



Mother's Day
BRUNCH BUFFET

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

\$25 - GENERAL
\$20 - SENIOR
\$15 - UNDER 13
KIDS UNDER 4 FREE

Gourmet Menu
Special Gift for Mom Included
Door Prizes
Family photos with a photographer

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

Tickets available online at www.lethseniors.com/events or by calling 403-320-2222
**must be purchased in advance*



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Live Well Showcase
A TRADE SHOW FOR ACTIVE AGING

Presented by **CORNERSTONE FUNERAL HOME**

70+ Vendors ✓
Door Prizes ✓
Free admission ✓
Engaging Speakers ✓
Presented by Hosack Denture Clinic

Don't miss out on the largest exhibition in Alberta focused solely on seniors!

More information about Live Well on pages 19 and 20

Thursday June 6 | 10 am - 5 pm
Friday June 7 | 10 am - 3 pm
LSCO, 500 11th St. S. Lethbridge



Executive Director

Rob Miyashiro

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

LSCO News

Great news regarding our funding for Lethbridge Elder Abuse Response Network (LEARN) Case Management!

In the first week of March, a few days after we were informed that LEARN funding was not being renewed, this writer and Joanne Blinco, Executive Director of the Alberta Elder Abuse Awareness Council (AEAAC), had a discussion about the importance of the role LEARN Case Management plays in supporting at-risk seniors experiencing elder abuse in our region – AEAAC distributes and manages elder abuse case management funding on behalf of the Ministry of Seniors, Housing, Community and Social Services. Joanne then met with her Board to get support to expedite funding discussions with the Ministry. This was an important step as AEAAC’s funding year for case management agreements runs from September 1 to August 31, which

would have left us without elder abuse services for six months. The Ministry agreed to fund LEARN Case Management services from April 1 to August 31 of this year and from September 1, 2024 to August 31, 2025. Continued funding beyond that date will be determined during the 2024-2025 contract year. It is likely that we will resume LEARN Case Management services by press time. Amy Cook will continue her great work – but in a slightly different role as Senior Case Manager. The new funding allows for an additional Case Manager and we will expand the regional catchment area for services to include the M.D. of Taber, County of Warner, and Cardston County.

I thought it was important to let all of you know that people were working to get LEARN funded almost as soon as we lost the funding. Many thanks to Joanne and the AEAAC, Assistant Deputy Minister Dana Mackie and his team at Alberta Seniors, Housing, Community and Social Services and to Minister Jason Nixon for greenlighting this funding to be moved ahead. On behalf of LSCO and LEARN, I look forward to the continuation of this important work in our region.

I also welcome Zachary Wigand to our staff team in his new role as Volunteer Assistant and Xavier Bernard in the Food Services Department as short order/prep cook!

Rob Miyashiro

LETHBRIDGE HEARING CENTRE


Now accepting new patients.
Call **403-320-6000** to make your **complimentary** demonstration to hear for yourself what we can do to help!

What we offer:

- Locally owned & family operated
- Full hearing evaluations
- AADL, DVA & WCB vendor
- Battery Club Savings
- Most up-to-date digital technology
- All make/model cleaning and repairs
- Free parking & wheelchair accessible



Jake Boldt
BC-HIS
Registered Hearing Aid Practitioner



Candice Elliott-Boldt
BC-HIS
Registered Hearing Aid Practitioner

Lethbridge HEARING CENTRE Like us on  

Lethbridge's trusted source for hearing solutions

#120, 2037 Mayor Magrath Dr. S.
Lethbridge, AB T1K 2S2
www.lethbridgehearing.ca **403-320-6000**

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!



Join the Nature Centre, Lethbridge Senior Citizens Organization & Nature Lethbridge for our

SUMMER

Nature Walking Club

8:30am-10:30am **Call the Nature Centre to register 403.320.3064**
 June 25
 July 9, 23
 August 6, 20
 September 3

Free to attend!
 Bus will pick up & drop off at the LSCO

Upcoming Events

- LSCO Closed Victoria Day**
Monday May 20 | LSCO Closed
- LSCO Tour & Meet and Greet**
Wednesday May 1 | 1 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



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

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 Assistant Food Services Coordinator– Travis Eakett
 Short Order/Prep Cook– Xavier Bernard
 Food Service Cashier – Georgette Mortimer

LSCO Information

Phone 403-320-2222
 Fax 403-320-2762
 SSN Intake 403-329-1544
 Meals on Wheels 403-327-7990
 LEARN 403-394-0306

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

March - April 2024

26 New Members

Carol Higa	Alois Thom
Dan Johnson	Brenda Van Sluys
Desire Wilson	Susan Laszynski
Dennis Shigematsu	Cindy Pahara
Frances Stillwell	Michael L Smith
Ellen Waddell	Brenda Tucnik
Terry Waddell	JoAnne Druhan
Felicidad Tacay	Sandra Chronik
Robert Jones	Scott Allen
Richard & Sharynne Thomas	Connie Hall
Marnie Brown	Shirley Burndred
Don McDowell	2 Anonymous

We're happy to have you!

New member tours and meet and greets take place on the first Wednesday of every month at 1 PM. Sign up at the front desk or call 403-320-2222

FEE ASSISTANCE PROGRAM

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

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

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

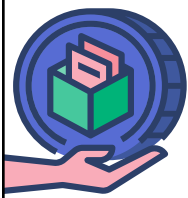
LSCO WELCOME POLICY

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

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

Please bring prior year income tax for verification.

For more information call 403-320-2222



May 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.

