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WHOOOP UP DAYS HIGHLIGHTS
 Thank you to everyone who attended and volunteered! We hope to see you all next year!



If you care about LSCO you need to read this!

Lethbridge Senior Citizens Organization has operated for many years providing a place for seniors to meet, socialize, enjoy their hobbies and interests, learn new skills, and participate in physical and mental activities: A place to help keep us mentally and physically healthy.

These activities could not happen without the tremendous work done by volunteers, organized and managed by a competent dedicated staff. Volunteers contribute in a very significant way with the time they donate working at bingos, casinos, in the kitchen, library or delivering Meals on Wheels etc. Look around LSCO and you will see volunteers contributing to LSCO activities.

Despite the generous support of volunteers,

all of the activities cost money to operate and the costs have increased while funding has decreased. You all know that the price of everything has risen but you may not know that funding from bingos and casinos has fallen drastically and some government funding has been cut.

A significant gift of money was bequeathed to LSCO in 2022 which helped carry the organization the last two years but that money is now gone and the board and management may have to make some difficult decisions in the near future. No one wants to contemplate service cutbacks.

What we need to do, if LSCO is going to continue to grow and provide the support we as seniors want and need, is raise some money

right now until the Board and Management find other alternatives. We are asking every member to make a donation to LSCO based on their financial capability. Remember that LSCO is a registered charity so your donation is tax deductible. Also ask family members for a donation if they wish to support LSCO programs for their relatives. And finally, if you feel your life has been made better by your membership in LSCO, please recognize LSCO in your will, insurance, or other financial support.

Your support now is critical if you want LSCO to continue supporting seniors to live long enjoyable years.

- Board & Management of LSCO

Stay informed.
Update Your Contact Info

- Address
- Phone Number
- Email
- Emergency Contact

Stop by the front desk or call 403-320-2222



LETHBRIDGE FOOD BANK
MOBILE FOOD SUPPORT

FREE FOOD FOR ALL!
 Working people Welcome. No Income Testing.

Fresh Food Support to Help Support the Community During these Tight Times.

MONDAY, SEPTEMBER 23
BEGINS AT 4:00 PM
 UNTIL ALL FOOD IS DISTRIBUTED

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www.lethseniors.com | 403-320-2222



COMMUNITY PARTNERS

We thank you for..

Supporting *Meals on Wheels*










Supporting *LSCO Events and Fundraisers*

















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

Your contribution is our lifeline!





A MONTHLY PUBLICATION OF THE LETHBRIDGE SENIOR CITIZENS ORGANIZATION

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

Edited by Hannah Dupuis
 Printed by Lethbridge Herald

Officers of the LSCO

2023 - 2024 Board Executive

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

Board of Directors:

Reg Dawson, John Usher, Merri-Ann Ford

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 Food Services Coordinator– Lachlan Dyer
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 Assistant Food Services Coordinator– Yun “Carey” Luo
 Short Order/Prep Cook– Xavier Bernard
 Food Service Cashier – Georgette Mortimer

LSCO Information

Phone 403-320-2222
 Fax 403-320-2762
 SSN Intake 403-329-1544
 Meals on Wheels 403-327-7990
 LEARN 403-394-0306
 www.lethseniors.com
 @lethlSCO on Facebook & Instagram

Hours of Operation

8:00 AM - 4:30 PM, Monday - Friday

LSCO Vision Statement

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



Welcome New Members

Joanne Collier
 Kelti Baird
 Gale Iwaasa
 Dennis Magson
 6 Anonymous

We're happy to have you!

August 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: 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



September Schedule

SACPA meets every Thursday from 12:00 to 1:00 pm at LSCO. Please arrive at LSCO early to buy your lunch and eat with us in the Atrium.

Sept 5	No SACPA	No SACPA
Sept 12	Dena McMartin, UofL	<i>How Important is Research Funding to Post Secondary Institutions?</i>
Sept 19	Tim McAllister, AgriFood AgriCanada Research Station	<i>How Much Methane Do Cows Really Produce?</i>
Sept 26	Ryan Craddock, Rogers TV	<i>What Drives Rogers Community Programming?</i>
Oct 3	Jill Young, YWCA	<i>How Does Harbour House Support the Community?</i>
Oct 10	Chris Galloway, Friends of Medicare	<i>How Will Alberta Healthcare Changes Impact You?</i>

NEW SOUND SYSTEM so everyone can see and hear better!

Weekly programs are broadcast on Rogers Community TV and are available at SACPA.ca archives

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



Content Deadline

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

The Heart

Your contribution is our lifeline



**President,
Board of
Directors**
Kieth Sumner



**Executive
Director**
Rob Miyashiro
rmiyashiro@lethseniors.com
403-320-2222 ext. 402

LSCO News

On page 2 in this issue of the LSCO Times you will find a letter from our Board of Directors. For this column to have the proper context, we suggest that you read that letter prior to reading this column.

As with many others, you are probably asking yourself (and some have asked us): Why is LSCO asking us for donations? We hope this article will answer that question for you.

At last year's Annual General Meeting (AGM) a suggestion was made by a member to drop services/supports that operated a loss. An example of such a program is Meals on Wheels (MoW). In 2023, MoW finished the year in a deficit position of over \$45,000. The largest contributing factor to this loss can be summed up as revenue from meal sales was just over \$192,500 and the cost of food purchases was well over \$238,000 – this figure represents the cost of meals purchased from our Food Services department. If we were to no longer provide MoW, our Food Services department would be untenable in its present form: Take away \$238,000 from overall Food Services revenues of \$450,000 and you would be left with a department that would have to cut back staff and food offerings in the dining room (as well as a reduction in the number of in-house catered events...which would have an impact on revenue, which would have an impact on the bottom line. What if we raised prices for MoW customers to increase revenue? We have only had three small increases to MoW prices in the past 7 years, despite rising food costs and a huge price increase for MoW packaging. Keeping in mind that our customers have to qualify as "low-income" to be eligible to receive subsidized MoW, it should be no surprise that every small price increase results in customers ordering fewer meals per month (making meals stretch over two or more mealtimes) or dropping out of the service altogether.

Another area with a shortfall in revenue is the Support Services department, which provides necessary outreach services, in-home support, volunteer support and Elder Abuse case management for hundreds of people in need in our community. This department operates using fee-for-service agreements with the City of Lethbridge, Alberta Elder Abuse Awareness Council and United Way of Calgary and area (they are distributing funding from an anonymous donor). These agreements typically cover the entire costs of wages, but not the full costs of benefits, mileage, phones, computers, office furniture, professional registration and administration. For those services to work efficiently and effectively, LSCO must cover the shortfalls. This creates further budgetary pressures.

Thankfully, our program department provides a wide array of activities that are in demand by our members and participants. Although this department is financially stable, we recognize that the attraction of some participants to our programs is a combina-


tion of low class costs as well as the quality of instruction/equipment/physical space. Steady price increases for this department would also be detrimental as we would see participant numbers drop...which could also have deleterious effects on the well-being of our members and participants that no longer attend LSCO.

The Board's letter does NOT state that we are at imminent risk of financial failure, but it is a call to action for our members and the public to help provide for a sustainable future for our organization. We are currently planning different ways to fundraise and, more importantly, a variety of fundraising events to celebrate our 50th Anniversary in 2025. Your contribution to LSCO will help us to stay on track to celebrate our 100th Anniversary in 2075!

Respectfully,

Keith Sumner, President Board of Directors

Rob Miyashiro, Executive Director




FRIDAY MUSIC SCHEDULE

Sept 6	Ron Hiuser	A singer, guitarist and song writer who will feature a number of his compositions along with popular tunes from '60s and '70s.
Sept 13	TBD	TBD
Sept 20	LSCO Karaoke Group	Classic rock, folk, and country music mostly from the 1950s-1970s.
Sept 27	Jena van Heerden	An assortment of music from various genres and time periods

*schedule is subject to change

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



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The Volunteer CONNECTION



Barry & Terry Bannerman

Volunteer Spotlight

Introducing Barry and Terry! This delightful couple has been volunteering with LSCO Meals on Wheels (MOW) for two years. They are incredibly dependable and always eager to help out in a pinch. Terry shared, “When an extra shift comes up and we’re asked, ‘Can you help?’ we always say, ‘SURE!’” They began their volunteering journey with MOW because they wanted to find a meaningful daily activity, and their church suggested the opportunity. The rest, as they say, is history. Barry added, “Instead of sitting around in our condo, we prefer to get out into the fresh air and help people. It’s so gratifying.”

Barry and Terry met at their church and are celebrating their 12th wedding anniversary this month. Until recently, they celebrated their anniversary monthly—Happy 144th month anniversary, Barry and Terry! When asked, “Is there a person in your life who inspires you to be a volunteer?” Barry pointed to Terry—SO CUTE! They truly are the sweetest.

Outside of their volunteer work at LSCO, Barry keeps busy with golf and shooting pool, while Terry enjoys painting with acrylics and watercolors. They love spending time at LSCO and appreciate the kindness of everyone here. They also enjoy shopping at the LSCO Boutique and have bought several handmade items.

When asked what they would do if they won 10 million dollars, Terry responded, “I’d put a lot of it into this community at LSCO because there are so many seniors who need this friendship. I’d invest it here.” LSCO hopes Barry and Terry win a fortune (Haha!). They thoroughly enjoy all the LSCO events and always get tickets for Mother’s Day. Terry also gave a shout out to our Chef, Lachlan, saying, “And the Chef—oh my—the meals are wonderful!” Barry and Terry are great supporters of LSCO and amazing advocates for the MOW program.

Barry and Terry both agree that the best part about volunteering with LSCO MOW is “meeting the people.” Barry noted, “The people are well worth it. You meet the most interesting individuals.” Terry shared that they developed a meaningful connection with one person through MOW, who later moved to St. Therese. Terry continued visiting her there, saying, “She appreciated the extended friendship.”

In response to why others should consider volunteering, Barry and Terry highlight the importance of supporting seniors in our community. They believe it’s essential to care for the pioneers and older generations who came before us and find it incredibly rewarding to form friendships with MOW participants. Barry and Terry truly love being part of the Lethbridge community, and we are so grateful they are! Thank you Barry and Terry for making a difference!

Volunteer Opportunities

Greeter

Weekdays, 8 am - 12pm (Flexible)

The Greeter helps us ensure that LSCO is a place where people feel like they are welcome and that they belong at LSCO. The Greeter chats with lone patrons, welcomes new patrons entering through the main door, and assists them with operating the member kiosk.

