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St. Patrick's Day Pub



Live Music, 50/50, Food & Drinks, Door Prizes

Lucky Leprechaun Ticket

Includes

- entrance to the event
- chance to win a door prize

\$5

Walk ins welcome but advance purchase is encouraged

Extra Lucky Leprechaun Ticket

Includes

- entrance to the event
- unlimited access to the appetizer buffet
- 2 chances to win a door prize

\$15

Available until March 8

Get your tickets at the LSCO

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

Open to members and invited guests



LETHBRIDGE SENIOR CITIZENS ORGANIZATION

ANNUAL GENERAL MEETING

Town hall to follow right after.

**TUESDAY MARCH 26
1 PM @ THE STAGE**





Executive Director

Rob Miyashiro

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

LSCO News

In February, LSCO was honored to host the memorial gathering for our friend and volunteer, Fran Rude.

200+ people attended this event to share their love for Fran and to share memories of Fran's work in musical theatre as well as her time spent at LSCO (many thanks to Lachlan, Travis, Hannah and Georgie for their contributions to the success of the event).

She was a legendary director in the performing arts community and began her work in theatre as a performer. Fran directed countless productions for many organizations and we, at LSCO, are especially grateful for the musical fundraisers she led on our behalf.

Along with her longtime collaborators - Musical Director, Ken Rogers and Stage Manager, Nancy Graham – Fran directed 7 shows for LSCO: *Starlight Lounge*, *Jesus Christ Superstar*, *Titanic: The Musical*, *All is Calm: The Christmas Truce of 1914 (2x)*, *It's a Wonderful Life: A Live Radio Play*, and *The Secret Garden*.

Fran would conduct the business associated with her musicals in her "office" – a specific table in our dining room – where she became a fixture. But her dedication to LSCO was not limited to the stage. Fran was a long-time volunteer who freely gave her time and energy to help in Food Services with Meals on Wheels and on the food line.

Fran also volunteered on the food line for our annual Christmas Day Community Turkey Dinner – always working a double shift! We will not forget her enormous contribution to our organization and she will be dearly missed by her friends at LSCO and in the community.

In other news, please note that our Annual General Meeting will be held on Tuesday, March 26 at 1:00 PM in the Stage Area. Immediately following the business of the AGM, we will have a Town Hall to provide an update on our discussions with Green Acres – as well as answer questions from members.

-Rob Miyashiro




Owner/Operator

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Aid Practitioner

Candice Elliott-Boldt
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We thank you for..

Supporting *Meals on Wheels*

Supporting *LSCO Events and Fundraisers*




































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

Your contribution is our lifeline!



A MONTHLY PUBLICATION OF THE LETHBRIDGE SENIOR CITIZENS ORGANIZATION

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

Designed by.....Zuwairah Sani
 Edited by Hannah Dupuis
 Printed by Lethbridge Herald

Officers of the LSCO

2023 - 2024 Executive

President: Keith Sumner
 Past President:
 Secretary:
 Treasurer: Merri-Ann Ford

Board of Directors:

Liz Iwaskiw, Reg Dawson and Veronica Panich.

Staff Members

- Executive Director – Rob Miyashiro
 rmiyashiro@lethseniors.comext. 304
- Operations Manager – Jodie McDonnell
 jmcconnell@lethseniors.comext. 102
- Accounting Technician – Christine Toker
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- Receptionist & Administrative Support Kari Martin
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- Fund Development & Marketing – Hannah Dupuis
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- Marketing & Admin Assistant – Zuwairah Sani
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- LEARN Case Manager – Amy Cook
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- Acting Support Services Manager– Amy Labossiere
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- Seniors System Navigator (SSN) – Jon Bateman
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- Seniors System Navigator (SSN) – Rebekah Stewart
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- Seniors System Navigator (SSN) – Dannie Lien
 dlien@lethseniors.com 403-715-0485
- Seniors System Navigator Intake – Katie Harrold
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- In-Home Supports Program Assistant – Diane Legault
 dlegault@lethseniors.comext. 201
- Volunteer Program Assistant – Danni Van Zwol
 volunteer@lethseniors.comext. 208
- Program Department Manager – Shawn Hamilton
 shamilton@lethseniors.comext. 104
- Fitness Coordinator – Andrea Clarke
 fitness@lethseniors.comext. 303
- Food Services Coordinator– Lachlan Dyer ext. 401
- Asst. Food Services Coordinator– Travis Eakett ext. 401
- Food Service Cashier – Georgette 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

January - February 2024

28 New Members

- | | |
|----------------------|----------------------|
| Arnie Stella | Lori Ford |
| Virginia Zuidema | Roxy Wright |
| Peter Haney | Yolanda deKreek |
| Garry Dyer | Terry Bannerman |
| Gordon Dixon | Barry Bannerman |
| Kelly Barron | Dan Smith |
| Jacqueline Preyde | Peter Newman |
| Regina Richardson | Dee (Dolores) Newman |
| Brenda Lessard | Paul Kenwood |
| Jean -Claude Lessard | Cindy Kenwood |
| Michael Bennett | Stephen Ford |
| Stanley Knowlton | Eunice Gillespie |
| Reid Kinney | |

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.

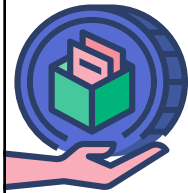
LSCO WELCOME POLICY

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



March 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.