May 2	Sergeant Ryan Darroch Lethbridge Police Service	<i>What is the current status of the Lethbridge Drug Crisis?</i>
May 9	Glenn Hole, Audiologist	<i>Are you concerned about how hearing loss might impact your memory and thinking as you age?</i>
May 16	Rob Sutherland University of Lethbridge	<i>How can we stem the tide of age-related dementia?</i>
May 23	Jon Doan, University of Lethbridge	<i>A Rural Medical Teaching School at U of L: What are the Benefits and Challenges?</i>
May 30	Jami Albright-Tolman Lethbridge College	<i>How effective can an online gambling harm reduction program for offenders be?</i>

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

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



Content Deadline

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

The Volunteer CONNECTION

Meet Our Volunteer Income Tax Program Volunteers



Eleanor Doerksen

Meet some of our Team of Community Volunteer Income Tax Program (CVITP) Volunteers, Eleanor Doerksen, Carmen Gfrerer, Pat Kincade, and Corrie Krueger. These committed volunteers have spent the months of March and April actively filing over 400 tax files for low income members of our community and surrounding areas and we cannot thank them enough for their wonderful support in helping LSCO offer this program.

Eleanor: Another accounting technician with whom I worked at MNP retired a year before I did and started preparing tax returns under the CVITP at the Norbridge Seniors Centre. She encouraged me to join her. When I retired the following year, I decided that I would also prepare tax returns for low income people, but chose to do so at LSCO.



Carmen Gfrerer

Q: How long have you been volunteering with LSCO?

Eleanor: I've been preparing tax returns since 2015, maybe 2016.

Carmen: My mother-in-law has always valued community and taught me the importance of giving back. She has a way of lighting up a room and making others feel special and I hope to pass a little of that light on myself.

Carmen: Approximately 1 month.

Pat: I have been doing volunteer income tax for 15 years at LSCO. I have done it professionally in the past and when the opportunity came along to take the training and become a volunteer, I was excited to do so.

Pat: There was a bridge player named Jack, who I played bridge with. Jack also did income tax and that is how I learned about the program and became a registered volunteer. He was always working on returns (paper in those days) during bridge and so I asked questions about how to become involved.

Corrie: This is my 2nd year.

Q: What motivates you to be a volunteer?

Eleanor: Volunteering is one way to help others. It also is a benefit for me as it keeps me out in the community, meeting people, using my brain.

Corrie: I had an amazing soccer coach in my teens who showed me how fun volunteering was and how much he got out of it. He inspired me by showing how enjoyable it was!



Pat Kincade

Carmen: I understand the benefits for low-income individuals and seniors to have their income taxes completed and access all the income they are eligible for. Having a company do simple tax returns can be very expensive for those on a fixed or limited income. Since I very much enjoy tax preparation, I figured I could give back in this simple way.

We could not do what we do here at LSCO without our volunteers -- These amazing Income Tax volunteers truly make a remarkable difference as they carried us through the income tax season.

Pat: I love the challenge of doing income tax returns.

Corrie: It feeds my soul to volunteer!

Q: What's your favourite thing about Volunteering?

Eleanor: Volunteering helps me feel useful.



Volunteer Program Assistant

Zachary Wigand

volunteer@lethseniors.com
ext. 208



Corrie Krueger

Carmen: Knowing I can use my skill to make someone's life a little bit easier.

Welcome Zach

Hi Everyone! I am the new Volunteer Program Assistant! I come to you with education/coursework from Lethbridge College in Business and Political Science and have volunteered/worked in non-profits for over 9 years; I continue to enjoy it every day. In my spare time, I enjoy reading, sewing, and learning. In the near future, I hope to get into leather work, shoe repair, and sailing!

Pat: I love the people I meet.

I look forward to chatting, getting to know you all, and trying to make your volunteer experience the best possible!

Corrie: It not only feeds my soul, but it helps someone else out.

Q: Who influenced or inspired you to volunteer and/or give back to others?

Zachary

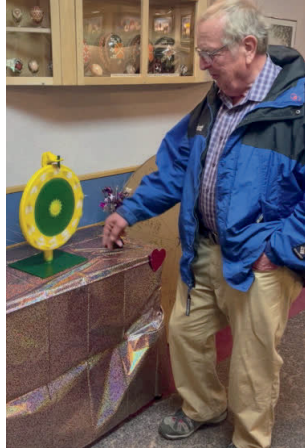
Volunteer Appreciation Week



Congratulations to Maria Craft, winner of the Vounteer Grand Prize Draw!

Thank you to Visions Electronics for graciously donating the Grand Prize TV!

Thank you to Browns Social House West, Cuppers Coffee, and Jacqui Cook for donating to the spin to win and event door prizes!



MEAL ON WHEELS FUNDRAISER QUILT BINGO

Baby \$150 Value \$2/square		BABY
Single \$250 Value \$5/square		SINGLE
Double \$500 Value \$10/square		DOUBLE
Queen \$1000 Value. \$20/square		QUEEN

MAY 6 - JUNE 7 @ 4 PM
 All quilts are hand made by the LSCO Quilters & the Centennial Quilters Guild

Stop by the LSCO to purchase your squares.
 500 11th St. S. Lethbridge | 403-320-2222

Volunteer Opportunities

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

Mother's Day Brunch
 Sunday May 12

This beautiful event is packed full of opportunities to spoil mom but needs some extra hands so she can sit back and relax. Free food provided. Positions include, set up, registration, dishwashers, kitchen help, table bussers, and cleanup.

Live Well Showcase
 Thursday June 6 | Friday June 7

We need lots of help to run this event at the LSCO! Positions include set up on Wednesday, Exhibitors Lounge, Greeters, Coffee Cart, Raffle, and take down. This event does not happen without volunteers so please consider signing up for a shift or two.

