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1st Annual  
**Twilight Soirée**  
 WINTER FUNDRAISER  
*benefitting Meals on Wheels and supports for seniors*

NOVEMBER  
**SATURDAY 30 AT 5:30 PM**  
 LSCO, 500 11th St. S, Lethbridge

Multi Course Meal | Silent Auction | Cash Bar | Dance Floor  
 Live Music by Hippodrome & James Oldenburg

presented by  
**Lethbridge HEARING CENTRE**    **LSCO** LETHBRIDGE Senior Citizens ORGANIZATION    **MOSAIC MUSIC YQL**

**TICKETS \$100**  
 lethseniors.com/events



**We are thankful for all of you!**



Photos from our Thanksgiving Dinner on October 11th



**Executive Director**

**Rob Miyashiro**

rmiyashiro@lethseniors.com  
403-320-2222 ext. 402

**LSCO News**

On November 30, LSCO will host its first-ever Twilight Soiree – in partnership with Mosaic Music YQL. This event will feature a fabulous multi-course meal prepared by Chef Lachlan and his team with musical entertainment provided by the incomparable Hippodrome and James Oldenburg. Make your plans now to join us for an evening of great food and music in our dressed-up venue like you’ve never seen it before! All of the proceeds from this event benefit LSCO Meals on Wheels and supports for seniors.

We are currently in discussions with the City of Lethbridge regarding our Support Services agreement (which includes Outreach Support, In-Home supports and our Volunteer program). We have been informed that we will receive less funding for 2025 and 2026 compared to our current services agreement, but the full extent of the funding cut is yet to be determined. It is truly unfortunate that the City fails to understand the impact that service cuts will have on the 500 vulnerable seniors on our Outreach and Support caseloads (supported by our professional Seniors System Navigators), not to mention the hundreds more receiving Meals on Wheels, Lawn Care/Snow Removal and Housekeeping services. I will report back when our agreement has been finalized with an analysis of the impact on our seniors community.

Rob Miyashiro

**“Going through the list of all your kid’s names before landing on the right one” - From 365 Senior Moments You’d Rather Forget**

**LETHBRIDGE HEARING CENTRE**

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

**What we offer:**

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

**Jake Boldt**  
BC-HIS Registered Hearing Aid Practitioner

**Candice Elliott-Boldt**  
BC-HIS Registered Hearing Aid Practitioner

**Lethbridge HEARING CENTRE**  
Lethbridge's trusted source for hearing solutions

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

**LEST WE FORGET**

The LSCO will be closed Monday, November 11 for Remembrance Day

**CARPET REPLACEMENT**  
in the lobby of the LSCO early/mid November

Entrances & exits to the building will be modified. Please watch for signage.

Thank you in advance for your patience - LSCO Staff

**GET YOUR COVID-19 BOOSTER**

**NOVEMBER 5TH, 2024**  
9AM-NOON | LSCO CARD AREA

\*Please wear a short sleeved shirt and Bring your Alberta Health Care Card.\*

**PHARMASAVE**

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

**COMMUNITY PARTNERS**  
We thank you for..

Supporting Meals on Wheels

Supporting LSCO Events and Fundraisers

**SELECT PEOPLE SOLUTIONS**

**Teamworks career centre**

**Warwick PRINTING Co. Ltd.**

**Avail CHARTERED PROFESSIONAL ACCOUNTANTS**

**Specsavers**

**ITALIAN TABLE ESTD 2018**

**FCSS Family and Community Support Services City of Lethbridge**

**Lethbridge HEARING CENTRE**

**Norbridge Pharmacy**

**PharmaChoice**

**ASUMA SOLUTIONS LTD**

**United Way Lethbridge & South Western Alberta**

**BLACK VELVET**

**Charmar Enterprises Ltd**

**CORNERSTONE FUNERAL HOME Ltd**

**LEISTER'S HOME CARE EQUIPMENT & SCRUBS**

**BDO**

**FOX DENTURE CLINIC & IMPLANT CENTER**

**Hosack DENTURE CLINIC LTD.**

**GOLDEN HEALTH GROUP**

**LETOURNEAU LAWYERS | ARBITRATORS | MEDIATORS**

**COMMUNITY FOUNDATION LETHBRIDGE + SOUTHWESTERN ALBERTA**

**AUDIOLOGYFIRST THE HEARING AID EXPERTS**

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

#### Staff Members

- Executive Director – Rob Miyashiro  
 rmiyashiro@lethseniors.com .....ext. 304
- Operations Manager – Jodie McDonnell  
 jmcdonnell@lethseniors.com .....ext. 102
- Accounting Technician – Jackie Black Water  
 finance@lethseniors.com .....ext. 103
- Receptionist & Administrative Support - Kari Martin  
 kmartin@lethseniors.com .....ext. 101
- Fund Development & Marketing – Hannah Dupuis  
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- LEARN Case Manager– Marissa Hardy  
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- Support Services Manager– Amy Labossiere  
 alabossiere@lethseniors.com .....ext. 205
- Seniors System Navigator (SSN) – Camille Sherwood  
 csherwood@lethseniors.com .....ext. 206
- Seniors System Navigator Housing – Tyler Andersen  
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- Seniors System Navigator (SSN) – April Guild  
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- Seniors System Navigator (SSN) – Dana Snow  
 dsnow@lethseniors.com .....ext. 209
- Seniors System Navigator (SSN) – Dannie Lien  
 dlien@lethseniors.com ..... 403-715-0485
- Seniors System Navigator Intake – Katie Harrold  
 intake@lethseniors.com ..... 403-329-1544
- Meals on Wheels Client Coordinator– Diane Legault  
 dlegault@lethseniors.com .....ext. 201
- Volunteer Coordinator–Carla McNally  
 volunteer@lethseniors.com .....ext. 208
- Program Department Manager – Stephanie Girodat  
 programs@lethseniors.com .....ext. 104
- Fitness Coordinator – Andrea Clarke  
 fitness@lethseniors.com .....ext. 303
- Food Services Coordinator– Lachlan Dyer  
 ldyer@lethseniors.com .....ext. 401
- Assistant Food Services Coordinator– Travis Eakett
- Food Services Cook– Yun “Carey” Luo
- 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

Holly Davis  
 Jonathan Wakem  
 Christina Wakem  
 Gord Lastuka  
 Paul Jeff

Penny Sheen  
 Mike Sheen  
 Caroline Munro  
 Daryl Graham  
 2 Anonymous

**We’re happy to have you!**  
**October 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](mailto: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**



## November 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.

Nov 7	TBD	TBD
Nov 14	TBD	TBD
Nov 21	Paul Wurtz, Wilson Hutterite Colony	<i>How Has Life on the Wilson Colony Changed in the Age of Technology?</i>
Nov 28	Richard Larouche, University of Lethbridge Public Health	<i>How Important is Physical Activity for Children</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](http://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](mailto:hdupuis@lethseniors.com) by the **15th of each month** to ensure inclusion in the paper.

# The Heart

Your contribution is our lifeline



## Fundraising & Marketing

Hannah Dupius

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

On November 30th, we will host the very first Twilight Soirée - Winter Fundraiser, a magical evening designed to raise crucial funds for the Lethbridge Senior Citizens Organization (LSCO) and the essential programs we provide for seniors in our community.

This is not just another fundraiser—we need your help to make this event a success. With increasing demands on our services, especially programs like Meals on Wheels and Senior Supports, the funds raised from this event are more important than ever. Proceeds from the evening will go directly toward ensuring that older adults in Lethbridge can live healthy, independent lives.

Guests will enjoy a luxurious multi-course meal with dinner time music provided by James Oldenburg, followed by an open dance floor illuminated by Hippodrome. There will also be a silent auction and cash bar. This elegant evening is the perfect opportunity to not only have a great time but

## Twilight Soirée

to also support a cause that truly makes a difference in the lives of seniors.

But we can't do it alone—we need the support of our community. Buy your tickets now to reserve your spot at this special event and help us make it a night to remember. If you are unable to attend, there's still a way to get involved: we are in urgent need of volunteers to assist with everything from event setup to running the silent auction. See the various volunteer opportunities for this event on the next page.

### How You Can Help

**Purchase Tickets:** Tickets are \$100 and available at [www.lethseniors.com/events](http://www.lethseniors.com/events) or you can see Kari at the admin desk. Every ticket sold helps us continue our work. They will only be available until November 19 so please be sure to purchase them early.