- | | | |
|--------|---------------------------|---|
| Mar 7 | Const. Heather Bangle | <i>The ALERT: Internet Child Exploitation Unit (ICE)</i> |
| Mar 14 | Henry Doeve & Alvin Fritz | <i>The Link Pathway: Why are More Active Living Options Important in Today's Society ?</i> |
| Mar 21 | Katie DeLucia-Burk | <i>Are Alberta's Proposed Policies for Trans Youth and Parents "Rights" Based Strictly on Ideology ?</i> |
| Mar 28 | Erin Crane | <i>From a Local Cost Benefit Perspective, Would Investing More Money to Promote Tourism Serve Lethbridge Well ?</i> |
- Weekly programs are broadcast on Shaw Spotlight TV and are available at SACPA.ca archives

The LSCO accepts no warranty or liability resulting from incorrect, incomplete or misleading information or its improper use. Articles may be edited for space requirements. If anyone has any issues or concerns with any of the advertisers in the LSCO Times please let us know so we can address the issue.



Content Deadline

All advertisements and articles should be submitted to hdupuis@lethseniors.com by the **15th of each month** to ensure inclusion in the paper.

The Heart

Your contribution is our lifeline



Fund Development & Marketing Coordinator

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

Hello everyone,

First, since I didn't have an article last month, I want to say a few thank yous from Christmas. A huge thank you to Select People Solutions, Italian Table, Cuppers Coffee and the 34 businesses and individuals who contributed to the 23 Days of Christmas Campaign. The campaign raised well over 30,000 for Meals on Wheels and is a huge reason why we are able to keep the program going.

Another huge thank you to everyone who donated to Christmas Dinner, we were able to cover the costs of the free meal because of generosity from the community. A special shout out to Lakeview Bakery for donating buns, Charmar Enterprises, Black Velvet Distilling, Asyma Solutions, Audiology First,

Lethbridge Fasteners and Tools, and Lethbridge Hydraulics & Industrial Hose Supply for all donating \$500 or more to the campaign!

Thank you to everyone who came out to the Valentines Day Luncheon. I'm hoping to see many more of you for the St. Patricks Day Pub.

There are two different tickets, the Lucky Leprechaun if you just want to socialize and have some beverages and the Extra Lucky Leprechaun if you would like access to the unlimited appetizer buffet. Both tickets come with a door prize entry - special thank you to Mary for pulling together the amazing door prizes! There will also be a 50/50, live music and of course green beer!

These events are fundraisers for the LSCO that help to keep our Community Centre affordable for everyone.

If you would like to volunteer we need some help with set up/decorating, and during the event in the kitchen and taking tickets. **You can contact Danni at 403-320-2222 ext. 208 or volunteer@lethseniors.com .**

With Kindness, Hannah

Upcoming Events



Service Canada Dental Coverage Clinic

Wednesday March 6 | 12:30 PM - 4 PM
 Tuesday March 12 | 9 AM - 4 PM

Scams & Frauds Presentation

Monday March 11 | 1 PM

St. Patrick's Day Pub

Friday March 15 | 1 PM - 4 PM

Easter Hours

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

Volunteer Appreciation Week

Monday April 15 - Friday April 19

Live Well Showcase

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

EXHIBITORS

As of February 20, 2024

- AE Cross Studio
- Avail CPA
- Chinook LifeCare
- City of Lethbridge - Cemetery Services
- City of Lethbridge - Waste and Environment
- Cornerstone Funeral Home
- Coulee Family Services
- Covenant Community Board
- Elim Society for Senior Care
- Green Acres Foundation
- Guided Journeys Foundation
- Helen Schuler Nature Centre
- HiTech Bracing
- Hosack Denture Clinic
- Keith Pushor - Royal LePage South Country
- Leisters Home Care Equipment
- Lethbridge Hearing Centre
- Lethbridge Herald
- Letourneau LLP

- Logan Health - Kalispell
- London Drugs #38
- Martha's House
- Medicine Tree
- NewRock Developments
- PropertyGuys.com
- Roost 2 Roost
- Save On Foods
- Seamless Cares
- Seamless Lifestyles Inc.
- Shoebox Scanning
- The View - Atria Retirement Canada
- TLC Senior Support
- Heaven Care Services
- Ultimate Freedom Plus
- Wellspring Alberta - Southern Region

11th Annual Live Well Showcase

A TRADE SHOW FOR ACTIVE AGING

MARK YOUR CALENDAR!

Thursday June 6
 10 AM - 5 PM

Friday June 7
 10 AM - 3 PM

With fantastic speakers presented by Hosack Denture Clinic

Exhibitor Lounge presented by Lethbridge Hearing Centre



The Volunteer CONNECTION

Volunteer Spotlight



Barb Dodd had always wanted to devote more time to volunteering within the Lethbridge community, but being a busy mom raising kids, helping with the PTA, and working did not leave her enough time for all of the volunteer work she wanted to do.

However, volunteering is in her blood, having come from a small town that relied heavily on local volunteers, so she decided after retirement to donate her time to our Drive Happiness Program and the Good Samaritans.

Barb really enjoys working with and helping the seniors here in our community and knows that sometimes seniors can become the forgotten people of society. It's important to her that she does what she can to help them feel cared for and supported. After all, she says "we will all be there one day."

Having lost her grandparents, spending time with seniors can feel a bit like having

grandparents again, and she truly values that. Also, she is sometimes able to bring her adult son who is special needs when she drives, which allows for meaningful interaction and connection for both her son and the seniors she drives for.

Barb says it's always interesting and entertaining to hear the stories of those she drives for; she's even been serenaded, having one person sing her rendition of Mercedes Benz by Joni Mitchell during a trip!

Ultimately, she enjoys giving her time while getting to know and connect with those she drives for.

The flexibility of the scheduling of Drive Happiness makes it easy to negotiate her many recreational activities around her volunteering. According to Barb, if you're looking for something that is flexible and allows you to give back, driving for Drive Happiness is the way to go!

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 Danni

volunteer@lethseniors.com

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

Volunteer Appreciation Week



DONUT
FORGET OUR WONDERFUL
VOLUNTEERS

VOLUNTEER APPRECIATION WEEK

APRIL 15TH - 19TH, 2024

For more information, Contact the Volunteer Team
volunteer@lethseniors.com
403-320-2222 ext. 208

Hello Volunteers,

Volunteer Appreciation Week is fast approaching and LSCO has an exciting host of events planned to celebrate our wonderful volunteers.

