used and modifications given for all fitness levels. Dress in comfortable workout clothing and indoor footwear. Bring an exercise mat and your water bottle. Minimum 8 people to run class.

When: Wednesdays, April 3 – May 29
Time: 10:15 – 11:15 am
Fee: \$77 LSCO M; \$99 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, April 8 – May 27
(No class May 20)
Time: 8:00 – 8:50 am
Fee: \$49 LSCO M; \$63 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, April 10 – May 29
Time: 8:00 – 8:50 am
Fee: \$56 LSCO M; \$72 NM
Instructor: Deb Palmer
Location: Gym 2

CYCLE COMBO

The delivery of this challenging cycle class will change weekly. Be prepared to work hard both on and off the stationary bike. Class will include resistance training and stretching. Wear comfortable clothes, bring your water bottles. Please note: At times equipment may be shared to accommodate additional participants. Ex: 1/2 off bike for floor work, 1/2 on bike and switch. **Not available for online registration.** Intermediate to advanced fitness levels.

When: Tuesdays, April 2 – June 25
Time: 9:00 – 10:00 am
Fee: \$104 LSCO M;
Instructor: Jamie Hillier
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, April 3 – June 26
(No class June 5)
Time: 9:00 – 9:55 am
Fee: \$91 LSCO M; \$117 NM
Instructor: Jamie Hillier
Location: Gym 1

PILATES

This class involves a series of classical Pilates exercises performed on an exercise mat. Each exercise emphasizes breath, core conditioning, and body awareness. We will pay special attention to alignment and form. Light weights, resistance tubing and other props may be used to add strength and stretch work. Wear comfortable workout clothes, bring a yoga mat and water bottle.

When: Mondays, April 8 – June 24
(No class May 20)
Time: 11:15 – 12:30 pm
Fee: \$77 LSCO M; \$99 NM
Instructor: June Dow

When: Thursdays, April 11 – June 27
(No class June 6)
Time: 10:15 – 11:30 am
Fee: \$77 LSCO M; \$99 NM
Instructor: June Dow

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.

When: Monday, April 8 – May 27
(No class May 20)
Time: 9:00 – 10:00 am
Fee: \$49 LSCO M; \$63 NM
Instructor: Gabrielle Dumont
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, April 8 – June 24
(No class May 20)
Time: 9:00 – 9:55 am
Fee: \$77 LSCO M; \$99 NM
Instructor: Jamie Hillier

When: Fridays, April 12 – June 28
(No class June 7)
Time: 9:10 – 10:05 am
Fee: \$77 LSCO M; \$99 NM
Instructor: Tracy Simons

TRX COMBO

The delivery of this advanced class will change weekly dependent on the number of participants. The first 14 registered have access to a TRX Strap. Free weights are available to an additional 4 people. Spin Bikes, and a variety of exercise equipment will be used. The instructor may choose to split the class ex: 1/2 bike, 1/2 weights, etc. **Not available for online registration.** Advanced Fitness Level.

When: Thursdays, April 4 – June 27
(No class June 6)
Time: 9:10 – 10:05 am
Fee: \$96 LSCO M
Instructor: Jamie Hillier
Location: Gym 2



Dance & Zumba

EXPERIENCED BEGINNER LINE DANCING

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

When: Wednesdays, May 1 – June 26
Time: 11:30 am – 12:30 pm
Fee: \$45 LSCO M; \$54 NM
Instructor: Gloria-Rose Puurveen
Location: Gym 2

BEGINNER LINE DANCING

If you love music and dancing however, have never line danced before (or maybe just a little) and want to learn, this class is for you. Gloria-Rose will teach you basic line dances. Guys are welcome too. Wear comfortable indoor footwear, cool clothing and bring a water bottle. Minimum 8 people to run class.

When: Wednesdays, May 1 – June 26
Time: 12:45 – 1:45 pm
Fees: \$45 LSCO M; \$54 NM
Instructor: Gloria-Rose Puurveen
Location: Gym 2

CLASSIC NIA

Join me, Lise, 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, April 4 – 25
Time: 5:15 – 6:15 pm
Fee: \$40 LSCO M; \$60 NM
Location: Gym 2

MOVING TO HEAL

Join me, Lise, 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, April 4 – 25
Time: 4:00 – 5:00 pm
Fee: \$40 LSCO M; \$60 NM
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.

