



Darlene Waldy & Leri Finley



Jack Zobel



Michael Smith



Ron Hiuser



Lani Walburger

Thank you to the volunteers, staff, attendees and participants who made the 3rd Annual Seniors Talent Showcase in recognition on World Elder Abuse Awareness Day a success!

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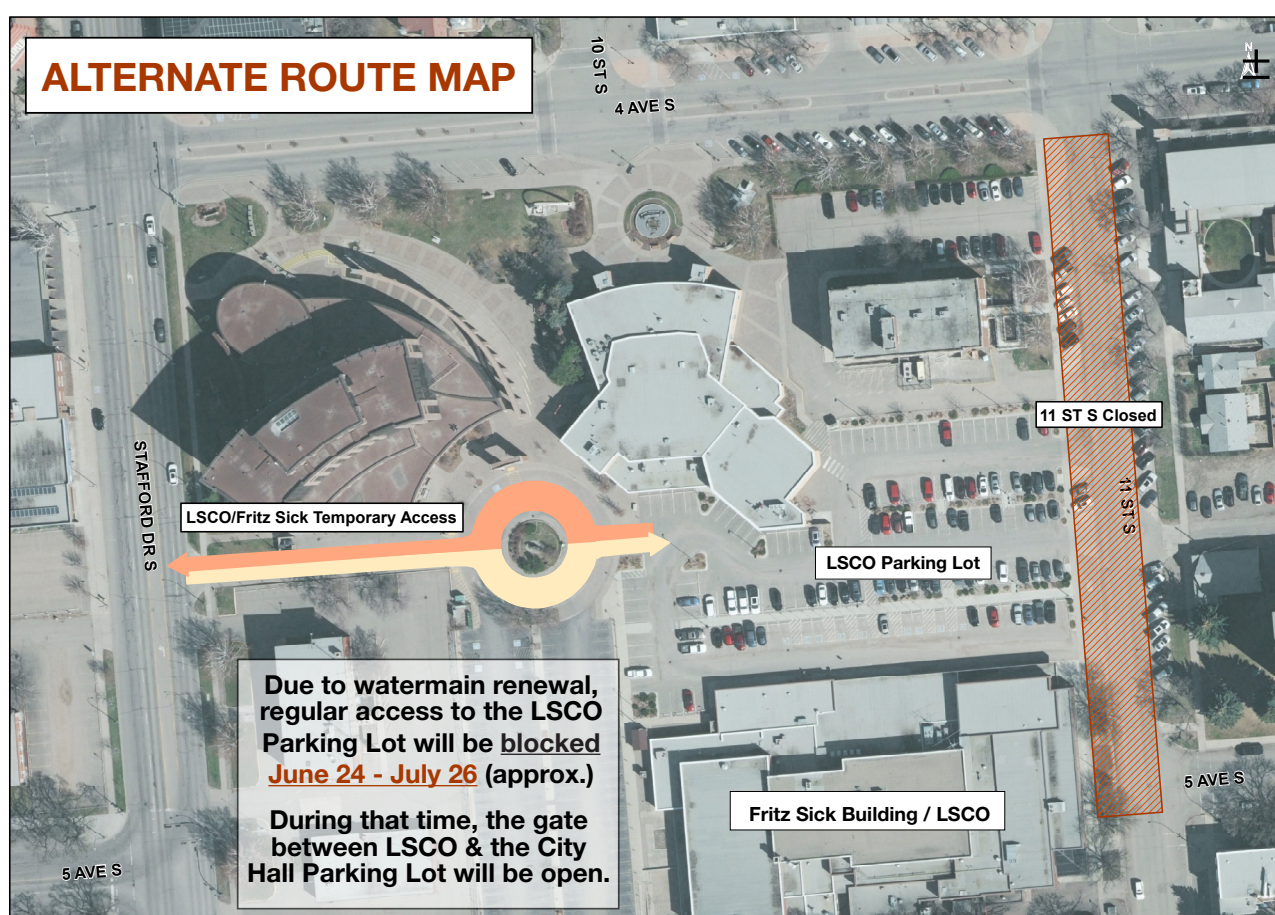
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July Construction Around LSCO





Executive Director
Rob Miyashiro
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LSCO News

Once again, our Live Well Showcase trade fair was a huge success. We had 70 exhibitors, 5 great speakers and over 1700 visitors to the show! Many thanks to our volunteers (as always), Hannah (for being our point person), LSCO staff and the Pogo Bros (a new organizing partner). This year we also welcomed Lethbridge Hearing Centre as a major sponsor. Thank you to everyone that contributed to the success of the show!

On June 15 we observed World Elder Abuse Awareness Day (WEAAD) by hosting the Lethbridge Elder Abuse Response Network (LEARN) WEAAD Talent Show. It was a highly entertaining event attended by an appreciative audience. A big shout out to the two Amy's and our Support Services team, Clinton from Green Acres Foundation (who served us hot popcorn) and Amy C's mom (whose craftiness was responsible for our door prizes).

Hopefully, by press time, our Audio-Visual upgrade in the Atrium and Stage area will be completed. This project was made possible by a generous grant from the Community Foundation of Lethbridge and Southwestern Alberta with contributions from the Sunrise Rotary Club and Southern Alberta Council on Public Affairs.

I hope everyone has a fabulous summer!

- Rob Miyashiro

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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!

Just for Laughs

My grandson asked me why my knees creak when I walk. I told him it's just my bones applauding me for getting up.