Contact the Volunteer Team
volunteer@lethseniors.com

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

May LSCO Weekly Schedule

Schedule may change without notice.

	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	
8:00	Cardio/Strength 8:00 am-8:50 am Gym 2 Tai Chi Advanced 8:15 am-9:15 am Stage Area		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	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	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	
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				

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 ~ MAY 2024

Breakfast served from 8:00 ~ 11:00 am • Lunch served from 11:00 am ~ 1:00 pm
*menu subject to change without notice

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

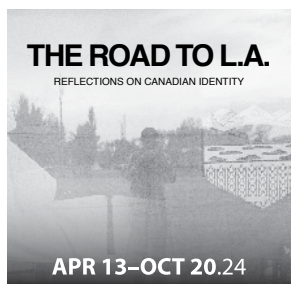
Wednesday, May 1		Thursday, May 2		Friday, May 3	
		Entree: Meatloaf Starch: Roasted Potatoes Soup: Chef's Choice Veggie: Chef's Choice	Entree: Chicken Cordon Bleu Starch: Mashed Potatoes Soup: Chef's Choice Veggie: Chef's Choice	Entree: Roast Beef Starch: Yorkshire Pudding Soup: Chef's Choice Veggie: Chef's Choice	
Monday, May 6		Tuesday, May 7		Wednesday, May 8	
Entree: Teriyaki Pork Starch: Rice Soup: Chef's Choice Veggie: Chef's Choice		Entree: Beef Braciolo Starch: Scalloped Potatoes Soup: Chef's Choice Veggie: Chef's Choice		Entree: Chicken Kiev Starch: Mashed Potatoes Soup: Chef's Choice Veggie: Chef's Choice	
Thursday, May 9		Friday, May 10			
Entree: Sausage and Perogies Starch: Roasted Potatoes Soup: Chef's Choice Veggie: Chef's Choice		Entree: Spaghetti and Meatballs Starch: Garlic Toast Soup: Chef's Choice Veggie: Chef's Choice			
Monday, May 13		Tuesday, May 14		Wednesday, May 15	
Entree: Honey Garlic Pork Starch: Rice Soup: Chef's Choice Veggie: Chef's Choice		Entree: Dolmathes Starch: Rice Soup: Chef's Choice Veggie: Chef's Choice		Entree: Chicken Pesto with Gnocchi Starch: Garlic Toast Soup: Chef's Choice Veggie: Chef's Choice	
Thursday, May 16		Friday, May 17			
Entree: Gypsy Schnitzel Starch: Spatzle Soup: Chef's Choice Veggie: Chef's Choice		Entree: Lasagne Starch: Garlic Toast Soup: Chef's Choice Veggie: Chef's Choice			
Monday, May 20		Tuesday, May 21		Wednesday, May 22	
LSCO Closed for Victoria Day		Entree: Fleishnaka Beef Roll Starch: Roasted Potatoes Soup: Chef's Choice Veggie: Chef's Choice		Entree: Chicken Quesadilla Starch: Rice Soup: Chef's Choice Veggie: Chef's Choice	
Thursday, May 23		Friday, May 24			
Entree: Ravioli in Rose Sauce Starch: Garlic Toast Soup: Chef's Choice Veggie: Chef's Choice		Entree: Turkey and Stuffing Starch: Mashed Potatoes Soup: Chef's Choice Veggie: Chef's Choice			
Monday, May 27		Tuesday, May 28		Wednesday, May 29	
Entree: Baked Sausage Penne Starch: Garlic Toast Soup: Chef's Choice Veggie: Chef's Choice		Entree: Chicken Parmigiana Spaghetti Starch: Garlic Toast Soup: Chef's Choice Veggie: Chef's Choice		Entree: Hunter Schnitzel Starch: Spatzle Soup: Chef's Choice Veggie: Chef's Choice	
Thursday, May 30		Friday, May 31			
Entree: Tortiere Starch: Roasted Potatoes Soup: Chef's Choice Veggie: Chef's Choice		Entree: Baked Ham Starch: Scalloped Potatoes Soup: Chef's Choice Veggie: Chef's Choice			

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



MAY 2024 EXHIBITS, PROGRAMS & EVENTS

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

INDIGENOUS HISTORY ++

Thu 02, 09, 16, 23, 30 | 5:30-8 PM
Blackfoot Language Class
 supper provided every session | online and in-person

Sat 25 | 9-11 AM
Pemmican Workshop with Charlie Russell
 registration encouraged

CREATIVE COMMUNITY **

Tue 09 | 10:30-11:30 PM
Deerhide Earrings and Keychains

HISTORY MAKERS

Wed 15 | 6-8 PM
Deerhide Earrings/Keychain & Curator Tour with Camina Weasel Moccasin
 registration required | free to members

ARCHIVES **

Fri 24 | 3-4 PM
The Nexus of Archives and Environmental Innovation

THE GALT PRESENTS **

Tue 28 | 6-8 PM
Wes Olson: Bison, Bugs & Birds
 Linking the recovery of endangered species

SPECIAL EVENTS

Sun 12 | 1-3 PM
Mother's Day High Tea with the Lethbridge Raging Grannies
 registration required | \$20/person

Wed 31 | 6-8 PM
Flora Foundations: Blackfoot Science and Botany (Crocus/ Kí'piaapi) *
 adults and seniors

www.galtmuseum.com/calendar



Great News about LEARN!



LEARN Case Manager

Amy Cook

learn@lethseniors.com
403-394-0306

I have some really, really, great news to share pertaining to LEARN. Thanks to the Ministry of Seniors, Community and Social Services and the Alberta Elder Abuse Awareness Council, I am so incredibly elated to announce we have received funding for expanded case management services for the LEARN Program, and we will be back up and running by the time you are reading this!

