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LSCO LETHBRIDGE Senior Citizens ORGANIZATION

WHOOOP UP DAYS CELEBRATIONS

TUESDAY AUGUST 20
8 AM - 10 AM

Pancake \$2 BREAKFAST
Pancakes, Sausages, Coffee & Juice

FRIDAY AUGUST 23
11 AM - 1 PM

BBQ LUNCH \$12
Smoked Brisket/ Pork, Burgers, Potato Salad, Coleslaw, Coffee & Juice + snow cones!

LIVE MUSIC

Hosted at the
LSCO PARKING LOT
500 11TH ST. S LETHBRIDGE

GYM CLOSURE
for floor resurfacing

GYM 1
August 6 - September 2

GYM 2
August 6 - August 21

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

What Does Retirement Really Mean?

In Lieu of Rob's normal write up this month, he asked that we share this article about retirement originally published by the New York Times.

This is just an excerpt of the original article, which is significantly longer. If you would like to read the whole article, please stop by Hannah's office or email her at hdupuis@lethseniors.com.

Quotes about Retirement

Here are some quotes from the individuals they interviewed for the article. You can find five more of these sprinkled across this issue of the paper - see if you can find them all!

"If the joy of your work has left you, it is time."

"Turns out that I'm not one of those people who is defined by their jobs; I just thought I was."

"Suddenly at retirement you go through a door to an empty room and have to furnish it and decorate it yourself, with only yourself to judge how well you did

"Do it! You'll surprise yourself with what you're capable of in your golden years."

"Don't use the word retirement. It sounds decrepit and connotes imagery of rocking chairs and poor health. Somewhere, I came across the Spanish word for retirement: jubilación! Now doesn't that sound more approachable and appealing?"

A version of this article appears in print on June 23, 2024, Section F, Page 6 of the New York edition with the headline: What Does Retirement Really Mean?

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By the New York Times

Published June 20, 2024, Updated June 28, 2024

We asked readers to submit their stories of retirement — to share their experiences, as well as their advice.

Kris Kruid, 65

The last 10 years of my work life meant working six to seven days a week, 12-plus hours a day, building my own company. Now, retirement means waking up with a promise of hope. Alarms are only used when catching airplanes, and exploring the world is a top priority. I call myself a full-time recreationalist instead of a retiree.

For the first year, I said yes to every invitation, got a dog and invested in some therapy. I immediately volunteered to serve on three very small nonprofit boards. I also decided to be the resource I always wished I had in business, so I volunteer to help women who want to start or further their businesses. It gives me a chance to use all of my old business skills with the added challenge of having to provide everything for free or at very little cost.

I set the goal of making retirement look good to others and finding ways to make these chapters of my life full of adventure, rewarding interactions and opportunities to make a difference in the lives of others.

My motto is "Do good, be good, get good." I'm 14 years into the best years of my life.

Wilma Wallace, 62

I've been retired for six months and nine days, having left my last role as a C-suite executive unexpectedly. While my retirement was certainly on the horizon, having worked steadily for 35 years since law school, my swan song was the result of a restructuring and, shall we say, a change in market conditions. Still, I embraced the change and haven't looked back.

Since Jan. 2, I've had the gift of time. Time to travel with my husband, who I may have neglected when I commuted weekly between our home in California and an amazing job in Seattle. Time to spend with my 92-year-old mother who lives on the other coast. No more sandwiching a visit to her between business travel and sitting her down at Starbucks while I took a "very important" call. Gone are the days of constant striving, plotting my path to a successful career.

I've moved on to spending more time doing what I love: taking my morning walk with a friend and her "complicated dog" who loves me almost as much as he loves her. Addressing the aches and pains caused in part by sitting at a desk for some 10 hours a day for three decades. Hopping back on the Peloton — one of the few good habits I adopted during Covid. And those postponed household remodeling jobs are almost complete.

Is retirement my forever state? We'll see. But I'm learning how to make the most out of this new stage. And at midyear, my self-assessment is: "Exceeded Expectations."

Steve Shiffer, 73

I loved my career as a manufacturing manager in the heavy-duty truck industry. Last year, at age 73, I'd had enough. I have a strong desire to see what turns my life will take without full-time work. I love it!