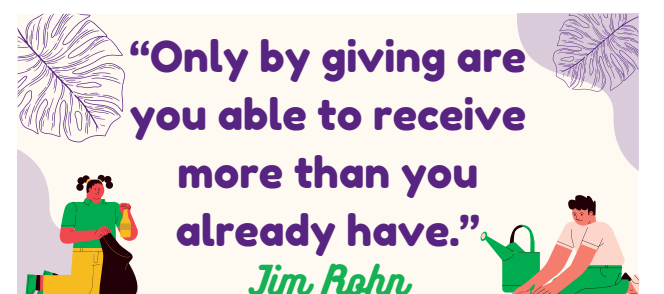
If you have volunteered at LSCO in the past year, you are invited to the events at LSCO throughout this week. Here's a quick rundown below:

- Monday - Friday: Free Coffee and Donut (8am - 1pm)
- Monday - Friday: Spin to Win
Each volunteer can spin one time during the week to win some cool prizes
- Tuesday 6 - 8 pm: Family Bingo Night (RSVP by April 15th)

- Wednesday 2 pm: Mad Hatter Afternoon Tea (RSVP by April 15th)
- Friday 5 - 9 PM: Karaoke Night Social 18+ (RSVP by April 15th)

If you are unable to attend any of the events, please stop by the LSCO to pick up your appreciation gift from the Volunteer Team.

Thank you volunteers; we can't wait to see you!



Building Healthy Relationships As We Age



LEARN Case Manager

Amy Cook

learn@lethseniors.com
403-394-0306

In collaboration with LFS, LEARN is again offering an empowering eight-week psycho-educational group called Building Healthy Boundaries as we Age.

The group aims to address the unique challenges and opportunities that come with the aging process and upholding boundaries in one's life with those close to you. Scheduled every Thursday for 8 weeks, starting April 4th, the sessions will take place from 1:30PM to 3:30 PM in the LSCO Board Room.

Participants will have the opportunity to delve into various facets of personal growth, including thoughts, feelings, communication, mental health, addiction, and the pivotal concept of boundaries.

Each session will offer valuable insights and practical strategies to navigate the intricacies of aging with resilience and purpose. From understanding the dynamics of thoughts and feelings to fostering effective communication, addressing mental health concerns, and navigating the complexities of addiction, the group ensures a holistic

approach.

By focusing on the concept of boundaries, participants will gain the tools needed to maintain healthy relationships, safeguard mental well-being, and cultivate a fulfilling and empowered experience as they age.

This group is designed to provide a supportive and engaging space for participants to explore and enhance their understanding of healthy boundaries as they navigate the complexities of aging.

If you would like to sign up, please contact me by phone at **403-394-0306** or email at **learn@lethseniors.com**. Spots are limited, but we would love to see you there!

- 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.



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.

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At the Bar the Other Night

An elderly looking gentleman, (mid-nineties) very well dressed, hair well-groomed, great looking suit, flower in his lapel, smelling slightly of a good aftershave, presenting a well-looked-after image, walks into an upscale cocktail lounge.

Seated at the bar is an elderly looking lady.

The gentleman walks over, sits alongside her, orders a drink, takes a sip, turns to her, and says, "So tell me, do I come here often?"


BUILDING HEALTHY RELATIONSHIPS AS WE AGE

8 WEEK PSYCHO-SOCIAL GROUP

INFORMATION • RESOURCES • STRATEGIES

Every Thursday
April 4 - May 23
1:30-3:30pm
LSCO Board Room
No cost

To register or for more information, contact the LEARN Case Manager at learn@lethseniors.com or 403-394-0306







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Seniors System Navigator

Dannie Lien

dlien@lethseniors.com
403-329-1544

Hi everyone,

Fraudulent activities and scams continue to be a growing problem, resulting in devastating financial loss, embarrassment, and shame for many. However, we are all at risk of becoming a victim.

Criminals are becoming more sophisticated in developing newscams. Many of us are wondering how do we protect ourselves, family, and friends from being victimized. Here are a few steps that you can take to protect yourself:

- Never give money or personal information over the phone, text, or email.
- Don't click on a link or open an attachment from an unfamiliar source.
- Use strong passwords and anti-virus software

Scams and Frauds

- If someone contacts you asking for money or selling goods ask them to mail you the information, or hang-up the phone.
- If an offer seems to be too good to be true, then it is most likely a scam.
- Do some research into the person, company, or charity that are asking you for money.
- Protect your computer; instead of giving remote access to your computer for technical issues, take it to a technician in your community.

Fraudsters may try to trick you into believing that they are a legitimate business representative, or person. They often try to contact you by phone, email, or by creating a fake website.

Fraudsters often pretend to be a family member, government agency, or a company that you do business with, such as a utility company. You may want to confirm who you are speaking with by contacting a family member, the company, or agency directly.

Here are also a few red flags that you need to be aware of:

- You are told not to speak to anyone about this matter.
- There is an urgency and you feel pressured.
- You are being asked to pay with a gift card, bitcoin, or pre-paid credit card.
- You receive an email from someone that you do not know, that has a link or attachment.
- You receive an email or phone call requesting banking or personal information.

The Canadian Revenue Agency (CRA) has a scam alert list on-line, which provides updates on the latest scams that are impersonating the CRA.

The Canadian Anti-Fraud Centre also gathers information about current and previous scams, prevention tips, and the steps that you need to take if you are victimized.

If you have been a victim of a scam, fraud, or cybercrime, report the incident to your local police and contact the Canadian Anti-Fraud Centre at **1 (888) 495-8501**.