Session 1
When: Tuesdays, April 9 – May 28

FREE class April 2
Time: 11:15 am – 12:00 pm
Fee: \$90 LSCO M; \$108 NM
Instructor: Sheila Mulgrew
Location: All Purpose Room

Session 2

When: Tuesdays, June 4 – 25
Time: 11:15 am – 12:00 pm
Fee: \$28 LSCO M; \$36 NM
Instructor: Sheila Mulgrew
Location: All Purpose Room

30/30 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.

Session 1

When: Thursdays, April 4 – May 30
Time: 11:15 am – 12:00 pm
Fee: \$90 LSCO M; \$108 NM
Instructor: Sheila Mulgrew
Location: All Purpose Room

Session 2

When: Thursdays, June 6 – 27
Time: 11:15 am – 12:00 pm
Fee: \$28 LSCO M; \$36 NM
Instructor: Sheila Mulgrew
Location: All Purpose Room

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. Classes are held in the Stage Area. Instructor: Corrine Myers

When: Mondays, April 8 - 29
Time: 10:00 – 10:45 am
Fee: \$22 LSCO M; \$28 NM

Session 1

When: Wednesdays, April 10 – May 29
FREE class April 3
Time: 10:00 – 10:45 am
Fee: \$45 LSCO M; \$56 NM

Session 2

When: Wednesdays, June 5 - 26
Time: 10:00 - 10:45 am
Fee: \$22 LSCO M; \$28 NM

YOGA FOR SENIORS

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. Held in Room A/B.

When: Mondays, April 8 – June 24
(No class May 20)
Time: 1:00 - 2:00 pm
Fee: \$77 LSCO M; \$99 NM
Location: Room A/B

When: Fridays, April 19 – June 28
(No class April 12 & June 7)
Time: 10:15 - 11:15 am
Fee: \$77 LSCO M; \$99 NM

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, April 9 – June 25
Time: 10:00 – 11:00 am
Fee: \$98 LSCO M; \$126 NM
Instructor: Donna Tiefenbach

When: Thursdays, April 11 – June 27
Time: 10:00 – 11:00 am
Fee: \$98 LSCO M; \$126 NM
Instructor: Donna Tiefenbach

YOGA NIDRA

Yoga nidra – also called yogic sleep, or sleep with awareness – is an ancient practice that induces full-body relaxation and a deep meditative state of consciousness. Resting into an extended savasana and turning all senses inward, you are guided step by step into your journey. As you move into a meditative state, you gradually find yourself in a state of harmony and ultimate relaxation, in which your brainwaves slow down and a subtle bliss emerges. Experience the profound healing on all levels as we rest deeply into ourselves. Wear warm, comfortable clothing, bring a blanket and yoga mat. Chairs can be used.

Date: Tuesdays, April 9 - 30
Time: 10:00 – 11:00 am
Fee: \$36 LSCO M; \$40 NM
Instructor: Corrine Myers
Location: Stage Area

YOVASCIA

Create a greater sense of wellbeing in your life through a variety of gentle yoga, fascial, breathing and vagus nerve exercises. This will allow for a deep sense of relaxation, healing and cell rejuvenation. Dress in layers as the room temperature varies. Some props are available to use. Bring a pillowcase to cover LSCO bolsters. If you have your own props feel free to bring them along with your yoga mat. *Not included in Ultimate Fitness Membership. Class held in Room A/B.

Date: Mondays, April 8, 22, 29, May 6
Time: 8:30 - 9:30 am
Fee: \$45 LSCO M; \$50 NM
Instructor: Elaine Jagielski

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, April 2 – May 28
Time: 5:00 – 6:00 pm
Fee: \$72 LSCO M; \$90 NM
Instructor: Donna Tiefenbach
Location: Room A/B

WEEKEND 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, April 6 – 27
Time: 10:00 – 11:15 am
Fee: \$25 LSCO M; \$36
Instructor: Rumi Graham
Location: Room A/B



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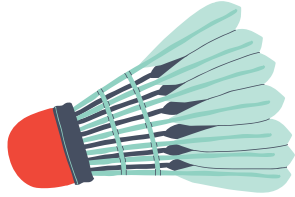
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Sports

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. Bring your racquet, birdies, wear comfortable clothes and clean indoor footwear. Players must sign a Waiver and Code of Conduct Form upon registration.