I have done some volunteer work. I see much more of my grandchildren and old friends who are scattered across the country. Being better connected to family and close friends has filled me with joy to a level that I had not imagined. It is very important to me that I help my daughter and her husband in raising the grandchildren.

To put it succinctly, I want to do the things that I had to put off due to limited P.T.O. I have ridden my motorcycle all over the country and intend to keep doing so. My wife and I have a better relationship as we have more time together. I have read more books in the past year than in the prior five years.

This is a very valuable time for me. I will make the most of it. I am writing this from a cabin in the Georgia mountains. Ready to hop on my motorcycle.

Nannette Weinhold, 61

After public school teaching middle and high school, I retired and became a pickleball coach. I initially took up the sport at the end of Covid because I was feeling isolated and alone. I have gotten pretty good for a 60-year-old, made a lot of new friends, played in numerous competitions, even traveled to Asia to play for six weeks in Thailand, Bali and Vietnam.

My doubles partner and I got our coaches' certification and started a business. Our mission is to empower women through the sport. Pickleball challenges in so many ways: physically, mentally, emotionally and even socially. The lessons on the court can certainly be applied in everyday life.

I'm still teaching and helping others meet their goals and improving their quality of life. I'm the happiest I've been in years. Every day is like recess, just filled with play; it never feels like work.

Stella Dawson, 70

At first retirement felt like dropping off the edge of a cliff. I had spent my whole life climbing up to the top, saving every penny, then — poof! All the expertise I had accumulated amounted to nothing. No one cared.

The challenge is to find relevance again doing activities that matter. First I qualified as a yoga instructor and I teach a class a week. I trained my dog for competitions. I took on a few editing projects, but decided I wanted a complete change from my profession (journalism) but to do something that mattered.

I love hiking and backpacking and care about the natural world. After taking a master naturalist course, I applied for a job as a naturalist guide in Alaska and now I'm heading to Juneau, where I'll work on whale-watching trips and hikes to the glacier.

Why not, I figured, do something completely out of the box while I can?

Elaine Deutsch, 72

After working for Wall Street firms for 40 years, and often being the only woman in the room, I became a docent for our local zoo. It has literally saved my life.

I am continually learning about zoo life, conservation, veterinary care (we have a fab vet hospital), and my work is appreciated. The people I meet are interested in learning about our animals and the rescue work we do.

I wake up excited to go to "work" instead of dreading it. Volunteerism rocks!

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LSCO Times

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

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Reg Dawson, John Usher, Merri-Ann Ford

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 ldyer@lethseniors.comext. 401
 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.”



Kristy Thomas, Chair of the SACPA Board hands Rob Miyashiro, Executive Director, LSCO, a check for \$1000 in support of the LSCO new sound system at SACPA's AGM on June 27, 2024.

Thank you SACPA!



Thank you to the United Way Lethbridge and Southwestern Alberta for donating \$8000 to our Meals on Wheels Program through their Community Fund Grant!

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.

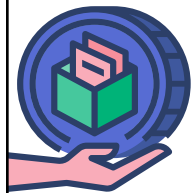
LSCO WELCOME POLICY

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



GUIDED LSCO FACILITY TOUR



1 PM

1ST WEDNESDAY EACH MONTH

Sign up at the front desk or call

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.



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.



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



Welcome Carla! Volunteer Assistant

Firstly, I want to say how grateful I am to have been chosen as your new Volunteer Program Assistant here at LSCO. I am a people-person and I take pleasure in being of service to others. I have been an administrative assistant for 40 years in both post-secondary education and construction project-site administration for a major construction company. I grew up in the area and chose Lethbridge as my final destination in retirement.

I, too, am a volunteer providing administrative support to Bladder Cancer Canada (BCC) where I correspond with bladder cancer patients and caregivers interested in participating in surveys or clinical research projects. Throughout my life I have "worn many hats" from kitchen dishwasher to potato harvester to outhouse cleaner. My proudest accomplishment is my daughter and my three grandsons.

"I shall pass through this world but once. Any good, therefore, that I can do or any kindness I can show to any human being, let me do it now. Let me not defer it or neglect it, for I shall not pass this way again."
— Stephen Grellet

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New Greeters Welcome LSCO Visitors!