**Volunteer:** Whether you can offer an hour or a full evening, your time can make a big impact. Contact us at [insert contact info] to learn how you can help. The Twilight Soirée is more than a fundraiser—it's a chance for all of us to come together and show our support for the seniors

who built this community. Your participation, whether by buying tickets or volunteering, is vital to ensuring the success of this event and the continued support of our seniors.

**Spread the word:** Maybe you know someone who would love to attend an event like this, or there is a community board in your condo where you could hang up a poster. Either way, the more people you tell, the more successful the event can be!

I want to give a few shout outs as well. First to Mosaic Music (Formerly Lethbridge Jazz Society) for partnering with us on this event and to Candice from Lethbridge Hearing Centre who has been the sponsor of our fall fundraisers for many years.

Thank you to Kendall, Martha, Mary, and Pat for help getting sponsors, silent auction items and organizing the decor and set up. I really appreciate the amazing group of members we have at the LSCO who are always willing to pitch in.

I'm hoping to see you all in your fanciest attire ready to cut up the dance floor on November 30!

- Hannah



**Do you have some spare time?**

**Become a Volunteer Today**

**What you can expect:**

- Meet friendly and appreciative seniors.
- Make a difference in your community.
- You choose where, and how often you drive
- Create your own volunteer schedule.
- We provide a gas reimbursement.

**Contact the Volunteer Team**  
403 320 2222 ext. 208/202 | [volunteer@lethseniors.com](mailto:volunteer@lethseniors.com)

**LSCO**



## Upcoming Events

- Halloween Bash**  
*Thursday, October 31 | 1 - 4pm*
- LSCO Tour & Meet and Greet**  
*Wednesday November 6 | 1 PM*
- Remembrance Day**  
*Monday, November 11 | LSCO Closed*
- Pelvic Floor and Pastries**  
*Monday, November 18| 1:30 - 2:30 pm*
- Hoarding Info Booth**  
*Nov 4, 18, 19, 25, 26 | 9 am - 1 pm*
- Potting Plants & Growing Connections**  
*Monday, November 18| 11am - 1 pm*  
*Tuesday, November 26| 10am - 12 pm*
- Twilight Soirée**  
*Saturday, November 30 | 5:30 - 10 pm*
- Frauds and Scams**  
*Thursday, December 5 | 1:30 - 2:30*



# November LSCO Weekly Schedule

Schedule may change without notice.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>All Day</b>	<b>LSCO Administration</b> 8:00 am-4:30 pm <b>LSCO Diner</b> 8:00 am-3:00 pm <b>Billiards</b> 8:30 am-3:00 pm <b>Carpentry/Woodworking</b> 8:30 am-3:00 pm <b>Boutique</b> 10:00 am-3:00 pm	<b>LSCO Administration</b> 8:00 am-4:30 pm <b>LSCO Diner</b> 8:00 am-3:00 pm <b>Billiards</b> 8:30 am-3:00 pm <b>Carpentry/Woodworking</b> 8:30 am-3:00 pm <b>Boutique</b> 10:00 am-3:00 pm	<b>LSCO Administration</b> 8:00 am-4:30 pm <b>LSCO Diner</b> 8:00 am-3:00 pm <b>Billiards</b> 8:30 am-3:00 pm <b>Carpentry/Woodworking</b> 8:30 am-3:00 pm <b>Boutique</b> 10:00 am-3:00 pm	<b>LSCO Administration</b> 8:00 am-4:30 pm <b>LSCO Diner</b> 8:00 am-3:00 pm <b>Billiards</b> 8:30 am-3:00 pm <b>Carpentry/Woodworking</b> 8:30 am-3:00 pm <b>Boutique</b> 10:00 am-3:00 pm	<b>LSCO Administration</b> 8:00 am-4:30 pm <b>LSCO Diner</b> 8:00 am-3:00 pm <b>Billiards</b> 8:30 am-3:00 pm <b>Carpentry/Woodworking</b> 8:30 am-3:00 pm <b>Boutique</b> 10:00 am-3:00 pm	
<b>8:00</b>	<b>Cardio/Strength</b> 8:00 am-8:50 am @ Gym 2 <b>Yovascia</b> 8:30 am-9:30 am @ Room A/B <b>Tai Chi Practice Group</b> 8:15 am-9:15 am @ Stage Area	<b>Cycle Combo</b> 8:30 am-9:20 am @ Gym 2 <b>Pilates for Beginners</b> 8:45 am-9:45 am @ Room A/B	<b>Cardio to the Core</b> 8:00 am-8:50 am @ Gym 2 <b>Tai Chi Intermediate</b> 8:45 am-9:45 am @ Room A/B <b>Tai Chi Practice Group</b> 8:15 am-9:15 am @ Stage Area	<b>Introductory Yang Style Tai Chi</b> 8:45 am-9:45 am @ Room A/B	<b>Tai Chi Practice Group</b> 8:15 am-9:15 am @ Stage Area	
<b>9:00</b>	<b>Tabata</b> 9:00 am-9:55 am @ Gym 1 <b>Seniors Who Lift</b> 9:00 am- 9:55 am @ Gym 2	<b>Fit Ball</b> 9:00 am-9:50 am @ Gym 1 <b>Cycle Combo</b> 9:30 am-10:20 am @ Gym 2 <b>Spring Forest Qigong</b> 9:00 am-10:15 am @ Stage Area	<b>Amateur Radio</b> 9:00 am-11:00 am @ Radio Room <b>Zumba(R)</b> 9:00 am-9:55 am @ Gym 2 <b>Fitness/Power Walking</b> 9:00 am-9:55 am @ Gym 1 <b>Core &amp; Stretch</b> 9:10 am-10:00 am @ APR	<b>Fit Ball</b> 9:00 am-9:50 am @ Gym 1 <b>TRX Combo</b> 9:00 am-9:55 am @ Gym 2 <b>Chair Exercises</b> 9:30-10:15 am @ Stage Area	<b>Tabata</b> 9:00 am-9:55 am @ Gym 1 <b>Friday Yoga</b> 9:00 am-10:05 am @ APR <b>Paper Toile &amp; Creative Arts</b> 9:00 am-3:00 pm @ Art & Craft Room	
<b>10:00</b>	<b>Abs &amp; Core</b> 10:10 am-11:00 am @ APR <b>Gentle Exercise</b> 10:15 am-11:00 am @ Gym 1 <b>Cycle Combo</b> 10:15 am-11:10 am @ Gym 2 <b>POUND</b> 11:00 am - 11:45 am @ Room A/B	<b>Gentle Yoga</b> 10:00 am-11:00 am @ APR	<b>Tai Chi Advanced</b> 10:15 am-11:15 am @ Stage <b>Chair Yoga</b> 10:00-10:45 am @ Stage Area <b>Genealogy</b> 10:00 am-3:00 pm @ Board Room <b>Lapidary</b> 10:00 am-3:00 pm @Lapidary <b>Gentle Exercise</b> 10:15 am-11:00 am @ Gym 1 <b>Low Impact Barre</b> 10:15 am-11:00 am @ APR <b>Tai Chi Advanced Yang</b> 10:15 am-11:15 am @ Gym 2 <b>Yin Yoga</b> 10:15 am-11:30 am @ Room A/B	<b>Gentle Yoga</b> 10:00 am-11:00 am @ APR <b>Yoga Nidra</b> 10:00 am-11:00 am @ Room C/D <b>Pilates</b> 10:15 am-11:30 am @ Room A/B <b>Weights for Beginners</b> 10:15 am-11:15 am @ Fitness Centre <b>Badminton</b> 10:15 am-12:00 pm @ Gym 1	<b>Yoga For Seniors</b> 10:15 am-11:15 am @ Room A/B <b>Gentle Exercise</b> 10:15 am-11:00 am @ Gym 1 <b>Table Tennis</b> 10:30 am-12:00 pm @ Room C/D	<b>Flow Yoga</b> 10:00 am-11:15 pm @ Room A/B <b>Fitness Centre</b> 9:00am - 12:00pm Starting Nov. 16
<b>Lunch</b>	<b>Pilates</b> 11:15 am-12:30 pm @ APR <b>Functional Fitness</b> 11:30 am-12:15 pm @ Stage <b>Badminton</b> 11:15 am-12:45 pm @ Gym 1	<b>30/30 Zumba Gold/Toning(R)</b> 11:15 am-12:15 pm @ APR <b>Essentrics</b> 11:30 pm-12:15 pm @ Gym 2 <b>Quilting</b> 12:00 pm-3:00 pm @ Stage	<b>Badminton</b> 11:15 am-12:45 pm @ Gym 1 <b>Line Dancing - Experienced</b> 11:30 am-12:30 pm @ Gym 2 <b>Line Dancing - Beginner</b> 12:45 pm-1:45 pm @ Gym 2		<b>Badminton</b> 11:15 am-12:45 pm @ Gym 1	
<b>Afternoon</b>	<b>Computer Club</b> 1:00 pm-4:00 pm @ Computer Lab <b>Yoga For Seniors</b> 1:00 pm-2:00 pm @ Room A/B <b>Table Tennis</b> 2:30 pm-4:00 pm @ Room C/D	<b>Poetry Prompts &amp; Reading</b> 1:00 pm - 2:30 pm @ Atrium <b>Karaoke</b> 1:00 pm-3:30 pm @ Board Room <b>Strength &amp; Mobility</b> 1:30 pm-2:30 pm @ Fitness Centre <b>Beginner Woodworking</b> 2:00 pm-4:30 pm @ Woodshop	<b>Computer Club</b> 1:00 pm-4:00 pm @ Computer Lab <b>Watercolour Group</b> 1:00 pm-3:00 pm @ Art & Craft Room <b>Table Tennis</b> 2:30 pm-4:00 pm @ Room C/D	<b>Knitting, Crochet &amp; More</b> 1:00 pm-4:00 pm @ Dining Room <b>Drop In Crib</b> 1:00-3:00 pm @ Card Area <b>Strength &amp; Mobility</b> 1:30 pm-2:30 pm @ Fitness Centre <b>Intermediate Woodworking</b> 2:00 pm-4:30 pm @ Woodshop	<b>Computer Club</b> 1:00 pm-4:00 pm @ Computer Lab	
<b>Evening</b>		<b>Flow Yoga</b> 5:00 pm-6:00 pm @ Room A/B		<b>Moving to Heal</b> 4:00 pm-5:00 pm @ Room A/B <b>Classic Nia</b> 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](http://www.lethseniors.com) and register online.