Friday Music

Fridays, 11am - 1pm (Flexible)

LSCO has music Fridays in the stage area/dining room. If you play an instrument, can sing or are in a band, we would love to have you take part in this opportunity! Many seniors come to the dining room for Friday music. Old songs, new songs - our centre appreciates the musical talent!

Meals on Wheels Delivery Drivers

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

CONNECTED CANADIANS @ LSCO

VOLUNTEERS NEEDED

Do you

- ✔ Love helping people
- ✔ Have a lot of patience
- ✔ Enjoy working with computers

We are looking for Volunteers to join a new program, working with seniors and technology, for one-on-one help sessions in person and/or online.

Sign Up Online
lethseniors.com/volunteer

LSCO
LETHBRIDGE
Senior Citizens
ORGANIZATION

Connected Canadians

September 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 Billiards 8:30 am-3:00 pm Carpentry/Woodworking 8:30 am-3:00 pm Boutique 10:00 am-3:00 pm	LSCO Administration 8:00 am-4:30 pm LSCO Diner 8:00 am-3:00 pm Billiards 8:30 am-3:00 pm Carpentry/Woodworking 8:30 am-3:00 pm Boutique 10:00 am-3:00 pm	LSCO Administration 8:00 am-4:30 pm LSCO Diner 8:00 am-3:00 pm Billiards 8:30 am-3:00 pm Carpentry/Woodworking 8:30 am-3:00 pm Boutique 10:00 am-3:00 pm	LSCO Administration 8:00 am-4:30 pm LSCO Diner 8:00 am-3:00 pm Billiards 8:30 am-3:00 pm Carpentry/Woodworking 8:30 am-3:00 pm Boutique 10:00 am-3:00 pm	LSCO Administration 8:00 am-4:30 pm LSCO Diner 8:00 am-3:00 pm Billiards 8:30 am-3:00 pm Carpentry/Woodworking 8:30 am-3:00 pm Boutique 10:00 am-3:00 pm
8:00	Cardio/Strength 8:00 am-8:50 am @ Gym 2 Yovacia 8:30 am-9:30 am @ Room A/B Tai Chi Practice Group 8:15 am-9:15 am @ Stage Area	Cycle Combo 8:30 am-9:20 am @ Gym 2 Pilates for Beginners 8:45 am-9:45 am @ Room A/B	Cardio to the Core 8:00 am-8:50 am @ Gym 2 Tai Chi Intermediate 8:45 am-9:45 am @ Room A/B Tai Chi Practice Group 8:15 am-9:15 am @ Stage Area	Introductory Yang Style Tai Chi 8:45 am-9:45 am @ Room A/B	Tai Chi Practice Group 8:15 am-9:15 am @ Stage Area
9:00	Tabata 9:00 am-9:55 am @ Gym 1 Seniors Who Lift 9:00 am- 9:55 am @ Room A/B	Fit Ball 9:00 am-9:50 am @ Gym 1 Cycle Combo 9:30 am-10:20 am @ Gym 2 Spring Forest Qigong 9:00 am-10:15 am @ Stage Area	Amateur Radio 9:00 am-11:00 am @ Radio Room Zumba 9:00 am-9:55 am @ Gym 2 Fitness/Power Walking 9:00 am-9:55 am @ Gym 1 Core & Stretch 9:10 am-10:00 am @ APR	Fit Ball 9:00 am-9:50 am @ Gym 1 TRX Combo 9:00 am-9:55 am @ Gym 2 Chair Exercises 9:30-10:15 am @ Stage Area	Tabata 9:00 am-9:55 am @ Gym 1 Active Yoga 9:00 am-10:05 am @ APR Paper Tole & Creative Arts 9:00 am-3:00 pm @ Art & Craft Room
10:00	Bike & More 10:15 am-11:10 am @ Gym 2 Abs & Core 10:10 am-11:00 am @ APR Gentle Exercise 10:15 am-11:00 am @ Gym 1 Cycle Combo 10:15 am-11:10 am @ Gym 2	Gentle Yoga 10:00 am-11:00 am @ APR Painting Sunsets in Acrylics 10:00 am-12:00 pm @ Arts & Crafts Room	Tai Chi Advanced 10:15 am-11:15 am @ Stage Chair Yoga 10:00-10:45 am @ Stage Area Genealogy 10:00 am-3:00 pm @ Board Room Lapidary 10:00 am-3:00 pm @Lapidary Gentle Exercise 10:15 am-11:00 am @ Gym 1 Low Impact Barre 10:15 am-11:00 am @ APR Tai Chi Advanced Yang 10:15 am-11:15 am @ Gym 2 Yin Yoga 10:15 am-11:30 am @ Room A/B	Gentle Yoga 10:00 am-11:00 am @ APR Yoga Nidra 10:00 am-11:00 am @ Room C/D Pilates 10:15 am-11:30 am @ Room A/B Weights for Beginners 10:15 am-11:15 am @ Fitness Centre Badminton 10:15 am-12:00 pm @ Gym 1 How to Make an Art Journal 10:00 am-12:00 pm @ Arts & Crafts Room	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	Pound 11:00 am-11:45 am @ Room A/B Pilates 11:15 am-12:30 pm @ APR Functional Fitness 11:30 am-12:15 pm @ Stage Badminton 11:15 am-12:45 pm @ Gym 1	30/30 Zumba Gold/Toning 11:15 am-12:15 pm @ APR Quilting 12:00 pm-3:00 pm @ Stage	Badminton 11:15 am-12:45 pm @ Gym 1 Line Dancing - Experienced 11:30 am-12:30 pm @ Gym 2 Discover Yin Yoga 12:00 pm-1:00 pm @ Room A/B Line Dancing - Beginner 12:45 pm-1:45 pm @ Gym 2		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 Essentrics 1:00 pm-1:45 pm @ Room A/B Strength & Mobility 1:30 pm-2:30 pm @ Fitness Centre Beginner Woodworking 2:00 pm-4:30 pm @ Woodshop	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 Intermediate Woodworking 2:00 pm-4:30 pm @ Woodshop	Computer Club 1:00 pm-4:00 pm @ Computer Lab
Evening		Flow Yoga 5:00 pm-6:00 pm @ Room A/B		Moving to Heal 4:00 pm-5:00 pm @ Room A/B Classic Nia 5:15 pm-6:15 pm @ Gym 2	

For more information regarding programs contact the Administration Desk at 403-320-2222.

Note: Some programs are Full. Ask about Drop In Classes

For information about LSCO programs go to www.lethseniors.com and register online.



MENU ~ SEPTEMBER 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

Monday, September 2	Tuesday, September 3	Wednesday, September 4	Thursday, September 5	Friday, September 6
LSCO CLOSED for Labour Day	Entree: Chicken Pot Pie Veggie: Chef's Choice Soup: Chef's Choice	Entree: Cabbage Rolls Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: Spaghetti and Meatballs Starch: Garlic Toast Veggie: Chef's Choice Soup: Chef's Choice	Entree: Baked Ham Starch: Scalloped Potatoes Veggie: Chef's Choice Soup: Chef's Choice
Monday, September 9	Tuesday, September 10	Wednesday, September 11	Thursday, September 12	Friday, September 13
Entree: Honey Garlic Pork Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: Beef Chimichanga Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: Chicken Parmigiana Starch: Spaghetti 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: Roast Beef Starch: Yorkshire Pudding Mashed Potatoes Veggie: Chef's Choice Soup: Chef's Choice
Monday, September 16	Tuesday, September 17	Wednesday, September 18	Thursday, September 19	Friday, September 20
Entree: Sweet & Sour Chicken Balls Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: Chicken Cordon Blue Starch: Mashed Potatoes Veggie: Chef's Choice Soup: Chef's Choice	Entree: Stuffed Peppers Starch: Roast Potatoes Veggie: Chef's Choice Soup: Chef's Choice	Entree: Fiesta Chicken Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: Penne Bolognese Starch: Garlic Toast Soup: Chef's Choice Veggie: Chef's Choice
Monday, September 23	Tuesday, September 24	Wednesday, September 25	Thursday, September 26	Friday, September 27
Entree: Chicken Chow Mein Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: Caprese Chicken Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: Beef Stew Starch: Mashed Potatoes Veggie: Chef's Choice Soup: Chef's Choice	Entree: Chicken Kiev Starch: Mashed Potatoes Veggie: Chef's Choice Soup: Chef's Choice	Entree: Meatloaf Starch: Roast Potatoes Soup: Chef's Choice Veggie: Chef's Choice
Monday, September 30				
LSCO CLOSED for Truth and Reconciliation Day				



SEPTEMBER 2024 EXHIBITS, PROGRAMS & EVENTS



EXHIBITS



SPECIAL EVENTS

Sat 07 | 11 AM-11 PM at The Movie Mill
Sun 08 | 11 AM-11 PM at the Galt

Lethbridge Independent Film Festival (LIFF) ++
children with caregivers when appropriate

Sun 15 | 3-5 pm
Re-Work Fashion +
Ballroom Culture History **
18+ [no exceptions]

++ 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

NITSITAPII LANDSCAPES TOUR SERIES

Sat 14 | 9 AM-5 PM
Mother Tongue Session 1: likimikoi/ Ikihmikoi (Cypress Hills)

Sat 28 | 9 AM-5 PM
Mother Tongue Session 2: Napiootsisti kowanhipi (Napi's Playground)
40 spaces open to Residential School Survivors and their descendants | free | registration required | supported by the Mother Tongue Fund

ARCHIVES **

Fri 20 | 3-4 PM
AI in the Galt Archives **

THE GALT PRESENTS... **

Sun 29 | 1:30-3:30 PM
Stéphane Guevremont: The Settlement of Western Canada **

SPECIAL EVENTS FUNDED BY ALBERTA CULTURE DAYS

++ unless otherwise noted

Sun 22 | 1-7 PM
Celebrating Indigenous Arts
registration encouraged
1 PM: Metis Dot Art with Melanie Morrow
3 PM: Fish Scales Art with Maria Livingston
5 PM: Blackfoot Beading with Deserae Yellow Horn

Thu 26 | 5:30-8:30 PM
Celebrating Indigenous Eats: Food and Wellness Expo
6:30-7:30 PM: Indigenous Foods and Foodways with Mariah Gladstone of Indigikitchen