MARCH SUPPORT SERVICES

WELLBEING SERVICES

*appointment required



403-329-1544



intake@lethseniors.com

March 5 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.
March 5 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.
March 5	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.
March 6 1st Wednesday	Service Canada Onsite 10:00 am - 12:00 pm Card Area	On-site Service Canada representative available to answer your questions regarding federal benefits and programs, no appointment necessary.
March 6	Canadian Dental Plan Clinic 12:30 pm - 4:00 pm Card Area	On-site Service Canada representative available to assist in applying for Canadian Dental Care Plan. Please bring your invitation letter from Service Canada with your application code, a piece of ID, and have your SIN available.
March 11	Scams and Frauds Presentation 1:00 pm Stage	Come learn about common scams and related topics including: internet scams, cyber security, in person scams, credit/debit card scams and more! Presentation given by Servus Credit Union
March 12	Canadian Dental Plan Clinic 9:00 am - 4:00 pm Card Area	On-site Service Canada representative available to assist in applying for Canadian Dental Care Plan. Please bring your invitation letter from Service Canada with your application code, a piece of ID, and have your SIN available.
March 13 2nd Wednesday	Free Lawyer Consultations* 1:00 pm - 3:00 pm Quiet Room	15-min FREE consultations with a Ausyn Anderson from Letourneau Law. Call LSCO to book 403-320-2222
March 13	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.
March 14 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.
March 21	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.
March 28 4th Thursday	Eyeglasses Adjustments 1:00 pm - 2:00 pm Card Area	FREE eyeglasses adjustments provided by Specsavers.

SUPPORT GROUPS

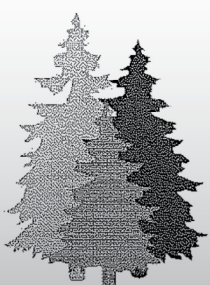
Empathy. Assistance. Advocacy.

March 2 - 30
Saturdays

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

March 21
3rd Thursday

Parkinsons Support Group
Registration for Parkinson's Group is encouraged. Call 1-800-561-1911.



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MARCH 2024 EVENTS, EXHIBITS & PROGRAMS

SPECIAL EVENTS

Fri 08 | 6–8 PM

International Women’s Day Yoga with Heartspace Yoga Studio *

adults and seniors | registration required

Thu 21 | 7:30–9:30 PM

Artifacts in the Ashes with archaeologist Dylan Frank

adults & seniors | a fundraiser organized by the Friends of the Galt | \$25 per person

Sat 23 | 10 AM–noon

Drying meat with Charlie Russell **

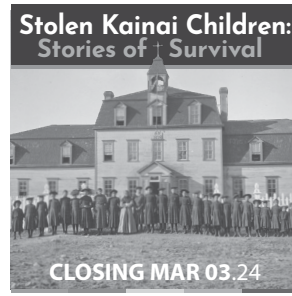
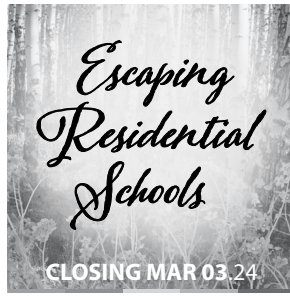
adults and seniors | youths with caregivers

++ 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



CREATIVE COMMUNITY **

Wed 12 | 10:30–11:30 AM

Land-Based Learning: Painting Scenery

ARCHIVES **

Fri 15 | 3–4 PM

Research Your House with Kevin McLean

INDIGENOUS HISTORY ++

Thu 14 | 5:30–8 PM

Blackfoot Language Classes kickoff: a 16-week partnership with Blackfoot Resource Hub and Sik Ooh Kotok Friendship Society

Thu 21 | 5:30–8 PM

Thu 28 | 5:30–8 PM

Blackfoot Language Class

supper provided every session | online and in-person

Sat 16 | noon–2 PM

Indigenous, Radically! Cyanotype Workshop with Dakota Mace

Thu 28 | 6–8 PM

Indigenous, Radically!

Dr. Sheryl Lightfoot Lecture:

Enhanced participation of Indigenous Peoples at the UN

www.galtmuseum.com/calendar



MENU ~ MARCH 2024

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

*menu subject to change without notice

Friday, March 1				
				Entree: Turkey with Stuffing Starch: Mashed Potatoes Soup: Chef's Choice Veggie: Chef's Choice
Monday, March 4	Tuesday, March 5	Wednesday, March 6	Thursday, March 7	Friday, March 8
Entree: Sweet & Sour Pork Starch: Rice Soup: Chef's Choice Veggie: Chef's Choice	Entree: Cabbage Rolls Starch: Roast Potatoes Soup: Chef's Choice Veggie: Chef's Choice	Entree: Butter Chicken 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: Roast Beef Starch: Mashed Potatoes & Yorkshire Pudding Soup: Chef's Choice Veggie: Chef's Choice
Monday, March 11	Tuesday, March 12	Wednesday, March 13	Thursday, March 14	Friday, March 15
Entree: Teriyaki 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: Lasagna Starch: Garlic Toast Soup: Chef's Choice Veggie: Chef's Choice	Entree: Chicken Cordon Bleu Starch: Mashed Potatoes Soup: Chef's Choice Veggie: Chef's Choice	Entree: Corned Beef Starch: Boxy Potato Pancakes Soup: Chef's Choice Veggie: Chef's Choice
Monday, March 18	Tuesday, March 19	Wednesday, March 20	Thursday, March 21	Friday, March 22
Entree: Honey Garlic Pork Starch: Rice Soup: Chef's Choice Veggie: Chef's Choice	Entree: Roast Lamb Starch: Scalloped Potatoes Soup: Chef's Choice Veggie: Chef's Choice	Entree: Shepherd's Pie Soup: Chef's Choice Veggie: Chef's Choice	Entree: Ginger Beef Starch: Rice Soup: Chef's Choice Veggie: Chef's Choice	Entree: Spaghetti & Meatballs Starch: Garlic Toast Soup: Chef's Choice Veggie: Chef's Choice
Monday, March 25	Tuesday, March 26	Wednesday, March 27	Thursday, March 28	Friday, March 29
Entree: Sweet & Sour Chicken Balls Starch: Rice Soup: Chef's Choice Veggie: Chef's Choice	Entree: Gypsy Schnitzel Starch: Spaetzle Soup: Chef's Choice Veggie: Chef's Choice	Entree: Beef Canneloni Starch: Garlic Toast Soup: Chef's Choice Veggie: Chef's Choice	Entree: Chicken Kiev Starch: Roast Potatoes Soup: Chef's Choice Veggie: Chef's Choice	LSCO Closed for Good Friday