While I was getting ready for work, my daughter walked in and asked me what I was doing. I responded, "I'm putting on my wrinkle cream." She replied, "Oh, I thought those were natural!"



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Printed by Lethbridge Herald

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

LSCO Information

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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

Edith Olson
Ian Woodman
Diana Woodman
Sydney Wigood
Dawn McCaugherty
Robert (Bob) Simpson
Dennis Hooge

Judy Mowat
Arlene Stroeve
Beverley Thornton
Doug Thorton
Brenda Myslichi
Maria (Ria) Pickering
3 Anonymous

We’re happy to have you!
May & June 2024



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




Open to anyone looking to learn more about the LSCO

GUIDED LSCO FACILITY TOUR



1 PM
1ST WEDNESDAY EACH MONTH
Sign up at the front desk or call



A selection of our 2023-2024 SACPA programs will continue to be shown on Rogers TV over the Summer and will be available on our SACPA.ca archives.
Please join us in September 2024 when we resume our Schedule in the LSCO Atrium on Thursdays from 12:00 noon until 1:00 pm
We are most thankful to be at LSCO.
- The SACPA Board of Directors.



HAPPY CANADA DAY!
The LSCO will be closed on Monday, July 1

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



**Fundraising
& Marketing
Coordinator**

Hannah Dupuis

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

Hello Everyone!

What a whirlwind of a month June has been here at the LSCO! I'm thrilled to share that my first year fully organizing the Live Well Showcase has been a resounding success. We raised over \$40,000 to support our beloved community and programs at LSCO!

A heartfelt thank you to our presenting sponsor, Cornerstone Funeral Home. Their unwavering support from the very first showcase has been truly impactful.

Gratitude also goes to Hosack Denture Clinic for sponsoring the presentations. You can find all the presenters' slides on the Live Well Showcase page of our website under each presentation description.

A big thank you to Lethbridge Hearing Centre for sponsoring the Vendor and Volunteer Lounge, ensuring everyone stayed well-fed and happy.

Special thanks to Pogo Bros/Gemini Entertainment for stepping in with last-minute help organizing!

My deepest appreciation also goes to our wonderful volunteers. Live Well wouldn't be possible without your dedication. Thank you, Joyce, Ruth, Jack, Laura, Harry, Liz, Verl, Phil, Craig, Barbara, Carol, Sue, Trinity, Uvi, Kendall, Sandy, Gemma, Mary, Bobbi, Janice, Rosemary, Linda, Milton, Chris, Kris, Arlene, Marty, Christie, Susan, Robert, Vonda, Sherri, Doug, Blayne, and Fresh Start Recovery Centre.



Congratulations to our Quilt Raffle Winners:

Baby: Jerri Bolton; Single: Wendy Gillett; Double: Louise ZoBell; Queen: Glenda Twedt

A big thank you to the Centennial Quilters Guild and LSCO Quilters for their beautiful quilts, which helped raise over \$1,500 for Meals on Wheels!

Don't forget, the pot for the \$1 Weekly Draw is growing, so be sure to stop by the front desk and add your name to the list when you visit the Centre.

Looking for summer fun? Join us for an intergenerational Bingo afternoon on Monday, July 29th. Students from local summer programs will be there, eager to spend time with older generations, and you're welcome to bring your grandkids! More details can be found on the back page.

Wishing you all an amazing summer!



Covenant Living
Martha's House

Martha's House
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Living in Community... in the heart of the city

Left: Queen Quilt Winner Glenda Twedt
Below: Baby Quilt Winner Jerri Bolton



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Volunteer Spotlight



Blayne Thomas

Blayne has been volunteering for LSCO for many years. Currently Blayne helps out in the dining room and kitchen supporting the staff by washing down tables, wiping out the Meals on Wheels cooler bags, and putting away dishes. Blayne is dedicated to his role, and he is always willing to lend a helping hand.

Blayne is a happy guy. He always greets everyone with a great big smile. Blayne inspires those around him. Not only does he inspire us, he also feels inspired by many of the great people in his life, past and present. Blayne would like to recognize his friends and family – specifically his sister, Jill, and her family, Rob Miyashiro, the Executive Director here at the LSCO, his friends at the ARC, his keyworker, his roommate Jim, and his really good buddy, Wayne, from ju-

nior high who Blayne says “he was like my brother I never had”.

Blayne’s favourite thing about volunteering is all the people. All the people he sees that he knows, and all the people he gets to meet.

When Blayne isn’t volunteering, he is spending time with his family – he loves being an uncle. Blayne likes to tease and be teased. He said, “If they give me a hard time, I give them a hard time right back.” Blayne also enjoys playing cards.

Blayne really enjoys volunteering and thinks other people should give it a try too. He said, “If you give back into it a little bit, and you like it, why not do it! Don’t stop! Just keep on going.”

Thanks Blayne for all you support here at LSCO.

SEARCHING FOR...

SUMMER VOLUNTEERS

VOLUNTEERS

We are in great need of Meals on Wheels Delivery Drivers as many of our regulars are on vacation.

volunteer@lethseniors.com
403-320-2222 ext. 208

LSCO

Volunteer Opportunities

Community Connect
Flexible

We can all use a friend who is ready and willing to listen. Do you have one hour each week to volunteer from the comfort of your home? Community Connect is a friendly phone call program Volunteers are paired with a senior who might be experiencing feelings of loneliness or isolation. The volunteer would be responsible to call the senior they are paired with once each week for one hour. This program strives to provide older adults with an opportunity to socialize and build connections with another person.

