

JOIN US FOR A

# HALLOWEEN BASH

**\$7 APPETIZERS | \$5 BEER & WINE | 50/50**  
**HALLOWEEN COSTUME PRIZES, TRICK OR TREATING**

1:00 - 4:00 THURSDAY | **31 OCT.** | 500 11TH ST. S. LSCO

**FREE TO ATTEND!**  
OPEN TO ALL MEMBERS & GUESTS

**LSCO** LETHBRIDGE Senior Citizens ORGANIZATION **VOLUNTEERS NEEDED**

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1st Annual

# Twilight Soirée

**WINTER FUNDRAISER**  
*benefitting Meals on Wheels and supports for seniors*

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

**NOVEMBER**  
**SATURDAY 30 AT 5:30 PM**

LSCO, 500 11th St. S, Lethbridge

**LSCO** LETHBRIDGE Senior Citizens ORGANIZATION **MOSAIC MUSIC YQL**

Tickets Available Early October  
www.lethseniors.com/events



**Executive Director**

**Rob Miyashiro**

[rmiyashiro@lethseniors.com](mailto:rmiyashiro@lethseniors.com)  
403-320-2222 ext. 402

**October 1st is recognized internationally by the United Nations as International Day of Older Persons and in Canada as National Seniors Day** (Alberta celebrates Seniors Week in June).

On 14 December 1990, the United Nations General Assembly designated October 1 as the International Day of Older Persons. In 1991, the General Assembly adopted the United Nations Principles for Older Persons and in 2002, the Second World Assembly on Ageing adopted the Madrid International

# International Day of the Older Person & National Seniors Day

Plan of Action on Ageing, to respond to the opportunities and challenges of population ageing in the 21st century and to promote the development of a society for all ages.

The number of older people (defined as those aged 65 years or older) tripled from around 260 million in 1980 to 761 million in 2021. Between 2021 and 2050, the global share of the older population is projected to increase from less than 10% to around 17%. Rapid growth in the number of people reaching older ages underscores the significance of promoting health, preventing, and treating illnesses throughout the entire course of life.

In Canada National Seniors Day is an occasion for all Canadians to join in celebrating older adults across Canada—whether a parent, a co-worker, a neighbour or a friend.

Although we don't have a special event planned for October 1st at LSCO, we take pride that we work we do supports, engages and celebrates seniors...everyday!

Rob Miyashiro

**"I TAKE the TIME to HELP YOU get TOP DOLLAR for your home!"**

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**\$50 LSCO M; \$65 NM**

**BEGINNER PICKLEBALL LESSONS**

If you are interested in learning the game of pickleball, register for this course. Participants will learn the fundamentals of the game as well as rules, scoring, equipment and great tips to help you feel comfortable on the court.

**1:15 - 2:45 | FRIDAYS, OCT 18 - NOV 14**

*More info on page 14*

**roost2roost LIMITED**

**Downsizing Dilemma? Need to move on?**

We can help....

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

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

**Cell: 403-330-8389**

## 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!**

Stay informed.

## Update Your Contact Info

- Address
- Phone Number
- Email
- Emergency Contact

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

**LSCO** LETHBRIDGE Senior Citizens ORGANIZATION



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  
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- Accounting Technician – Jackie Black Water  
 finance@lethseniors.com .....ext. 103
- Receptionist & Administrative Support - Kari Martin  
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 csherwood@lethseniors.com .....ext. 206
- Seniors System Navigator Housing – Tyler Andersen  
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- Seniors System Navigator (SSN) – Dana Snow  
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- Seniors System Navigator (SSN) – Dannie Lien  
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- Seniors System Navigator Intake – Katie Harrold  
 intake@lethseniors.com ..... 403-329-1544
- In-Home Supports & Volunteer Program –Bonnie Jensen  
 bjensen@lethseniors.com .....ext. 202
- In-Home Supports Program Assistant – Diane Legault  
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- Volunteer Program Assistant –Carla McNally  
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- 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

- |                        |                    |                 |
|------------------------|--------------------|-----------------|
| John Thorgrimson       | Denis Beaudin      | Karen Svrcek    |
| Jean Thorgrimson       | Penny Beaudin      | Gordon Grimes   |
| Barry Kreick           | Leota Russell      | Dianne Violini  |
| Gwen Kreick            | Gord Parrott       | Rufa Doria      |
| Doreen Olfert          | Remo Brassolotto   | Cathy Johnson   |
| Morris Forchuk         | Dianne Brassolotto | Lynn Jones      |
| Denis Pare'-<br>Watson | Mireille Rochon    | Arlene McTighe  |
| Harold Watson          | Will Rochow        | Bernard McTighe |
| Bonnie Nicholson       | Virginia Rochow    | 6 Anonymous     |

**We're happy to have you!**  
**September 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**



## October 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.

- |        |  |   |
|--------|--|---|
| Oct 3  | Jill Young, YWCA                       | <i>Why is the YWCA Lethbridge &amp; District still needed after 75 Years?</i>           |
| Oct 10 | Chris Galloway,<br>Friends of Medicare | <i>How Will Alberta Healthcare Changes Impact You?</i>                                  |
| Oct 17 | Jim Mitchell                           | <i>What Can a Game Warden Teach Us About Wildlife Conservation?</i>                     |
| Oct 24 | Jason Foster,<br>Parkland Institute    | <i>Method in the Madness: The use of Chaos to Advance the UCP<br/>Agenda in Alberta</i> |
| Oct 31 | TBD                                    | TBD   |

\*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

Happy Fall, Everyone!