When: Mondays, Wednesdays & Fridays
 Time: 11:15 am – 12:45 pm
 When: Thursdays
 Time: 10:15 – 12:00 pm
 Fee: \$68 & LSCO \$60 membership (valid for 12 months from date of purchase)



Creative Arts

WATERCOLOURS

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

When: Thursdays, April 11 – May 16
 Time: 10:00 am – 12:00 pm
 Fee: \$50 LSCO M; \$70 NM
 Instructor: Karina Mak

PAINT & CHAT

Are you interested in working with acrylics? If so, register for this one day class. Donna will bring all the paints, brushes, canvases and her knowledge to ensure you leave with a completed project to display in your home or give as a gift. A great way to spend an afternoon with friends! No experience is required. Donna Bilyk is a talented artist from Southern Alberta.

When: Tuesday, April 23
 Time: 1:00 – 3:30 pm
 Fee: \$55 LSCO M; \$65 NM
 Register by: Friday, April 26

LSCO Groups

ART WORKSHOP & PAPER TOLE

The Art Room is a great place to work on your projects. Bring your papertole supplies, art work, drawing, knitting, etc. and join in on the socialization and idea sharing. Come for an hour or two or all day. Bring your own supplies. No formal instruction given.

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

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. If you are interested in learning about this group please leave your name at the Administration Desk and/or stop by the Radio Room for a visit and orientation.

When: Wednesdays
 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.

When: Monday – Friday
 Fee: \$6 M; \$7 NM.
 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/year & LSCO Membership
 Register by: Ongoing

DIGITAL PHOTOGRAPHY

For information regarding Digital Photography please contact Kathy Langhofer at: langhoferk@gmail.com

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 month & 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: \$11/12 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 interest)
 Time: 10:00 am – 3:00 pm
 Fee: \$36/12 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: \$45 & 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: \$21/12 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: \$46/12 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!

Upcoming Events



Easter Hours

Friday March 29 | LSCO Closed
 Monday April 1 | LSCO Closed

LSCO Tour & Meet and Greet

Wednesday April 3 | 1 PM

Volunteer Appreciation Week Bingo Night

Tuesday April 16 | 6-8 PM

Mad Hatter Afternoon Tea

Wednesday April 17 | 2-3:30 PM

Karaoke Social

Friday April 19 | 5-9 PM

Be Fast Friends

Friday April 26 | 1:30 - 3:30 PM

Mother's Day Brunch Buffet

Sunday May 12 | 10, 11:30 am, 1 pm

Live Well Showcase

Thursday June 6 | 10 AM - 5 PM

Friday June 7 | 10 AM - 3 PM

CLASSIFIED ADS

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

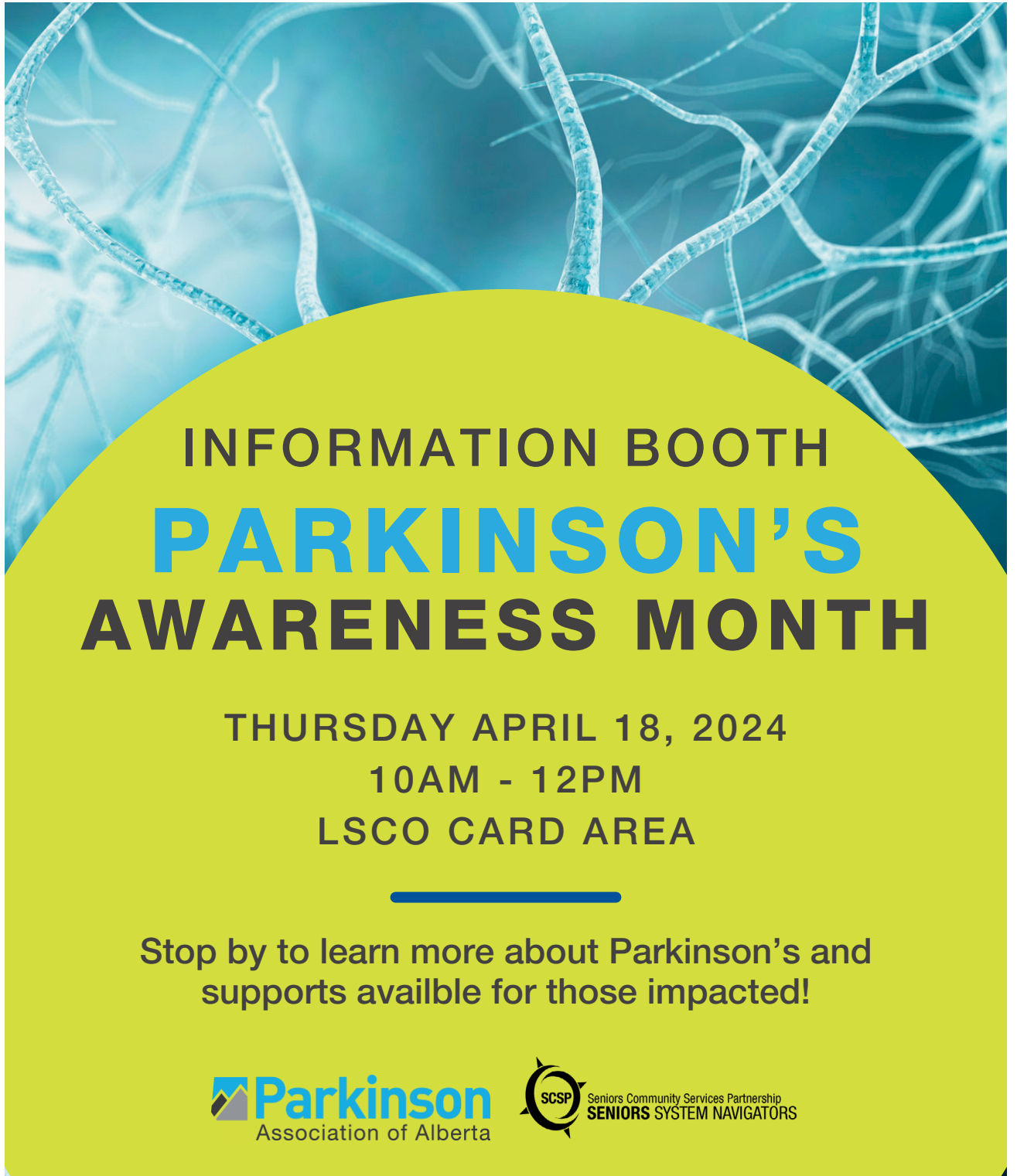
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LSCO Library Corner