# MENU ~ NOVEMBER 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

Friday, November 1				
				<b>Entree:</b> Roast Beef <b>Starch:</b> Yorkshire Pudding Mashed Potatoes <b>Veggie:</b> Chef's Choice <b>Soup:</b> Chef's Choice
Monday, November 4	Tuesday, November 5	Wednesday, November 6	Thursday, November 7	Friday, November 8
<b>Entree:</b> Teriyaki Pork <b>Starch:</b> Rice <b>Veggie:</b> Chef's Choice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Maple Mustard Chicken <b>Starch:</b> Roasted Potato <b>Veggie:</b> Chef's Choice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Hunter Schnitzel <b>Starch:</b> Spaetzle <b>Veggie:</b> Chef's Choice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Penne Bolognese <b>Starch:</b> Garlic Toast <b>Veggie:</b> Chef's Choice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Baked Ham <b>Starch:</b> Scalloped Potatoes <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice
Monday, November 11	Tuesday, November 12	Wednesday, November 13	Thursday, November 14	Friday, November 15
<b>Entree:</b> Honey Garlic Pork <b>Starch:</b> Rice <b>LSCO Closed for Remembrance Day</b>	<b>Entree:</b> Chicken Cordon Bleu <b>Starch:</b> Mashed Potatoes <b>Veggie:</b> Chef's Choice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Cabbage Rolls <b>Starch:</b> Rice <b>Veggie:</b> Chef's Choice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Fiesta Chicken <b>Starch:</b> Rice <b>Veggie:</b> Chef's Choice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Lasagna <b>Starch:</b> Garlic Toast <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice
Monday, November 18	Tuesday, November 19	Wednesday, November 20	Thursday, November 21	Friday, November 22
<b>Entree:</b> Sweet and Sour Chicken <b>Starch:</b> Rice <b>Veggie:</b> Chef's Choice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Ravioli with Rose Sauce <b>Starch:</b> Garlic Toast <b>Veggie:</b> Chef's Choice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Chicken Kiev <b>Starch:</b> Mashed Potatoes <b>Veggie:</b> Chef's Choice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Beef and Bean Burrito <b>Starch:</b> Rice <b>Veggie:</b> Chef's Choice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Meatloaf <b>Starch:</b> Roast Potatoes <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice
Monday, November 25	Tuesday, November 26	Wednesday, November 27	Thursday, November 28	Friday, November 29
<b>Entree:</b> Perogies with Garlic Sausage <b>Veggie:</b> Chef's Choice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Chicken Pesto Gnocchi <b>Starch:</b> Garlic Toast <b>Veggie:</b> Chef's Choice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Spaghetti and Meatballs <b>Starch:</b> Garlic Toast <b>Veggie:</b> Chef's Choice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Chicken Chow Mein <b>Starch:</b> Rice <b>Veggie:</b> Chef's Choice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Roast Beef <b>Starch:</b> Yorkshire Pudding Mashed Potatoes <b>Veggie:</b> Chef's Choice <b>Soup:</b> Chef's Choice



## NOVEMBER 2024 EXHIBITS, EVENTS & PROGRAMS

### EXHIBITS

<p><b>Nitsitapiisksakoo Nitsitapii Landscapes Part 3</b> UNTIL FEB 09.25</p>	<p><b>Taking Care</b> Discover the rich history of the Galt Hospital and School of Nursing at our new permanent exhibition.</p>
<p><b>Game Play</b> Oct. 19.24 - Mar. 2.25</p>	<p><b>BUILDING A LEGACY: THE SPORTSPLEX AT 50</b> OCT 26.24 - APR 06.25</p>

### SPECIAL EVENTS AT THE GALT

- Sat 02 | 12–4 PM  
Fall Exhibits Launch Party ++
- Fri 08 | 1–9 PM  
Esports Day by Bridge Esports  
all ages | spectators welcome, admission applies | registration required for tournament play
- Sat 16 | 11 AM–5 PM  
Chickadee Pop Up Artisan Market ++
- Sun 17 | 12–5 PM  
Diwali Festival ++  
In partnership with the India Canada Cultural Association
- Thu 21 | 4–8:30 PM  
Night at the Museum Shopping Event ++  
10% discount [Annual Pass holders 20%]  
applies from 10 am–8:30 pm. Door prizes!

### THE GALT PRESENTS... \*\*

- Sun 10 | 1:30–3:30 PM  
Stéphane Guevremont on The 100th Anniversary of the Royal Canadian Air Force
- INDIGENOUS HISTORY ++**
- Wed 13 | 6:30–7:30 PM  
Métis Week Celebration
- ARCHIVES \*\***
- Fri 22 | 3–4 pm  
Southern Alberta Basketball History: A Journey with local Author, Ken Hamilton \*\*

- ++ no registration | free to attend | all ages
- + registration required | free to attend | all ages
- \*\* no registration | museum admission applies | free to members
- \* registration required | \$10/person | members discount may apply



www.galtmuseum.com/calendar



**LSCO Local Lawyer**

**Austyn Anderson**  
*Letourneau Law*

austyn@lelaw.ca  
403-329-4311

*Austyn hosts free 15 minute consultations at the LSCO each month. See the Support Services Calendar on Pg.9 for more info.*

**LETOURNEAU**  
LAWYERS | ARBITRATORS | MEDIATORS

# What is a Will and Why is it Important?

The best way to make sure that your possessions are handled in the way that you would want them to be taken care of is by having a legal will in place.

A will is a legal and binding document where you can give instructions on how you would like your property, belongings and finances distributed after you pass away. Having a will means that you can name an executor, who is the person who will carry out your instructions according to your wishes.

By creating a will, you can clearly communicate your wishes rather than leaving it up to the courts to decide how to distribute your property and possessions.

It is important that your will is written according to your exact instructions and wishes. A lawyer can work with you to create a will that details who you would your possessions given to and how you would like them to be given.

## UofL Nursing Students' Projects at the LSCO

Over the last month, you may have seen the nursing students from the University of Lethbridge currently doing their community health rotation at the LSCO. As part of their studies, they have organized three information sessions on various public health topics.