As we embrace the vibrant colors of autumn, we at LSCO are entering our busy season! While it may seem a bit early, preparations for our Fall and Christmas programs are already underway.

I'd like to start by inviting anyone interested in giving back to join us in our efforts. In the last issue of the Times, you may have seen letters from our LSCO Board, Executive Director, and Board President outlining our financial situation. I want to express my heartfelt gratitude to all who responded to that call for support. Every dollar counts, and we appreciate every contribution, from \$5 to \$5,000.

I understand that not everyone is in a position to make a financial donation, but there are still many ways to support LSCO if you wish. Our events rely heavily on volunteers and sponsorships from local businesses to help offset costs. If you'd like to assist behind the scenes by connecting with local businesses or acquiring silent auction items, please reach out to me via phone, email, or in person.

If that isn't your area of expertise, we always need help with promotion. Simply sharing a Facebook post, telling your friends, or putting up posters around town can make a huge difference in enhancing our outreach.

With all that in mind, here are some exciting events coming up in the next few months and how you can get involved:

### Halloween Bash

You're never too old to dress up for Halloween! This year's Halloween Bash is free to attend and will feature appetizers, beer/wine, a 50/50 draw, and trick-or-treating. Prizes will be awarded for the best Halloween costumes, and no RSVP is necessary!

**Get involved:** Come celebrate with us, spread the word, volunteer in the kitchen, help with decorating or take down decorations, assist with the 50/50, or donate candy for trick-or-treating.

### Golden Giving Tree

With AgeCare no longer organizing Christmas to Remember, LSCO has decided to take on this cherished project to bring joy to isolated seniors during the holiday season. Trees will be set up at LSCO, Nord-Bridge, London Drugs, and more, featuring gift lists from local seniors in need.

**Get involved:** We are seeking donations to ensure every senior on the list receives a gift, even if their tag was not chosen. Donations of gift bags and tissue paper are also appreciated. Volunteers will be needed for packing and delivery, so keep an eye out for more details in next month's issue of the Times.

### Twilight Soirée

I am thrilled to announce our 1st Annual Twilight Soirée Winter Fundraiser hosted right here at the LSCO! We are partnering with Mosaic Music YQL for a high-class event featuring a multi-course meal, silent auction, cash bar, dance floor, and music provided by talented local music acts: James Oldenburg during dinner and the sensational Hip-podrome who will keep the dance floor lively throughout the evening.

Tickets will be \$100 each, going on sale the first week of October. You will be able to purchase them online at [www.lethseniors.com/events](http://www.lethseniors.com/events) This event promises to be a significant fundraiser for LSCO, and any support is greatly appreciated!

**Get involved:** Attend the event, help spread the word, assist with acquiring silent auction items and putting up posters, or volunteer on the day of the event (we'll need many helping hands).

Thank you for your continued support, and I look forward to celebrating this season with all of you!

## Upcoming Events

**LSCO Tour & Meet and Greet**  
*Wednesday October 2 | 1 PM*

**Halloween Bash**  
*Thursday, October 31 | 1 - 4pm*

**Thanksgiving Lunch**  
*Friday October 11 | 11am - 1 pm*  
*Monday, October 14 | LSCO Closed*

**Twilight Soirée**  
*Saturday, November 30 | 5:30 - 10 pm*

## Single Session Drop in Counselling

Onsite drop-in counselling sessions at no cost to older adults 60+ years of age seeking help when they need it most.

**Please note, sessions are first come first served.**

OCTOBER 1

9:00am - 12:00pm  
LSCO Quiet Room

For more information please contact  
intake@lethseniors.com | 403-329-1544

## LETHBRIDGE DENTURE CLINIC

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Kimberly Ankermann, DD  
Trisha Perverseff, DD

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[www.lethbridgedentureclinic.com](http://www.lethbridgedentureclinic.com)

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# The Volunteer CONNECTION

## Volunteer Opportunities

### Community Connect *Flexible*

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

### 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.

### Holiday Decorating *Flexible*

Do you have a knack for decorating? We are looking for volunteers to help get LSCO in the Holiday Spirit! We have tons of decorations for all holidays just waiting to be showcased to the world, all they need is some willing hands. Presently, we would love some help decorating for fall/thanksgiving.

### Halloween Bash

*Thursday, October 31 | 1 - 4pm*

We are looking for volunteers to help decorate before the bash, assist in the kitchen with running and dishes, and serving alcohol if you have proserve.