This means so many things for the LEARN Program! It means we are back helping vulnerable older adults at risk of/or experiencing abuse and it also means we are able to serve even more communities, such as Cardston County and Warner County that were previously left without elder abuse specific support. This also means we are back to planning our Third Annual Senior's Talent Showcase in recognition of World Elder Abuse Awareness Day on June 15! This event will be held on June 14th in the small gym at LSCO, from 1-3:30! There will be entertainment, prizes, food, speeches and more! I would absolutely love to see you

there, as this event feels like it means even more this year as we have so much to celebrate now.

If you would like to be a part of the show and perform in any capacity, please contact Katie at the Support Services desk at LSCO, by phone at 403-329-1544 or email at intake@lethseniors.com. You will need to provide your name, contact information and your talent. We will reach out to you to discuss your submission further.

Thank you again for your support and appreciation for the LEARN Program. What I have loved to do was serve and support those who needed it most, so to be back on the job for LEARN is both so exciting and humbling.

Now I can finally say it again: If you or someone you know is experiencing abuse or mistreatment by a loved one, please reach out and know that help is available, however that may look for you!



LETHBRIDGE FOOD BANK
MOBILE FOOD SUPPORT

FREE FOOD FOR ALL!
Working people Welcome.
No Income Testing.
Fresh Food Support to Help Support the Community

WEDNESDAY, MAY 1
BEGINS AT 4 PM
Until all food is distributed

LSCO PARKING LOT
500 11TH ST. S LETHBRIDGE

www.lethseniors.com | 403-320-3222

PRESCRIBING PHARMACIST *The Medicine Shoppe & PHARMACY*

Services available include:

- Blood pressure check
- Laboratory testing requisition
- Medication review
- Strep throat testing
- Travel health consultation
- COVID, and Flu vaccinations (require appointment, call 403-329-1544)
- Adjustment of dosing or changes to medication
- Answering any health questions

1st Tuesday every month **MAY 7**
10 am - 12 pm | LSCO Clinic Room

SCSP SENIORS COMMUNITY SERVICES PARTNERSHIP **LSCO** LETHBRIDGE Senior Citizens ORGANIZATION

500 11 St. S, Lethbridge | 403-329-1544

LEARN PRESENTS
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Senior System Navigator

Camille Sherwood

csherwood@lethseniors.com
403-320-2222 ext. 206

Hello everyone!

April is now behind us and hopefully the cold weather is too! I have had many older adults ask me about ways to meet other like minded people lately so I thought this would be a great opportunity to share one of our regular and free socialization opportunities.

Community Connect is one of our social groups that has grown in participants in the last couple of months. Community connect has two parts, the monthly coffee group and the friendly phone call program. The monthly coffee group is facilitated by the In Home Supports and Volunteer Program Coordinator and a Senior Systems Navigator (SSN) like myself. The idea of this group is to facili-

Free Socialization Opportunity

tate light conversations and share resources with one another over coffee and cookies. The Community Connect Coffee Group runs the first Tuesday of every month from 1:30-3pm in room C/D. The phone call portion of Community Connect is simply a phone call from a volunteer to a participant who may wish to receive a friendly phone call once a week. **This part of the program is currently accepting new volunteers and participants!** If calling an older adult as a volunteer or receiving a phone call as a participant is something you are interested in, please stop by our front desk and ask about the community connect friendly phone call program or give us a call as 403-320-2222 ext 202.

If you are interested in socialization opportunities outside of community connect, please call our intake social worker at 403-329-1544 to discuss other opportunities.

All the best,

Camille S, BSW RSW

LSCO Community Connect
Coffee Group
1st Tuesday of each month

May 7, 2024
1:30 – 3:00 pm
Room C/D

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

No RSVP required.
For more information contact
Katie
403-329-1544

LSCO LETHBRIDGE SENIOR CITIZENS ORGANIZATION

MAY SUPPORT SERVICES

WELLBEING SERVICES

**appointment required*



403-329-1544



intake@lethseniors.com

May 1 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.
May 1 1st Wednesday	Mobile Food Support 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.
May 7	Single Session Counselling* 9:00am - 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.
May 7 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.
May 7 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.
May 8 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
May 9 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.
May 16	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.
May 23 4th Thursday	Eyeglasses Adjustments 1:00 pm - 2:00 pm Card Area	FREE eyeglasses adjustments provided by Specsavers.



SUPPORT GROUPS

May 3-24 Saturdays	AA Eye Opener 8:30 - 10:30 am Room C/D	May 16 3rd Thursday	Parkinsons Support Group Registration for Parkinson's Group is encouraged. Call 1-800-561-1911.
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LSCO Badminton Club News

March 28, 2024, Okotoks, Alberta: It was an exhilarating day for several members of the LSCO Badminton Club who participated in the Alberta 55+ Winter Provincial Games 2024 held in Okotoks, Alberta on March 28, 2024. All came back to Lethbridge with medals.

Milton Iwaasa and Ruel Vera Cruz earned a bronze medal in the 55+ Men's Doubles category. (Right)

Kathy Iwaasa and Lana Pittman brought home a silver medal in the 55+ Women's Doubles category. (Below)



Kathy Iwaasa and Ruel Vera Cruz secured the bronze medal in the 55+ Mixed Doubles category. Milton Iwaasa and Lana Pittman claimed the gold medal in the 60+ Mixed Doubles category. (Right)

They have all qualified to compete in the Canada 55+ Games to be held in Quebec City on August 27 - 30, 2024! It was an exciting opportunity for the LSCO group to compete against other advanced and skilled senior Alberta badminton players.