Sat 28 | 9 PM-1 AM
Celebrating Black Culture on the Prairies: Ball 18+ [no exceptions]



www.galtmuseum.com/calendar



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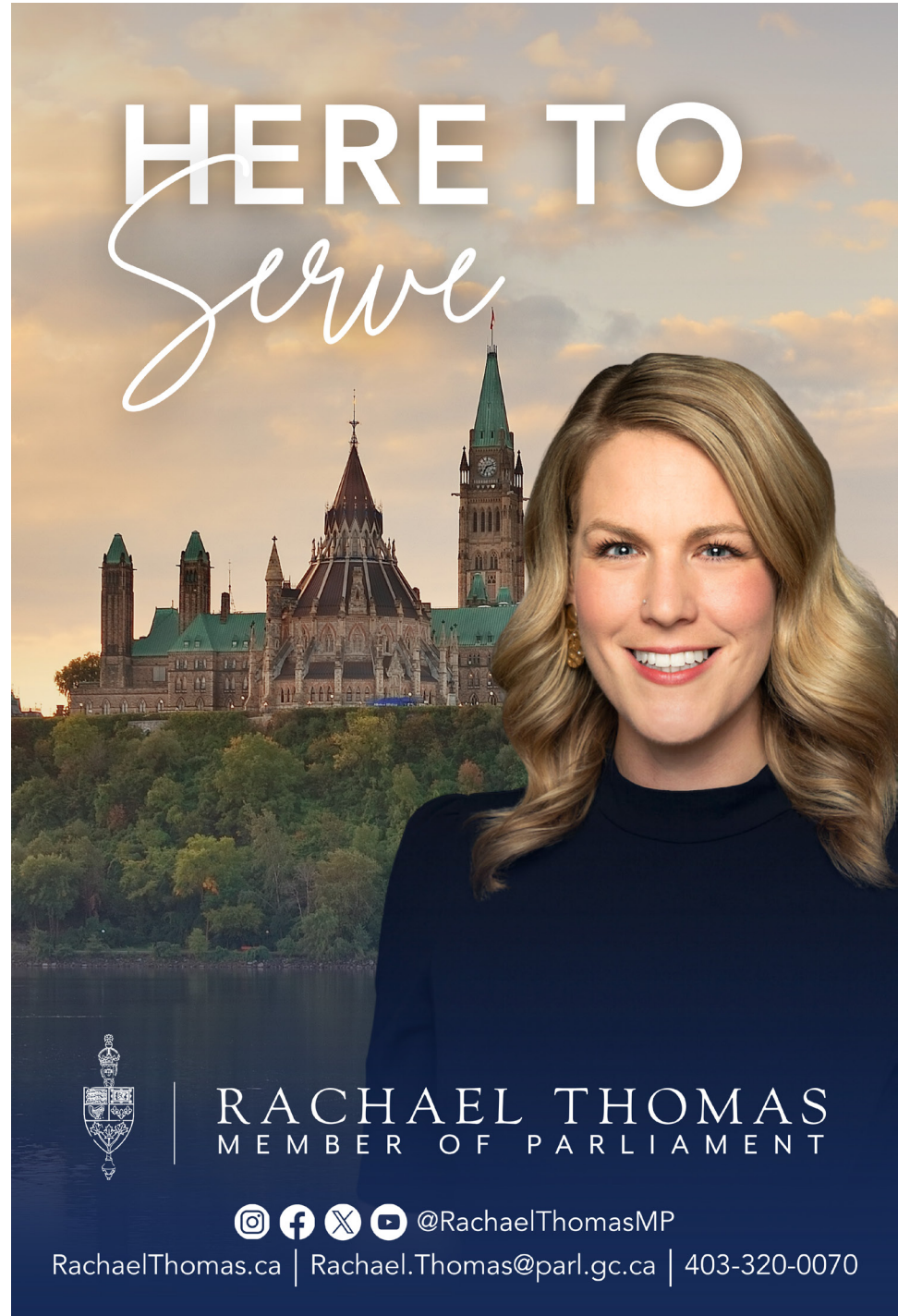
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8 WEEK PSYCHO-SOCIAL GROUP

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10AM-12PM
LSCO Board Room
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For more info or to register contact the LEARN Case Manager at 403-394-0306 or learn@lethseniors.com

Topics include:
Boundaries
Communication
Relationship challenges
Addiction/mental health
Elder abuse

LEARN
LETHBRIDGE ELDER ABUSE RESPONSE NETWORK

Lethbridge Family Services
SINCE 1910
Counselling, Outreach & Education



Seniors System Navigator

April Guild

aguild@lethseniors.com
ext. 204

Hello September!

I hope everyone enjoyed the warmer months as we start to move into Fall. This month we celebrate Grandparents Day on September 8th, 2024, and on September 30th, 2024, it is National Day for Truth and Reconciliation. Truth and Reconciliation Week will be held from September 23rd-30th and orange shirt day will be held on September 30th, 2024.

How do we become an Ally to Indigenous people?

1. Call out and stand up to racism

First Steps: Learn about unconscious bias and how it affects the way you see your community and specifically Indigenous peoples.

Walk the Path: Address and speak out against racist comments, biases or stereotypes within your family, social and professional networks. Seek out and provide accurate information.

Lifelong Journey: Commit to practicing empathy and kindness in each step of the journey of reconciliation recognizing that we may not see the end result in our lifetime. Join

How do we become an Ally to Indigenous People?

Did you know?

There were 25 residential schools in Alberta and the last residential school closed in 1996?

meaningfully support groups, activities and events aimed at confronting racism and creating inclusive spaces.

2. Incorporate Blackfoot language into your vocabulary

First Steps: Greet people with the original welcome of this territory, Oki.

Walk the Path: Expand your vocabulary by checking out the "Reconciliation in Lethbridge" postcard created by Sikóóhkotok | City of Lethbridge and learning the terms found in this toolkit.

Lifelong Journey: Download a Blackfoot language app or take a Blackfoot language course at the Galt Museum. Incorporate Blackfoot language in your daily life, including when connecting with Niitsitapii and when referring to places across Siksikaitsitapi kitao'ahsinnooni | Blackfoot territory

3. Talk about the history of Residential Schools in your daily life

First Steps: Read the Truth and Reconciliation Commission Summary Report and Calls to Action

Walk the Path: Increase your knowledge by accessing resources available through the Lethbridge Public Library, Red Crow Community College, Lethbridge Polytechnic and the University of Lethbridge. Learn about the residential schools that operated locally.

Lifelong Journey: Create dialogue with relatives and friends and help them learn to critically analyze the way Canada's history is told. Encourage your child's school to teach about Residential Schools, including through the voices of Indigenous peoples. Participate in National Day for Truth and Reconciliation.

4. Learn about Indigenous peoples' cultures, histories, and contemporary experiences, firsthand

First Steps: Visit Indigenous cultural heritage sites in the region such as Áísinaí'pi | Writing-on-Stone Provincial Park, Waterton Lakes National Park and Head-Smashed-In Buffalo Jump Interpretive Centre.

Walk the Path: Take formalized training, such as the University of Alberta's free Indigenous Canada course or the KAIROS Blanket Exercise.

Lifelong Journey: Seek out Niitsitapii-led education and awareness raising opportunities through organizations like Red Crow Community College, Southern Alberta Art Gallery, Lethbridge Public Library and Galt Museum and Archives.

5. Learn how you can support Reconciliation in your community

First Steps: Learn more about the Reconciliation Lethbridge Advisory Committee (RLAC).

Walk the Path: Attend meetings and events hosted by RLAC.

Consider volunteering or becoming a member of RLAC, or volunteering with another Indigenous community serving organization such as the SAGE Clan Patrol.

For individuals in beginning or continuing their reconciliation journey. The Reconciliation Ally Toolkit and the MMIWG toolkit can be found on the City of Lethbridge Indigenous Relations Page

"The beautiful thing about learning is that no one can take it away from you." -B.B King

- April

SENIORS FOR CLIMATE.org



NATIONAL SENIORS DAY
OCTOBER 1ST 2024

Rally at City Hall
3-5 pm

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 403-320-2222

Fritz Sick Building, 500 11th Street South

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HIGHER INTENSITY EXERCISES

PILATES FOR BEGINNERS

This class is a starting point for those who may be new to Pilates or would like to continue to build a firm foundation before progressing to the standard Pilates class. Our instructor will guide you from the ground up and make sure you are challenged but successful in each class.

WHEN: TUESDAYS, SEPT 17 - OCT 29
TIME: 8:45 – 9:45 AM
FEE: \$56 LSCO M; \$70 NM
INSTRUCTOR: JUNE DOW

More info on pg. 14

DISCOVER YIN YOGA

Yin Yoga is a gentle and relaxing class that works deeply into the connective tissues and joints of the hips, pelvis, and lower spine. It is great for those new to this style of yoga.

WHEN: WEDNESDAYS, SEPT 4 - OCT 30
TIME: 12:00 – 1:00 PM
FEE: \$81 LSCO M; \$99 NM
INSTRUCTOR: SHAWN HAMILTON

More info on pg. 17



LOW IMPACT BARRE

Enjoy resistance training in a new way! In Low Impact Barre class you will use ballet-inspired positioning along with various modalities including dumbbells, resistance bands, and gliding disks to challenge your strength, stability, and endurance.

WHEN: WEDNESDAYS, SEPT 18 - OCT 30
TIME: 10:15 – 11:00 AM
FEE: \$56 LSCO M; \$70 NM
INSTRUCTOR: SHEILA MULGREW

More info on pg. 15





BFF

BE FAST FRIENDS

AN OPPORTUNITY FOR INDIVIDUALS WHO NEED MORE SOCIAL CONNECTION TO COME TOGETHER IN A "SPEED DATING" FORMAT FOCUSING ON DEVELOPING FRIENDSHIPS!

 FEELING LONELY?

 WANT TO LAUGH?

 FEELING ANXIOUS ABOUT MEETING NEW PEOPLE?

 WANT TO MEET NEW PEOPLE?

 WANT TO GET OUT OF THE HOUSE?

 WANT TO DEVELOP FRIENDSHIPS?

A fun, comfortable, and easy way to meet others and make connections!

SESSIONS WILL BE FACILITATED BY A SENIORS SYSTEM NAVIGATOR AND AN AHS RECREATION THERAPIST.