### 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**

## Volunteer Spotlight

### Arlene Visser

Meet Arlene. Arlene has been volunteering with LSCO as an admin and special events volunteer for the past 9 months. The staff here at LSCO love seeing her smiling face; she is wonderful asset to our volunteer team!



Arlene is an incredibly dedicated worker. Before her retirement, she held a diverse range of positions, including roles at the Lethbridge Herald, owning her own specialty grocery store, managing a condominium, and serving as a caregiver for 25 years. Originally from the Philippines, Arlene also spent 15 years working as a secretary before making Canada her home. Her varied career reflects her empathy and compassion, strong work ethic and commitment to excellence in every role she undertook.

When she isn't volunteering, Arlene enjoys taking her dog for walks and is an active member of a local walking group. If she

were to win 10 million dollars, her first wish would be to travel, starting with a trip to the Philippines to reconnect with her family. "I want to explore more of the Philippines and visit other places here in Canada," she shared. Arlene also expressed that she misses the delicious food from her home country.

Arlene truly enjoys her volunteering experience at LSCO. Her enthusiasm for typing is evident, and we greatly appreciate her contributions in our administrative role. When asked about her motivation to volunteer, Arlene replied with heartfelt simplicity, "I just want to help; whatever I can do! I don't want to sit around doing nothing." This selfless attitude not only reflects her generous spirit but also inspires those around her. Arlene stated, "When you volunteer, if you put your heart in it you will enjoy yourself. You don't have to be paid to be happy." We couldn't agree more! Thank you Arlene for generously giving LSCO your time and commitment.

**Is there a volunteer that you think deserves a special shout out? Nominate a volunteer for a Monthly Spotlight by chatting or sending an email to Bonnie at [bjensen@lethseniors.com](mailto:bjensen@lethseniors.com)**

THE GOLDEN Giving Tree  
SENIOR'S SECRET SANTA

**DONATIONS NEEDED**  
to ensure every senior on the list receives a gift, even if their tag was not chosen.  
Gift bags and wrapping paper are also appreciated.

**TAGS November 15**  
AVAILABLE FOR ADOPTION

**LSCO** LETHBRIDGE Senior Citizens ORGANIZATION

[www.lethseniors.com/christmas](http://www.lethseniors.com/christmas)

# October LSCO Weekly Schedule

Schedule may change without notice.

	Monday	Tuesday	Wednesday	Thursday	Friday
<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 @ Room A/B	<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>Active 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>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>How to Make an Art Journal</b> 10:00 am-12:00 pm @ Arts & Crafts Room	<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>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>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>Discover Yin Yoga</b> 12:00 pm-1:00 pm @ Room A/B <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>Karaoke</b> 1:00 pm-3:30 pm @ Board Room <b>Essentrics</b> 1:00 pm-1:45 pm @ Room A/B <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>Beginner Woodworking</b> 2:00 pm-4:30 pm @ Woodshop	<b>Knitting, Crochet &amp; More</b> 1:00 pm-4:00 pm @ Dining Room <b>Crib</b> 1:00-3:00 pm @ Card Area <b>Strength &amp; Mobility</b> 1:30 pm-2:30 pm @ Fitness Centre	<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.





**Seniors System Navigator - Housing Specialist**

**Tyler Andersen**

tandersen@lethseniors.com  
ext. 207

# Welcome Tyler!

"Hello everyone, my name is Tyler Andersen, and I am the new Senior Systems Navigator - Housing Specialist here at LSCO! I recently graduated from the University of Calgary with my Bachelor of Social Work, and I'm very excited to have the opportunity to start my career at such a wonderful and welcoming organization. While I was attending university, during the summer I would work as a health care aide at an assisted-living facility which made me realize my passion of working to support seniors. In my free time, I enjoy getting to spend time with my partner, going on a walk and enjoying the beautiful scenery Lethbridge has to offer, taking care of my plants and getting to play video games. If you ever see me around LSCO, don't be a stranger, as I love getting the opportunity to chat with new people and build connections!

**OCTOBER 1**

# NATIONAL SENIORS DAY

**Your Voice Matters. Your Actions Count.**

Discover the inspiring stories of **Senior Changemakers** displayed throughout the LSCO, featured on our blog, and in this issue of the LSCO Times

## OCTOBER SUPPORT SERVICES

**WELLBEING SERVICES**

*\*appointment /registration required*

**403-329-1544**

**intake@lethseniors.com**

<b>October 1</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>October 1</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>October 1</b>	<b>Single Session Counselling*</b> 9:00am - 12:00pm   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>October 2</b> 2nd 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>October 10</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>October 10</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 Time Horton's gift card for participation in study. Contact SCSP intake to register 403-329-1544.
<b>October 15 &amp; October 16</b>	<b>Flu Shot Clinic</b> 9:00 am - 11:30 am   Card Area	FREE flu shot clinic hosted by Save on Foods. Please wear a short sleeve shirt and bring your Alberta Health Care card.
<b>October 24</b> 4th Thursday	<b>Eyeglasses Adjustments</b> 1:00 pm - 2:00 pm   Card Area	FREE eyeglasses adjustments provided by Specsavers.
<b>October 29 &amp; October 30</b>	<b>Flu Shot Clinic</b> 10:00 am - 3:00 pm   Card Area	FREE flu shot clinic hosted by Medicine Shoppe. Please wear a short sleeve shirt and bring your Alberta Health Care card.
<b>CANCELLED</b>	<b>Free Lawyer Consultations*</b> 1:00 pm - 4:00 pm   Quiet Room	PLEASE NOTE: Lawyer consultations will be Cancelled for October.