The LSCO Badminton Club welcomes all players with a variety of skill levels. This group is always looking for participants who

want to stay fit and physical on the court. If you enjoyed badminton in your younger years or have a racquet that is collecting dust, brush it off and bring your court shoes to the LSCO and get back into this fun and engaging sport! Check out the Weekly Program Schedule & Drop In Classes – Lethbridge Senior Citizens Organization (lethseniors.com) for dates and times.

Submitted by Lana Pittman




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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.

How many retirees does it take to change a lightbulb?

One, but it will take all day

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Spring 2024 Programs

PLEASE NOTE

Additional classes may be scheduled in May and June. Continue to read upcoming issues of the monthly LSCO Times.

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

HOW DO I REGISTER?

- **IN PERSON** 8:15 – 4:00 pm Monday – Friday
 - **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.
- **Some classes may not be available to register online.

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.

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 canceling 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 within 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 Doctor's 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 prorated for any classes attended. If there was a waiting list for the class a refund/credit will not be given.
- Refunds will be given if LSCO cancels a course. Participants also have the option of taking credit. Credits must be used in 12 months from the date given.
- At times programs may be canceled 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

QIGONG PRACTICE GROUP

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, May 3 – 24
Time: 9:30 – 10:45 am
Fee: \$32 LSCO M; \$40 NM
Instructor: Roxy Wright

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. www.roxywright.com



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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
Time: 9:30 - 10:15 am
Drop In Fee: \$6 LSCO M; \$8 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

Upcoming Classes

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, May 28
Time: 1:00 – 3:30 pm
Fee: \$55 LSCO M; \$65 NM
Register by: Friday, May 24

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or drop by and see us



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

DEADWOOD, SD
SEPT 29 - OCT. 6, 2024
DBLE OCCP - \$1150.00 PP
YOU'LL ALWAYS FIND SOMETHING TO DO IN DEADWOOD

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)
Fee: \$39 LSCO M; \$49 NM
Time: 11:30 am – 12:00 pm
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
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: June Dow

When: Wednesdays, April 10 – June 26
(No Class June 5)
Time: 10:15 – 11:00 am
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Donna Tiefenbach

When: Fridays, April 12 – June 28
(No class June 7)
Time: 10:15 – 11:00 am
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Andrea Clarke

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. Some mat work with resistance equipment and 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
Drop In Fee: \$10 LSCO M; \$15 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.

People with strong legs and good balance are less likely to fall

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

When: Thursdays, May 2 - 30
Time: 9:00 – 9:50 am
Drop In 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
Drop In Fee: \$9 LSCO M; \$12 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 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

Stay motivated!

Ask a friend to join you and schedule activity into your day.

Some Benefits To Being Active & Socializing

- Makes you feel happier
- Gives you more energy
- Helps maintain strong muscles & bones
- Reduces the risks of chronic disease
- Promotes greater sleep

Consider trying a new class this spring.
It's good for the brain and body!

Intermediate to Advanced Level

Intermediate level is the category that the majority of the population falls into. You know you aren't new to fitness anymore, but you aren't an expert either. You have built up a base level of strength and endurance. By now, you've improved your work capacity, increased the intensity of your workouts, and learned proper techniques for most exercises.

Advanced exercisers have the knowledge and motivation to work hard at this level. Please ask our Fitness Staff for more information.

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
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, April 8 – May 27
(No class May 20)
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, April 10 – May 29
Time: 8:00 – 8:50 am
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Deb Palmer
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. Some mat work with resistance equipment and 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
Drop In Fee: \$10 LSCO M; \$15 NM
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
Drop In Fee: \$9 LSCO M; \$12 NM
Instructor: June Dow

When: Thursdays, April 11 – June 27
(No class June 6)
Time: 10:15 – 11:30 am
Drop In Fee: \$9 LSCO M; \$12 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
Drop In Fee: \$8 LSCO M; \$10 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
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Jamie Hillier

When: Fridays, April 12 – June 28
(No class June 7)
Time: 9:10 – 10:05 am
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Tracy Simons

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)

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

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
Time: 11:15 am – 12:00 pm
Drop In Fee: \$9 LSCO M; \$12 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
Drop In Fee: \$9 LSCO M; \$12 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 & Wellness

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

Session 1

When: Wednesdays, April 10 – May 29
Time: 10:00 – 10:45 am
Drop In Fee: \$6 LSCO M; \$8 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.

When: Mondays, April 8 – June 24
(No class May 20)
Time: 1:00 - 2:00 pm
Drop In Fee: \$8 LSCO M; \$10 NM
Location: Room A/B

When: Fridays, April 19 – June 28
(No class April 12 & June 7)
Time: 10:15 - 11:15 am
Drop In Fee: \$8 LSCO M; \$10 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
Drop In Fee: \$9 LSCO M; \$12 NM
Instructor: Donna Tiefenbach

GENTLE YOGA

When: Thursdays, April 11 – June 27
Time: 10:00 – 11:00 am
Drop In Fee: \$9 LSCO M; \$12 NM
Instructor: Donna Tiefenbach

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
Drop In Fee: \$10 LSCO M; \$15 NM
Instructor: Donna Tiefenbach
Location: Room A/B

Regular stretching improves flexibility, range of motion, and elasticity to relieve stiffness



Special Interest 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/year & 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 Administratoin 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/year & LSCO membership

BILLIARDS

Members are welcome to play pool daily. 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
Time: 8:30 am – 3:00 pm
Fee: \$55/year & LSCO membership
Drop in Fee: \$6 M; \$7 NM.