Meals on Wheels Delivery Drivers * Urgent*

We are looking for Drivers to pick up and deliver meals to Seniors in the community. Meals on Wheels prepares and delivers approximately 80 fresh and nutritious meals per day, Monday through Friday

We currently have 7 routes within the city. The time commitment is approximately 1 to 2 hours depending on route size and weather conditions. Requires: Police Information Check with Vulnerable Sector Search - no charge with form provided from Volunteer Coordinator.

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

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

The logo for Cornerstone Funeral Home Ltd. features a stylized dove in flight, carrying an olive branch. The dove is blue and yellow.

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July LSCO Weekly Schedule					
Schedule may change without notice.					
	Monday	Tuesday	Wednesday	Thursday	Friday
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 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	Advanced Tai Chi 8:15 am-9:15 am Stage Area		Cardio to the Core 8:00 am-8:50 am Gym 2 Advanced Tai Chi 8:15 am-9:15 am Stage Area		Advanced Tai Chi 8:15 am-9:15 am Stage Area
9:00	Tabata 9:00 am-9:55 am Gym 1	Cycle Combo 9:00 am-10:00 am Gym 2 Full Body Workout 9:00 am-9:50 am Gym 1	Amateur Radio 9:00 am-11:00 am Radio Room Fitness/Power Walking 9:00 am-9:55 am Gym 1	Chair Exercises 9:30-10:15 am Stage Area TRX Combo 9:00-10:00 am Gym 2	Full Body Workout 9:00 am- 9:55 am Gym 1 Active Yoga 9:00 am - 10:00 am APR
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	Gentle Yoga 10:00 am-11:00 am APR Watercolours 10:00 am-12:00 pm Art & Craft Room 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		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 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, Crochet & More 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					
	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.				

<div><div><div>LSCO</div><div>DINER</div><div>SPECIALS</div></div></div> <div><div>MENU ~ JULY 2024</div><div>Breakfast served from 8:00 ~ 11:00 am • Lunch served from 11:00 am ~ 1:00 pm</div><div>*menu subject to change without notice</div></div> <div><div>Soup & Salad Special</div><div>Changes Daily</div><div>See Menu Board in Dining Room</div></div>				
Monday, July 1	Tuesday, July 2	Wednesday, July 3	Thursday, July 4	Friday, July 5
LSCO CLOSED for CANADA DAY	Entree: Tuscan Chicken Stew Starch: Rice Soup: Chef's Choice Veggie: Chef's Choice	Entree: Tortiere 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: Lasagna Starch: Garlic Toast Soup: Chef's Choice Veggie: Chef's Choice
Monday, July 8	Tuesday, July 9	Wednesday, July 10	Thursday, July 11	Friday, July 12
Entree: Honey Garlic Pork Starch: Rice Soup: Chef's Choice Veggie: Chef's Choice	Entree: Chicken Pot Pie Starch: Mashed Potatoes Soup: Chef's Choice Veggie: Chef's Choice	Entree: Ravioli Rose Sauce Starch: Garlic Toast Soup: Chef's Choice Veggie: Chef's Choice	Entree: Beef Stew Starch: Mashed Potatoes/Biscuit Soup: Chef's Choice Veggie: Chef's Choice	Entree: Baked Ham Starch: Scalloped Potatoes Soup: Chef's Choice Veggie: Chef's Choice
Monday, July 15	Tuesday, July 16	Wednesday, July 17	Thursday, July 18	Friday, July 19
Entree: Sweet & Sour Chicken Balls Starch: Rice Soup: Chef's Choice Veggie: Chef's Choice	Entree: Beef and Bean Burrito Starch: Rice Soup: Chef's Choice Veggie: Chef's Choice	Entree: Hunter Schnitzel Starch: Spaetzle Soup: Chef's Choice Veggie: Chef's Choice	Entree: Chicken Kiev Starch: Mashed Potatoes Soup: Chef's Choice Veggie: Chef's Choice	Entree: Roasted Beef Yorkshire Pudding Starch: Mashed Potatoes Soup: Chef's Choice Veggie: Chef's Choice
Monday, July 22	Tuesday, July 23	Wednesday, July 24	Thursday, July 25	Friday, July 26
Entree: Teriyaki Pork Starch: Rice Soup: Chef's Choice Veggie: Chef's Choice	Entree: Gypsy Schnitzel Starch: Spaetzle Soup: Chef's Choice Veggie: Chef's Choice	Entree: Chicken Pesto Gnocchi Starch: Garlic Toast Soup: Chef's Choice Veggie: Chef's Choice	Entree: Rinds Rouladen Starch: Roasted Potatoes Soup: Chef's Choice Veggie: Chef's Choice	Entree: Spaghetti Meatballs Starch: Garlic Toast Soup: Chef's Choice Veggie: Chef's Choice
Monday, July 29	Tuesday, July 30	Wednesday, July 31		
Entree: Honey Garlic Pork Starch: Rice Soup: Chef's Choice Veggie: Chef's Choice	Entree: Orange Cashew Chicken Starch: Rice Soup: Chef's Choice Veggie: Chef's Choice	Entree: Meatloaf Starch: Roasted Potatoes Soup: Chef's Choice Veggie: Chef's Choice		
View the menu online at www.lethseniors.com/menu				

Galt

MUSEUM & ARCHIVES

AKAISAMITOHKANA O'PA

JULY 2024 EXHIBITS, PROGRAMS & EVENTS

FORT WHOOP-UP

JULY WALKING WEDNESDAYS

Gather your crew, choose your tour, pick a day and time! \$65/tour, per group | groups up to 25 people require 24-hour notice | 2 groups can be booked per time slot