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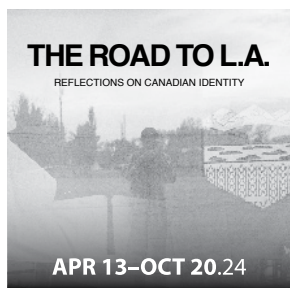
Stop by to learn more about Parkinson's and supports available for those impacted!

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AKAISAMITOHKANA'O'PA

CURRENT EXHIBITS



- ++ 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



APRIL 2024 EXHIBITS, PROGRAMS & EVENTS

INDIGENOUS HISTORY ++

- Thu 04, 11, 18, 25 | 5:30-8 PM**
Blackfoot Language Class
 supper provided every session | online and in-person
- Sat 20 | 10 AM-noon**
Pemmican Workshop with Api'soomaahka
 registration encouraged

ARCHIVES **

- Fri 05 | 1-4 PM**
Varenyky (Perogy) Making with Troyanda / Curator's Tour

CREATIVE COMMUNITY **

- Tue 09 | 10:30-11:30 pm**
Pink Lawn Buffalos with the International Buffalo Relations Institute (IRBI)

SPECIAL EVENTS

- Tue 16 | 4-6 PM**
Ukrainian Easter Celebration ++
 registration recommended
- Fri 19 | 6-9 PM**
Exhibition launch: Extra! Extra! and The Road to L.A. ++
- Sat 27 | 6-8 PM**
Wes Olson: The Ecological Buffalo **
 adults and seniors

MEMBERSHIPS

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www.galtmuseum.com/calendar



Member Spotlight

Discovering Community, Making Connections

Member Spotlight



Coralee Palmer



A reluctant interviewee for this column who reveals much more to her person under closer scrutiny, Coralee Palmer has been a proud member of LSCO since 2017. She credits her daughter for approaching her with the idea of checking out LSCO to see what it has to offer.

The eldest of 3 daughters, Coralee was born in Peterborough, Ontario where her mother and sisters still reside to this day. Always keen to maintain her familial bonds, she keeps in regular contact with them and tries to go out there twice a year.

She retired in 2010 while her husband, Gary retired in 2017. They then moved from Bragg Creek to be nearer to her daughter's family and have lived in West Lethbridge ever since.

Coralee met Gary while they were in college where she completed a Law & Security diploma. She once harbored a dream of becoming a police officer but unfortunately, did not meet the height requirements of the role at the time.

She then began a career with the Customs Agency at the Ambassador Bridge in Windsor, Ontario. She paints a humorous picture of her time at the Ambassador Bridge such as the times when they had to raise their voices and say, "Halt in the name of the Queen" when people from Detroit would attempt to cross the border without stopping. She also worked for the Customs Agency at Sarnia, Ontario and had a brief career as a postal carrier for two years in Peterborough.