DIGITAL PHOTOGRAPHY

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

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

GENEALOGY

Weekly, members spend time researching their family history. LSCO provides a desktop computer for use however, it is recommended that you bring along your laptop if you have one. Members range from beginners to those with 5+ plus years of experience with the club. Group members share their genealogy expertise with each other, sharing tips on accessing web sites containing document sources such as immigration/passenger lists, birth, marriage and death records, etc. Please purchase an LSCO Membership at the Administration Desk before registering for this group.

When: Wednesdays September – June 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/year & LSCO membership
Non-Mem: \$2/day

KNITTING, CROCHET & MORE

Whether you knit, crochet, or do other needlework consider joining us weekly. We work on projects socialize, laugh, share ideas and enjoy a coffee. If you have supplies bring them, if not we do have some to loan. Those learning are very welcome. Held in the Dining Room/Atrium.

When: Thursdays
Time: 1:00 – 4:00 pm
Fee: \$11/year & LSCO membership

LAPIDARY (Stonecrafters)

Are you interested in making jewelry or other pieces of art that uses rocks and fine gems? If the answer is yes, our experienced stonecrafters will help you safely learn how to use the machines and complete your projects. Please leave your name and phone number so arrangements can be made. For safety, it is important that 2 people are in the room at all times. Supply costs extra.

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

WOOD WORKING

Women and men interested in the wood working program must be familiar with all types of tools a carpenter would use as there is no formal instruction. Some materials are available for use. For safety, there must be 2 members in the shop at all times.

When: Monday – Friday
Time: 8:30 am – 3:00 pm
Fee: \$46/year & LSCO membership

Cards & Board Games

CRIB

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

When: Thursdays
Time: 1:00 – 3:00 pm
Fee: LSCO membership;
Non-Members \$2 Weekly
Location: Card Area

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

CLASSIFIED ADS

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TIRED OF STAIRS? Ground Floor 1 bedroom Condo for rent \$1100. Utilities included, except electricity. Available May 1. Walking distance to Nord-Bridge Seniors Centre. Contact Suzette 403-394-1971 suzettek@telus.net

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Happy Victoria Day!
The LSCO will be closed on Monday, May 20

Member Spotlight

Discovering Community, Making Connections

Member Spotlight



John Unrau

LSCO LETHBRIDGE Senior Citizens ORGANIZATION

This posthumous Spotlight was not able to be completed before John's illness took over. John's sister, Ruth, provided some additional information to complete this article. Please read about this extraordinary Member/Volunteer, who you likely saw at LSCO, but did not know.

John Unrau hailed from Coaldale, raised by German-speaking Russian Mennonite parents who married in 1944. His parents were not allowed to practice their faith in Russia, causing them to move to Canada in the 1920s but kept their roots by speaking Russian in their home until John and Ruth's public schooling transitioned their household language to English.

Growing up secluded on a farm near Coaldale, only venturing off for school and church, John and his sister Ruth shared a tight bond, spending their days cycling, playing, and studying together. Despite Ruth's attempts to convince him otherwise, John modestly dismissed his intellect, though Ruth emphasizes John's common sense and numerous competencies that she does not have.

Tragedy struck early with their mother's passing when John was 18, followed by their father's remarriage, which both siblings embraced wholeheartedly. John graduated from Kate Andrews High School in the mid-1960s and delved into music briefly, mastering a few piano pieces before moving on.

His academic journey led him through science courses at Lethbridge Junior College and culminated in a Diploma in Chemical Technology (Biochemistry) from SAIT in 1968. His professional career bloomed at the Lethbridge Research Station, where he dedicated 29 years to soil technology before retiring in 1997.

Post-retirement, John found joy and camaraderie at Green Haven Nurseries and the Mennonite Central Committee Thrift Shop, developing lasting friendships. Despite facing multiple brain surgeries starting in 2006, John maintained a matter-of-fact attitude about it, never allowing adversity to overshadow his positive attitude.

While not a frequent traveler, John cherished his visits to Hawaii and Washington, D.C., particularly relishing his time at the Smithsonian. Described as a homebody, John poured his energies into various hobbies like gardening, stained glass, petit point, woodworking, and writing, showcasing a multifaceted talent. His skills were of a such a high quality, there was an exhibition of many of his petit point pictures at LSCO in 2011 (See Below)

donating 200 times; and an Honorary Life Membership at LSCO for his thousands of hours of service. His loyalty as a volunteer to this organization was legendary as he could be found dishwashing regularly and would be called upon 'last minute' to fill-in for many years. He will be remembered as a kind, gentle, and caring man.

John passed away at St. Michael's Palliative Care Unit on January 31, 2024. To borrow from his special friend Anne, "Walk softly in



His love for classical music permeated his home and workshop, where he indulged in refurbishing wood to install wainscoting in his home (as an example) and creating stained glass pieces used to decorate his house and others.

John was also known for his loveable features like wearing shorts all year round, reading dictionaries for obscure words, baking his renowned Christmas cakes, biking to work for years and recycling before it became the thing to do. He loved "old things" and living life "plain and simple."

John's playful nature also shone through his occasional pranks. He once auctioned off his sister's 'long lost coffee mug' at a Christmas party and it cost her \$62 to get it back. John liked cheese, peanut butter, and dill pickles, but especially loved hot sauces. A little hot sauce in anything could do no wrong, in John's estimation.

Despite being rather shy, John forged deep friendships, especially with women from diverse backgrounds, embodying kindness, humility, and empathy. These traits made him an excellent volunteer at the Lethbridge Soup Kitchen, as he was non judgemental and able to identify with marginalized people.

His commitment to community service earned him accolades like Lethbridge Senior of Distinction Award in 2014; a certificate from Canadian Blood Services for

the world, help others, be true to yourself & others, and keep a bottle of hot sauce with you whenever you eat out!" He is lovingly missed by his LSCO colleagues and friends..