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

March 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 Chair Yoga 10:00-10:45 am Stage Area	Cycle Combo 9:00 am-9:55 am Gym 2 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 Tole & 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 Qigong/Tai Chi 10:15 am-11:00 am Gym 2	Chair Yoga 10:00-10:45 am Stage Area 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	Qigong 9:30-10:45 am Stage Area Yoga For Seniors 10:15 am-11:15 am Room A/B 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 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 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	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 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	
	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.

Upcoming Classes

HOW DO I REGISTER?

- Online at www.lethseniors.com. Find the Programs & Fitness tab at the top of the page and click. Additional tabs will be visible for you to click on and review. You can also click “register online”.

**Some classes may not be available to register online.

- In person, call 403-320-2222.

HOW DO I PAY?

- By debit, cash, cheque, Visa or MasterCard. Not required to use Paypal when registering online.

ONLINE REGISTRATIONS

- Members and non-members are able to register online for many of the classes.
- If a program says **Out of Stock** feel free to give us a call as space may be available or to put your name on a waiting list.
- If you are **registering for someone else online**, please remember to **include their name in the notes or give us a call**.
- You can use Mastercard or Visa when registering online. There is no need to use a Paypal account.

IMPORTANT

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

Please note:

- If the instructor is unavailable to teach due to illness or unforeseen circumstances we will do our best to contact you prior to your class.
- When weather or other unforeseen circumstances cause LSCO to close the facility, unfortunately we will not be able to make up the classes, give credits or refunds.

CREDITS & REFUNDS

- **Please ensure you are registering for the correct class. Due to the popularity of many of the classes, refunds cannot be given after the register by date.**
- Participants cancelling out of a class, prior to start date are subject to a \$10 Administration Fee (must be with more than 49 hours-notice).
- Participants withdrawing with 48 hours or less, will not be given a credit or refund.
- If requesting a refund or credit due to medical reasons (Doctors note required) after the class has begun, participants will be subject to a \$10 Administration Fee. Refunds will be pro-rated for any classes attended.
If there is a waiting list for the class a refund will not be given.
- Refunds will be given if LSCO cancels a course. Participants also have the option of taking a credit. **Credits must be used in 12 months from the date given.**
- At times programs may be cancelled due to meetings, holidays, low attendance, special events, etc. Please watch for notices.

IMPORTANT THINGS TO KNOW

- Please do not arrive more than 10 minutes prior to the start of your class.
- Dress in layers as the temperature of rooms vary.
- At the end of class please gather your belongings and exit so that the room can be prepared for the next class and you can enjoy a post exercise coffee, tea, etc. in the Dining Room
- Please complete an Exercise/Fitness Waiver available at the Reception Desk.

Fitness Centre

A variety of exercise machines, cardio equipment, free weights are available for individuals of all fitness levels to get a fantastic workout! For your safety, it is recommended that you schedule a free orientation to ensure you use the machines properly. Please ask at the Administration Desk.

1 Month:

- \$25 LSCO M;
 - \$40 Non-Member
- (30 Days from Date of Purchase)

4 Months:

- \$100 LSCO M;
- \$160 Non-Member

Drop In

- \$8 LSCO M;
- \$10 NM

Days Open: Monday – Friday
Hours: 8:00 am – 4:30 pm
Saturday 9:00 am - 12:30 pm

New Classes

QIGONG PRACTICE GROUP

Qi = Life Force Energy

Gong = Work

Qigong is a practice of the Heart; a practice where we look into ourselves to connect deeply with ourselves and the Universe. In Qigong, we learn to Activate our Qi, our Intelligent Life Force Energy, for the purpose of Healing Body, Mind and Spirit and Awakening to our Magnificent Soul's Purpose and Potential. There are 15,000 registered ways to practice Qigong. The practice taught in this class is Spring Forest Qigong. It is based on the Vision of Grand Master Chunyi Lin. "A Healer in Every Home and a World Without Pain and Suffering"

We will learn about, and engage in, 2 types of meditation. Moving Meditation includes slow, soft, repetitive movements designed to cultivate our Qi and raise our vibration to the vibration of the Universe. Internal Refinement Meditation activates and refines our Yi, our Intention. Here we incorporate breathing, vibration from sound, and visualization to study ourselves from within.

All meditations can be done standing, sitting, or lying down if need be. Please wear comfortable clothing. Bring a water bottle and a pen and journal. Each class includes an educational and a practice component. www.springforestqigong.com. Class not included in the Ultimate Fitness Membership.

When: Fridays, March 8 – April 27
(No class March 29)
Time: 9:30 – 10:45 am
Fee: \$56 LSCO M; \$70 NM
Instructor: Roxy Wright
Register by: Monday, March 4

About The Instructor:

My name is Roxy Wright and I have been practicing Spring Forest Qigong for 9 years and leading practice groups for 8 years. I am trained and certified by Spring Forest Qigong as a Practice Group Leader, Trainer, Instructor and Healer.

I came to SFQ because I was starting to encounter arthritis pain in my joints and unrest in my spirit. After 27 years of being a foster parent, running Heart's Haven Ranch Therapeutic Riding center, and running ultramarathons, my body and soul were on burnout.