SEPTEMBER 27, 2024

1:30 at the LSCO, doors open at 1

SIGN UP BY PHONING 403-329-1544








CAPTURE THE MOMENT

DIGITAL PHOTOGRAPHY CLUB 

Whether you are a seasoned photographer or love to snap a photo with your cell phone, there is a place for you here. The group arranges outings to areas around town with photographic potential and will have a presence at select LSCO events for candid shots in the coming months.

Fr Fridays, 9 AM 

LSCO Computer Lab 

Open to LSCO members, \$11/year 

REGISTER NOW!

www.lethseniors.com 

403-320-2222 

Welcome Yun “Carey” Luo

We are very happy to welcome Yun “Carey” to her new position as Assistant Food Services Coordinator!

In her free time, she enjoys easy hikes, reading, watching movies, and listening to music. Welcome to the LSCO, Carey!

She is thrilled about this job because she believes we have an exceptional team, including dedicated volunteers whom she deeply respects. When asked what drew her to this position, Carey said “I feel like its my pleasure to serve senior citizens, they have earned respect” and she enjoys being able to share common experiences with them.

Originally from China, she moved to Lethbridge five years ago after marrying her husband. Their daughter is already grown and lives in Calgary. She lives with her husband and her mom, and she appreciates the charm of a smaller city where you can find everything you need. Back in China, she worked for the government. When she first came to Canada, a friend helped her get started by connecting her with an opportunity in local restaurants.



Assistant Food Services Coordinator

REMINDER

DUCT CLEANING
throughout the building

some rooms may be **CLOSED** during the month of September

Thank you for your understanding

LETHBRIDGE SENIORS COMMUNITY SERVICES PARTNERSHIP
Community Centre

SEPTEMBER SUPPORT SERVICES

WELLBEING SERVICES

**appointment required*



403-329-1544



intake@lethseniors.com

September 3 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.
September 3 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.
September 11 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
September 16 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.
September 16 2nd Monday	Healthy Relationships 10:00 am - 12:00 pm Board Room	8 Week Psycho-Social Group of information, resources, and peer support. Contact LEARN Case Manager to register. learn@lethseniors.com or 403-394-0306
September 18	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.
September 23	Mobile Food Support Starting at 4pm LSCO Parking Lot	Provided by Lethbridge Food Bank that allows community members access to food support at various locations around Lethbridge. It is open to ANYONE who may need a little extra food assistance.
September 26 4th Thursday	Eyeglasses Adjustments 1:00 pm - 2:00 pm Card Area	FREE eyeglasses adjustments provided by Specsavers.
September 27	Be Fast Friends* Starting at 1:30pm LSCO Room A/B	FREE opportunity to build meaningful connections and develop friendships. Please register by calling 403-329-1544.
CANCELLED	Hearing Screening* 10:00 am - 12:00 pm Clinic Room	PLEASE NOTE: Hearing Screening will be cancelled for September 12.



SUPPORT GROUPS

May 6-27 Saturdays	AA Eye Opener 8:30 - 10:30 am Room C/D	May 16 3rd Thursday	Parkinsons Support Group Registration for Parkinson’s Group is encouraged. Call 1-800-561-1911.
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Fall 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.

Creative Arts

PAINTING SUNSETS IN ACRYLICS

Ever look at our wonderful sunsets, especially in the fall - Vibrant colours blending seamlessly into one another with a warm glow as if the sky is saying farewell until next year. In this short class we will concentrate on how to blend colours into each other with acrylics. It's not always as easy as one might think, but with a few tricks can be accomplished smoothly. Ask for a supply list when registering.

When: Thursdays, Sept. 19 & 26
Time: 10:00 am – 12:00 pm
Fee: \$30 LSCO M; \$40 NM
Register by: Monday, September 16
Instructor: Donna Gallant
Location: Arts & Crafts Room

HOW TO BEGIN TO MAKE AN ART JOURNAL

This up and coming format is great for those ideas and techniques that are good to learn at any level.

We will make a few art pages using all kinds of papers, including junk mail. We will paint, draw, cut, glue, and produce your own art journal for you to journal in. After creating our pages or signatures, we will assemble them into your own journal book and then create a cover for the book. Ask for a supply list whenever registering.

When: Thursdays, Sept. 19 - Oct. 10
Time: 10:00 am – 12:00 pm
Fee: \$60 LSCO M; \$80 NM
Register by: Monday, September 16
Instructor: Donna Gallant
Location: Arts & Crafts Room

PAINT & CHAT

Join Donna as she guides both the beginner and more advanced painter with techniques and tricks to complete an acrylic painting. She brings the supplies you will need. All you bring is the willingness to learn and have fun. Donna is an artist from Southern Alberta who enjoys sharing her knowledge.

When: Tuesday, September 24
Time: 9:30 am – 12:00 pm
Fee: \$55 LSCO M; \$65 NM
Register by: Thursday, September 19
Instructor: Donna Bilyk
Location: Arts & Crafts Room

INTRODUCTION TO DRAWING

This eight-week course will introduce a number of drawing media, paper types, and approaches to drawing. There will be time for trying various media, working on personal projects, and getting to know more about drawing, one of the essential building blocks of artistic expression. Bring pencils, erasers, and a sketchbook. Feel free to bring any other art supplies you have. This class is suitable for all skill levels.

When: Thursdays, Sept. 26 - Oct. 31
Time: 1:00 – 3:00 pm
Fee: \$60 LSCO M; \$80 NM
Instructor: Steve Burger
Register by: Monday September 23
Location: Arts & Crafts Room

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

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
Location: Atrium

PAPER TOLE & CREATIVE ARTS

If you are familiar with the art of paper tole and would like to work on your projects while socializing, come talk to us. Supply costs extra. Painters, knitters and other crafters are welcome to join us to work on their projects too.

When: Fridays
Time: 9:00 am - 3:00 pm
Fee: \$23/year & LSCO Membership
Location: Arts & Crafts Room

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
Location: Stage Area

Dance & Movement

30/30 ZUMBA GOLD/ZUMBA GOLD TONING

This class combines the best of both Zumba Gold (dance fitness without weights) for 1/2 of the class and Zumba Gold Toning, the other 1/2 of the class (using the handheld toning sticks to focus on muscle toning and conditioning, to help increase your strength and bone density). Truly exercise in disguise!! Wear comfortable clothes, footwear and bring a water bottle.

When: Tuesdays, Sept. 17 - Oct. 29
 Time: 11:15 am – 12:15 pm
 Fee: \$56 LSCO M; \$63 NM
 Drop-In Fee: \$9 LSCO M; \$10 NM
 Register By: Friday, September 13
 Instructor: Sheila Mulgrew
 Location: All Purpose Room

BEGINNER LINE DANCING

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

When: Wednesdays, Sept. 4 -Oct. 30
 Time: 12:45 am – 1:45 pm
 Fee: \$45 LSCO M; \$54 NM
 Drop In Fee: \$6 LSCO M; \$8 NM
 Register by: Friday, August 30
 Instructor: Gloria-Rose Puurveen
 Location: Gym 2

EXPERIENCED BEGINNER LINE DANCING

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

When: Wednesdays, Sept. 4 -Oct. 30
 Time: 11:30 am – 12:30 pm
 Fee: \$45 LSCO M; \$54 NM
 Drop In Fee: \$6 LSCO M; \$8 NM
 Register by: Friday, August 30
 Instructor: Gloria-Rose Puurveen
 Location: Gym 2

CLASSIC NIA

Join me, Lise LeMoine, Nia Teacher and Trainer, as I take you on a movement journey in Your Body's Way. Classic Nia is a 1-hour movement practice inclusive of dance, martial arts and healing arts. To soul stirring music I will take you on a ride of joy, play, contrast, agility, balance, and life affirming joy. Coordination, balance, agility and ease are a few of the by-products. Nia is movement medicine for the body and soul. I'd love to show you how. **(Not included in Ultimate Fitness Membership).**

When: Thursdays, Sept 12 - Oct 31
 Time: 5:15 – 6:15 pm
 Fee: \$100 LSCO M; \$140 NM
 Drop In Fee: \$15 LSCO M; \$20 NM
 Register by: Tuesday, September 10
 Instructor: Lise LeMoine
 Location: Gym 2

MOVING TO HEAL

Join me, Lise Schulze, Nia Teacher and Trainer for Moving to Heal. This 1-hour movement practice focuses on healing and balancing in the body and mind. Using a chair for stability we will move to music and help the body find its way into ease and joy. Healing, balance and conditioning are by products. Moving to Heal is a derivative of The Nia Technique. **(Not included in Ultimate Fitness Membership).**

When: Thursdays, Sept. 12 - Oct. 31
 Time: 4:00 pm – 5:00 pm
 Fee: \$100 LSCO M; \$140 NM
 Drop In Fee: \$15 LSCO M; \$20 NM
 Register by: Tuesday, September 10
 Instructor: Lise LeMoine
 Location: Room A/B

POUND

This class consists of a 45-minute Pound (cardio drumming) session that will challenge your whole body. You will leave feeling great! The participants in this class are friendly and welcoming, and it is **suitable for absolutely everyone**. Modifications will be provided. Come out and give it a try. Space is limited-register early!

When: Mondays, Sept. 16 - Oct. 28
 Time: 11:00 am - 11:45 am
 Fee: \$48 LSCO M; \$54 NM
 Drop In Fee: \$9 LSCO M; \$10 NM
 Instructor: Shelia Mulgrew
 Location: Room A/B

ZUMBA®

Come ready to sweat, smile, and lose yourself in the music - Zumba® is a Latin Dance based fitness class that will give you a cardiovascular workout disguised as a dance party! All fitness levels are welcome.

When: Wednesdays, Sept. 11 - Oct. 30
 Time: 9:00 am - 9:55 am
 Fee: \$56 LSCO M; \$72 NM
 Drop In Fee: \$8 LSCO M; \$10 NM
 Register By: Monday, September 9
 Instructor: Gabrielle Dumont
 Location: Gym 2

SAAG SOUTHERN ALBERTA ART GALLERY MAANSIKSIKAITSIPTIITSINIKSSIN



SENIORS TOUR + TEA (FREE)

Seniors (65+) are welcome at the Southern Alberta Art Gallery Maansiksikaitsiptiitsinikssin on select Tuesdays this summer from 10 to 11:30 a.m. for a free guided tour, art activity, and refreshments.