Over the last month, you may have noticed new friendly faces when you come into the LSCO. That is because we now have volunteer greeters welcoming visitors to the building. If you are interested in becoming a greeter, hours are completely flexible.

Contact the volunteer team at their desk, via email volunteer@lethseniors.com or by phone 403-320-2222 ext. 208.

Left: One of our first volunteer greeters, Glen

Unless you keep busy, physically and particularly mentally, you might end up discovering your inner couch potato and TV. So dream big and don't try to save. Trying is an excuse to fail. Do!"

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!



Volunteer Spotlight

Ayoola is one of our new youth summer volunteers. She is currently a grade 12 student. She is incredibly ambitious and is taking summer school classes. One of her classes has a component called “Faith in Action” where the students are asked to go out into the community and use their talents and abilities to help others through volunteer work with a not-for-profit organization. Ayoola chose LSCO as her placement; she is very friendly and hard working and we couldn’t be more happy to have her here with us.

Ayoola said that the best part about her experience so far here at LSCO is the people. She emphasized, “I love how nice they are, and I like hearing their stories about their lives and experiences. It just makes this place such a great environment”.

Ayoola Arimde

Ayoola has wonderful stories to share too. For example, Ayoola was born in Toronto, Ontario. She lived in Toronto until after preschool, then she moved with her family to Nigeria. In Nigeria she finished Grades 1 through 4; after which, they moved back to Toronto for grade 5 before settling in Lethbridge the following year. She will be graduating High School next year. In her free time, Ayoola said she likes to “play tennis, hang out with friends, go to the mall, watch movies, try new restaurants, and sometimes work out.” If Ayoola won a million dollars, she would buy her dream house, and maybe a car too.

When asked about what motivates her to volunteer, Ayoola acknowledged that she has all the things she could wish for. She said, “It’s me wanting to... And even though I can do so little, I can still help by volunteering or helping people through stuff. It just makes me happier because I’m not just doing it for myself, but I’m doing it for other people.” Ayoola has a great attitude to be around. Giving back truly does help the receiver and the giver.

Ayoola says it is her dad who inspires her. She explains, “He is always pushing me to be better, especially experience wise – he is always pushing me to try new things or do better in certain things. He motivates me and gives me advice.” Ayoola’s Dad must be so proud of her. Ayoola has jumped both feet into multiple volunteer roles. She has volunteered in the kitchen washing dishes, and helping with Meals on Wheels food prep, as well as one of our first “Greeters” in our new volunteer opportunity.

We could all learn so much from Ayoola’s response to what she would say to someone who is considering volunteering, “Just do it, because you never know what could really happen. For me, for instance, I didn’t know if I wanted to volunteer, but it was a mandatory thing, and I did it. Just come with an open mindset because you definitely learn a lot of things, whether it’s experience or stories.” This was such a heartwarming response. It was such a pleasure to get to learn more about Ayoola.

We have been enjoying getting to know our volunteers through our monthly spotlight. Please reach out to Bonnie at bjensen@lethseniors.com or at the Support Services desk to nominate a volunteer for our future monthly spotlights.

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Volunteer Opportunities

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. 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





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CONTACT KEN



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southern.service15@gmail.com
www.southernservice.ca

August 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	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		Advanced Tai Chi 8:15 am-9:15 am Stage Area		Advanced Tai Chi 8:15 am-9:15 am Stage Area
9:00	Full Body Workout 9:00 am-9:55 am APR	Seniors Who Lift 9:00 am- 9:55 am A/B	Amateur Radio 9:00 am-11:00 am Radio Room Full Body Workout 9:00 am-9:55 am APR Hatha Yoga 9:00 am-9:55 am A/B	Tabata 9:00 am-9:55 am A/B Chair Exercises 9:30-10:15 am Stage Area	Full Body Workout 9:00 am-9:55 am APR
10:00	Gentle Exercise 10:15 am-11:00 am Stage	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 Stage	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	Yoga For Seniors 10:15 am-11:15 am Room A/B Table Tennis 10:30 am-12:00 pm Room C/D
Lunch	Functional Fitness 11:30 am-12:15 pm Stage Area	Quilting 12:00 pm-3:00 pm Stage Area			
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

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.