### Pelvic Floor & Pastries

Urinary incontinence and UTIs are not normal consequences of aging; however, they are both extremely common. They can lead to many side effects that can impact quality of life.

Your urinary system and pelvic floor change as you age. Women commonly experience the added physical changes of pregnancy, postpartum, and menopause. Men commonly experience inflammation of the prostate gland (also known as BPH). This is all in addition to the regular changes that occur with the aging process.

We will discuss easy lifestyle adjustments to improve urological health and provide exercises to increase the strength of the urinary and pelvic muscles. These are key skills to support health through the aging process.

**Join us at our information session, Pelvic Floor & Pastries, on November 18th from 1:30 to 2:30 p.m. in the Stage Room at LSCO—no sign-up necessary!**

### HOARDING. It's not what you think it is!

**Join us November 4, 18-19 and 25-26 from 9:00-1:00pm in learning the facts, gaining the skills, and removing the stigma.**

All are welcome to this judgement-free information sessions and friendly conversation (plus fun and games). Keep an eye out for our booth in the Card Room (by the Diner).

For more info, please email us at [sidney.holt@uleth.ca](mailto:sidney.holt@uleth.ca)

### Potting Plants and Growing Connections!

We have noticed that people tend to come and go with set classes and set groups, not often stopping to chat with new people. We would like to invite you to break that habit and make some new connections! What better way to make new friends than planting some pretty plants to take home and enjoy!

**Join us November 18th from 11:00am-1:00pm and the 26th from 10:00am-12:00am in the Atrium and get your hands dirty potting some plants and growing new connections!**

## CLASSIFIED ADS

**FRESH PURE UNPASTURIZED HONEY** for sale. Various sizes for 300 gram jars to 10 lb. pails. 100% natural Beeswax hand & body cream. Will deliver. Call 403-381-1653.

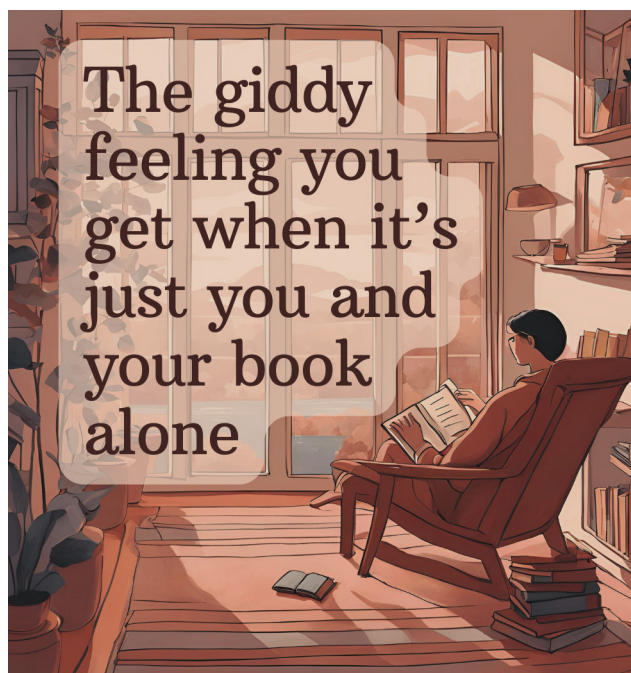
**Faith Baptist Church.** Meeting in Christ Trinity Lutheran Church 416 12th Street Soth Sundays at 1:00 pm **403-381-8237**

**Karen's Kare Services. Senior Care/Recovery Assistance.** 20+ years experience in Community Service. Home cooked meals-errands-cleaning-laundry-indoor/outdoor or seasonal chores. Valid First Aid and CPR. Valid License with liability. Call Karen to book a visit today 403-315-9025. References available.

**Sterling International Jewellers buying unwanted gold and silver** jewellery, gold and silver pocket and wrist watches, gold and silver coins, dental gold, unwanted diamond engagement rings etc, amonite fossils. LSCO member. WE PAY FAIR. For inquiries call 403-360-1718.

**WANTED - RETIRED CARPENTER** to build a freestanding broom cupboard of a specific size for a condo. Please phone 403-892-6161

**MOBILE HAIR SERVICE** Hair by Shan-lee. Perms-cuts-colours-style. Call for appointment or details. 403-360-0064



## FRIDAY MUSIC SCHEDULE

<b>Nov 1</b>	<b>Classic Legends</b>	Rudy Yasenik with his band Classic Legends, performs polka, duets, and classic rock.
<b>Nov 8</b>	<b>TBD</b>	TBD
<b>Nov 15</b>	<b>FAB</b>	Three piece band playing an assortment of genres
<b>Nov 22</b>	<b>Ron Hiuser</b>	Ron Hiuser is a singer, guitarist and song writer who will feature a number of his compositions along with popular tunes from '60s and '70s.
<b>Nov 29</b>	<b>TBD</b>	TBD

\*schedule is subject to change

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





**Seniors System Navigator**

**Dana Snow**

dsnow@lethseniors.com  
ext. 209

**Welcome Dana!**

My name is Dana Snow I am the new Senior Systems Navigator. I started at LSCO in September and have enjoyed getting to know the wonderful people here! I graduated from the University of Calgary with my Bachelor of Social Work in 2022.

Before pursuing a degree in social work I worked in the disability services field, which sparked my love for helping others, and am happy to be in a role at LSCO where I can continue to do so. In my free time I enjoy doing jigsaw puzzles, reading-especially with one of my two cats curled up on my lap, hiking in Waterton, and cooking. I'm excited to be part of the LSCO community, please feel free to stop in and say hi!

**FREE MASSAGE THERAPY**

Students from the Lethbridge College Massage Therapy program will be providing free neck and shoulder massages on a first come, first served basis.

**DATE**  
• Thursday November 14

**TIME**  
• 10AM - 12 PM

Lethbridge Polytechnic | LSCO LETHBRIDGE Senior Citizens ORGANIZATION

The Library is looking for donations of **CDs, DVDs, Puzzles**

**NOVEMBER SUPPORT SERVICES**

**WELLBEING SERVICES**

\*appointment /registration required

403-329-1544

intake@lethseniors.com

<b>November 5</b> 1st Tuesday	<b>Community Connect Coffee Group</b> 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.
<b>November 5</b> 1st Tuesday	<b>Prescribing Pharmacist Onsite*</b> 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.
<b>November 5</b>	<b>Covid Vaccinations</b> 9:00 am - 12:00 pm   Card Area	On-site pharmacist providing covid vaccinations.
<b>November 6</b> 1st Wednesday	<b>Service Canada &amp; CRA Onsite</b> 10:00 am - 12:00 pm   Card Area	On-site Service Canada and CRA representatives available to answer your questions regarding federal benefits and programs, no appointment necessary.
<b>November 6</b>	<b>Free Lawyer Consultations*</b> 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
<b>November 13</b>	<b>Free Lawyer Consultations*</b> 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
<b>November 14</b> 2nd Thursday	<b>Hearing Screening*</b> 10:00 am - 12:00 pm   Clinic Room	FREE hearing screenings by Lethbridge Hearing Centre to assist you in understanding your hearing health.
<b>November 14</b>	<b>Brain Knowledge Mornings*</b> 10:00 am - 11:00 am   Board Room	FREE research study & education series regarding enhancing and strengthening your brain provided by Building Brains Together. \$5 Tim Horton's gift card for participation in study. Contact SCSP intake to register 403-329-1544.
<b>November 14</b>	<b>Massage Clinic</b> 10:00 am - 12:00 pm   Card Area	FREE drop in massages provided by students of Lethbridge Polytechnic. First come, first served.
<b>November 20</b>	<b>Single Session Counselling*</b> 12:30pm - 3:30pm   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.
<b>November 28</b> 4th Thursday	<b>Eyeglasses Adjustments</b> 1:00 pm - 2:00 pm   Card Area	FREE eyeglasses adjustments provided by Specsavers.