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Computer Corner

By Sjoerd Schaafsma



Search Engines

A Search Engine is the software tool your browser uses to help you find what you want on the internet. The questions you type into your search field, how you phrase them, and the search engine you use can all

influence the results of your search. Language can also affect your results. I tried a few questions in foreign languages, and usually the answer came back in the language I input. You may get different answers with a different language, but as long as you have the correct input tools, be it voice, tablet or the right keyboard layout, you can ask your question in whatever language you're most proficient in.

As a minor aside; current versions of computer operating systems, be it on a PC, laptop, tablet, or smart phone are all incredibly good at speech recognition. I've played with voice input in more than half a dozen languages while doing language exercises on an iPad, I'm impressed!

Here's a sampling of ten search engines, provided by Chat GPT and what they're known for.

Google: most popular search engine globally, dovetails nicely with many of Google's other services

Bing: Microsoft's search engine comes with Edge by default. Unless you've made a point of changing your search engine this is what you'll get with Windows. You may see it pop up with Edge, when doing a Microsoft specific search from Windows, even if you've chosen a different browser such as Chrome as your default.

Yahoo: One of the early engines, still popular, especially for content like news and entertainment.

Baidu: Leading search engine in China, has a massive user base primarily in Mandarin Chinese.

Yandex: Dominant in Russian-speaking countries, also provides, maps, and other online services.

DuckDuckGo: Known for its privacy-focused approach, popular among users concerned about their online privacy.

Ask.com: Ask.com still has a user base, particularly for its question-and-answer format. Often comes as an unwanted add-on when downloading some software, unwanted because it may direct your browser to unwanted sites.

AOL Search: Still used by some users, often

integrated with AOL's broader suite of services.

WolframAlpha: Not a traditional search engine, WolframAlpha's computational knowledge engine is popular among users seeking factual and computational answers.

Ecosia: is a search engine that uses ad revenue to plant trees.

Chrome, Edge, Firefox, and Safari all let you choose which search engines to use. I sometimes see as many as four search engines available in Chrome. I remove the ones I don't want.

Tip of the Month: Search with quotes and by date with Google

<https://searchengineland.com/search-google-by-date-with-new-before-and-after-search-commands-315184>

Google has a search operator that enables filtering results for a desired date range.

Filtering by date can help cut down on information you're not looking for.

How to use it: To get search results before a given date, add "before:YYYY-MM-DD" to your search query. To get results after a given date, add "after:YYYY-MM-DD" at the end of your search.

You can combine both commands to search within a date range. For example, searching "one-hit wonders after:1999-12-31 before:2001-01-01" will yield results from the year 2000.

Users can also use dashes instead of slashes as well as single digits for months and days, or filter by just the year, making "before:2001" equivalent to "before:2001-01-01."

Using quotation marks to bracket your search will also limit the results. Here are a few examples or search parameters and the results:

Movies filmed in Alberta About 7,380,000 results

Movies filmed in Alberta after:2020-01-01 About 3,010,000 results (Note; the following URL includes the date 2023, if you follow the link below you'll find movies that predate the date parameter.)

<https://www.travelalberta.com/articles/2023/must-see-blockbusters-and-tv-productions-filmed-in-alberta>

"Movies filmed in Alberta" About 32,900 results

"Movies filmed in Alberta" after:2020-01-01 About 11 results

There you have it... a bit more of a hint than usual. I hope you find the answers you're looking for faster after reading this and doing a bit of experimenting.



<https://searchengineland.com/search-google-by-date-with-new-before-and-after-search-commands-315184>

Computer Club EVENTS

Summer 2024

The computer club will be taking a break from regular presentations till the fall.

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.

May, June, July, August

The computer club will have a table at - Live Well Showcase Thursday June 6, Friday June 7

Help sessions will still be available by request if there is a member available to help.

Kevin is planning to be in the lab for much of the summer.

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.



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

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

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

Senior Moments You'd Rather Forget:

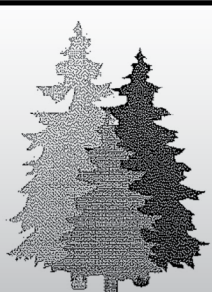
Inadvertently picking out the same birthday card for your spouse two years in a row.

Carefully cleaning your house before going on a trip, but forgetting to close the garage door on your way out.

Plugging the wrong wire into the computer and wondering why it won't work suddenly.

Setting a pot of coffee to brew but forgetting to add the water.

Found in "365 Senior Moments You'd Rather Forget" by Karen O'Connor



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- 58 AHS Addiction and Mental Health
- 33 Alberta Seniors Games 55+
- 11 Avail CPA
- 41 Chinook LifeCare
- 57 City of Lethbridge - Cemetery Services
- 3 City of Lethbridge Waste and Environment
- 40 Community Foundation of Lethbridge and Southwestern Alberta
- 25 Cornerstone Funeral Home**
- 27 Coulee Family Services
- 7 Covenant Community Board
- 28 Elim Society for Senior Care
- 16 Firefly Solar
- 56 Friends of Medicare Lethbridge & Area Chapter
- 19 Golden Health Group
- 47 Green Acres Foundation
- 34 Guided Journeys Foundation
- 10 Helen Schuler Nature Centre
- 29 HiTech Bracing
- 22 Hosack Denture Clinic
- 17 Keegan Sluis- Royal LePage South Country
- 17 Keith Pushor - Royal LePage South Country
- 24 Leisters Home Care Equipment
- 9 Lethbridge Family Services
- 1 Lethbridge Hearing Centre
- 18 Lethbridge Herald
- 14 Letourneau Law LLP
- 35 Logan Health - Kalispell
- 21 London Drugs #38
- 60 LSCO Computer Club
- 64 LSCO In Home Supports and Volunteer
- 63 LSCO Programs
- 61 LSCO Quilters
- 62 LSCO Seniors System Navigators
- 30 Martha's House
- 48 The Medicine Shoppe #338 & #428
- 51 The Medicine Tree
- 15 NewRock Developments
- 54 Nurse Next Door
- 36 PROBUS
- 12 PropertyGuys.com
- 31 Roost 2 Roost
- 36 SACPA
- 5 Save On Foods
- 53 Seamless Cares
- 52 Seamless Lifestyles Inc.
- 8 Shoebox Scanning
- 46 TLC Senior Support
- 13 Ultimate Freedom Plus
- 2 The View - Atria Retirement Canada
- 37 Wellspring Alberta - Southern Region