DAYS: Wed 03, 10, 17, 24, 31

TIMES: 9–10:30 AM, 11:30 AM–1 PM, 2–3:30 PM, 5–6:30 PM

TOURS: Watch Lethbridge Grow | Downtown History | Queer History Lethbridge | Niitsitapi Tree Burial | Mountainview Cemetery | St. Patrick's Cemetery | Elizabeth Hall Wetlands Land-Based Learning | The Thing

HISTORY MAKERS

Tue 09 | 6–8 PM

Crystal Necklace Wrapping with Jose's*

Sat 20 | 8–10 AM

Plein Air Painting with Connor Kenney

registration required | \$20/person incl. supplies | regular admission with your own

SPECIAL EVENTS

Fri 12 | 6–8 PM

Paint & Sip with artist John Chief Calf*

Sat 20 | 5–8 PM

Second Annual Bike & Seek with Bike Lane! *

all ages | children to attend with caregivers | registration required | \$10 per person

FLORA FOUNDATIONS

Fri 19 | 6–8 PM

Blackfoot Science and Botany (Otahkootsis/Prickly Pear Cactus) with Api'soomaahka & Jenny Burke *

PROGRAMS AT FORT WHOOP-UP

Fri 05 | 6–8 PM

Flora Foundations: Make paper using nature with artist Laurel Scott *

Thu 18 | 6–8 PM

Pemmican Workshop with Charlie Russell **

free to self-identified Indigenous attendees

++ 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

X f Instagram YouTube

www.galtmuseum.com/calendar

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A vertical poster for Happy Canada Day. The top half has a dark blue background with large, stylized red maple leaves in the corners. The text "Happy" is written in a white, cursive script, and "CANADA DAY" is in bold, red, uppercase sans-serif letters below it. The middle section features a portrait of Rachael Thomas, a woman with blonde wavy hair, smiling, wearing a dark blue top and gold hoop earrings. The bottom section has a white background. On the left is the coat of arms of Canada. To its right is a vertical line, followed by the text "RACHAEL THOMAS" in large, dark blue, uppercase serif letters, and "MEMBER OF PARLIAMENT" in smaller, dark blue, uppercase serif letters below it. At the bottom, there are social media icons for Facebook, Instagram, Twitter, and YouTube, followed by the handle "@RachaelThomasMP". Below this is the contact information: "RachaelThomas.ca | Rachael.Thomas@parl.gc.ca | 403-320-0070".



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trisha@newrock.ca

Or visit
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FRIDAY MUSIC SCHEDULE

July 5	Classic Legends	The Classic Legends' Band performs polka, duets, and classic rock.
July 12	Phoenix Arts Co.	We are excited to share some classic Broadway show tunes with you.
July 19	Ron Hiuser	A singer, guitarist and song writer who will feature a number of his compositions along with popular tunes from '60s and '70s.
July 26	Nishantha Kamburugamuwa	Singer and guitarist playing Sinhalese songs from Sri Lanka.

**schedule is subject to change*

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



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International Self Care Day



**Seniors
System
Navigator**

Dannie Lien

dlien@lethseniors.com
403-715-0485

Hi everyone,

Life can be challenging at times, and managing our mental and physical health can be difficult. But we have also developed strength and resilience from going through these difficult experiences. Coping styles, lived experience, and personality can impact our ability to manage life adversities. Self care is a concept that was developed in the 1950 by medical practitioners who believed individuals played a critical role in improving their health. Self-care has now become popular as a way to prioritize our emotional, mental, and physical health.

International Self Care Day is an annual event held on July 24 and it’s an opportunity to highlight the importance of taking care of our bodies and our minds. This symbolic day was chosen because self care can be practiced 24 hours a day/7 day a week.

The intentional act of caring for oneself, has a specific goal of preserving or improving one’s own health and taking an active role in protecting one’s own well-being and happiness, in particular during periods of stress.

Practicing self care not only benefits your mental and physical health it enhances a feeling of satisfaction with life, it creates positive social connections, and creates feelings of accomplishment.

You can implement self care practices into your daily life by setting goals, such as challenging yourself to learning something new, cultivating and maintaining a positive relationship with others, deciding to give back to your community through volunteering, going for walks, prioritizing sleep, enjoying

a variety of foods, and spending time outdoors.

Self care can include exploring your spirituality by promoting a deeper understanding of yourself in this world; either through involvement in formal religion or connecting with nature and the universe as a whole.

With the warmer weather here, I hope you all can spend some time enjoying nature, participating in community events, and taking time to be with friends and family.