**SUPPORT GROUPS**

<b>November 2 - 30</b> Saturdays	<b>AA Eye Opener</b> 8:30 - 10:30 am   Room C/D	<b>November 21</b> 3rd Thursday	<b>Parkinsons Support Group</b> 2:00-4:00pm   Board Room. Registration for Parkinson's Group is encouraged. Call 1-800-561-1911. <b>Empathy. Assistance. Advocacy.</b>
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**GENUINE**  
HOME & HEALTH SERVICES

825-250-3634  
www.genuinehealthcare.com

**Home Care Services**  
•Residential & long term care  
•HCA's, LPN's, and RN's  
•Advanced foot care

# Fall 2024 Programs

**Registration will open online and in person at 11:00am on Friday, October 25**

### IMPORTANT THINGS TO KNOW

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

### HOW DO I REGISTER?

- **IN PERSON** 8:15 – 4:00 pm Monday – Friday
- **ONLINE** at [www.lethseniors.com](http://www.lethseniors.com). Find the Programs & Fitness tab at the top of the page and click. Additional tabs will be visible for you to review. You can also click “register online”.
- **PHONE IN**, by calling 403-320-2222.

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

### HOW DO I PAY?

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

### REGISTRATION INFORMATION

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

### CREDITS & REFUNDS

- **Please ensure you are registering for the correct class. Due to the popularity of many of the classes, refunds cannot be given after the register by date.**
- Participants canceling out of a class prior to start date are subject to a \$10 Administration Fee (must be with more than 49 hours-notice).
- Participants withdrawing within 48 hours or less, will not be given a credit or refund.
- If requesting a refund or credit due to medical reasons contact the Administration Desk as soon as possible. A Doctor’s note is preferred however a request can be made to the Program Department Manager. Participants will be subject to a \$10 Administration Fee after the class has started. Credits/Refunds will be prorated for any classes attended. If there was a waiting list for the class a refund/credit will not be given.
- Refunds will be given if LSCO cancels a course. Participants also have the option of taking credit. Credits must be used in 12 months from the date given.
- At times programs may be canceled due to meetings, holidays, low attendance, special events, etc. Please watch for notices.



## LSCO FITNESS CENTRE

# Open Saturdays

## 9:00 AM - 12 PM

Starting November 16

## 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.**

## 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, Nov 12 - Dec 17  
Time: 9:00 am - 10:15 am  
Fee: \$56 LSCO M; \$66 NM  
Drop In Fee: \$10 LSCO M; \$12 NM  
Register by: Thursday, November 21  
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

## Creative Arts

### HERITAGE BLANKETS

Join Marcelle in the Computer Lab for a fun, creative way to transform your photos into a beautiful keepsake. These 50 x 60 inch blankets would make an excellent gift or a beautiful addition to your own home. Simply select a template and insert your images to create a personalized blanket. Marcelle will assist you with scanning any physical photos you may have as well as transferring photos from other devices.

#### Session 2:

When: Monday, October 28  
Time: 10:00 am - 12:00 pm  
Fee: \$95 LSCO M; \$115 NM  
Register by: Thursday, October 24  
Instructor: Marcelle Velve  
Location: Computer Lab

#### Session 3:

When: Monday, November 4  
Time: 10:00 am - 12:00 pm  
Fee: \$95 LSCO M; \$115 NM  
Register by: Thursday, October 31  
Instructor: Marcelle Velve  
Location: Computer Lab

### POETRY PROMPTS & READING

Anyone with an interest in creating poetry is welcome to this 4-week series. You will experience a variety of writing prompts and exercises each class before taking some time to revise or expand on what you've created. The final week will be an open mic style reading where writers are invited to share their works. Come with a notepad and an open mind!

When: Tuesdays, November 5-26  
Time: 1:00 - 2:30 pm  
Fee: \$25 LSCO M; \$35 NM  
Register by: Friday, November 1  
Instructor: Teri Petz  
Location: Atrium

### BIRCH TREES - WATERCOLOUR LINE AND WASH

Fall is such a gorgeous time when the trees are almost bare with remnants of coloured leaves on a few branches and under your feet. Birch trees are expressively prominent with their black and white bark against the coloured background.

We will use line in ink to draw the trees, bark, and a few leaves and watercolour colours will represent the leaves and blue sky. Ask for a supply list when registering.

When: Tuesdays, November 19, 26  
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



**Book an eye exam online  
or drop by and see us**



**Park Place Mall**  
Lethbridge  
(587) 388-0563

**Specsavers**

### WINTER NIGHTS - ACRYLIC PAINTING \*GREAT FOR BEGINNERS\*

We are approaching the cooler winter nights and there's nothing more beautiful than a sky full of northern lights and a bright moon. In this class you'll be working in what might feel like a backward direction where we paint the dark first and then add the light. This class is good for any level - as long as you can put paint on a brush and mix a few colours you'll be good to go. Ask for a supply list when registering.

When: Thursdays, December 5, 12  
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.

#### Session 1:

When: Tuesday, November 12  
Time: 1:00 - 3:00 pm  
Fee: \$55 LSCO M; \$65 NM  
Register by: Thursday, September 19  
Instructor: Donna Bilyk  
Location: Arts & Crafts Room

#### Session 2:

When: Tuesday, December 10  
Time: 1:00 - 3:00 pm  
Fee: \$55 LSCO M; \$65 NM  
Register by: Thursday, September 19  
Instructor: Donna Bilyk  
Location: Arts & Crafts 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

### 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

### 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, Nov 5 - Dec 17  
Time: 2:00-4:30 pm  
Fee: \$150 LSCO M; \$200 NM  
Register by: Friday, November 1  
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. *Prior to the start of the class, participants will email their proposed project to the instructor (email address provided upon registration) to finalize details and confirm necessary equipment and skills.*

When: Thursdays, Nov 7 - Dec 19  
Time: 2:00-4:30 pm  
Fee: \$150 LSCO M; \$200 NM  
Register by: Monday, November 4  
Instructor: Doug Warren

## POETRY Prompts & Reading



Anyone with an interest in creating poetry is welcome to this 4-week series. You will experience a variety of writing prompts and exercises each class before taking some time to revise or expand on what you've created.

**When:** Tuesdays, November 5-26  
**Time:** 1:00 - 2:30 pm  
**Fee:** \$25 LSCO M; \$35 NM  
**Register by:** Friday, November 1  
**Instructor:** Teri Petz  
**Location:** Atrium

*Showcase on November 26*

## 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, Nov 5 - Dec 17  
 Time: 11:15 am – 12:15 pm  
 Fee: \$56 LSCO M; \$63 NM  
 Drop-In Fee: \$9 LSCO M; \$10 NM  
 Register By: Friday, November 1  
 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, Nov 6 - Dec 18  
 Time: 12:45 pm - 1:45 pm  
 Fee: \$35 LSCO M; \$49 NM  
 Drop In Fee: \$6 LSCO M; \$8 NM  
 Register by: Friday, November 1  
 Instructor: Gloria-Rose Purveen  
 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, Nov 6 - Dec 18  
 Time: 11:30 am – 12:30 pm  
 Fee: \$35 LSCO M; \$49 NM  
 Drop In Fee: \$6 LSCO M; \$8 NM  
 Register by: Friday, November 1  
 Instructor: Gloria-Rose Purveen  
 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, Nov 7 - Dec 19  
 Time: 5:15 – 6:15 pm  
 Fee: \$100 LSCO M; \$140 NM  
 Drop In Fee: \$15 LSCO M; \$20 NM  
 Register by: Monday, November 4  
 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, Nov 7 - Dec 19  
 Time: 4:00 – 5:00 pm  
 Fee: \$100 LSCO M; \$140 NM  
 Drop In Fee: \$15 LSCO M; \$20 NM  
 Register by: Monday, November 4  
 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!