**SUPPORT GROUPS**

**October 5 - 26** AA Eye Opener  
Saturdays 8:30 - 10:30 am | Room C/D

**October 17** Parkinsons Support Group  
3rd Thursday 2:00-4:00pm | Board Room. Registration for Parkinson's Group is encouraged. Call 1-800-561-1911.



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# Senior Changemakers

In honor of National Seniors Day, we are proud to feature our “Senior Changemakers”—individuals whose actions have made a lasting impact on their communities and beyond. These stories, handpicked by our staff, highlight the wisdom, strength, and perseverance of seniors who have led by example. Some of the articles were written by staff members about people close to them, while others were sourced from inspiring accounts found online. Join us in celebrating these remarkable individuals and the legacies they’ve built.

These are just highlights of each of these senior changemakers. You can read the full write ups on our blog at [www.lethseniors.com/blog](http://www.lethseniors.com/blog) and throughout the LSCO on National Seniors Day on Tuesday, October 1.

## DORIS SELF

Born September 18, 1925, Doris Self is most known for holding the record of “oldest video game champion” by scoring an unbelievable 1,112,300 points in the arcade game Q\*bert at the age of 58 (1984) - Hannah

## GWYN HASLOCK

Gwyn grew up in England and began surfing in the 60s on heavy, wooden Malibu boards . She became the first female surfing champion in 1969 and she hasn’t stopped surfing since. - Stephanie

## ROBIN WILLIAMS

Although Robin is best known for his talent as an actor, through the variety of roles he adapted, he also left us all with some valuable lessons that continue to inspire many. Katie H

## PRISCILLA SITIENEI “GOGO”

Born in 1921 in Kenya, Priscilla returned to primary school at 92 to set a good example for her grandchildren and great grandchildren. She is now in her 6th year of primary school. - Amy L

## IRIS APFEL

Iris was catapulted into fame in 2005 at the age of 84 after a hugely successful showcase at the MET. She was recognised and adored globally within her lifetime is the oldest person to have a Barbie Modeled after her at 98. - Dana S

## YUL KWON

Yul Kwon, an 80-year-old marathon runner, maintains a daily fitness routine and has completed over 30 marathons since his 60s. He now runs to raise money for the Kwon Family Scholarship, giving back to the community that helped him succeed.- Camille

## NOLA OCHS

Nola Ochs, born in Kansas in 1911, earned her associate degree at 77 and later her master’s at 98, showing a lifelong passion for learning. Despite her age, Nola continued to pursue knowledge, even finishing her memoir at 105. - Diane

## KENOJUAK ASHEVAK

Kenojuak (1927) is recognized as one of the most notable pioneers of modern Inuit art. At 72, she was chosen to commemorate the inception of the new territory of Nunavut and was the first Inuit artist to be inducted to Canada’s Walk of Fame - Katie W

## LOUISE ZOBELL

Louise is the founder and Executive Director of the Dominican Starfish Foundation, which is a registered charity here in Canada that focuses on doing humanitarian work in the country of Dominican Republic. The foundation has built 250 homes, a school, a library, and a community centre - Bonnie

## BEA ARTHUR

Bea Arthur used her platform and close connections with the LGBTQ+ community to support causes like the Ali Forney Center, raising \$40,000 and leaving \$300,000 in her will to help homeless LGBTQ+ youth. - Tyle

## JACK, SAM & MARLENE THOMPSON

My Grandpa Jack and Grandma Sam’s commitment to family and inclusion ensured that everyone, family or stranger, had a place to turn. Even after Grandma Sam’s passing, this spirit of support continues through Grandpa Jack, Grandma Marlene, and the entire family - Amy C

## JOE STOCKINGER

At 85, Joe Stockinger broke three world records at the Raw Powerlifting Western Canadian Championships. Stockinger credits his success to consistent training, mental focus, and careful preparation, as he now sets his sights on the World Championship in Virginia Beach.- April

## YUL KWON

Yul Kwon, an 80-year-old marathon runner, maintains a daily fitness routine and has completed over 30 marathons since his 60s. He now runs to raise money for the Kwon Family Scholarship, giving back to the community that helped him succeed.- Camille

## JULIA CHILD

Julia Child, the beloved chef and television personality, began her culinary journey in France and turned her passion into a groundbreaking career, publishing her first cookbook at 50. She later became the first woman inducted into the Culinary Institute of America’s Hall of Fame. - Dannie