Speakers

presented by Hosack Denture Clinic

LSCO Live Well Showcase

A TRADE SHOW FOR ACTIVE AGING



THURSDAY JUNE 6

- 11 AM** **UROLOGY 101: TAKING CHARGE OF WELL-BEING AS WE AGE**
Dr. Sarabeth Martin MD, Urologist at Logan Health Kalispell Montana
Dive into common urinary issues in aging adults from UTIs to prostate cancer, with actionable insights on prevention, symptoms, and when to visit your doctor.
- 1 PM** **ALZHEIMER'S DISEASE: NEW HOPE**
Dr. Joel Weaver MD, Assistant Clinical Professor University of Alberta
Dr. Weaver will review some of the latest research as it pertains to the prevention, diagnosis, and treatment of Alzheimer's disease.
- 3 PM** **PLANNING FOR PEACE**
Travis Zentner, Cornerstone Funeral Home
Gain insight on funeral pre-planning options from caskets to cremations to green burials, and the steps for creating a plan that brings peace of mind to your and your loved ones.

FRIDAY JUNE 7

- 11 AM** **YOUR VOICE, YOUR CHOICE: THE IMPORTANCE OF GREEN SLEEVES**
Austyn Anderson JD, Letourneau Law & Kimberly Wescott MN NP, AHS
Learn about why Green Sleeves are an essential component of advance care planning, and how you can ensure your medical wishes are honoured.
- 1 PM** **DYNAMIC AGING**
Mitchell Lawrence M.Ost and Georgina Longman M.Ost, Osteopaths at the Medicine Tree
Join two renowned osteopaths for this research-driven presentation to equip you with the tools to age dynamically and to not be held back.

More details can be found on the next page, at www.lethseniors.com/LiveWellShowcase and in the June issue of the LSCO Times

LSCO 11th Annual Live Well Showcase

Discover the Live Well Showcase, an exceptional professional trade show designed specifically for seniors. Featuring a diverse array of over 70 exhibitors and captivating speakers, this event is set to illuminate the essence of active aging. **Join us during Seniors Week on June 6th and 7th at the Lethbridge Senior Citizens Organization.**

Immerse yourself in the latest services and products tailored for the vibrant aging community. With an anticipated attendance of over 2000 enthusiastic participants, this showcase promises an enlightening experience.

We are honored to once again announce Cornerstone Funeral Home as our major presenting sponsor. Travis Zentner, expresses pride in supporting this landmark annual showcase. "Preparing for the future is crucial, and we are delighted to contribute to such an invaluable event," says Zentner.

We are thrilled to welcome Lethbridge Hearing Centre as the Vendor and Volunteer Lounge Sponsor, enhancing the overall experience for all attendees.

Admission is complimentary, offering everyone a chance to explore the showcase at LSCO, located at 500 – 11th Street South.

Thursday, June 6
10 AM - 5 PM

Friday, June 7
10 AM - 3 PM

Hosack Denture Clinic proudly presents five captivating speakers covering diverse topics such as Alzheimer's, Urology, Green Sleeves, Dynamic Aging, and funeral planning. Refer to page 19 for detailed information on the speakers and their sessions.

Rob Miyashiro, Executive Director of LSCO, extends heartfelt gratitude to sponsors, vendors, staff, and volunteers for their unwavering support towards this significant fundraising initiative for the LSCO.

Explore a wealth of services and opportunities available as we embrace the journey of aging gracefully.

This event is a must for anyone over 50, offering invaluable insights whether planning for your own future or assisting loved ones. Don't miss out on this extraordinary occasion!

To book one of the few remaining booths or for more information, contact Hannah at 403-320-2222 ext. 302

May is Sexual Violence Awareness Month

Join Lethbridge Family Services Outreach and Education for

Awareness Booth

Thursday May 16 | 10 am - 1 pm

Increase your awareness of community resources as you join Lethbridge Family Services Outreach and Education at their awareness booth on May 16 between 10:00 and 1:00.

Healthy Relationships

Tuesday May 21 | 10 am

Knowing what makes a healthy relationship is important. Join us for a presentation from Lethbridge Family Services Outreach and Education on: Healthy Relationships

All events will be held at the LSCO - 500 11th St. S., Lethbridge. For more information please contact 403-329-1544

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FRIDAY MUSIC SCHEDULE

- May 3** **Tom Sanders** Plays all styles of music from classic to modern.
- May 10** **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.
- May 17** **LSCO Karaoke Group** Classic rock, folk, and country music mostly from the 1950s-1970s.
- May 24** **Bryce Grey** Old accordion music with a focus on polkas and waltzes.
- May 31** **Sean Caswell** Plays variety of music, but mostly plays classic rock, old blues, and Americana. Mostly Self-taught. Passionate about guitar.

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

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