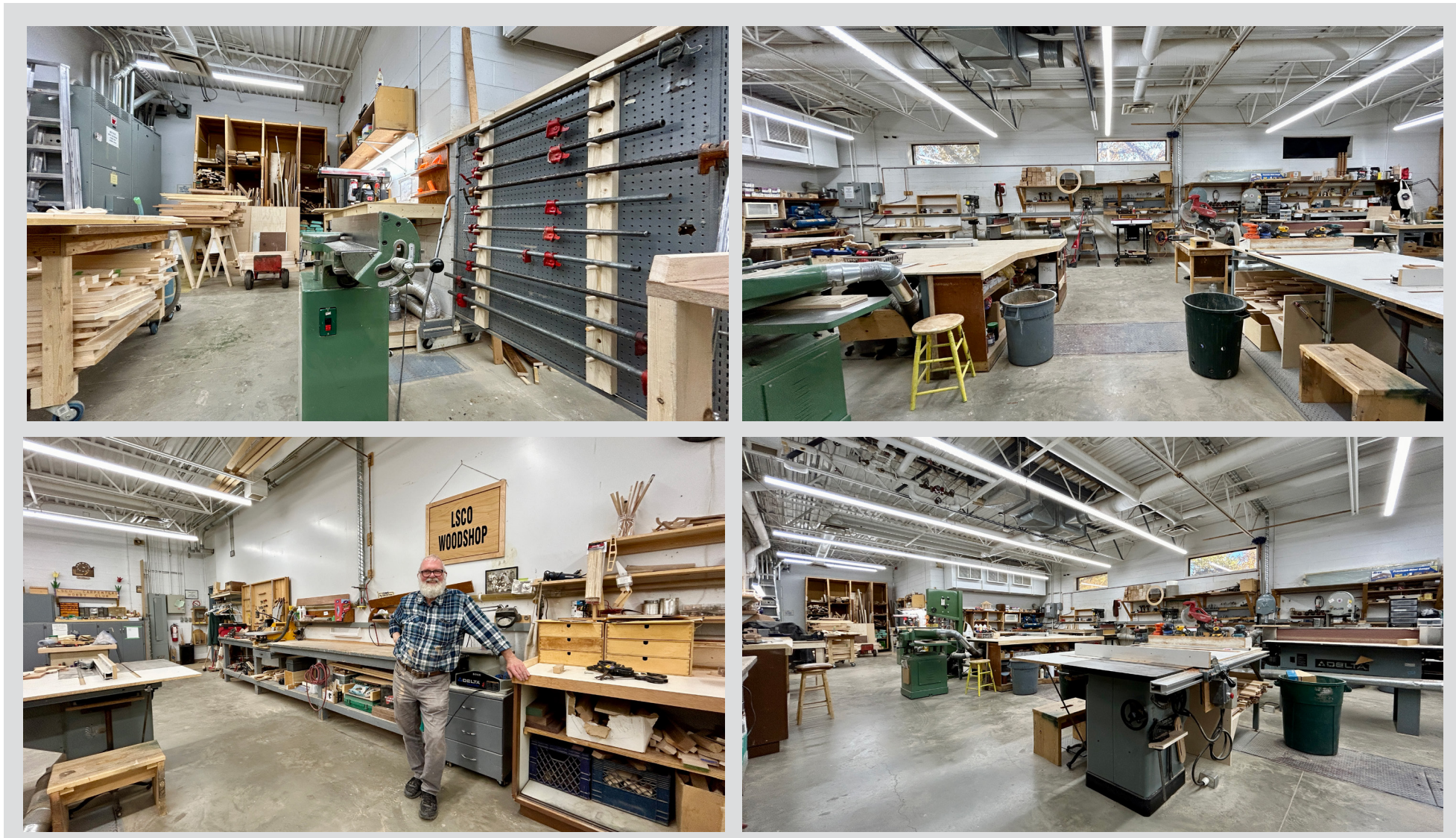
When: Mondays, Nov 4 - Dec 16  
 (No class November 11)  
 Time: 11:00 am - 11:45 am  
 Fee: \$48 LSCO M; \$54 NM  
 Drop In Fee: \$9 LSCO M; \$10 NM  
 Register By: Thursday, October 31  
 Instructor: Shelia Mulgrew  
 Location: Room A/B

### 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, Nov.6-Dec.18  
 Time: 9:00 am - 9:50 am  
 Fee: \$42 LSCO M; \$54 NM  
 Drop In Fee: \$8 LSCO M; \$10 NM  
 Register By: Monday, November 4  
 Instructor: Gabrielle Dumont  
 Location: Gym 2

**“Going to the doctor for pain in your feet only to realize you’ve been wearing a pair of shoes that still has paper stuffed in the toes” - From 365 Senior Moments You’d Rather Forget**



## 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

## Woodworking News

Greetings and welcome to the LSCO Woodshop. My name is Doug Warren and I would like to invite you to join our growing woodworking community. We are now offering both Beginners and Intermediate classes. You can learn the basics or sign up for more advanced training. Both classes are designed and taught by myself, a professional woodworker with over 50 years experience.

If you enjoy working with your hands and would like to advance your woodworking skills in a safe and supportive environment, then these classes are right for you.

More information on these classes can be found on page 11.



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

When: Wednesdays September 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

The LSCO woodshop is open to men and women. All new members are required to attend a shop orientation and evaluation lasting approximately one hour to ensure all members are acquainted with safe operation of the machinery available in the space. We offer a beginners course for those with little to no prior experience and an intermediate course for those interested in more advanced skills. If you would like to learn woodworking in a safe and supportive environment, register at the front desk today!

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 - 4:00 pm  
Fee: \$44/year & LSCO Membership  
Location: LSCO Woodshop

## 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, Nov.4-Dec.16  
(No class Nov.11)  
Time: 10:10 – 11:00 am  
Fee: \$42 LSCO M; \$54 NM  
Drop In Fee: \$8 LSCO M; \$10 NM  
Register By: Thursday, Oct.31  
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, Nov 7 - Dec 19  
Time: 9:30 - 10:15 am  
Fee: \$35 LSCO M; \$49 NM  
Drop In Fee: \$6 LSCO M; \$8 NM  
Register By: Tuesday, November 5  
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, Nov 6-Dec 18  
Time: 9:10 - 10:00 am  
Fee: \$49 LSCO M; \$63 NM  
Drop In Fee: \$8 LSCO M; \$10 NM  
Register By: Friday, Nov.1  
Instructor: Tracy Simons  
Location: All Purpose Room

### CYCLE FOR ALL LEVELS

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.

#### Fridays

When: Fridays, Nov 8-Dec 6  
Time: 8:00 – 8:45 am  
Fee: \$35 LSCO M; \$ 45 NM  
Drop In Fee: \$8 LSCO M; \$10 NM  
Register By: Tuesday, November 5  
Instructor: Tracy Simons  
Location: Gym 2

### ESSETRICS

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, Nov 5 - Dec 17  
Time: 11:30 pm - 12:15 pm  
Fee: \$63 LSCO M; \$77 NM  
Drop In Fee: \$10 LSCO M; \$12 NM  
Register By: Friday, November 1  
Instructor: Lindsay Anderson  
Location: Gym 2

### FITBALL FOR BALANCE & STRENGTH

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

#### Tuesdays

When: Tuesdays, Nov.5-Dec. 17  
Time: 9:00 – 9:50 am  
Fee: \$49 LSCO M; \$63 NM  
Drop In Fee: \$8 LSCO M; \$10 NM  
Register By: Thursday, October 31  
Instructor: Gabrielle Dumont  
Location: Gym 1

#### Thursdays

When: Thursdays, Nov.7- Dec.19  
Time: 9:00 – 9:50 am  
Fee: \$49 LSCO M; \$63 NM  
Drop In Fee: \$8 LSCO M; \$10 NM  
Register By: Monday, November 4  
Instructor: Gabrielle Dumont  
Location: Gym 1

### 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, Nov 4 - Dec 16  
(No class November 11)  
Time: 11:30 am - 12:15 pm  
Fee: \$30 LSCO M; \$42 NM  
Drop In Fee: \$6 LSCO M; \$8 NM  
Register by: Friday, November 1  
Instructor: Andrea Clarke  
Location: Stage Area

### 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, Nov 4 - Dec 23  
(No class November 11)  
Time: 10:15 – 11:00 am  
Fee: \$49 LSCO M; \$63 NM  
Drop In Fee: \$8 LSCO M; \$10 NM  
Register By: Thursday, December 31  
Instructor: June Dow

Location: Gym 1

#### Wednesdays

When: Wednesdays, Nov 6 - Dec 18  
Time: 10:15 – 11:00 am  
Fee: \$49 LSCO M; \$63NM  
Drop In Fee: \$8 LSCO M; \$10 NM  
Register by: Friday, November 1  
Instructor: Donna Tiefenbach  
Location: Gym 1

#### Fridays

When: Fridays, Nov 8 - Dec 20  
Time: 10:15 – 11:00 am  
Fee: \$49 LSCO M; \$63 NM  
Drop In Fee: \$8 LSCO M; \$10 NM  
Register by: Tuesday, November 5  
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, Nov 5 - Dec 17  
Time: 8:45 am - 9:45 am  
Fee: \$49 LSCO M; \$63 NM  
Drop In Fee: \$8 LSCO M; \$10 NM  
Register by: Thursday, October 31  
Instructor: June Dow  
Location: Room A/B

### STRENGTH CIRCUIT

This strength class is designed for individuals who would like to learn how to use the resistance training machines in the Fitness Centre or have been away from exercising for a while. It is designed to develop muscular endurance, strength, balance agility and give you the tools to use the Fitness Centre to its full potential. 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, Nov 7 - Dec 19  
Time: 10:15 – 11:15 am  
Fee: \$49 LSCO M; \$63 NM  
Drop In Fee: \$8 LSCO M; \$10 NM  
Register by: Monday, November 4  
Instructor: Jamie Hillier  
Location: Fitness Centre

### STRENGTH & MOBILITY

A group strength training class designed for the Active Older Adult (55 years +). It does not matter if you are new to exercising with weights, resistance bands, etc. or are more experienced. Options are always given. Wear comfortable exercise cloths and indoor footwear. Space is limited. Instructor: Andrea Clarke \*Not included in Ultimate Fitness Membership.