## MARJORIE MACHEN

Marjorie Machen-Brouwer, a former model and triathlete, transformed her life after a tragic cycling accident in 2008 that left her with a spinal cord injury. Now an inspiring local advocate for individuals with disabilities, she leads fitness classes, and shares her story, recently hosting an art show to showcase her paintings. - Andrea

## DAVID SUZUKI

David Suzuki, a prominent environmental activist and broadcaster, has dedicated his life to advocating for sustainability and climate awareness through the David Suzuki Foundation. His legacy is a powerful reminder that it’s never too late to make a difference and that age should not be a barrier to activism. - Marissa



Yul Kwon



Bea Arthur



Priscilla Sitienei



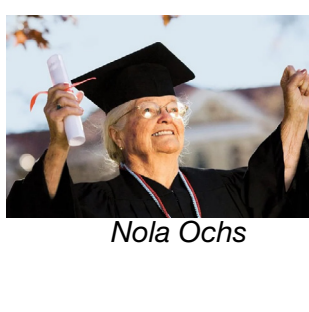
Louise Zobell



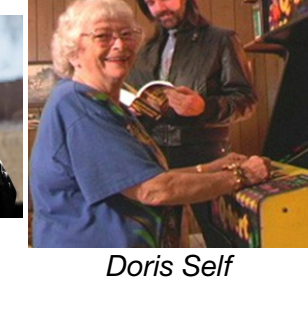
Joe Stockinger



Marjorie Machen



Nola Ochs



Doris Self



Robin Williams



Iris Apfel



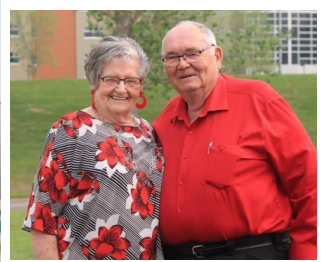
Gwyn Haslock



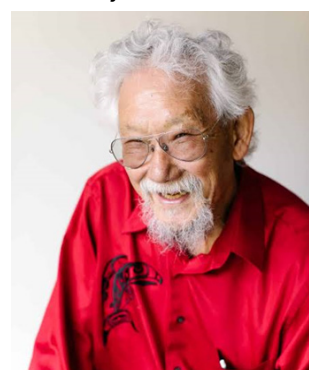
Julia Child



Kenojuak Ashevak



Marlene & Jack



David Suzuki



Sam & Jack Thompson

# Fall 2024 Programs

## NOVEMBER AND DECEMBER CLASSES WILL BE AVAILABLE FOR REGISTRATION AT THE END OF OCTOBER

### 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.

### 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

### 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 1:

When: Monday, October 21  
Time: 10:00 am - 12:00 pm  
Fee: \$95 LSCO M; \$115 NM  
Register by: Thursday, October 17  
Instructor: Marcelle Velve  
Location: Computer Lab

#### 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 AND 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  
Instructor: Teri Petz  
Location: TBA

### 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, October 22  
Time: 1:00 - 3:00 pm  
Fee: \$55 LSCO M; \$65 NM  
Register by: Monday, October 21  
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



## 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**

# 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  
 Drop-In Fee: \$9 LSCO M; \$10 NM  
 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 pm - 1:45 pm  
 Drop In Fee: \$6 LSCO M; \$8 NM  
 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  
 Drop In Fee: \$6 LSCO M; \$8 NM  
 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  
 Drop In Fee: \$15 LSCO M; \$20 NM  
 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  
 Drop In Fee: \$15 LSCO M; \$20 NM  
 Instructor: Lise LeMoine  
 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 - 9:50 am  
 Drop In Fee: \$8 LSCO M; \$10 NM  
 Instructor: Gabrielle Dumont  
 Location: Gym 2



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LETHBRIDGE Senior Citizens ORGANIZATION

Seniors Community Services Partnership SENIORS SYSTEM NAVIGATORS

# Get your FLU SHOT

LSCO Card Area

9:30 am – 11:30 am

October 15 & October 16

LSCO Card Area

10:00 am – 3:00 pm

October 29 & October 30

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

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## Fitness - All 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.

#### 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 14)  
Time: 10:10 – 11:00 am  
Drop In Fee: \$8 LSCO M; \$10 NM  
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  
Drop In Fee: \$6 LSCO M; \$8 NM  
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  
Drop In Fee: \$8 LSCO M; \$10 NM  
Instructor: Tracy Simons  
Location: All Purpose Room

#### 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, Sept. 10 - Oct. 29  
Time: 9:00 – 9:50 am  
Drop In Fee: \$8 LSCO M; \$10 NM  
Instructor: Gabrielle Dumont  
Location: Gym 1

#### Thursdays

When: Thursdays, Sept. 12 - Oct. 31  
Time: 9:00 – 9:50 am  
Drop In Fee: \$8 LSCO M; \$10 NM  
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, Sept. 9 - Oct. 28  
(No class October 14)  
Time: 11:30 am - 12:15 pm  
Drop In Fee: \$6 LSCO M; \$8 NM  
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.**