Take care,

Dannie



JULY SUPPORT SERVICES

WELLBEING SERVICES

**appointment required*



403-329-1544



intake@lethseniors.com

July 2 1st Tuesday	Community Connect Coffee Group 1:30 pm - 3:00 pm Room C/D	FREE opportunity to build connections, grow meaningful connections, and strengthen access to community supports. Drop-in style, no need to register.
July 2 1st Tuesday	Prescribing Pharmacist Onsite* 10:00 am - 12:00 pm Clinic Room	On-site pharmacist from Medicine Shoppe available for: blood pressure check, laboratory testing requisition, medication review, adjustment of dosing/changes to medication therapy, strep throat testing, minor ailment prescribing, travel health consultation and vaccinations (ie. covid and flu vaccinations). Vaccinations require appointments, Call intake to book 403-329-1544.
July 3 1st Wednesday	CRA Onsite 10:00 am - 12:00 pm Card Area	On-site CRA representative available to answer your questions regarding federal benefits and programs, no appointment necessary.
July 3	Mobile Food Support Starting at 4pm LSCO Parking Lot	
July 10 2nd Wednesday	Free Lawyer Consultations* 1:00 pm - 4:00 pm Quiet Room	15-min FREE consultations with a Ausyn Anderson from Letourneau Law. Call LSCO to book 403-320-2222
July 17	Single Session Counselling* 12:30 pm - 3:30 pm Quiet Room	FREE Single session counselling provides an opportunity to individuals interested in exploring counselling. Sessions are 1 ½ hr in length. Call intake to book 403-329-1544.
CANCELLED	Hearing Screening* 10:00 am - 12:00 pm Clinic Room	PLEASE NOTE: Hearing Screening will be cancelled over the summer
CANCELLED	Eyeglasses Adjustments 1:00 pm - 2:00 pm Card Area	PLEASE NOTE: Eyeglasses adjustments will be cancelled over the summer

SUPPORT GROUPS

July 6 - 27 Saturdays	AA Eye Opener 8:30 - 10:30 am Room C/D	July 18 3rd Thursday	Parkinsons Support Group Registration for Parkinson’s Group is encouraged. Call 1-800-561-1911.
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Summer 2024 Programs

More information on fall classes will be available in August

Reminder: August gym closures for resurfacing.

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”.
**Some classes may not be available to register online.
- **PHONE IN**, by calling 403-320-2222.

HOW DO I PAY?

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

REGISTRATION INFORMATION

- If a program says Out of Stock feel free to give us a call as space may be available or to put your name on a waiting list.
- If you are **registering for someone else online**, please remember to **include their name in the notes or give us a call**.
- LSCO Members = (LSCO M); Non-Member = (NM)
- If the instructor is unavailable to teach due to illness or unforeseen circumstances, we will do our best to contact you prior to your class.
- When weather or other unforeseen circumstances, cause LSCO to cancel classes or close the facility, unfortunately we will not be able to make up the classes, give credits or refunds.

IMPORTANT THINGS TO KNOW

- Please do not arrive more than 10 minutes prior to the start of your class
- Dress in layers as the temperature in rooms may vary
- At the end of class please gather your belongings and exit so the room can be prepared for the next class. You can enjoy a post exercise coffee,tea, or meal in the dining room.
- Please complete an Exercise/Fitness Waiver from your instructor or at the reception desk

CREDITS & REFUNDS

- **Please ensure you are registering for the correct class. Due to the popularity of many of the classes, refunds cannot be given after the register by date.**
- Participants 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.

Creative Arts

PAINT AND 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. Paint and Chat is hosted by Donna Bilyk, a talented artist from Southern Alberta.

Session 2

When: Tuesday, July 16
Time: 1:00 – 3:30 pm
Fee: \$55 LSCO M; \$65 NM
Register by: Friday, July 12

Session 3

When: Tuesday, August 13
Time: 1:00 – 3:30 pm
Fee: \$55 LSCO M; \$65 NM
Register by: Friday, August 9



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

S U M M E R
— Nature Walking Club —

8:30am-10:30am **Call the Nature Centre to**
June 25 **register 403.320.3064**
July 9, 23 **Free to attend!**
August 6, 20
September 3 Bus will pick up & drop off
at the LSCO



Nature Lethbridge

PAINTING PRAIRIE SUMMER SKIES IN WATERCOLOUR

Do you love those wide open blue skies, summer sunsets and sunrises, or the distant mountain silhouette? Even if you have never worked in watercolour before, this is a great class to explore these images and the watercolour medium. You will learn how to manipulate the water and colour to process those wonderful skies in a way only watercolours can. Some watercolour basics will be covered as well as some simple textural techniques. Good for all levels. This is a 3 week class.

Ask for a supply list when registering.

When: Mondays, July 8 – 22
Time: 10:00 am – 12:00 pm
Fee: \$50 LSCO M; \$60 NM
Register by: Thursday, July 4
Instructor: Donna Gallant

SUMMER FLOWERS IN ACRYLICS

Whether near or far, flowers bring us the color of summer. This three week class will explore the beauty of our summer flowers and how to paint them. You will learn the basic structure of a flower, how to mix the right colours, how to shade and highlight for depth, compositional elements for best results, and how to create different shapes and textures for a more realistic painting. Some experience would be beneficial to you but not necessary. We will produce one finished piece but if time allows, we may do more.

Ask for a supply list when registering.

When: Thursdays, July 11 – 25
Time: 10:00 am – 12:00 pm
Fee: \$50 LSCO M; \$60 NM
Register by: Monday, July 8
Instructor: Donna Gallant

HOW TO MAKE AN ACRYLIC PAINTING LOOK LIKE OIL

This two hour workshop will show you the secrets of painting in acrylic but making it look like an oil. It’s all in the process - if you already paint in acrylics you can learn several ways to do this without dealing with the odour and long drying time of oil paint. Participants are invited to work with one of their finished acrylic paintings if

desired, but not necessary. We will produce at least one piece in this two-hour workshop.

Ask for a supply list when registering.

When: Monday, August 12
Time: 10:00 am – 12:00 pm
Fee: \$30 LSCO M; \$40 NM
Register by: Thursday, August 8
Instructor: Donna Gallant

HOW TO MAKE ART FROM STENCILS

This two week class will show you how - whether using store brought or hand made stencils you can create the most interesting and one of a kind pieces of art work. You will learn how to make your own stencils with simple supplies that you have around the house. No drawing or painting experience is necessary; this is a great class for making collage papers as well.