When: Tuesdays & Thursdays,  
Nov 5 - Dec 19  
Time: 1:30 pm – 2:30 pm  
Fee: \$70 LSCO M; \$ 100 NM  
Drop In Fee: \$8 LSCO M; \$10 NM  
Register By: Thursday, October 31  
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 a mat and water bottle. **Intermediate to Advanced Fitness Levels. Class held in Gym 1.**

**Mondays**

When: Mondays, Nov 4-Dec 16  
(No class November 11)  
Time: 9:00 – 9:55 am  
Fee: \$42 LSCO M; \$54 NM  
Drop In Fee: \$8 LSCO M; \$10 NM  
Register By: Thursday, October 31  
Instructor: Jamie Hillier  
Location: Gym 1

**Fridays**

When: Fridays, Nov 8-Dec 20  
Time: 9:00 – 9:55 am  
Fee: \$49 LSCO M; \$63 NM  
Drop In Fee: \$8 LSCO M; \$10 NM  
Register By: Tuesday, November 5  
Instructor: Tracy Simons  
Location: Gym 1

## 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 info.

**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, Nov. 4-Dec.16  
(No class Nov.11)  
Time: 8:00 – 8:50 am  
Fee: \$42 LSCO M; \$54 NM  
Drop In Fee: \$8 LSCO M; \$10 NM  
Register By: Thursday, Oct.31  
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, Nov 6 - Dec 18  
Time: 8:00 – 8:50 am  
Fee: \$49 LSCO M; \$63 NM  
Drop In Fee: \$8 LSCO M; \$10 NM  
Register By: Friday, November 1  
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, Nov 4 - Dec 23  
(No class November 11)  
Time: 10:15 - 11:10 am  
Fee: \$49 LSCO M; \$63 NM  
Drop In Fee: \$8 LSCO M; \$10 NM  
Register By: Thursday, October 31  
Instructor: Andrea Clarke  
Location: Gym 2

**Tuesdays: Session 2**

When: Tuesdays, Nov 5 - Dec 17  
Time: 8:30- 9:20 am  
Fee: \$49 LSCO M; \$63 NM  
Drop In Fee: \$8 LSCO M; \$10 NM  
Register By: Friday, November 1  
Instructor: Jamie Hillier  
Location: Gym 2

**Tuesdays: Session 3**

When: Tuesdays, Nov 5 - Dec 17  
Time: 9:30 - 10:20 am  
Fee: \$49 LSCO M; \$63 NM  
Drop In Fee: \$8 LSCO M; \$10 NM  
Register By: Friday, November 1  
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, Nov 6 - Dec 18  
Time: 9:00 - 9:55 am  
Fee: \$49 LSCO M; \$63 NM  
Drop In Fee: \$8 LSCO M; \$10 NM  
Register By: Friday, November 1  
Instructor: Jamie Hillier  
Location: Gym 1

**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, Nov 6 - Dec 18  
Time: 10:15 am - 11:00 am  
Fee: \$56 LSCO M; \$70 NM  
Drop In Fee: \$9 LSCO M; \$11 NM  
Register By: Friday, November 1  
Instructor: Sheila Mulgrew  
Location: All Purpose Room

**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, Nov 4 - Dec 23  
(No class November 11)  
Time: 11:15 am – 12:30 pm  
Fee: \$49 LSCO M; \$63NM  
Drop In Fee: \$8 LSCO M; \$10 NM  
Register by: Thursday September 12  
Instructor: June Dow  
Location: All Purpose Room

**Thursdays**

When: Thursdays, Nov 7 - Dec 19  
Time: 10:15 – 11:30 am  
Fee: \$49 LSCO M; \$63NM  
Instructor: June Dow  
Register by: Monday, November 4  
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, Nov.4-Dec.16  
(No class Nov.11)  
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**

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: ½ on TRX, ½ on Bike and switch. Not available for online registration.

When: Thursdays, Nov 7 - Dec 19  
Time: 9:00 - 9:55 am  
Fee: \$56 LSCO Members Only  
Register by: Monday, November 4  
Instructor: Jamie Hillier  
Location: Gym 2

## 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, Nov 6 - Dec 18  
 Time: 10:00 - 10:45 am  
 Fee: \$35 LSCO M; \$49 NM  
 Drop In Fee: \$6 LSCO M; \$8 NM  
 Register By: Friday, November 1  
 Instructor: Corrine Myers  
 Location: Stage Area

### FRIDAY YOGA

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. A variety of props will be used including the chair. Come with an open mind. Wear comfortable clothes you can move in, yoga mat and water. Please do not attend if you are unwell.

When: Fridays, Nov 8 - Dec 20  
 Time: 9:00 am - 10:05 am  
 Fee: \$77 LSCO M; \$99 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, Nov 5 - Dec 24  
 Time: 10:00 - 11:00 am  
 Fee: \$56 LSCO M; \$72 NM  
 Drop In Fee: \$8 LSCO M; \$10 NM  
 Register By: Friday, November 1  
 Instructor: Donna Tiefenbach  
 Location: All Purpose Room

#### Thursdays

When: Thursdays, Nov 7 - Dec 19  
 Time: 10:00 - 11:00 am  
 Fee: \$56 LSCO M; \$72 NM  
 Drop In Fee: \$8 LSCO M; \$10 NM  
 Register By: Monday, November 4  
 Instructor: Donna Tiefenbach  
 Location: All Purpose Room

### SATURDAY FLOW YOGA **\*NEW\***

Energize the start of your weekend with this moderately paced flow class. Guided by breath, our practice will explore asanas to build stability, mobility and balance, and calm and centre the mind. Bring your mat, water bottle, and dress in layers, as the room temperature can vary.

When: Saturdays, Nov 16 - Dec 21  
 Time: 10:00 am - 11:15 am  
 Fee: \$36 LSCO M; \$48 NM  
 Drop In Fee: \$7 LSCO M; \$9 NM  
 Register by: Wednesday, November 13  
 Instructor: Rumi Graham  
 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, Nov 5 - Dec 17  
 Time: 5:00 - 6:00 pm  
 Fee: \$63 LSCO M; \$84 NM  
 Drop-In Fee: \$10 LSCO M; \$15 NM  
 Register By: Friday, November 1  
 Instructor: Donna Tiefenbach  
 Location: Room A/B

### YIN YOGA

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. Do not attend if you are unwell.

When: Wednesdays, Nov 13 - Dec 18  
 Time: 10:15 - 11:30 am  
 Fee: \$54 LSCO M; \$84 NM  
 Drop In Fee: \$10 LSCO M; \$15 NM  
 Register By: Friday, November 8  
 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, Nov 4 - Dec 23  
 (No class November 11)  
 Time: 1:00 - 2:00pm  
 Fee: \$42 LSCO M; \$56 NM  
 Drop In Fee: \$7 LSCO M; \$9 NM  
 Register by: Thursday, October 31  
 Instructor: Corrine Myers  
 Location: Room A/B

#### Fridays

When: Fridays, Nov 8 - Dec 20  
 Time: 10:15 am - 11:15 am  
 Fee: \$42 LSCO M; \$56 NM  
 Drop In Fee: \$7 LSCO M; \$9 NM  
 Register by: Tuesday, November 5  
 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, November 7 - 28  
 Time: 10:00 am - 11:00 am  
 Fee: \$20 LSCO M; \$25 NM  
 Drop In Fee: \$6 LSCO M; \$8 NM  
 Register By: Monday, November 4  
 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.**

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



## 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**

**Open Saturdays 9 am - 12 pm  
 starting November 16**





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# We Will Remember Them.