#### Wednesdays

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

#### Fridays

When: Fridays, Sept. 13 - Nov. 1  
Time: 10:15 – 11:00 am  
Drop In Fee: \$8 LSCO M; \$10 NM  
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  
Drop In Fee: \$8 LSCO M; \$10 NM  
Instructor: June Dow  
Location: Room A/B

#### 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, Sept 9 - Oct 28  
(No class Sept 30, Oct 14)  
Time: 9:00 – 9:55 am  
Drop In Fee: \$8 LSCO M; \$10 NM  
Instructor: Jamie Hillier  
Location: Gym 1

#### Fridays

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

**SENIORS  
FOR  
CLIMATE**



**NATIONAL  
SENIORS DAY  
OCTOBER 1ST 2024**

**LATER IS TOO LATE!**

**SOUTH ALBERTA SENIORS FOR  
CLIMATE ACTION RALLY**

**Lethbridge City Hall Front Grounds  
October 1, 2024, 15:00-17:00**

Join our Lethbridge Rally, one of more than 50 rallies across Canada on October 1

### Lethbridge Seniors for Climate Rally planned for Oct. 1 at City Hall

A group of Lethbridge seniors are planning a rally at Lethbridge City Hall on Tuesday, Oct. 1 from 3-5pm to bring attention to the climate crisis we are experiencing in Southern Alberta and around the world. The rally is part of the national senior initiative seniorsforclimate.org.

October 1 is also National Seniors Day in Canada. Seniors are concerned about the unnatural disasters and climate changes that are happening. They are affecting our air, water, earth and our health. We need action now! "Later is too late" is the slogan for the climate action group.

We invite all Lethbridge citizens to attend to hear presentations about the local climate concerns and how we must take action now. We cannot do everything, but we can do something.

Bring your lawn chairs and come to City Hall on Tuesday, Oct. 1, 3-5pm to begin the conversation.

## Fitness - Intermediate/Advanced Levels

### 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  
 Drop In Fee: \$9 LSCO M; \$11 NM  
 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  
 Drop In Fee: \$8 LSCO M; \$10 NM  
 Instructor: Gabrielle Dumont  
 Location: Gym 2

#### CARDIO TO THE CORE

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

When: Wednesdays, Sept. 18- Oct. 30  
 Time: 8:00 - 8:50 am  
 Drop In Fee: \$8 LSCO M; \$10 NM  
 Instructor: Deb Palmer  
 Location: Gym 2

#### CYCLE COMBO

When you can't get outdoors to ride, come cycle with us! The instructor will lead the class through an energetic, low impact ride on a stationary bike to improve cardiovascular fitness. Participants can ride at a self-selected pace. 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  
 Drop In Fee: \$8 LSCO M; \$10 NM  
 Instructor: Andrea Clarke  
 Location: Gym 2

#### Tuesdays: Session 3

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

#### FITNESS/POWER WALKING

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

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

#### 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  
 Drop In Fee: \$8 LSCO M; \$10 NM  
 Instructor: Gabrielle Dumont  
 Location: Gym 2

**ATTENTION SENIORS**  
 Did you know?  
 The Alberta Government is once again offering benefits on eye glasses!  
 Come down to  
**Southern Optical**  
 for all the details.  
 1011 - 3rd Avenue South  
 (2 blocks north of LSCO)  
**403-327-4145**

## New Workout Buddy Program at the LSCO

**Fitness Coordinator**  
**Andrea Clarke**  
 fitness@lethseniors.com  
 403-320-2222 ext. 303

**Did you know that there is only about a 6% dropout rate when people go to the gym with a workout buddy?**

We are starting a pilot program to help individuals that want to be more active but tend to shy away from attending fitness activities solo find a workout buddy.

If you want to join the fitness center or feel like you aren't using your membership as much as you'd like and could benefit from having a workout buddy for accountability, staying motivated, socialization, or just to make working out more fun **contact Andrea Clarke.**

**How it will work**

1. If you are interested in finding a workout buddy please contact Andrea Clarke at 403-320-2222 or fitness@lethseniors.com
2. Your name and contact information will be added to the buddy system interest list

If there is enough interest Andrea will contact everyone on the interest list with a date and time to do a meet and greet.

## Brain Knowledge Mornings

You are invited to participate in a research study by the Building Brains team and the University of Lethbridge Neuroscience department. We want to learn how to enhance and strengthen the brain!