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****



MENU ~ AUGUST 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

		Thursday, August 1			Friday, August 2	
		Entree: Ginger Beef Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice			Entree: Baked Ham Starch: Croquette Potatoes Veggie: Chef's Choice Soup: Chef's Choice	
Monday, August 5	Tuesday, August 6	Wednesday, August 7	Thursday, August 8	Friday, August 9		
LSCO Closed for August Long Weekend		Entree: Stuffed Pork Tenderloin Starch: Roasted Potatoes Veggie: Chef's Choice Soup: Chef's Choice	Entree: Beef Ravioli in Rose Sauce Starch: Garlic Toast Veggie: Chef's Choice Soup: Chef's Choice	Entree: Tuscan Chicken Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: Roast Beef Starch: Yorkshire Pudding Mashed Potatoes Veggie: Chef's Choice Soup: Chef's Choice	
Monday, August 12	Tuesday, August 13	Wednesday, August 14	Thursday, August 15	Friday, August 16		
Entree: Teriyaki Pork Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: Chicken Chow Mein Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: Beef Stroganoff Starch: Egg Noodles Veggie: Chef's Choice Soup: Chef's Choice	Entree: Chicken Cordon Blue Starch: Mashed Potatoes Veggie: Chef's Choice Soup: Chef's Choice	Entree: Spaghetti & Meatballs Starch: Garlic Toast Soup: Chef's Choice Veggie: Chef's Choice		
Monday, August 19	Tuesday, August 20	Wednesday, August 21	Thursday, August 22	Friday, August 23		
Entree: Honey Garlic Pork Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: Chicken Kiev Starch: Mashed Potatoes Veggie: Chef's Choice Soup: Chef's Choice	Entree: Chili Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: BBQ Chicken Starch: Corn Bread, Mashed Potatoes Veggie: Chef's Choice Soup: Chef's Choice	Entree: Beef Stir Fry Starch: Rice Soup: Chef's Choice Veggie: Chef's Choice		
Monday, August 26	Tuesday, August 27	Wednesday, August 28	Thursday, August 29	Friday, August 30		
Entree: Bangers Starch: Mashed Potatoes Veggie: Chef's Choice Soup: Chef's Choice	Entree: Butter Chicken Starch: Rice, Flatbread Veggie: Chef's Choice Soup: Chef's Choice	Entree: Beef Canneloni Starch: Garlic Toast Veggie: Chef's Choice Soup: Chef's Choice	Entree: Chicken Quesidilla Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: Meatloaf Starch: Roasted Potatoes Veggie: Chef's Choice Soup: Chef's Choice		

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



AUGUST 2024 EXHIBITS, PROGRAMS & EVENTS



AUGUST 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 07, 14, 21, 28

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 | Niisitapi Tree Burial | Mountainview Cemetery | St. Patrick's Cemetery | Elizabeth Hall Wetlands Land-Based Learning | The Thing

- ++ registration not required | free to attend | all ages
- + registration required | free to attend
- ** registration not required | museum admission applies | free to members
- * registration required | \$10/person | members discount may apply



www.galtmuseum.com/calendar

SPECIAL EVENTS

Sat 10 | 10 AM–2 PM

Bus Tour: Wilson Hutterite Colony
registration required | \$35/person

Sat 24 | 9 AM–noon

Native Garden Seed Collecting *

FLORA FOUNDATIONS

Sun 11 | 9–11 AM

Sipatsimo—Land-based Learning with John Chief Calf *

Fri 23 | 6–8 PM

Blackfoot Science and Botany (Wild Sunflower) with Api'soomaahka & Jenny Burke *

MEMBERSHIPS

Become a member of the Galt Museum & Archives and take advantage of the exclusive benefits!