TOUR DATES

- July 16, 30
- August 6, 20
- September 10, 17, 24

For more information, contact Bariyaa Ipaa, Outreach Coordinator, at bipaa@saag.ca.

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Fitness - All Levels

ABS AND CORE

This class will get you where it counts! Core strength stabilizing exercises targeted at the entire core and the back. During this class you will be using your own body weight, bands, tubing and other exercise equipment. Followed by a stretch. Modifications are given. Dress in comfortable workout clothing and indoor footwear. Bring an exercise mat and your water bottle. **All Fitness Levels welcome.**

When: Mondays, Sept 9 - October 28
(No class Sept 30, Oct 30)
Time: 10:10 – 11:00 am
Fee: \$42 LSCO M; \$54 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register By: Thursday, September 5
Instructor: Tracy Simons
Location: APR

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, Sept. 5 - Oct. 31
Time: 9:30 - 10:15 am
Fee: \$45 LSCO M; \$63 NM
Drop In Fee: \$6 LSCO M; \$8 NM
Register By: Tuesday, September 3
Instructor: Andrea Clarke
Location: Stage Area

CORE & STRETCH

Challenge your core with both resistance training strategies and bodyweight exercises before winding down with a relaxing, deep stretch. Suitable for all fitness levels.

When: Wednesdays, Sept. 11 - Oct. 30
Time: 9:10 - 10:00 am
Fee: \$56 LSCO M; \$72 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register By: Friday, September 6
Instructor: Tracy Simons
Location: All Purpose Room

ESSETRICS- FULL

The goal of the Essentrics Workout is to create a balanced body such that the strength in your muscles doesn't inhibit your movement, and your mobility is enhanced by your strength. Essentrics dynamically combines strengthening and stretching to develop a strong, toned body with the complete ability of moving each joint and muscle freely and with full range of motion.

When: Tuesdays, Sept 17 - Oct. 29
Time: 1:00 pm - 1:45 pm
Fee: \$63 LSCO M; \$77 NM
Drop In Fee: \$10 LSCO M; \$12 NM
Register By: Friday, September 6
Instructor: Lindsay Anderson
Location: Room A/B

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, Sept. 9 - Oct. 28
(No class October 14)
Time: 11:30 am - 12:15 pm
Fee: \$35 LSCO M; \$49 NM
Drop In Fee: \$6 LSCO M; \$8 NM

Register by: Friday, September 6
Instructor: Andrea Clarke
Location: Stage Area

FITBALL

This class will focus on balance exercises to help improve stability & coordination to reduce the risk of falls. Participants will also use many different exercise tools to increase strength and mobility. Cardiovascular fitness may also improve by participating in this class. Wear comfortable clothing, indoor footwear, bring a water bottle. If you have a yoga/exercise mat please bring it as floor work may be included.

Tuesdays

When: Tuesdays, Sept. 10 - Oct. 29
Time: 9:00 – 9:50 am
Fee: \$56 LSCO M; \$72 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register By: Thursday, September 5
Instructor: Gabrielle Dumont
Location: Gym 1

Thursdays

When: Thursdays, Sept. 12 - Oct. 31
Time: 9:00 – 9:50 am
Fee: \$56 LSCO M; \$72 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register By: Monday, September 9
Instructor: Gabrielle Dumont
Location: Gym 1

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.**

Mondays

When: Mondays, Sept 16 - Oct 28
(No class Sept 30, Oct 14)
Time: 10:15 – 11:00 am
Fee: \$35 LSCO M; \$45 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register By: Thursday, September 12
Instructor: June Dow
Location: Gym 1

Wednesdays

When: Wednesdays, Sept. 11 - Oct. 30.
Time: 10:15 – 11:00 am
Fee: \$56 LSCO M; \$72 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register by: Friday, September 6
Instructor: Donna Tiefenbach
Location: Gym 1

Fridays

When: Fridays, Sept. 13 - Nov. 1
Time: 10:15 – 11:00 am
Fee: \$56 LSCO M; \$72 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register by: Tuesday, September 10
Instructor: Andrea Clarke
Location: Gym 1

PILATES FOR BEGINNERS

This class is a starting point for those who may be new to Pilates or would like to continue to build a firm foundation before progressing to the standard Pilates class. Our instructor will guide you from the ground up and make sure you are challenged but successful in each class. **Please**

bring a yoga mat, water bottle, and a towel to use as a prop for class.

When: Tuesdays, Sept. 17 - Oct. 29
Time: 8:45 am - 9:45 am
Fee: \$56 LSCO M; \$70 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register by: Thursday, September 13
Instructor: June Dow
Location: Room A/B

STRENGTH & MOBILITY- FULL

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 clothes and indoor footwear. Space is limited. Instructor: Andrea Clarke *Not included in Ultimate Fitness Membership.

When: Tuesdays & Thursdays,
Sept. 10 - Oct. 31
Time: 1:30 pm – 2:30 pm
Fee: \$64 LSCO M; \$96 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register By: Thursday, September 5
Instructor: Andrea Clarke
Location: Fitness Centre

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 mat and water bottle. **Intermediate to Advanced Fitness Levels.**

Mondays

When: Mondays, Sept 9 - Oct 28
(No class Sept 30, Oct 14)
Time: 9:00 – 9:55 am
Fee: \$42 LSCO M; \$54 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register By: Thursday, September 5
Instructor: Jamie Hillier
Location: Gym 1

Fridays

When: Fridays, Sept. 13 - Nov. 1
Time: 9:00 – 9:55 am
Fee: \$56 LSCO M; \$72 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register By: Tuesday, September 10
Instructor: Tracy Simons
Location: Gym 1

WEIGHTS FOR BEGINNERS

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

When: Thursday, Sept. 12 - Oct. 31
Time: 10:15 – 11:15 am
Fee: \$56 LSCO M; \$72 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register by: Monday, September 9
Instructor: Jamie Hillier
Location: Fitness Centre

Fitness - Intermediate/Advanced Levels

All Fitness Levels

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.

Intermediate - Advanced

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.

Please ask our Fitness Staff for more information.

LOW IMPACT BARRE

Enjoy resistance training in a new way! In Low Impact Barre class you will use ballet-inspired positioning along with various modalities including dumbbells, resistance bands, and gliding disks to challenge your strength, stability, and endurance. There will also be a segment dedicated to a more traditional strength training. This is a great class to experience choreography if you enjoy moving to the music without any fancy footwork. Please bring a yoga mat and a water bottle.

When: Wednesdays, Sept. 18 - Oct. 30
Time: 10:15 am - 11:00 am
Fee: \$56 LSCO M; \$70 NM
Drop In Fee: \$9 LSCO M; \$11 NM
Register By: Friday, September 13
Instructor: Sheila Mulgrew
Location: All Purpose Room

CARDIO STRENGTH

Start your week out right with this mixed cardio and strength workout. Participants will use many different pieces of fitness equipment and are encouraged to exercise at their own level. Wear comfortable workout clothes, indoor runners. Bring a water bottle. **Intermediate to advanced fitness level.**

When: Mondays, Sept 9 - October 28
(No class Sept 30, Oct 14)
Time: 8:00 - 8:50 am
Fee: \$42 LSCO M; \$54 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register By: Thursday, September 5
Instructor: Gabrielle Dumont
Location: Gym 2

CARDIO TO THE CORE

The instructor will lead you through a number of different moves and exercises to ensure you get that great workout you are looking for! Wear comfortable workout clothes, indoor sneakers. Bring a water bottle, yoga or exercise mat. **Intermediate to Advanced Fitness Levels.**

When: Wednesdays, Sept. 18- Oct. 30
Time: 8:00 - 8:50 am
Fee: \$49 LSCO M; \$63 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register By: Friday, September 13
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. Stretching to follow. **Monday is an all levels class; Tuesday is recommended for experienced participants.**

Mondays: All Fitness Levels

When: Mondays, Sept 9 - October 28
(No class Sept 30, Oct 14)
Time: 10:15 - 11:10 am
Fee: \$49 LSCO M; \$63 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register By: Thursday, September 5
Instructor: Andrea Clarke
Location: Gym 2

Tuesdays: Session 2 - FULL

When: Tuesdays, Sept. 10 - Oct. 29
Time: 8:30- 9:20 am
Fee: \$56 LSCO M; \$72 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register By: Friday, September 6
Instructor: Jamie Hillier
Location: Gym 2

Tuesdays: Session 3

When: Tuesdays, Sept. 10 - Oct. 29
Time: 9:30 - 10:20 am
Fee: \$56 LSCO M; \$72 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register By: Friday, September 6
Instructor: Jamie Hillier
Location: Gym 2

FITNESS/POWER WALKING

Participants will walk at a self-selected pace to improve cardiovascular fitness. The instructor will incorporate both high and low intensity options to increase overall body strength. You can be assured you will be using all types of exercise equipment in this challenging class. Wear comfortable clothing, indoor footwear and bring a water bottle. **Intermediate to advanced fitness levels.**

When: Wednesdays, Sept. 11 - Oct. 30
Time: 9:00 - 9:55 am
Fee: \$56 LSCO M; \$72 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register By: Friday, September 6
Instructor: Jamie Hillier
Location: Gym 1

PILATES

This class involves a series of classical Pilates exercises performed on an exercise mat. Each exercise emphasizes breath, core conditioning, and body awareness. We will pay special attention to alignment and form. Light weights, resistance tubing and other props may be used to add strength and stretch work. Wear comfortable workout clothes, bring a yoga mat, a towel to use as a prop and water bottle. ***Not included in Ultimate Fitness Membership.**

Mondays

When: Mondays, Sept 16 - Oct 28
(No class Sept 30, Oct 14)
Time: 11:15 am - 12:30 pm
Fee: \$35 LSCO M; \$50 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register by: Thursday September 12
Instructor: June Dow
Location: All Purpose Room

Thursdays

When: Thursdays, Sept. 19 - Oct. 31
Time: 10:15 - 11:30 am
Fee: \$56 LSCO M; \$70 NM
Instructor: June Dow
Register by: Monday, September 16
Location: Room A/B