Practicing Spring Forest Qigong turned that all around for me and has most recently deeply carried me in the new journey of becoming a widow. I have always worked in the Mental Health Service milieu, learning for myself, and then sharing with others, how to "Build a More Stable ME in an Unstable World."

I invite you to try this gentle practice of Spring Forest Qigong. I am delighted and honoured to share the teachings and practice that have blessed me so deeply. www.roxywright.com

ESSENTRICS

Essentrics is a low-impact, dynamic movement system which uses all 650 muscles in a single, short workout. Based on the strengthening aspects of ballet, the flowing movements of Tai Chi and the techniques of physiotherapy it is accessible to all ages, fitness levels, and genders.

Essentrics meets you where you are by rebalancing all of your muscles to eliminate pain, increase strength and flexibility, improve balance, body awareness, build endurance, cardiovascular and brain health.

The most lasting and noticeable benefits of Essentrics are increased energy, strength, body control, mobility and functionality for total liberation. Class not included in the Ultimate Fitness Membership. Space is limited.

When: Tuesdays, March 26 – April 30
Time: 1:00 – 1:45 pm
Fee: \$48 LSCO M; \$60 NM
Instructor: Lindsay Anderson
Location: Room A/B
Register by: Thursday, March 21

About The Instructor:

Lindsay Anderson, 61 is a Level 4 Certified Essentrics® Instructor living in Taber. Lindsay stumbled upon the Essentrics Technique just as she was completing her 18th year working in the kindergarten classroom. Lindsay runs a Soup and Salad business from home and has worked part time with special needs adults for the past 35 years.

Lindsay has been teaching Essentrics for 5 years both virtually and in-person. Lindsay and her husband enjoy all the fun their 14 grandchildren bring to their lives. You can contact Lindsay through her website <https://lindsayanderson63.wixsite.com/my-site> for more information regarding Essentrics and the joy of aging well.

**Information
for
April - June
Classes will
be in the April
issue of the
LSCO Times.**

A woman on the phone to her friend; I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising... I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

Creative Arts

PORTABLE SKETCH BOOK PAINTINGS

In this 2-week workshop, we will discover a different way to use your sketchbook. Instead of just jotting down ideas or drawing examples, we will take it to a finished painting. If you are pleased with it, you can incorporate it into a larger one if you desire. You can use any media that you are familiar with and like to paint with except for oil paint. If you are a beginner, I would suggest using watercolour pencils and brushes to start with. This can open up new ideas and possibilities. And the best part, is it's easier to handle that a big canvas and you can do almost anywhere. Ask for a supply list when you register.

When: Wednesdays, March 6 & 13
 Time: 10:00 am – 12:00 pm
 Fee: \$50 LSCO M; \$70 NM
 Instructor: Donna Gallant
 Register by: Monday, March 4

Fitness & Movement

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, March 4 – April 29
 (No class April 1)
 Time: 10:00 – 10:45 am
 Fee: \$45 LSCO M; \$68 NM
 Instructor: Corrine Myers
 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, March 4 – April 29
 (No class April 1)
 Time: 11:30 am - 12:15 pm
 Fee: \$45 LSCO M; \$64 NM
 Instructor: Andrea Clarke
 Location: Stage Area

BEGINNER LINE DANCING

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

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

SENIORS WHO LIFT

Bars & Plates, and a variety of other resistance equipment will be used by participants to perform movements such as lunges, presses, curls, and squats. Stretching to follow. This challenging class is beneficial to increase muscle strength and endurance. Participants should have some exercise experience. **This class is offered both Mondays and Thursdays.**

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

WEIGHTS for BEGINNERS

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

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

SERVICE CANADA DENTAL COVERAGE CLINIC

WEDNESDAY MARCH 6
12:30 PM - 4 PM

TUESDAY, MARCH 12
9 AM - 4 PM

A Service Canada representative will be at the LSCO to help people register for the Federal Dental Plan

Please bring your invitation letter from Service Canada with your application code, a piece of identification as well as have your Social Insurance Number available

403-329-1544
LSCO, 500 11th St. S, Lethbridge

DO YOU HAVE LOTS OF OLD BOOKS?

Donate them to a good cause!

What you can donate:
 Fiction & Non Fiction
 Encyclopedias
 Dictionaries
 CDs & DVDs
 Puzzles
 *no magazines please

Drop off at the LSCO
 LSCO Library Corner

servus credit union

SCAMS & FRAUDS PRESENTATION

Come learn about common scams and related topics including:

- Internet Scams
- Cyber Security
- In Person Scams
- Credit/Debit Card Scams

MARCH 11 @1 PM
 LSCO Stage Area
 Open to everyone!

LEARN
 500 11th Street South, Lethbridge | 403-329-1544

Roadshow
 alberta hospice palliative care association

guided journeys
 language de palliatif en canada

Palliative Care Training for the Community: Lethbridge

March 12 - 13, 2024
 8:00 am - 4:45 pm

LSCO LETHBRIDGE Senior Citizens ORGANIZATION
 Community Centre

500 11 Street South, Lethbridge, AB

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

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

BADMINTON

When: Mondays, Wednesdays & Fridays
Time: 11:15 am – 12:45 pm

When: Thursdays
Time: 10:15 – 12:00 pm
Fee: \$68 & LSCO membership

LSCO LETHBRIDGE Senior Citizens ORGANIZATION

March Drop In Classes

Exercise & Fitness

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

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: Sheila 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: 9:00 - 10:00 am
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



Zumba, Dance & Movement

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 Purveen
 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 Purveen