Learn more: www.galtmuseum.com/memberships

PICNICS AT

FORT WHOOP-UP

Wed-Sun | 10 AM–5 PM

Hickory Street BBQ Brisket Picnic | Chef Stella Picnic | Homestyle Charcuterie Picnic

\$25/person | choose your picnic experience: includes admission, tour, picnic, beverage, wagon ride | 24 hour advance booking required | menu details online

EXHIBITS CLOSING SOON

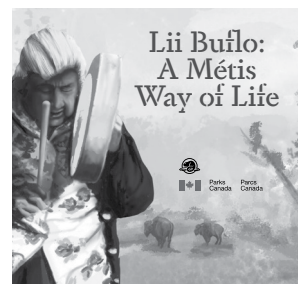
UNTIL AUG 05

at the Galt Museum



UNTIL SEP 01

at Fort Whoop-Up





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Seniors System Navigator

April Guild

aguild@lethseniors.com
403-329-1544

Welcome April!

Hi my name is April Guild. I was born and raised in the Crowsnest Pass where I have lived for most of my life. I was a healthcare aid at the Good Samaritans Society in Pincher Creek for 5 years before pursuing my bachelor's degree in social work. I enjoy horseback riding, camping, being out in nature, and connecting with new people. I have always been passionate about seniors, and am glad to be working with LSCO as their new Senior System Navigator!

Seniors' discounts

Albertans 65+ receive a discount on personal registry services.

Eligible Services include:

- driver's license renewals
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- driver's abstracts
- birth certificates

For more information
Talk to a registry agent,
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Call 310-0000




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Seniors System Navigator

Katie Harrold

intake@lethseniors.com
403-329-1544

Happy August Everyone!

I hope you all are having an enjoyable summer and taking in the warm weather! As we venture outside to enjoy the lovely weather, it is important to remember how quickly the heat can affect us. I wanted to share some tips for staying safe and cool during the remainder of our summer!

- **Check the weather** – pay attention to the weather forecast and UV index to plan ahead for hot days
- **Dress appropriately & apply sunscreen often** – wear lightweight, light-coloured and breathable clothing, sunglasses, and hats. Be aware if any of your medications increase your risk of sun burn or inhibit your ability to cool down
- **Stay out of direct sunlight and limit lengthy and rigorous outdoor activity** – in-

Stay Safe in the Summer Heat

stead find spaces you can be active indoors (ie. Gym facilities, shopping mall, senior center, etc.)

- **Stay hydrated** - Drink plenty of fluids including beverages with electrolytes and avoid alcohol or caffeinated drinks
- **Cool down** – wet, cool washcloths can be applied to wrists, ankles, armpits and neck; keep your home cool by limiting oven use, closing blinds during the day and opening windows in the evening when it is cool

In addition to knowing some tips for safety in the summer heat, it is also important to understand how the heat can impact us physically. Below I've included an image outlining symptoms and treatment of two common heat-related illnesses. It is important to be aware of these signs so that the appropriate actions can be taken to ensure your well-being!

www.healthinaging.org/tools-and-tips/tip-sheet-hot-weather-safety-tips-older-adults

Heat Exhaustion	Heat Stroke
<p>ACT FAST</p> <ul style="list-style-type: none"> • Move to a cooler area • Loosen clothing • Sip cool water • Seek medical help if symptoms don't improve 	<p>ACT FAST</p> <p style="font-size: 1.2em; font-weight: bold; color: red;">CALL 911</p> <ul style="list-style-type: none"> • Move person to a cooler area • Loosen clothing and remove extra layers • Cool with water or ice
<p>Dizziness</p> <p>Thirst</p> <p>Heavy Sweating</p> <p>Nausea</p> <p>Weakness</p>	<p>Confusion</p> <p>Dizziness</p> <p>Becomes Unconscious</p>
<p><i>Heat exhaustion can lead to heat stroke.</i></p> <p><i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i></p>	

AUGUST SUPPORT SERVICES

WELLBEING SERVICES

**appointment required*

403-329-1544

intake@lethseniors.com

August 6 1st Tuesday	Community Connect Coffee Group 1:30 pm - 3:00 pm Room C/D	FREE opportunity to build connections, grow meaningful connections, and strengthen access to community supports. Drop-in style, no need to register.
August 6 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.
August 6	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.
August 12 2nd Monday	Service Canada Onsite 10:00 am - 12:00 pm Card Area	On-site Service Canada representative available to answer your questions regarding federal benefits and programs, no appointment necessary.
August 14 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
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

August 3 - 31 Saturdays	AA Eye Opener 8:30 - 10:30 am Room C/D	August 15 3rd Thursday	Parkinsons Support Group 2:00-4:00pm Board Room. 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 September

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”.
- **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.