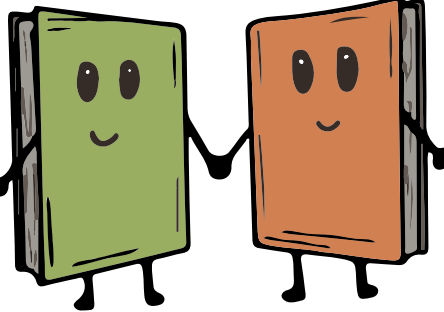
Ask for supply list when registering.

When: Thursday, August 15 & 22
Time: 10:00 – 12:00 pm
Fee: \$40 LSCO M; \$50 NM
Register by: Monday, August 12
Instructor: Donna Gallant

LSCO Library Corner

Cut this out to use as a bookmark in a pinch

There is no friend



as loyal as a book

-Ernest Hemingway

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.

When: Thursdays, July 18 – August 15
Time: 9:30 - 10:15 am
Fee: \$25 LSCO M; \$35 NM
Drop In Fee: \$6 LSCO M; \$8 NM
Instructor: Andrea Clarke
Location: Stage Area

FUNCTIONAL FITNESS

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

When: Mondays, July 8 – August 12
(No class August 5)
Fee: \$25 LSCO M; \$35 NM
Drop In Fee: \$6 LSCO M; \$8 NM
Time: 11:30 am – 12:15 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.

Session 1
When: Thursday, June 27 – July 25
Time: 10:30 – 11:30 am
Fee: \$35 LSCO M; \$45 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Jamie Hillier
Location: Fitness Centre

Session 2
When: Thursday, August 1 – 29
Time: 10:30 – 11:30 am
Fee: \$35 LSCO M; \$45 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Jamie Hillier
Location: Fitness Centre



Owner/Operator

Downsizing Dilemma?
Need to move on?

We can help....

- Sorting • Organizing
- Packing • Arranging Movers • Unpacking
- Estate Home Clearouts/Sales

Call Jody Johnson for your complimentary in-home consultation and free estimate.

Cell: 403-330-8389

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.

Session 1
When: Mondays, July 8 - July 29
Fee: \$28 LSCO M; \$36 NM
Time: 10:15 – 11:00 am
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: June Dow
Location: Gym 1

Session 2
When: Wednesdays, July 3 - July 31
Fee: \$35 LSCO M; \$45 NM
Time: 10:15 – 11:00 am
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Donna Tiefenbach
Location: Gym 1

Session 3
When: Fridays, July 5 - July 26
Fee: \$28 LSCO M; \$36 NM
Time: 10:15 – 11:00 am
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Andrea Clarke
Location: Gym 1

Session 4
When: Mondays, August 12 – 26
Fee: \$21 LSCO M; \$27 NM
Time: 10:15 – 11:00 am
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Andrea Clarke, Donna Tiefenbach
Location: Stage Area

Session 5
When: Wednesdays, August 7 – 28
Time: 10:15 – 11:15 am
Fee: \$35 LSCO M; \$45 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Nancy Purkis
Location: TBA

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. Space is limited. Instructor: Andrea Clarke *Not included in Ultimate Fitness Membership.

When: Tuesdays & Thursdays, July 2 – August 15
Time: 1:30 – 2:30 pm
Fee: \$56 LSCO M; \$72 NM
Location: Fitness Centre

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 membership (valid for 12 months from date of purchase)



Yoga & Wellness

FRIDAY YOGA

This yoga class will change weekly. We may begin with a few yin poses and venture into a more active flow class working to improve balance, strength and flexibility or we may do a full Vinyasa Flow class one week and quite possibly a full one hour yin class another week. Come with an open mind. Recommended for students that have yoga experience. Bring a yoga mat & water bottle.

When: Fridays, July 5 – August 30
Time: 9:00 – 10:05 AM
Fee: \$63 LSCO M; \$81 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Shawn Hamilton
Location: All Purpose Room

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: Wednesdays, July 3 – August 28
Time: 10:00 – 10:45 am
Fee: \$45 LSCO M; \$63 NM
Drop In Fee: \$6 LSCO M; \$8 NM
Instructor: Corrinne Myers
Location: Stage Area

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.

Session 1
When: Mondays, July 8 – August 26
(No class August 5)
Time: 1:00 - 2:00 pm
Fee: \$49 LSCO M; \$63 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Corrinne Myers
Location: Room A/B

Session 2
When: Fridays, July 5 – August 30
Time: 10:15 – 11:15 am
Fee: \$63 LSCO M; \$81 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Corrinne Myers
Location: Room A/B

GENTLE YOGA

Gentle yoga classes are a great place to take it slower and experience the benefits of yoga. If you are new to yoga or haven’t practiced yoga for a while this may be the class for you. Wear comfortable clothing; bring a mat, blanket and water bottle. Plan on practicing barefoot or wear nonslip socks. Classes held in the All-Purpose Room (downstairs)

Session 1
When: Tuesdays, July 2 – August 27
Time: 10:00 – 11:00 am
Fee: \$63 LSCO M; \$81 NM
Drop In Fee: \$9 LSCO M; \$12 NM
Instructor: Donna Tiefenbach
Location: All Purpose Room

Session 2
When: Thursdays, July 4 – August 29
Time: 10:00 – 11:00 am
Fee: \$63 LSCO M; \$81 NM
Drop In Fee: \$9 LSCO M; \$12 NM
Instructor: Donna Tiefenbach
Location: All Purpose Room

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

BIKE & MORE

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

When: Wednesdays, July 3 – 31
Time: 9:00 – 9:55 am
Fee: \$77 LSCO M; \$99 NM
Instructor: Nancy Purkis
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, June 5 – July 31
Time: 8:00 – 8:50 am
Fee: \$63 LSCO M; \$81 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Deb Palmer
Location: Gym 2

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. Some mat work with resistance equipment and stretching to follow. All Fitness Levels welcome. Limited Space.