Due to Gary's employment with Imperial Oil, they moved 'out west' to Fernie in 1988 where she then took up employment at the Roosville Border Crossing at Grasmere, B.C.

Thanks to Gary's job, the family also lived in Switzerland for two years. They used this opportunity to travel through Europe and other continents e.g. Germany, Czechoslovakia, Liechtenstein, Egypt, etc. She reminisces on the seven times she visited Paris because that was always the top destination for her visiting friends. She also has a great story about adolescent nephews visiting in Heidelberg and coming across a 'photo shoot'. (I believe she might be willing to share if you politely ask her about it when you run into her)

Gary eventually got transferred to Calgary, where Coralee had an additional 25 year career spanning the Canada Customs

district office, the postal plant, and the airport before she retired. She shares that she very much enjoyed her time working due to the variety of people she always came across, and "it was never boring."

They lived in Bragg Creek with their two children that they had in Peterborough and Oshawa for 22 years, raising their family and commuting to Calgary.

Sadly, Coralee and Gary lost their 18 year old son Josh in a Motor Vehicle Accident twenty-two years ago, as he was travelling from work with a friend. Animated and open to speaking about him; She surmises that he is still 'present' in their lives and always will be.

Coralee's daughter Lindsey has been in Lethbridge since 2002, where she pursued her post secondary education at the college and university before settling down and starting a family. Coralee is blessed with two grandchildren, Jacob and Emily. She shares that they were a main part of her and Gary's decision to move to Lethbridge after their retirement.

Coralee is an avid fan of music from the 60's-80's but she considers Country as her favourite genre. She also enjoys walking her dog, reading, cooking and/or baking, and a bit of spice gardening. Her comfort food favorite is "potato chips".

Coralee and Emily are regular volunteers at the Last Chance Cat Resort. Coralee says she does 'gruntwork', but is pleased to be making a difference for so many cats in a clean environment that operates solely on donations.

Coralee believes that "what goes around, comes around". She shares that she is sometimes teased for being "Saint Coralee", but she takes it all in stride. She strikes one as an animated, approachable, and kind individual who does whatever she can for others. She revealed that she is most proud of her family: husband, children and grandchildren.

Coralee utilizes LSCO for all kinds of fitness programs and usually participates in at least one class per day. Additionally, she can be found in the kitchen regularly doing dishes, or any tasting when needed, every Thursday where you can stop by to say "Hi" and "Thanks for your volunteerism!"

Written by Carol Sekiya

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Computer Corner

By Sjoerd Schaafsma

Internet Browsers

In short, an internet browser is the software tool you use to cruise and browse the internet. Whether you have a tablet, mobile phone, laptop,

or desktop PC; if it is able to surf the internet it has a browser.

It is not Google, Microsoft, Android, Apple, or Samsung; those are the companies that make the browsers and/or the operating software that runs on your device.

The browsers in order of popularity in North America are: 1. Google Chrome 2. Apple Safari 3. Mozilla Firefox 4. Microsoft Edge 5. Opera 6. Samsung Internet 7. Brave 8. DuckDuckGo Browser

I've turned to AI again, to get the barebones info. As with a browser's search engine, the answers you get vary according to which search engine* you use and how you phrase your questions. And... just like people the answers may vary depending on which AI you ask.

*Google, Bing, Yahoo, and DuckDuckGo are search engines. (A topic for another month)

In many cases the Browser you use is not limited by the operating system (OS). Edge is the default browser that comes with Windows but, Chrome, Safari, Firefox, Opera, Brave and DuckDuckGo will all run on Windows. Safari is the default for Apple devices, but Chrome and Firefox are also supported. Samsung devices come with Samsung Internet, but will also run Chrome.

Why would you want to switch from the browser that came with your device? Besides being more familiar with a certain browser on another device, your device might be slowed down or be limited by its current browser. Once again be aware of the pitfalls of using an AI as a source of information, the results are only as good as what the software collected.

From Chat GPT 3.5 (the free version):

"As of my last update in January 2022, the eight most popular internet browsers used in North America, in order of popularity, were:" and "Please note that browser popularity and features may have changed since my last update, so it's advisable to check for the latest information."

From Gemini:

"Here's a breakdown of the 8 most popular internet browsers as of today, March 10, 2024, considering market share and user base:"

With one or two exceptions the 3 AIs - ChatGPT3.5 (the free version), Copilot and Gemini gave similar answers. The exceptions were among the less common browsers they included or omitted from the list.