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.

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

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!

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.

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

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

BEGINNER WOODWORKING

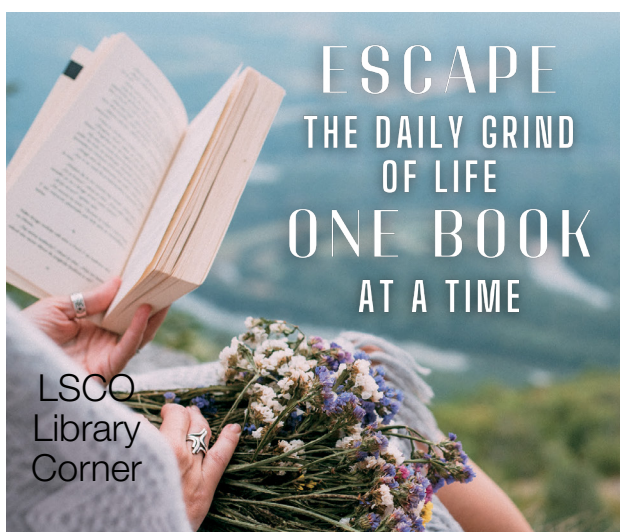
This 8-week workshop will introduce beginners to the foundations of woodworking. You will complete a small project under the supervision of some of our experienced woodshop group members. All materials are included and the class will be a small group as space is limited.

When: Tuesdays, Sept. 10-Oct. 29
 Time: 2:00-4:30 pm
 Fee: \$150 LSCO M; \$200 NM
 Register by: Friday, September 6
 Instructor: Doug Warren

INTERMEDIATE WOODWORKING

This workshop is perfect for folks who have some experience in the woodshop but would like a bit of guidance. Participants will choose their own project and provide their own materials but will have access to all the equipment in the woodshop under the supervision of an experienced woodshop group member.

When: Thursdays, Sept 12-October 31
 Time: 2:00-4:30 pm
 Fee: \$150 LSCO M; \$200 NM
 Register by: Tuesday, September 10
 Instructor: Doug Warren



“Growing old is a process of giving things up. The trick is to not dwell on what you have lost, but rather focus on what remains.”

Fitness & Movement

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.

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
 Drop In Fee: \$6 LSCO M; \$8 NM
 Instructor: Andrea Clarke
 Location: Stage Area

WEIGHTS FOR BEGINNERS

This strength class is designed for individuals who would like to learn how to use weights and other exercise equipment, as well as for those who may have minimal amount of experience or have been away from exercising for a while. It is designed to develop muscular endurance, strength, balance agility and more. A benefit for all ages. Wear comfortable clothes, indoor exercise footwear and bring a water bottle.

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

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, 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 2

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

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)
 Drop In Fee: \$6 LSCO M; \$8 NM
 Time: 11:30 am – 12:15 pm
 Instructor: Andrea Clarke
 Location: Stage Area

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
 Drop In Fee: \$6 LSCO M; \$8 NM
 Location: Fitness Centre

“Old age is like the fourth quarter of a basketball game. Time for the stars to really shine. So eat your greens. It worked great for Popeye, and it can work for you too.”

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.

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: 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 2

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 3

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

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: 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.

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

YOGA

nidra

details

10:00 - 11:00 am

Thursdays, Sept 19 - Oct 10

\$20 LSCO M; \$25 NM

Corrine Myers

Yoga Nidra is a method that is intended to induce full body relaxation, bringing about an incredible calmness, quietness and clarity to the physical body and mind. It is also known as “yogic sleep”. It is a deep meditation that uses a variety of techniques including guided imagery and body scanning to aid relaxation. Participants can expect to leave the practice feeling restored and rejuvenated.

register

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ORGANIZATION

Yoga & Wellness

YOGA NIDRA **new**

Yoga Nidra is a method that is intended to induce full body relaxation, bringing about an incredible calmness, quietness and clarity to the physical body and mind. It is also known as “yogic sleep”. It is a deep meditation that uses a variety of techniques including guided imagery and body scanning to aid relaxation. Participants can expect to leave the practice feeling restored and rejuvenated. All levels of yogis welcome. Dress in layers, bring your yoga mat, blanket and any other props as you will be laying on the floor.