Session 1

When: Mondays, July 8 – 29
Time: 10:15 – 11:15 am
Fee: \$36 LSCO M; \$56 NM
Drop In Fee: \$10 LSCO M; \$15 NM
Instructor: Jamie Hillier, Andrea Clarke
Location: Gym 2

Session 2

When: Tuesdays, July 2 – 30
Time: 9:00 – 10:00 am
Fee: \$45 LSCO M; \$70 NM
Drop In Fee: \$10 LSCO M; \$15 NM
Instructor: Jamie Hillier, Stephanie Girodat
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, July 3 – 31
Time: 9:00 - 9:55 am
Fee: \$35 LSCO M; \$45 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Jamie Hillier, Andrea Clarke
Location: Gym 1



FULL BODY WORKOUT

Increase your heart rate, challenge your muscles, and get ready for a non-stop workout using moderate-intensity intervals to improve cardiovascular health and muscular endurance. Participants will be guided through a series of exercises using various equipment including weights, bars, exercise balls, and bodyweight. Great for all fitness levels.

Session 1

When: Tuesdays, July 2 – 30
Time: 9:00 – 10:00 am
Fee: \$35 LSCO M; \$45 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Andrea Clarke
Location: Gym 1

Session 2

When: Fridays, July 5 – 26
Time: 9:00 – 10:00 am
Fee: \$28 LSCO M; \$36 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Stephanie Girodat
Location: Gym 1

Session 3

When: Mondays, August 12 – 26
Time: 9:00 – 10:00 am
Fee: \$21 LSCO M; \$27 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Jamie Hillier
Location: APR

Session 4

When: Wednesdays, August 7 – 28
Time: 9:00 – 10:00 am
Fee: \$28 LSCO M; \$36 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Jamie Hillier
Location: APR

Session 4

When: Fridays, August 9 – 30
Time: 9:00 – 10:00 am
Fee: \$28 LSCO M; \$36 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Stephanie Girodat
Location: APR

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. Not included in Ultimate Fitness Pass.

When: Mondays, July 8 – 29
Time: 11:15 – 12:30 pm
Fee: \$32 LSCO M; \$44 NM
Drop In Fee: \$9 LSCO M; \$12 NM
Instructor: June Dow
Location: APR

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.

Tuesdays, August 6 – 27
Time: 9:00 – 10:00 am
Fee: \$28 LSCO M; \$36 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Jamie Hillier
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.

Session 1

When: Mondays, July 8 – 29
Time: 9:00 – 9:55 am
Fee: \$28 LSCO M; \$36 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Jamie Hillier, Stephanie
Location: Gym 1

Session 2

When: Thursdays, August 8 – 29
Time: 9:00 – 9:55 am
Fee: \$28 LSCO M; \$36 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Jamie Hillier
Location: A/B

TRX COMBO

The delivery of this advanced class will change weekly dependent on the number of participants. The first 14 registered have access to a TRX Strap. Free weights are available to an additional 4 people. Spin Bikes and a variety of exercise equipment will be used. The instructor may choose to split the class ex: ½ bike, ½ weights, etc. Not available for online registration. Advanced Fitness Level.

When: Thursdays, July 4 – August 1
Time: 9:00 – 10:00 am
Fee: \$45 LSCO M; \$50 NM
Drop In Fee: 10 LSCO M; \$15 NM
Instructor: Jamie, Stephanie
Location: Gym 2

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

10x Fitness Centre/Class Pass

- \$80 LSCO M;
- \$100 NM

Days Open: Monday – Friday
Hours: 8:00 am – 4:30 pm
Closed Saturdays May - Sept

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 & 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. Fee: \$6 M; \$7 NM.

When: Monday – Friday
Time: 8:30 am – 3:00 pm
Fee: \$55/year & LSCO membership

COMPUTERS

Individuals interested in attending workshops, volunteering in the Computer Lab, and sharing their technical knowledge are encouraged to join. A variety of information sessions and workshops are offered throughout the year. Non-members can pay \$5 to attend workshops and are very welcome. The Lab is available for members 3 afternoons. Note: At times the lab may be used for classes. Notices will be posted.

When: Mondays, Wednesdays, Fridays
Time: 1:00 – 4:00 pm
Fee: \$21/year & LSCO Membership
Register by: Ongoing

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.

Genealogy will break for the summer and resume in September

When: Wednesdays September 6 – June 5
Time: 10:00 am – 3:00 pm
Fee: \$21/10 months & LSCO Membership

KARAOKE

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

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

LSCO Woodshop News



The LSCO Woodshop display their handiwork at the recent Live Well Showcase.

WOODWORKING CLASSES

Members of the woodshop are announcing two new woodworking courses set to begin in September. They will be offering **Beginners Woodworking**, a course for those who are new to woodworking. It covers the basics from wood selection to the application of wood finishes. The safe use of hand tools, hand-held power tools and the larger stationary equipment will form the main focus of this course.

The second course, **Intermediate Woodworking** is geared toward members with some previous woodworking experience. Participants work on more complex and challenging projects under the guidance and mentorship of the instructor.