Please attend the information session:  
**Thursday, Oct. 10th, 10-11AM**

Phone SCSP to register: 403-329-1544

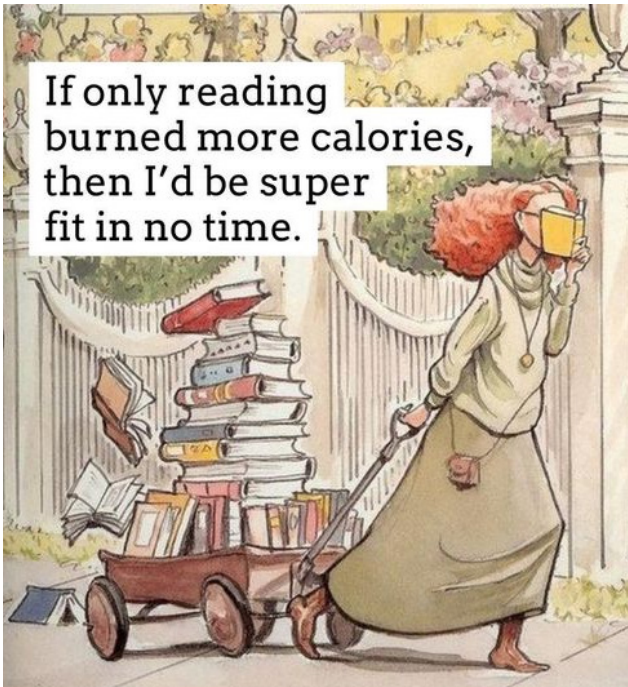
LSCO Board Room, 500 11th St S

Participants age 55+ will receive a \$5 Tim Horton's gift card for attending both Oct.10 and Nov.14.

Free education series to follow starting November 14th.

[www.buildingbrains.ca](http://www.buildingbrains.ca)

## LSCO Library Corner



If only reading burned more calories, then I'd be super fit in no time.

**DID YOU KNOW?**

For every 50 hours volunteer hours, you can receive \$10 off your membership

### BADMINTON FOR BEGINNERS

A coach will be available to assist beginners in learning the foundations of badminton or simply getting back into the game.

**THURSDAYS 10:15 - 12:15**

Members can drop in for the day or join the group for an annual fee

**\$68 ANNUAL FEE MEMBERS**

## 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.**

### PICKLEBALL BEGINNER LESSONS

If you are interested in learning the game of pickleball, register for this course. Participants will learn the fundamentals of the game as well as rules, scoring, equipment and great tips to help you feel comfortable on the court. The first 2 lessons are very important to attend. If you cannot commit to them it is suggested not to register. Bring a water bottle; wear comfortable exercise clothes and clean, indoor court shoes. Please complete an Activity Waiver Form upon registration.

When: Fridays, Oct 18 - Nov 14  
Time: 1:15 - 2:45pm  
Fee: \$50 LSCO M; \$65 NM  
Instructor: Maxine Tedesco  
Location: Gym 2

## 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  
Drop In Fee: \$6 LSCO M; \$8 NM  
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  
Drop In Fee: \$6 LSCO M; \$8 NM  
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  
Drop In Fee: \$6 LSCO M; \$8 NM  
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  
Drop In Fee: \$10 LSCO M; \$12 NM  
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

## FRIDAY MUSIC SCHEDULE

<b>Oct 4</b>	<b>Classic Legends</b>	Rudy Yasenik with his band Classic Legends, performs polka, duets, and classic rock.
<b>Oct 11</b>	<b>TBD</b>	TBD
<b>Oct 18</b>	<b>LSCO Karaoke Group</b>	Classic rock, folk, and country music mostly from the 1950s-1970s.
<b>Oct 25</b>	<b>Reid Seibert</b>	A new volunteer musician, bringing his talent from the Lethbridge Folk Club

*\*schedule is subject to change*

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



## 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**

**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, ammonite fossils. LSCO member. WE PAY FAIR. For inquiries call 403-360-1718.

**See us at the antique show on October 19th and 20th at the Exhibition Grand Stand**

DEMENTIA-FRIENDLY WALKING GROUPS FOR SOCIAL CONNECTIONS HAVE BEEN SHOWN TO IMPROVE HEALTH, MOOD, SLEEP, AND COGNITIVE FUNCTIONING IN OLDER ADULTS.




Starts Monday, Feb 26, 10:15 am  
Every Monday and Friday

# MEMORY TREKKERS

This group will be free for members of the YMCA and will cost \$20 for those who are new to YMCA

WALK THE TRACK, COUNT YOUR LAPS,  
STAY TO SOCIALIZE

To Register:  
Visit Memory Trekkers - YMCA of Lethbridge (lethbridgeymca.ca) Call or text 403-942-5757  
140-74 Mauretania Rd W



## 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  
Drop In Fee: \$6 LSCO M; \$8 NM  
Instructor: Corrine Myers  
Location: Stage Area

### 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  
Drop In Fee: \$8 LSCO M; \$10 NM  
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  
Drop-In Fee: \$10 LSCO M; \$15 NM  
Instructor: Donna Tiefenbach  
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  
Drop In Fee: \$7 LSCO M; \$9 NM  
Instructor: Corrine Myers  
Location: Room A/B

#### Fridays

When: Fridays, Sept 13 - Oct 31  
Time: 10:15 am - 11:15 am  
Drop In Fee: \$7 LSCO M; \$9 NM  
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  
Drop In Fee: \$6 LSCO M; \$8 NM  
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  
Drop In Fee: \$10 LSCO M; \$15 NM  
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