SENIORS WHO LIFT

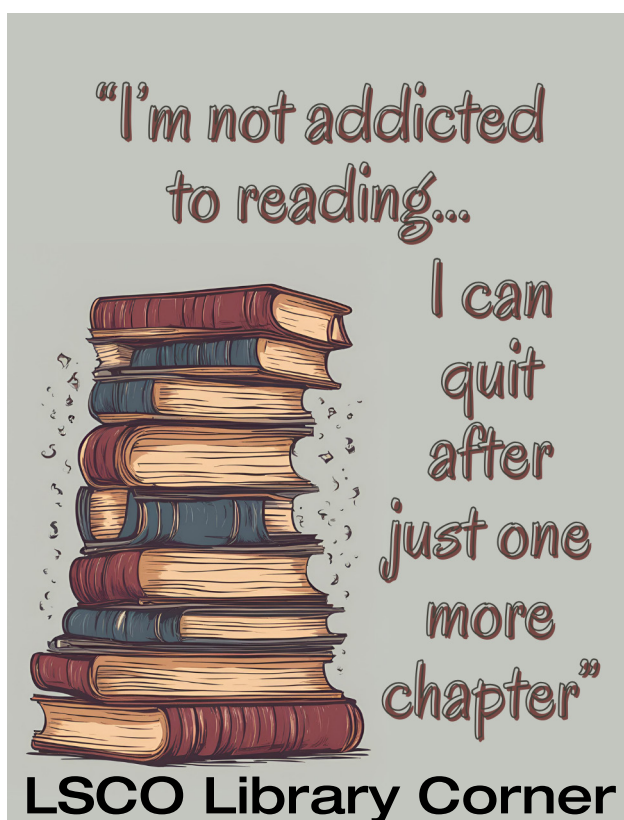
Bars & Plates, and a variety of other resistance equipment will be used by participants to perform movements such as lunges, presses, curls, and squats. Stretching to follow. This challenging class is beneficial to increase muscle strength and endurance. **Participants should have some exercise experience.**

When: Mondays, Sept 9 - Oct 28
(No class Sept 30, Oct 14)
Time: 9:00 am - 9:55 am
Fee: \$42 LSCO M; \$54 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register By: Thursday, September 5
Instructor: Gabrielle Dumont
Location: Gym 2

TRX COMBO- FULL

TRX (Suspension Training) uses straps, gravity, and your body weight to increase strength, balance, and core stability. Simply by changing resistance and altering body position, each participant can customize their workout for their own needs and goals. A variety of equipment will be used including stationary bikes. Please note: At times equipment may be shared to accommodate additional participants. Ex: 1/2 on TRX, 1/2 on Bike and switch. Not available for online registration.

When: Thursdays, Sept. 12 - Oct. 31
Time: 9:00 - 9:55 am
Fee: \$72 LSCO Members Only
Register by: Monday, September 9
Instructor: Jamie Hillier
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 and 4 Month Passes

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

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

LSCO Library Corner



Tai Chi & QiGong

INTRODUCTORY YANG STYLE TAI CHI

This class is suitable for people of all fitness levels. Tai Chi began as a Chinese martial art. Today most people practice Tai Chi for the health benefits of these exercises. The classes will start students at the beginning of the Yang style long form and give everyone ample opportunities to practice moves in the form each class. Sign up and see if Tai Chi is a good fitness routine for you. Bring a water bottle, wear comfortable shoes, and loose-fitting clothes.

When: Thursdays, Sept. 26 - Dec. 12
 Time: 8:45 - 9:45 am
 Fee: \$60 LSCO M; \$84 NM
 Drop In Fee: \$6 LSCO M; \$8 NM
 Register by: Monday, September 23
 Instructor: Steve Burger
 Location: Room A/B

INTERMEDIATE YANG STYLE TAI CHI

These classes are for individuals who have previously taken the introductory session with Steve.

When: Wednesdays, Sept. 25 - Dec. 11
 Time: 8:45 - 9:45 am
 Fee: \$60 LSCO M; \$84 NM
 Drop In Fee: \$6 LSCO M; \$8 NM
 Register by: Friday, September 20
 Instructor: Steve Burger
 Location: Room A/B

ADVANCED YANG STYLE TAI CHI

This ongoing class is for continuing students who have done the introductory Yang Style Tai Chi class. Participants will work on a number of fine-tuning practices and group exercises. Wear comfortable clothes and clean indoor footwear.

When: Wednesdays, Sept. 25 - Dec. 11
 Time: 10:15 - 11:15 am
 Fee: \$60 LSCO M; \$84 NM
 Drop In Fee: \$6 LSCO M; \$8 NM
 Register by: Friday, September 20
 Instructor: Steve Burger
 Location: Gym 2

SPRING FOREST QIGONG

Qigong is founded in the belief that everyone of us was born with the natural ability to heal; activating the Qi in our body is the first step to awaken the innate gift that we are all born with. You will acquire the knowledge, techniques, support, and assistance to help you do just that.

When: Tuesdays, Sept. 10 - Nov. 5
 Time: 9:00 am - 10:15 am
 Fee: \$81 LSCO M; \$99 NM
 Drop In Fee: \$10 LSCO M; \$12 NM
 Register by: Thursday, September 5
 Instructor: Roxy Wright
 Location: Stage Area

TAI CHI PRACTICE GROUP

Advanced Tai Chi practitioners are encouraged to join these sessions. This is not a formal structured class.

When: Monday/Wednesday/Friday
 Time: 8:15 - 9:15 am
 Fee: \$20/year & LSCO Membership
 Drop In Fee: \$2
 Location: Stage Area

WOODWORKING

Time:
2:00-4:30 pm

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

Instructor
Doug Warren



BEGINNER

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.

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

Congratulations Shawn on Your Retirement!

Shawn's journey began with LSCO just over 13 years ago and from the start she showed a remarkable dedication and a passion for LSCO. She went above and beyond to ensure the success of the Program Department while promoting health and wellness to many.

Some of the remarkable things about Shawn is her commitment to excellence, her innovative ideas and her ability to adapt and thrive in an ever-changing fitness and recreation industry. Her expertise, creativity, and unwavering commitment for creating an environment that encourages growth and achievement have been invaluable to this Organization.

As Shawn moves on to this exciting new phase of life, retirement, we know she will continue to pursue her passions with the same vigor and enthusiasm she brought to our Organization. Whether traveling the world, spending time with family, or diving into new hobbies, we wish her all the happiness and fulfillment she deserves.

Shawn, on behalf of everyone at LSCO, we thank you for your time, dedication and fantastic work you did for this Organization. Congratulations on your retirement, and we wish you nothing but the best for you as you embark on the next chapter of life.

Cheers!

Yoga

CHAIR YOGA

Perform yoga poses and breathing exercises with the aid of a chair. This gentle class may help you increase strength, flexibility, range of motion for joints, and stress reduction. Chair yoga is suitable for all fitness levels and conditions.

When: Wednesdays, Sept. 11 - Oct. 30
 Time: 10:00 - 10:45 am
 Fee: \$40 LSCO M; \$56 NM
 Drop In Fee: \$6 LSCO M; \$8 NM
 Register By: Monday September 9
 Instructor: Corrine Myers
 Location: Stage Area

ACTIVE YOGA- FULL

This sequence of this class will change weekly and is recommended for individuals with yoga experience. We may begin with yin poses and move into a more active flow class working to improve balance, strength and flexibility, or we may do a full Vinyasa Flow class. Come with an open mind. Recommended for students that have yoga experience. Wear comfortable clothes you can move in, yoga mat and water.

When: Fridays, Sept. 20 - Nov. 1
 Time: 9:00 am - 10:05 am
 Fee: \$77 LSCO M; \$98 NM
 Drop In Fee: \$12 LSCO M; \$15 NM
 Register By: Tuesday, September 17
 Instructor: Shawn Hamilton
 Location: All Purpose Room

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)

Tuesdays

When: Tuesdays, Sept. 10 - Oct. 29
 Time: 10:00 - 11:00 am
 Fee: \$56 LSCO M; \$72 NM
 Drop In Fee: \$8 LSCO M; \$10 NM
 Register By: Friday, September 6
 Instructor: Donna Tiefenbach
 Location: All Purpose Room

Thursdays

When: Thursdays, Sept. 12 - Oct. 31
 Time: 10:00 - 11:00 am
 Fee: \$56 LSCO M; \$72 NM
 Drop In Fee: \$8 LSCO M; \$10 NM
 Register By: Monday, September 9
 Instructor: Donna Tiefenbach
 Location: All Purpose Room

DISCOVER YIN YOGA

Yin Yoga is a gentle and relaxing class that works deeply into the connective tissues and joints of the hips, pelvis, and lower spine. It is great for those new to this style of yoga. Students will be in a variety positions (seated, lying down on front or back) for up to 3 minutes. A variety of props will be used. Wear warm comfortable clothes, bring a yoga mat and pillow case to cover our yoga bolsters.

When: Wednesdays, Sept. 4 - Oct. 30
 Time: 12:00 pm- 1:00 pm
 Fee: \$81 LSCO M; \$99 NM
 Register By: Friday, August 30
 Instructor: Shawn Hamilton
 Location: Room A/B

TUESDAY EVENING FLOW YOGA

If you are interested in ending your day releasing tension, and moving through a series of postures to help you enhance flexibility and build strength, you really should register for this class. Intended for all skill levels as modifications are offered. Bring a yoga mat & water bottle. Props are available however, if you have your own feel free to bring them. **This class is not included in the Ultimate Fitness Membership.**

When: Tuesdays, Sept. 10 - Oct. 29
 Time: 5:00 - 6:00 pm
 Fee: \$72 LSCO M; \$112 NM
 Drop-In Fee: \$10 LSCO M; \$15 NM
 Register By: Friday, September 6
 Instructor: Donna Tiefenbach
 Location: Room A/B

YIN YOGA - FULL

Props are used to support the body in this slow static practice. Poses are held from 3 - 5 minutes (sometimes longer) allowing us to work our ligaments, joints, deep fascial networks, even our bones. Yin postures require stillness of the body and calmness of the mind creating a deep, quiet and relaxing practice. Wear warm clothes, bring your yoga mat, blanket and any other prop you would like. Participants must have Yin Yoga experience and be able to hold poses for 3-5 minutes at a time with appropriate support prior to registration. Please contact our Program Manager if you have any questions about skills recommended for this class.

When: Wednesdays, Sept. 4 - Oct. 30
 Time: 10:15 - 11:30 am
 Fee: \$81 LSCO M; \$99 NM
 Drop In Fee: \$10 LSCO M; \$15 NM
 Register By: Friday, August 30
 Instructor: Shawn Hamilton
 Location: Room A/B

YOGA FOR SENIORS

You're never too old to reap the rewards of yoga. 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.