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!

Computer Corner

By Sjoerd Schaafsma



Amazon Phishing Scam

You’ve probably heard the stories about people losing money through various scams. Recently two **Phishing** scams showed up in my email.

Here’s the Oxford Dictionary definition with a minor addition: the fraudulent practice of sending emails or other messages purporting to be from reputable companies or people in order to induce individuals to reveal personal information, such as passwords and credit card numbers.

I added the words **or people**, you’ll see why shortly.

I maintain email lists for a number of clubs, which means a lot of people may know my name or an email address at which I can be reached. Anyone who wants to contact the LSCO Computer Club can send mail to the address printed in this column.... which gets forwarded to me. You get the picture, I’m out there on the wild woolly web.

If you get a message coming from someone you know with a message similar to those listed below, their email address may have been compromised.

Four times, from 3 different email addresses I received emails similar to those listed below. The actual text has been copied verbatim, the addresses changed.

➤ Subject: Question

On Tue, Jun 4, 2024 at 11:10 <apersonl-knowatShaw.ca> wrote:

To: me

Hi there..Sorry to bother..do you order from Amazo n?

Signed by Names I know

➤ Subject: Reaching Out

<ListMemberatshaw.ca> Thu, 6 Jun, 17:41 to: mymailinglistemailaddress

Hi, sorry to bother!

do you order from AMAZON?

Thanks,

A legitimate name from the mailing list

Both of these emails were from spoofed email addresses. “Email spoofing is a technique used in spam and phishing attacks to trick users into thinking a message came from a person or entity they know or trust. In spoofing attacks, the sender forges email headers so that client software displays the fraudulent sender address, which most users take at face value.”

Being involved with the computer club, it’s not

unusual for people to ask if I buy things online, and it might be a legitimate question. Not being in ‘focus’ mode, ie. on the iPad and not thinking too much about the question and it’s origin I answered yes to the first email. Then about half an hour later came the following email, my brain kicked into gear and I didn’t answer any of the subsequent emails.

“Great to hear from you, I’m having a hard time getting an Amazon e-Gift for a friends daughter who’s down with cancer of the liver, it’s her birthday and I’m trying to surprise her with one of the mentioned e-gift card, apparently Amazon had other plans, unfortunately my payment couldn’t be processed, I contacted my bank and they say it would take 48 to 72 hours to get my bank running, if it’s not too much trouble can you help me purchase it from your Amazon account?”

I will reimburse you as soon as possible. Please let me know if you can handle this so I can tell you the amount and how to get them to her...”

Slightly off English, a clichéd sob story, my name is not there, mentioned e-gift card, ? what’s that, and more. Now I took the time to read the email addresses more carefully. The original sender’s address was legitimate, it’s in my contacts list. The reply however was to the same sender but @outlook.com.

Obviously a scam. The Amazon Customer Service Page goes into more detail on the various types of scams and how to protect yourself.

<https://www.amazon.ca/gp/help/customer/display.html?nodeId=GRGRY7AQ3LMPXVCV>

Since starting this article I’ve received two more similar requests both from the same address, oddly one of these was flagged by Google with a warning message, and the other was not.

In case the above image is hard to read, it’s repeated below.

“This message seems dangerous

Similar messages were used to steal people’s



personal information. Avoid clicking links, downloading attachments or replying with personal information.

Move to spam Looks safe”

So as always, READ CAREFULLY don’t be a victim. If you know the sender personally give them a call and let them know their email address may have been compromised.



Computer Club EVENTS

Summer 2024

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

Club members will still have access to the computer lab on Monday, Wednesday and Friday from 1 – 4:00 pm. This time may be pre-empted for other events.

The computers that used to be in the lobby are now up and running in the card area, to your left as you walk to the dining room. They still need some tweaking, but there are now two available spots both have network access.

The password is available from one of the staff in the downstairs administration area.

July, August

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.

The Computer Corner and LSCO Times can be read online at: www.lethseniors.com/lscotimes

CLASSIFIED ADS

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.

STAY GOLD WATCH REPAIR *Only accepting minor repairs at this time* (587) 832-1949

PRICING 2024

\$16.50 - 1.5V Cell
\$18.50 - 3V Lithium Cell
\$10 Labor w/ 1.5V pre-purchased Cell
\$15 Labor w/ 3V pre-purchased Cell
\$14 Sizing Links & Bands
\$12 Minor Jewelry Repair
\$2 (each) Metal gold & silver jump rings

Free fast watch health analysis

Seniors over 65 get 10% off every Thursday

Faith Baptist Church. Meeting in Christ Trinity Lutheran Church 416 12th Street Soth Sundays at 1:00 pm **403-381-8237**

NEW DELIVERY COMPANY Quick Quest Journey

We deliver anything from groceries to fast food & personal items anywhere in Lethbridge. Delivery Fee: \$7 for cash, \$9 for debit. Groceries service charge 10% of bill + delivery fee. Seniors get 50% off delivery charge on Mondays. Please call 403-894-7089.



Safe. Secure. Set.

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REMINDER: Gym Closures in August for Floor Resurfacing

Gym 1: August 6 - September 2 | Gym 2: August 6 - 21

**** These dates are tentative and reopening dates are subject to change without notice based on the pace of the project****

Healthy Aging in Alberta

With the changing demographics, **innovation** and **technology** are key factors in **ensuring older adults** can **age independently** at home and **receive high quality care** when they need it. **But what are Alberta's priority challenges in aging?** Join the conversation and provide your insights and experiences.



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Doors open at 1:30

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