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



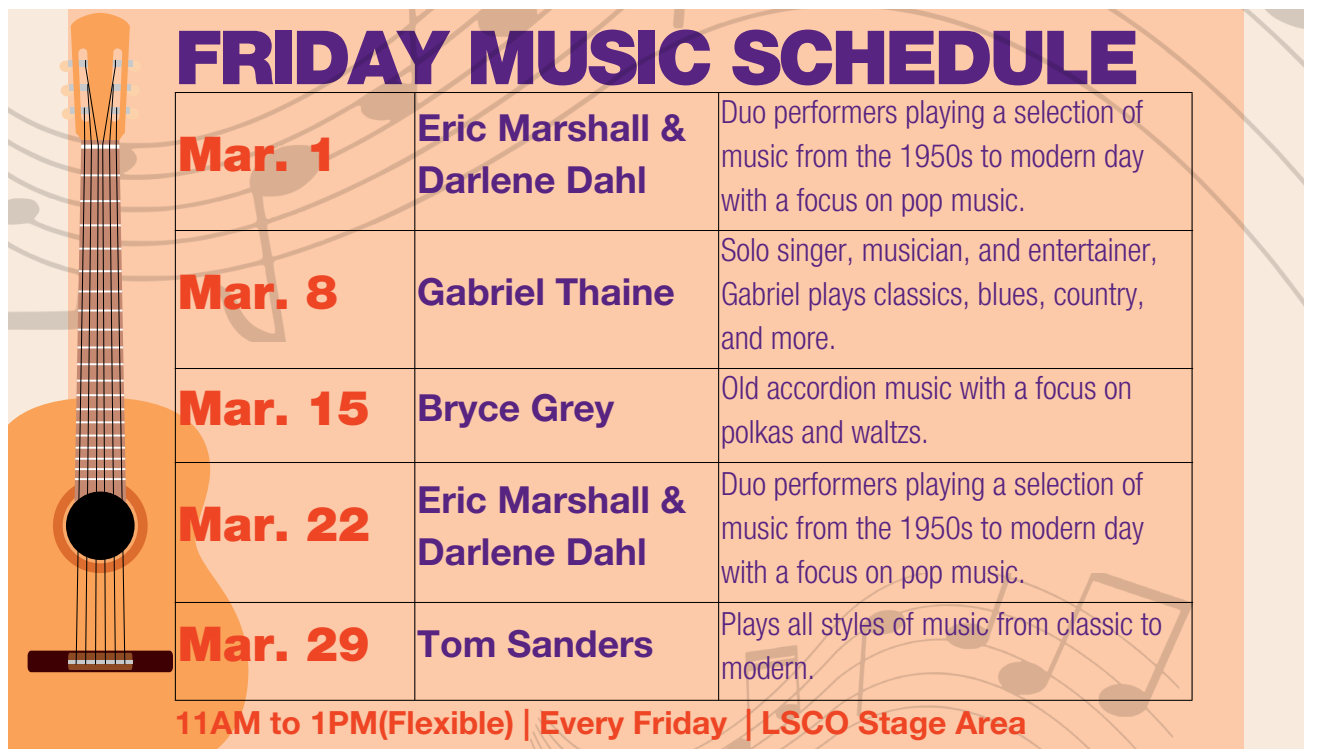
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FRIDAY MUSIC SCHEDULE

Mar. 1	Eric Marshall & Darlene Dahl	Duo performers playing a selection of music from the 1950s to modern day with a focus on pop music.
Mar. 8	Gabriel Thaine	Solo singer, musician, and entertainer, Gabriel plays classics, blues, country, and more.
Mar. 15	Bryce Grey	Old accordion music with a focus on polkas and waltzes.
Mar. 22	Eric Marshall & Darlene Dahl	Duo performers playing a selection of music from the 1950s to modern day with a focus on pop music.
Mar. 29	Tom Sanders	Plays all styles of music from classic to modern.

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



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<p>MOOSE JAW ESCAPE</p> <p>MARCH 18TH - 21, 2024 DBLE OCCP - \$560.00 PP</p> 	<p>SEATTLE & THE BLUE JAYS</p> <p>JULY 3 - 9, 2024 DBLE OCCP - \$2355.00 PP</p> 	<p>NEWFOUNDLAND & LABRADOR</p> <p>JUNE 7TH - 19, 2024 DBLE OCCP - \$4969.00 PP DOES NOT INCLUDE AIRFARE OR HST</p> 



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Computer Corner

Guest Article By Inge Coates

Replacing a Well-Used Laptop

Experts suggest that the average lifespan of a laptop is three to five years, but these experts tend to be IT professionals who service businesses.

What Makes Sense

To find out if you should replace your laptop, ask yourself:

1. Does your laptop efficiently do what you want it to?
2. Does it easily update both the operating system and software to include the latest security features, especially if you bank online or do online shopping?

If you answered yes to both questions, you may not need to replace it yet.

Warning signs of an imminent breakdown include a noisy laptop fan, a machine that frequently overheats, or a laptop that is slow to start up or shut down. When working on several applications at the same time, it should easily switch between them.

You should not be getting warnings that you have run out of memory. Obviously, frequent crashes or corrupted data are serious. If security features are not regularly updated by the manufacturer, it may be because that laptop is significantly out of date.

If you think you need a new laptop, here are some considerations:

Backing Up the Information on Your Old Laptop

You can usually back up all of the information from an old computer to a new one. Support can be found online or from the person who sells you the new one. You can also back up to virtual storage such as iCloud or Google Drive. There is often a fee for this, but your information is encrypted and should be safe and reliably restored, as needed.

A USB flash drive with enough storage space or a separate external hard drive will also work. With a separate hard drive, it may even be possible to schedule automatic backups so that information is always current should your new laptop crash, become infected by malware, or be stolen.

Planning Your Old Laptop's Retirement

If your old laptop is still functioning, you might consider selling it. However, if you used it for banking, you may not be able to erase that data as thoroughly as you hope, so be careful. Perhaps gifting it to a friend or family member would be a better option.