**RACHAEL THOMAS**  
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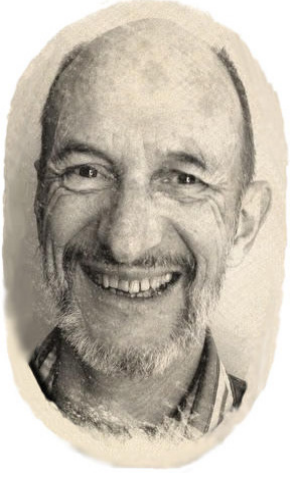


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## Computer Corner By Sjoerd Schaafsma

### Transferring Files between Devices - Part 2



I regularly look back at the previous month's issue of the corner, both in my files and the final published copy. Sometimes I catch glitches, or remember things I meant to include, but mostly it's to avoid repeating myself (too much) and know where I was headed with my ideas.

This time what struck me was that the corner had grown to take up an entire page. Some things are worth repeating, and so, I'm including the earliest copy of the Computer Corner that I have in my files, January 2013. (image on the next page) The computer club website address has changed, but GCFLearnFree.org is still around as a valuable learning resource. If you have an earlier edition, I'd love to see it. Enough musing, on to the nitty gritty of transferring files.

Your preferred method of transferring files will depend on your hardware, device, operating system, and what's most convenient. This month we'll focus on transferring images from an Android device to a Windows PC.

#### Direct file transfers via cable

When connected to a PC, the details of the mobile device's contents that are displayed in File Explorer depend on the operating system (OS) of your device.

Both **Android** and **Apple** devices show up in File Explorer as a drive when connected via a data transfer cable to a USB port on the PC. When the device is first plugged in you may see a message, "Tap to choose what happens when this device is connected to your computer".

My choice is always to view in File Explorer, doing this gives me more control over where I want to move my photos. To see the name of your device in file Explorer on Windows 10 click on **This PC**.

The device name will be displayed either somewhere below **This PC**, and/or in the right pane, it depends on whether you single or double clicked or tapped the right arrow beside the device name. My examples are: GalaxyTabA8, GT-N8010, P00C and Apple iPad. The names will vary. Depending on the OS, you may see a message on your device asking for permission to use the connection as a USB transfer cable. Folder names may change depending on the manufacturer of your device.

#### Android

On the right window pane the drive name Tablet shows up. Double clicking on Tablet shows a list of folders, **DCIM** is the name of the folder containing images. The Camera folder shows photos taken with the device camera; the Screenshots folder shows screen shots.

If your device has a separate microSD card, there should be two drives listed, Card, and Tablet. **Card** lists the contents of the SD card. In this case, the photos might be in the DCIM Camera folder under Card rather than tablet.

When first inserting a micro SD card in your device you may be asked where you would like your photos saved. If you weren't the one to set up your device, you can't be sure where they are. I did it so long ago that I'd forgotten that I'd picked the microSD as the storage place.

#### Advantages of using the SD card for storage:

- leaves more space for your other apps
- able to read the photos directly from another device or by using a card reader.

#### Disadvantages:

- It may be hard to remove the card if the slot is covered by a case
- it may be in the same slot as the SIM card, both of which are small and call for careful handling. - a card reader is required

NOTE: I acquired the oldest tablet with no cables or charger. I bought 2 cables for it, one of which was for charging only, be sure to get cable with file transfer capabilities. It might be referred to as an OTG cable (On The Go).

Photos on Android devices are named in year/month/date/hour/minute/second order e.g. 20241015\_171317.jpg

#### Definitions

1. **DCIM** stands for Digital Camera Images
2. **MicroSD** - a type of memory card about the size of a pinky finger nail.
3. **SIM card** - the card that stores your phone number
4. **AAE** files are a special type of file that the Apple Photos app uses to keep track of changes that you make to your photos.
5. **.JPG, .PNG** - are file extensions used for images. On an apple device, screen shots are saved as .PNG, some photos as .mov

### Monthly Hint - The Home Key

The home key of a keyboard takes you back to a starting point. In a word processor tapping HOME brings you to the start of a line of text. In Windows File Explorer, Gmail, and Browser windows it takes you to the top of the page or message. Regardless of the program you are in Home takes you to a beginning point.

## Computer Club EVENTS

### November 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 2pm. 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.

### November

**Monday November 11** LSCO Closed

**November 1, 4, 6, 8, 15, 18, 20, 22, 25, 29**  
Sharing, help and socializing

**Wednesday November 13**  
Using Zoom for remote meetings and chats

**Wednesday November 27**  
Tentatively a swap meet

**Thursday December 5 - 1:30**

**Frauds and Scams**  
presented by the Economic Crime Unit,  
Lethbridge Police Service.  
Location: Computer Lab

More Details and links are available on the LSCO Computer Club Website

<https://sites.google.com/view/lscocomputerclub>



Email [computerclub@lethseniors.com](mailto: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](http://www.lethseniors.com/lscotimes)

### Internet Links: Starting points for more information.

How do I transfer photos from my Samsung smartphone to my PC?

<https://www.samsung.com/uk/support/mobile-devices/how-do-i-transfer-photos-from-my-smartphone-to-my-pc>

Transferring Photos from Android to PC with or without Wi-Fi

<https://www.wideanglesoftware.com/blog/how-to-transfer-photos-from-android-to-pc.php>

Import photos and videos from an iPhone to PC

<https://support.microsoft.com/en-us/windows/import-photos-and-videos-from-an-iphone-to-pc-2e4e4db4-4c3d-041c-b88f-3ee4358dd95e>

# Computer Club Corner

Free Online Learning at [GCFLearnFree.org](http://GCFLearnFree.org) by John Pinto



Are you new to using computers? Do you wonder what people mean when they say the Cloud, Windows, Blackberry, Lion, etc.? Perhaps you would just like to know more about how computers work?

You may have heard people talking about using an application or an app. But what exactly does that mean? *An application (or app) is a type of software that allows you to perform specific tasks.*

Or, You may have heard people using terms like the cloud, cloud computing, or cloud storage. But what exactly is the cloud? *Basically, the cloud is the Internet.*

Just type [GCFLearnFree.org](http://GCFLearnFree.org) to find the complete answers!

We use GCFLearnFree programs to teach some courses in the Computer Club but anyone can go online to improve not just their computer skills, but also their literacy and math skills.

### ALL THE BEST IN 2013!

Club Members run classes and Workshops. For a complete listing of these offers check our Website and/or the Computer Bulletin Board in the downstairs foyer.  
<http://members.shawca.ca/lscocc/index.htm>

Computer Corner from 2013. Referenced left.

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**“Setting a pot of coffee to brew but forgetting to add the water” - From 365 Senior Moments You’d Rather Forget**

**John Hewitt Trio, November 2nd.**

**Folk Club in November**  
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# Family Violence Prevention Month

November is Family Violence Prevention Month, a time to highlight the importance of raising awareness about this important issue. Family violence affects individuals of all ages, backgrounds, and circumstances, manifesting in various forms, including physical, emotional, sexual, and financial abuse.

Many people may not recognize the signs of family violence, which makes awareness vital. Understanding harmful behaviors helps individuals realize that they deserve safe and healthy relationships.

Family violence can have serious consequences for individuals and families. Abusers often isolate their victims from friends and family, leading to feelings of loneliness and helplessness. This violence takes a toll on both physical and mental health, leaving individuals vulnerable to further abuse. Feelings of helplessness can make it much harder for victims to seek help, especially if they can't see a way out. So, what can you do to help? You can light a path for those in need.

Open conversations about family violence create a supportive environment where individuals feel safe discussing their experiences and seeking help.



## LEARN Case Manager

Marissa Hardy

learn@lethseniors.com  
403-394-0306

Take the time to learn about the signs of abuse and share this knowledge within your community. Understanding the issue is the first step toward combating it.

You have the power to engage in these important discussions and foster an environment where people feel comfortable speaking out. Encourage friends and family to support those who may be experiencing family violence in silence.

Family violence has no place in our relationships. If you or someone you know is experiencing family violence, there are resources available in our community, such as the YWCA and the Chinook Sexual Assault Centre. As always, if you are an older adult experiencing family violence please know that support is available. You can contact LEARN by phone: 403-394-0306 or by email: learn@lethseniors.com



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