When: Thursdays, Sept 19-Oct 10
 Time: 10:00-11:00 am
 Fee: \$20 LSCO M; \$25 NM
 Instructor: Corrine Myers

HATHA YOGA

This yoga class will change weekly. The practice will be split between a traditional hatha practice, holding postures for 3-4 breaths with occasional flows, then winding down with a selection of restorative poses. Come with an open mind. Recommended for students that have yoga experience. Bring a yoga mat & water bottle.

When: Wednesdays, July 10 - August 28
 Time: 9:00 – 10:00 AM
 Drop In Fee: \$8 LSCO M; \$10 NM
 Instructor: Stephanie Girodat
 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
 Drop In Fee: \$6 LSCO M; \$8 NM
 Instructor: Corrine 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
 Drop In Fee: \$8 LSCO M; \$10 NM
 Instructor: Corrine Myers
 Location: Room A/B

Session 2
 When: Fridays, July 5 – August 30
 Time: 10:15 – 11:15 am
 Drop In Fee: \$8 LSCO M; \$10 NM
 Instructor: Corrine 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
 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
 Drop In Fee: \$9 LSCO M; \$12 NM
 Instructor: Donna Tiefenbach
 Location: All Purpose Room

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SUMMER

Nature Walking Club

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

Bus will pick up & drop off at the LSCO

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FRIDAY MUSIC SCHEDULE

August 2	Gordon Dixon	We are excited to welcome back a versatile one-man act, performing an eclectic mix of Folk, Country, Western, and more.
August 9	Randy Epp & Don Robb	Beloved local trumpet and piano duo will perform a variety of Jazz hits
August 16	Classic Legends	Rudy Yasenik with his band Classic Legends, performs polka, duets, and classic rock.
August 20 Pancake Breakfast	TBD	TBD
August 23 Whoop Up BBQ	Gordon Dixon	We are excited to welcome back a versatile one-man act, performing an eclectic mix of Folk, Country, Western, and more.
August 30	LSCO Karoke Group	Classic rock, folk, and country music mostly from the 1950s-1970s.

**schedule is subject to change*

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

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 Administration Desk and/or stop by the Radio Room for a visit and orientation.

When: Wednesdays
Time: 9:00 – 11:00 am
(or longer on request & 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

“In retirement I am learning to ‘be’ rather than ‘do.’”

Woodworking News



Woodworking group member Manny Schile displays his latest project, an excavator with moving parts. You can learn about some of the techniques used in pieces like this in our upcoming woodworking workshops, listed on page 10



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Computer Corner

By Sjoerd Schaafsma



Does AI = More Scams?

Artificial Intelligence seems to be everywhere these days, from a phone call to a business or government department to you PC's operating system. Microsoft (Co-Pilot) and Apple (Apple Intelligence) are including AI as part of their operating systems Google (Gemini) is including it as part of the Chrome Browser, and Microsoft's Edge browser uses Bing. There are too many other AI platforms to mention them all. I've used ChatGPT and Gemini, both of which are free for basic use.

The key takeaway from my reading is that it has become easier for scammers and spammers to create realistic looking fake products, events, or people. What once took a lot of skill with photo, video or voice editing software can now be accomplished easily with AI engines.

Most of this article has been sourced from the following How-to-Geek article.

<https://www.howtogeek.com/generative-ai-is-supercharging-scams-heres-how-and-what-to-look-out-for/>

Key Points

- **It's easier to create fake images than it used to be.** Don't believe everything you see.
- **AI can create believable voiceovers** - you provide the text and video and AI will generate the voice of your choice. <https://www.howtogeek.com/create-voiceovers-with-chatgpt/>
- **Dating App Scammers can target specific individuals** on online dating services. The intent being to let the app target a large number of people until it finds a matching target, then a live scammer can take over.
- **AI Video will look more convincing in time**, making it ever more difficult to separate reality from fiction... Without the need for a movie credit roll listing hundreds of names as sound and video editors.
- **AI can Fake reviews** - Is the review of the product you're considering buying legit? There have always been fake reviews, both positive and negative, but with AI, the reviews can write themselves.
- **Things Can Only Get Better (Worse)** AI tools will only get better over time making it more difficult to tell what's real from what's not.
- **Always do your research before you buy something**, whether it's a piece of technology or a packet of catface flower seeds you saw on Facebook. Ironically, you could also ask your favorite chatbot that sources its claims. E.g. "Is the ad I saw for an incredible product legitimate?"