You could keep it as a backup, especially because it already has all your files on it. If you are keeping it as a backup, store it flat, in a dry, dust-free location. Fully charge the battery before removing it and keep the laptop and charger each wrapped separately but in the same general area.

Destroying the Hard Drive in an Unwanted Laptop

Once you have backed up your old laptop, you may decide to destroy its hard drive. Reformatting may not remove all private information if someone is determined to access it. Using a magnet may have worked years ago but isn't enough for today's laptops, not even your old one.

Physically destroying the hard drive with a sledge hammer requires safety equipment and know-how to be effective, and advice for this on the internet isn't always accurate. Better to use a company that professionally destroys hard drives than try it on your own.

Buying a New Laptop

Laptops range from \$300 to \$3,000. The cheaper ones usually have limited features, are slower, and often have a shorter lifespan. The expensive ones have sophisticated features that you may not use or need.

When making your selection, find a laptop that does all the things you normally do, with maybe a few shortcut features that make your work easier. If you are hoping to use your laptop for design work, research what you might need and speak to the salesperson about the capabilities of each machine.

Make sure the machine you're considering has sufficient memory to handle your applications and to store your photos, movies, spreadsheets, documents, and other items. Automatic updates from the manufacturer are also important.

Preparing Your New Laptop

Before you start using a new laptop, consider these steps:

1. Acquire and install software and apps that you prefer. This might include a word processing tool and accounting software.
2. Check the security features already on your new machine (e.g., fingerprint reader, facial recognition) and supplement as necessary. (See our article on VPNs in the summer 2022 issue of news&views.)
3. Upload the files that you want to access from your old laptop.
4. Customize your settings (e.g., font size, brightness, screensaver) to make this machine truly yours.

Shared with the permission of author, Inge Coates. This article was first published in the Alberta Retired Teachers' Association quarterly magazine News&Views in winter 2023

Computer Club EVENTS

March 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.

March

Friday 1 Sharing, help and socializing

Monday 4 Updating PCs, Planning, sharing, help and socializing

Wed 6 Buying a new to You PC , laptop, desktop, Tablet

Friday 8 Sharing, help and socializing

Monday 11 Sharing, help and socializing

Wed 13 Sharing, help and socializing

Friday 15 Sharing, help and socializing

Monday 18 Sharing, help and socializing

Wed 20 Repurposing Old Tech

Friday 22 Sharing, help and socializing

Monday 25 Sharing, help and socializing

Wed 27 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/.

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

Member Spotlight

Discovering Community, Making Connections

Member Spotlight



Judy Holmes



As a typical retiree who tries to keep very active with a variety of commitments, Judy began her journey at LSCO when she signed up for Pound and Zumba. Classes she still enjoys when they fit into her busy schedule.

Judy's father was an Austrian immigrant, while her mother's family originated from Odessa. She was born in Taber and mostly grew up in Hays where she attended up to Grade 9.

She then moved on to Grade 10 in Vauxhall, and finished up her high school education in Lethbridge when her family moved again the following year. She has five siblings who were born in Saskatchewan, Medicine Hat and Taber.

Judy's parents operated a radio show in Saskatchewan. This led her and her siblings to become very involved in music. She and two of them learnt to sing and play musical instruments from a very young age. She started competing in talent shows and became known as a successful 'child' singer. She fondly remembers the first song she ever performed publicly "Rye Whiskey".

At the age of 6, she and her Dad's accordion shot to the top spot at a talent show and won a monetary prize. By the age of 10, Judy was singing front and centre in a touring 4-person country music band; the band played in the Rolling Hills, Vauxhall, and Brooks areas. She really enjoyed this time of her life and is glad that she had the full support of her family to encourage her talent and passion.

She recalls Saturday nights where family, neighbours, and friends would gather with their musical instruments and a great time would be had by all. She had hoped/thought that she would eventually go on to have a career in music but, life happened.

After Grade 11, Judy married Ken and they moved to Kitimat, where he worked as an electrician. They went on to live in Kamloops and Sparwood, where they started their family and had three daughters. They moved their family to Lethbridge where Ken worked for his Dad and eventually took over the business in 1990.

To Judy, having to juggle marriage, family, and becoming business owners meant a very hectic, but rewarding lifestyle. In 2001, they initiated Holmes Eco-Water and she feels good that this provided them the opportunity to hire reliable employees that were challenged in most other types of work. Judy retired from the business three years ago.

Always the active athlete, Judy played baseball and volleyball as a youngster. She and Ken were even involved in a family slow-pitch team for several years until their daughters' activities took over. Judy and Ken are also avid curlers, they have twice been Provincial winners and they went to Canadian Nationals twice, once winning a bronze.

Judy still loves and enjoys all kinds of music and she always tries to make it a constant factor in her life. She has even been to the

Los Angeles Opera production of 'Evita'. Thus far, she has led one grandchild to music and he is helping her learn to read music.

The family enjoys listening and singing along to old albums on the record player. She thoroughly enjoys karaoke, but hasn't quite found the time yet to join the LSCO club. She still picks up her accordion and guitar to play for her own entertainment whenever she has the time.

According to Judy, she tries to remember that "life is short and to enjoy every moment!" She has been a volunteer at the LSCO Diner for about a year now and can be found there at least once per week doing food service. She also enjoys her volunteer fundraising work with the West Lethbridge Lions Club.

She and Ken love to travel to meet up with friends. Some of their favorite destinations are Mexico and Hawaii. Judy also enjoys reading, taking care of her four grandchildren, attending their sport events, and generally keeping busy.

She and Ken celebrated their 50th wedding anniversary in 2023 and she is happy to report that they still enjoy each others' company. Judy says she is most proud of her family, especially her four grandchildren.

A relatively new LSCO member, Judy is an accomplished addition to the cadre of its committed volunteers. Thanks Judy, and Welcome!

Written by Carol Sekiya

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