Mondays

When: Mondays, Sept 9 - Oct 28
 (No class Sept 30, Oct 14)
 Time: 1:00 - 2:00pm
 Fee: \$35 LSCO M; \$48 NM
 Drop In Fee: \$7 LSCO M; \$9 NM
 Register by: Thursday, September 5
 Instructor: Corrine Myers
 Location: Room A/B

Fridays

When: Fridays, Sept 13 - Oct 31
 Time: 10:15 am - 11:15 am
 Fee: \$48 LSCO M; \$63 NM
 Drop In Fee: \$7 LSCO M; \$9 NM
 Register by: Tuesday, September 10
 Instructor: Corrine Myers
 Location: Room A/B

YOGA NIDRA

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. Please bring a yoga mat and any blankets or cushions you might need to feel comfortable.

When: Thursdays, Sept. 19 - Oct. 10
 Time: 10:00 am - 11:00 am
 Fee: \$20 LSCO M; \$25 NM
 Drop In Fee: \$6 LSCO M; \$8 NM
 Register By: Monday, September 16
 Instructor: Corrine Myers
 Location: Room C/D

YOVASCIA

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

Session 1:

Date: Mondays, Sept 16 - Oct 21
 (No class Sept 30, Oct 14)
 Time: 8:30 - 9:30 am
 Fee: \$36 LSCO M; \$42 NM
 Drop In Fee: \$10 LSCO M; \$15 NM
 Register by: Thursday, September 12
 Instructor: Elaine Jagielski
 Location: Room A/B

Session 2

Date: Mondays, Nov. 4 - Dec. 9
 Time: 8:30 - 9:30 am
 Fee: \$45 LSCO M; \$50 NM
 Drop In Fee: \$10 LSCO M; \$15 NM
 Register by: Thursday, October 31
 Instructor: Elaine Jagielski
 Location: Room A/B



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LSCO Groups

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. Newcomers are welcome to visit the Radio Room on the second floor at the LSCO and view our collection of "bygone days and current" amateur radio equipment. Anyone wishing to join the group or use the equipment with a member present, must have an amateur radio license. If someone would like to obtain their "ham" license, we do have volunteers who may help you with the licensing process at no cost except for the training manual. If you are interested in seeing what this is all about you are very welcome to pop in sometime for a visit and orientation.

When: Monday - Friday
Time: 9:00 – 11:00 am (or longer on request and with notice).
Fee: \$29/year & LSCO Membership
Location: Radio Room

BILLIARDS

Members are welcome to play pool daily. The tables are located on the second floor and are accessible by the elevator or stairs. If you are new to the game it is important for you to let us know so that arrangements can be made for you to receive some instructions. Members & non-members may drop in provided they are accompanied by a billiard member.

When: Monday – Friday
Time: 8:30 am – 3:00 pm
Fee: \$55/year & LSCO Membership
Drop In Fee: \$6 M; \$7 NM.
Location: Billiards Room

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
Location: Computer Lab

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
Drop In Fee: \$2
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!

DIGITAL PHOTOGRAPHY

If you love to take photos and have a desire to improve your picture taking skills register at the Administration Desk. You do not have to be an expert as the group members vary in levels and interests. Some like to photograph landscapes; others photograph food, birds and many other objects. Some participants in this group have

more experience take photos and others are not as advanced. At times we take trips outside of LSCO. If you would like more information, leave your name and phone number and we will contact.

When: Fridays
Time: 9:00 am
Fee: \$11/year & LSCO Membership
Location: Computer Lab

GENEALOGY

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

When: Wednesdays September 6
Time: 10:00 am – 3:00 pm
Fee: \$21/year & LSCO Membership
Location: Board Room

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;
Drop In Fee: \$2
Location: Board Room

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
Location: Atrium

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
Time: 10:00 am – 3:00 pm
Fee: \$36/year & LSCO Membership
Location: Lapidary Room

PAPER TOLE & CREATIVE ARTS

If you are familiar with the art of paper tole and would like to work on your projects while socializing, come talk to us. Supply costs extra. Painters, knitters and other crafters are welcome to join us to work on their projects too.

When: Fridays
Time: 9:00 am - 3:00 pm
Fee: \$23/year & LSCO Membership
Location: Arts & Crafts Room

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
Location: Stage

CARPENTRY/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: \$44/year & LSCO Membership
Location: Carpentry Shop

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. For Badminton Etiquette/Protocols see the Bulletin Board outside Gym 2 and on our website.

When: Mondays, Wednesdays & Fridays
No courts Sept 30, Oct 14
Time: 11:15 am – 12:45 pm

When: Thursdays
No courts Sept 30, Oct 14
Time: 10:15 – 12:15 pm
Fee: \$68 & 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: \$44/year & LSCO Membership

PICKLEBALL

Registration for all existing players to enroll in the Fall 2024 season opens August 26 and closes on September 6. All existing members must be registered by this date to be guaranteed a spot in the upcoming season and gain access to court bookings. **Our waitlist is currently closed and will remain closed for the remainder of the year due to the popularity of this program.**





LSCO Badminton News

The LSCO badminton members have done it again! Several players participated in the Southern Alberta Summer Games held in Coaldale from July 3-6, 2024.

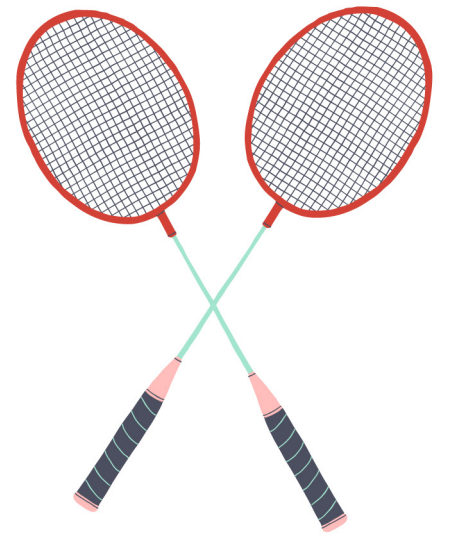
Kathy Iwaasa and Ruel Vera Cruz captured the gold medal in the 55+ mixed pair event and Lana Pittman and her partner Milton Iwaasa claimed the silver medal in the same event.

In the men's 55+ competition, Milton Iwaasa and Ruel Vera Cruz won the gold medal.

In April, the badminton members had an internal Doubles competition where Bob and Mohsen finished on top. They worked hard to earn the top spot and played very well together. After the summer break and the players have dusted off their racquets and court shoes, the group will organize an Autumn tournament.

The LSCO badminton group welcomes new players and encourages those with an interest to come and join us.

If you don't have a racquet, one can be borrowed. It's a great sport to maintain hand-eye coordination and physicality. Please check the LSCO times for badminton dates and times (Left page).



LSCO Woodworking

The Woodworkers have been working hard organizing and cleaning the woodshop to prepare for the upcoming classes.

Check out beginner and Intermediate Woodworking on page 12.



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Are you part of an LSCO Group and want to submit something for the paper? Contact Hannah before the the content deadline of the 15th of the month with your write up and/or photos.

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

45

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Saturday, September 14th
7:30 pm
The Cave,
Lethbridge Polytechnic

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The John Wort Hannam Trio

with popular music duo from the Crowsnest Pass, SIDENOTE

for more information about our Folk Club events go to <https://lethbridgfolkclub.ca/events/> or scan the QR in the picture

PAINTING SUNSETS IN ACRYLICS



Thursdays September 19 & 26
10:00 am - 12:00 pm
\$30 LSCO M; \$40 NM
Instructor: Donna Gallant


HOW TO MAKE AN ART JOURNAL



Thursdays September 19 - October 10
10:00 am - 12:00 pm
\$60 LSCO M; \$80 NM
Instructor: Donna Gallant


CREATE & INSPIRE

PAINT & CHAT



Tuesday September 24
9:30 am - 12:00 pm
\$55 LSCO M; \$65 NM
Instructor: Donna Bilyk

INTRO TO DRAWING



Thursdays September 26 - October 32
1:00 pm - 3:00 pm
\$60 LSCO M; \$80 NM
Instructor: Steve Burger

Bingo Brings Generations Together

At the end of July, we hosted an Intergenerational Bingo event, bringing together our senior members and kids from a local summer program called BLAST Lethbridge. The event was a great success, with everyone enjoying the game and each other's company.

Seniors and children shared laughs and stories as they played Bingo together. The excitement in the room was palpable, with cheers for every number called and every prize won.

One attendee shared, "It was wonderful to see the kids so engaged. It reminded me of playing games with my own grandkids."

This event not only provided an afternoon of fun but also helped strengthen the connections between different generations in our community. We're already looking forward to the next one!

A special thank you to Green Acres Foundation for providing the free popcorn for the event.

If you are interested in more events like these at the LSCO, please let us know. We're always looking for new ways to engage our members and the community

- Hannah



Member Spotlight



Dorothy & William Halma

LSCO LETHBRIDGE Senior Citizens ORGANIZATION

Dorothy (nee: Brown) and William “Bill” Halma have been members of LSCO since about 2015. Dorothy can be found with the Knitters Group and William plays Crib and participates in Fit Ball.

Dorothy was born in Penticton, B.C. in 1945. She is the youngest of a family of 3 daughters. Her father was in the Canadian infantry in Normandy where he lost the use of a leg and became an amputee. Dorothy was raised in Banff, where she graduated in 1963 as part of Banff High School’s first graduating class. She then left at the age of 18 to attend secretarial school in Calgary while her parents remained in Banff. Dorothy has joyful childhood memories of Banff where ‘everybody knew everybody’. Over time, it would become a ‘tourist town’ with the town really “coming alive” from May to September.

William was born in the Netherlands in 1942, about a mile from the North Sea. He completed 6 years of formal education in the Netherlands before his family of 9 children came to Canada in 1954 for economic and security reasons. With Russia knocking on the doorstep of western Europe, William’s father believed that his children would have better prospects in Canada away from a communist system.

Member Spotlight

Discovering Community, Making Connections

William’s mother went on to have three more children in Canada. William was placed in Grade 5 in Sunnyside School when the family arrived and he believes this school was a great introduction to Canada as many of his classmates were new Canadians. He learned a lot of English from comic books and Dick and Jane books. After moving to the Taber Area, William completed Grade 8 at Barnwell School when he was 16 before joining the Canadian Army in 1958 through the Soldier Apprentice Program. He was stationed for 2 years each at Shilo (Manitoba), Picton (Ontario), and with the Canadian Brigade in Hemer, Germany. In 1964, the ‘Honest John’ Nuclear Missile program was cancelled and William was offered a release or transfer to another unit. So, he returned to Lethbridge, then to Calgary to attend S.A.I.T in Land Surveying Technology (1964-65).