1. Google Chrome:

•Advantages: Fast performance, extensive

extensions and add-ons, synchronization across devices, strong developer tools.

•Disadvantages: High memory usage, privacy concerns due to Google's data collection practices.

2. Apple Safari:

•Advantages: Integration with macOS and iOS devices, energy efficiency, privacy-focused features like Intelligent Tracking Prevention.

•Disadvantages: Limited extension library compared to Chrome or Firefox, not available on some non-Apple device

3. Mozilla Firefox:

•Advantages: Strong privacy features, open-source, customizable with a wide range of extensions, lower memory usage compared to Chrome.

•Disadvantages: Slightly slower performance compared to Chrome, occasional compatibility issues with certain websites.

4. Microsoft Edge:

•Advantages: Built on Chromium, offering compatibility with Chrome extensions, fast performance, integration with Microsoft services, good privacy controls.

•Disadvantages: Limited extension library compared to Chrome, some users may prefer Chrome's ecosystem.

5. Opera:

•Advantages: Built-in ad blocker and VPN, fast performance, customization options, integrated messenger apps.

•Disadvantages: Smaller user base, occasionally compatibility issues with websites due to its unique features.

6. Samsung Internet:

•Advantages: Specifically optimized for Samsung devices, fast performance, integration with Samsung services, privacy-focused features.

•Disadvantages: Limited availability outside of Samsung devices, fewer extensions compared to other major browsers.

7. Brave:

•Advantages: Built-in ad and tracker blocker, emphasis on privacy and security, rewards users with crypto currency for viewing ads.

•Disadvantages: Relatively smaller user base, occasional compatibility issues with certain websites due to its ad-blocking features.

8. DuckDuckGo Browser:

•Advantages: Privacy-focused, built-in tracker blocker, does not track user data or search history.

•Disadvantages: Limited features compared to mainstream browsers, may have occasional compatibility issues with certain websites.

Your choice may be determined by the OS and amount of resources your device has.

A lightweight or older device may benefit from a lighter weight browser. Testing can't hurt but be sure to download from the browser's own webpage.

Safe Surfing = Happy Surfing! :)

Computer Club EVENTS

April 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.

Good News!

Our volunteer Computer tech Kevin will be in the lab Monday, Wednesday, and Friday from 1 – 3 pm to help members with their computer problems.

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.

April

Monday 1 LSCO Closed Easter Monday

Wed 3 Sharing, help and socializing

Friday 5 Sharing, help and socializing

Monday 08 Updating PCs, Planning, sharing, help and socializing

Wed 10 WEBSITES A-Z, the good the bad and the ugly of building your own website – Check out the Ad. presented by Phil Rosenzweig

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 21 Sharing, help and socializing

Wed 24 Using Power Point for Presentations and More ie. quick posters, cards etc. - presented by Rena Woss

Friday 26 Sharing, help and socializing

Monday 29 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

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

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

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Computer Club

Join - Phil Rosenzweig as he presents- WEBSITES A-Z, the Good, the Bad, and the Ugly of Building Your Own Website - Wednesday April 10 -at 1 pm









Whether you just surf the web, post on Facebook, or are active in building websites for yourself or others as a blogger, or building interactive websites, the World Wide Web (www.) probably forms a major part of your waking hours.

If you have ever wondered how all this stuff finds itself on the net, join Phil Rosenzweig as he discusses Websites A-Z, the good, the bad, or the ugly, at the Lethbridge Computer Club on Wednesday, April 10th at 1 pm.

Phil has been working with Websites for over 10 years or so. He doesn't purport to know everything about websites, he has active knowledge in creating websites in a variety of programs and is willing to share.

This presentation will give a great overview of getting started in developing a website or blog as well as laying a foundation for asking harder questions and furthering the exploration of this topic in terms of continuous life-long learning.

Join Phil on April 10th at the Computer Club and enter the world of posting on the World Wide Web.

For a good video on some of the more popular website builders out there,

Scan the QR Code to go to this 20 minute [YouTube Video](#)



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FRIDAY MUSIC SCHEDULE

Apr 5	Bridgette Yarwood	Representing Sing a Song That's Yours vocal studio, Bridgette Yarwood and her students perform a variety of songs from blues and pop music to country and Jazz.
Apr 12	Natalie Stronks	Natalie Stronks and friends performing a varied selection of instruments and songs.
Apr 19	Gordon Dixon	Performs many songs and eclectic styles including: folk music, balance music, and country and western.
Apr 26	TBA	TBA

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



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