The Summer Reminder - Be Cool, Keep your Computer cool

Suggestions Courtesy of ChatGPT: "Please write a paragraph of between 50 and 100 words with simple advice on how to keep your computer cool in summer."

"To keep your computer cool in summer, ensure it's in a well-ventilated area away from direct sunlight. Clean the fans and vents regularly to prevent dust buildup. Use a cooling pad for laptops and consider adding extra fans or a liquid cooling system for desktops. Keep the room temperature moderate with air conditioning or fans. Avoid running multiple heavy applications simultaneously to reduce the load on your computer's hardware."

At the bottom of ChatGPT's reply are two more prompts, Specific cooling tips? and Signs of overheating? In other words... did I give you enough information?

Signs of an overheating computer include:

- The computer running slower than usual or frequently freezing.
- The fans running loudly or constantly.
- Unexpected shutdowns or restarts.
- The computer feeling unusually hot to the touch.
- Error messages related to temperature or overheating.
- Blue screen of death (BSOD) on Windows or similar crashes on other operating systems.
- Reduced battery life on laptops.

If you notice these symptoms, it's important to address the issue to prevent damage to your computer.

Here are a few more pointers, "don't run your laptop on the carpet, the sundeck or the beach, don't leave devices on the dashboard of a hot car" and don't confuse a heat warning from your weather app with an overheating computer.

Link to Google's view of where AI searching is headed

<https://blog.google/products/search/generative-ai-google-search-may-2024/>

The links in this article are easier to follow from the online edition of the LSCO Times.

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.

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

"Friends ask me how I fill my days since my retirement. I tell them two things. First, that I now stop for yellow lights. Second, that I more promptly change the burned-out lightbulbs in my home."

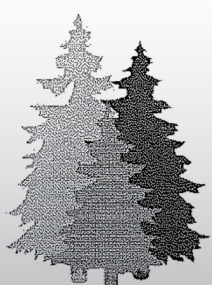
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Safety Planning



LEARN Case Manager
Amy Cook
learn@lethseniors.com
403-394-0306

This month, let's talk about safety planning! LEARN Case Management services will always include the development and implementation of a safety plan. Do you know what a safety plan is?

A safety plan is a personalized, proactive strategy designed to help individuals cope with difficult or crisis situations that put them at risk of harm. Every safety plan should be personalized to fit your specific circumstances and needs. Seeking guidance from professionals experienced in elder abuse and safety planning can provide additional support and resources. A safety plan may include:

- Identify safe areas within your home you can go to feel secure and be out of reach
- Escape routes from different areas of the home in case of immediate danger
- Packing a to-go bag with toiletries, medication and a change of clothes that is easily accessible to you incase you need to leave abruptly
- Establish a code word or signal to discreetly indicate to trusted individuals that you need help
- Keep essential documents (e.g., identification, financial records, health insurance information) in a safe place accessible only to you
- Carrying your phone on you at all times incase you need to call 911

Being proactive about planning for your safety in situations where you feel you could be at risk or in harm's way can make a difference. If you think you would benefit from developing a safety plan, contact LEARN for support and guidance!

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Beth Golia - Office Manager



WOODWORKING

BEGINNER

Time: 2:00-4:30 pm

Fee: \$150 LSCO M; \$200 NM

Instructor Doug Warren

Tuesdays, Sept. 10 - Oct. 29

INTERMEDIATE

This workshop is perfect for folks who have some experience in the woodshop but would like a bit of guidance. Participants will choose their own project and provide their own materials but will have access to all the equipment in the woodshop under the supervision of an experienced woodshop group member.

Thursdays Sept. 12 - Oct. 31

LSCO LETHBRIDGE Senior Citizens ORGANIZATION