Growing up in Banff, Dorothy enjoyed sledding, outdoor skating, and walking across the ‘rink’ that was created over the Bow River in winter. In the summer, she climbed around Tunnel Mountain and rode bikes. She wanted to be a stewardess but did not meet the height requirements of the time and later discovered she doesn’t enjoy flying.

William and Dorothy met in Calgary while he was a student at S.A.I.T and she was a clerk at the Calgary Police Service. They married in 1965 and moved to Edmonton where two of their sons would be born and Dorothy would make the transition to being a full-time homemaker. William worked in land surveying and decided to make it a career. They lived in an ideal setting for four years until William’s career took them to Grande Prairie so he could article as a land surveyor. It took 10 years of study and testing to finally achieve his Licensed Alberta Land Surveyor designation in 1979. Their third son was born in Grande Prairie.

William and Dorothy moved to Lethbridge in 1976. They started up Halma Surveys in 1979 and operated their small business of generally three employees. Dorothy was a homemaker and kept the office operating

smoothly. William was proud of their timely service and their reasonable pricing and that in 30 years of operating there was never a WCB complaint against them. They sold the business in 2013 and William gave up his ALS commission in 2015.

Dorothy is best known for saying “Are your feet clean?” This is a source of amusement, but it is also significant to her. William paraphrases a Bible quote “whatever you do, do it to the best of your ability, and your heart will feel glad.” William is active member of the Bethel Free Reformed Church in Monarch.

William like to keep a garden of vegetables and enjoys fresh veggies immensely, though he does describe himself as a ‘meat and potatoes man’. Dorothy says her comfort foods different types of salads, in-season veggies and chocolate.

Dorothy likes the music of Jim Reeves, Patsy Cline, Charlie Pride, Danny O’Donnell. William prefers light opera and can tolerate Elvis. William is a lifetime member of the Lethbridge Men’s Christian Choir. Dorothy enjoys jigsaw, crossword puzzles and reading.

William enjoys his little personally home-made “cabin” near Police Lake. This is his regular getaway and they both appreciate it, as they worked so closely together for so many years, they are happy to have this bit of independent time. Like Dorothy says “houpel op” which translates to “get lost for a while”. They feel they have drifted into their retirement and seem to enjoy its simplicity.

William and Dorothy are pleased that all three sons and their families live and work in Lethbridge. They have four grandchildren, all in Lethbridge between the ages of 16-19.

Dorothy and William were a pleasure to meet and get to know. Although a couple with differing backgrounds and interests, they seem to share a sense of humour, enjoy each other and their retirement, and their 59 year marriage.

Many Congratulations!

Learn to Spot a Scam

WHAT IS A SCAM? When someone deceives you into providing personal or financial information so they can steal from you.

Scammers will:

- **PRETEND to be an organization you know.**
Such as the CRA, Service Canada, Canada Post, internet & phone companies, utility companies, computer support.
- **Indicate a PROBLEM or PRIZE.**
Like owing taxes, computer virus, seized mail, grandchild in trouble, randomly selected to win a prize.
- **PRESSURE you to act IMMEDIATELY.**
Such as, they want you to act before you can confirm their story. They might threaten to arrest you, sue you, deport you, take away your driver’s license, or say your computer is corrupted.
- **Require PAYMENT/MONEY.**
Credit card number, e-transfers, bitcoin, gift cards



If You're Unsure

- **HANG UP!** Close your internet browser or email.
- **VERIFY** Information by calling organizations directly. *** DO NOT verify information with the information provided by the potential scammers via phone, website, mail, etc. ***
- **REPORT** the scam to Canadian Anti-Fraud Centre by phone at 1-888-495-8501.

Think You've Been Scammed?

- **Step 1 - IMMEDIATELY** notify the proper organizations connected with the information the scammer took from you. Such as CRA, credit card company, etc.
- **Step 2 - As a victim of a scam,** you are encouraged to contact the local authorities and report the scam. Call Lethbridge Police Services non emergent line at 403-328-4444.

Computer Corner

By Sjoerd Schaafsma



Ramblings, Dual Monitors, Hints, and Down the Rabbit Hole *

As a guy who spends a fair bit of time trying to be productive on his computer (as well as wasting a lot of time sitting in front of it) I prefer to work with two monitors.

Not everyone has the space or need, but it makes things a lot easier when researching articles for this column, maintaining club databases, cranking out email, and moving information around. Sometimes it's easier to have two browser windows open at the same time, one for mail, the other for composition or a video. The focus is on the screen immediately in front of me.

My monitors are both old 19 inch screens. If one of them finally stops working, a replacement will probably be available at a thrift store for less than \$50. The second monitor is screwed onto a swivel stand mounted permanently to the desktop. It works for my work space, where a single large monitor won't fit. If you have the space and think this might be a good solution for you try to get two monitors the same size and capable of the same resolution. Along the same lines, if your primary computer is a laptop, try to get a monitor with the same aspect ratio or at least one that will fit at the same height as your laptop. If you use an external keyboard and mouse with your laptop, get whatever size monitor suits you since the larger monitor will probably be your preferred monitor, and you'll mostly be focusing on it rather than your laptop screen.

*The rabbit hole, but not too far down - basics only- things you should know to make sense of all this.

Aspect Ratio - Monitor Size is measured diagonally - my 19 inch monitors have an aspect ratio of 4:3, approximately 16 inches wide x 12 in. high. (Inches because they're easier to work with) They look squarer than newer monitors most of which have an aspect ratio of 16:9 .

Resolution - Video resolution is measured in pixels, the tiny dots that make up the display. The larger the numbers the more detailed the display. The display on my laptop is 1366x 768 pixels. The monitor I have connected to it has a resolution of 1024 x 768. Since I'm typing on the patio the difference doesn't matter, but text looks larger on the monitor.

Connections - Most modern monitors and laptops use a HDMI connector. Older monitors and laptops usually have VGA connectors. There are also many connector types not commonly used for personal computers. The LSCO computer lab has inherited hardware over the years and uses a variety of cables and converters. Monitors typically outlast operating systems.

The simplest connections are a male to male cable, the ends are identical



VGA to VGA



HDMI to HDMI

Converters - HDMI TO VGA Is the adapter I use most often as it allows for a modern laptop to make use of an older monitor.



HDMI to VGA

Choosing monitor preferences

I find the easiest way to choose monitor settings is to press the Windows Key and the letter P simultaneously. A menu should come up on the right side of the screen showing a number of options. If the print menu comes up.... Oops I just did that, then you've hit the Control Key rather than the Windows key. It happens.

If all goes well, the second monitor will display either a duplicate of your main screen, or an extension of the main screen. If you want to go deeper into the rabbit hole, do an internet search for any of the terms in this article. Happy surfing!

Monthly Hint - Snoozing Mail

Snooze is a setting to postpone when you want to look at an email. Outlook, Apple Mail and Gmail all have this feature. On a desktop, in Gmail, click on the snooze icon (clock icon) you then get a choice of time delay, from hours to days. Until that time the message will not appear in your inbox. In the Gmail app on a mobile device, click on the three dots at the upper right and choose Snooze from the drop down menu.

Computer Club EVENTS

September 2024

The LSCO Computer Club has access to the computer lab on Monday, Wednesday and Friday from 1 - 4:00 pm. This time may be pre-empted for other events.

Workshops usually run from 1 - 3 pm with a short break around 2 pm. There is no guarantee that a club member will be available on non workshop days.

If a date is not included below it will be a sharing and help session.

September

Monday September 2 LSCO Closed Labour Day

September 4, 6, 9, 13, 16, 18, 20, 23, 30

Sharing, help and socializing

Wednesday September 11

Windows 10 & 11, BACK to BASICS,

FILE handling,

Basic Internet browsing,

Navigating the Operating System (at least 2 sessions) We will use the GCF learning site as a guide

Wednesday September 25

Continuation of Computer Basics using The GCF Free Learning tutorials

Managing files,

Transferring, deleting, copying, folders, partitions,

External drives, USB thumb drives, cloud storage

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

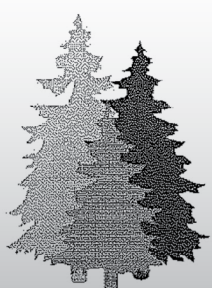
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Planning for the Future

Hello everyone, happy September!

Before I get into this month's topic, I wanted to spotlight our upcoming group this month: Building Healthy Relationships As We Age, In partnership with Lethbridge Family Services and a volunteer with the LEARN Program, LEARN is delivering a psycho-social group to address Healthy Relationships. The group will be held every Tuesday starting September 17th to November 5th from 10:00 a.m. to 12 p.m. in the Boardroom at LSCO. You do not have to be a member of LSCO or Nord-Bridge to attend, and it is free of charge! Please reach out to LEARN by phone at 403-394-0306 or by email at learn@lethseniors.com if you have any questions or would like to attend.

This month, I wanted to emphasize the importance of planning ahead and making decisions now to ensure preparedness for any obstacles we may face in the future. As we navigate life, making informed long-term decisions can significantly impact our safety and well-being. Here are some key areas to consider:

Healthcare Planning: Review and update your healthcare plan/goals of care regularly. Choose a trusted healthcare provider, keep up with routine check-ups, and discuss any changes in your health or preferences.

Financial Management: Organize your financial affairs with future needs in mind. This includes setting up a budget, planning for retirement, and understanding your insurance coverage.

Legal Preparedness: Update your legal documents, such as wills, trusts, and advanced directives. These documents are crucial for



LEARN Case Manager
 Marissa Hardy
 learn@lethseniors.com
 403-394-0306

guiding decisions about your health and finances if you become unable to make them yourself.

Emergency Plans: Develop a comprehensive emergency plan that includes contacts, medical information, and an evacuation strategy. Share this plan with family members and caregivers to ensure they have the most up to date information.

Social Connections: Foster and maintain strong social connections. A supportive network of friends and family can provide emotional support and practical assistance, enhancing your overall quality of life.

Taking these steps today can help ensure that your later years are as safe, comfortable, and fulfilling as possible!

-Marissa






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