# NEW WORKOUT BUDDY

## Program at the LSCO



If you want to join the Fitness Center or feel like you aren't using your membership as much as you'd like and could benefit from having a workout buddy contact Andrea

ANDREA

403-320-2222 ext. 303  
fitness@lethseniors.com

More information on page 13



LETHBRIDGE Senior Citizens ORGANIZATION  
Community Centre

## 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

## Woodworking News

The Empress of Russia (1912) case was designed and constructed intermittently between 2012 and 2016 in the LSCO Workshop. It measures 112" (L) x 18" (W) x 72" (H). Similar in design, materials, and construction to the 'builders models' prepared for the shipyards where the vessels were built, they were then passed on to the owners, in this case Canadian Pacific Steamship lines.

Regards, Steve.

*If your LSCO Group or Class has something you would like included in the paper, please email Stephanie at [programs@lethseniors.com](mailto:programs@lethseniors.com)*





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# HAPPY

## Thanksgiving





**RACHAEL THOMAS**  
MEMBER OF PARLIAMENT


 @RachaelThomasMP  
[RachaelThomas.ca](http://RachaelThomas.ca) | [Rachael.Thomas@parl.gc.ca](mailto:Rachael.Thomas@parl.gc.ca) | 403-320-0070




## SINGLE FLOOR HOMES IN COALDALE

With our custom design service, we assist in designing homes in Southern Alberta where you can **comfortably age in place and enjoy all the modern amenities.**

### FEATURES

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- ✓ Wide-open rancher features
- ✓ Optional attached garage
- ✓ Accessible
- ✓ Fully customizable to accommodate any needs

**CONTACT KEN**



**587-257-2224**  
[southern.service15@gmail.com](mailto:southern.service15@gmail.com)  
[www.southernservice.ca](http://www.southernservice.ca)



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






**Scan for Tickets**

**The Lethbridge Folk Club Presents**  
**The Eisenhauers in concert with Tanner James,**  
 Saturday October 5th, 6:30 Door, 7:30 Concert  
 at the Army Navy Air Force Club,  
 517 5 Ave S Lethbridge. Scan QR Code for info



**Tanner James opening**

# Computer Corner

By Sjoerd Schaafsma



## Transferring Files between Devices - Part 1

One of the most common requests we get at the computer club is, "How do I get pictures from my phone to my computer?" This is part of the bigger picture of file handling and computer basics, which is why we've been starting our sessions for the past few years with back to basics. I thought this would be a one part article when I started but. There's so much to cover and only so much space.

Please keep in mind that the details, specifics, and functioning of procedures/apps may change randomly, depending on software updates, or sometimes stop working altogether. A recent example, an app called Book Crawler which a friend and I use to track books we've read on our iPads, stopped accepting new books, and no longer showed up on the Apple app store. We're looking for a replacement.

### Some helpful terms:

**Files:** may be books, pictures, videos, documents, spreadsheets, text files, birthday cards, posters etc.

**Cables:** vary by the type of device and how old it is. They are often proprietary and only work on one brand or type of device.

- **USB C,** the latest version of USB, hopefully generic, both ends may be the same, or one end maybe USB C the other a standard USB. The USB C end can be plugged in either way.
- **OntheGo:** One end a micro connector, the other standard USB, most commonly used with Android devices.
- **Lightning:** A proprietary Apple cable, one end is lightning the other standard USB. As with USB C the lightning end can be inserted either way.

**Extensions:** The 3 or 4 letters after the period in a file name that help you know what type of file it is. There are hundreds of extensions. A search for "File extensions the most important file types" lead to the following website. There are many more!

<https://www.ionos.ca/digitalguide/server/know-how/file-extension-overview/>

For the purposes of this article I'm focusing on transfers between your personal devices, not sharing with others via the internet, even though you may have a personal cloud service.

Files may be transferred by various techniques; directly via cable, 'directly' between devices via a wireless app, by USB storage devices, (USB thumb drive, SD card), via a cloud storage service such as OneDrive, Google Drive, iCloud, or by email.

It's not uncommon to have thousands of photos on a mobile phone, tablet, or digital camera. The challenge is to access them in such a way that they are of use to you.

Next month, we'll look at some of the nitty gritty.

# Computer Club EVENTS

October 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.

## October

Monday September 30 LSCO Closed

October 2, 4, 7, 11, 16, 16, 18, 25, 28, 30  
Sharing, help and socializing

### Wednesday October 9

Computer Fraud and Security - Beware, take care!  
Safe Practices online and on the phone - Kevin

Monday October 14 LSCO Closed

### Wednesday October 23

Mobile Devices - Using Apple and Android phones and Tablets  
Bring your devices, old or new.



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.

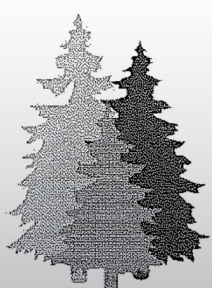
The Computer Corner and LSCO Times can be read online at: [www.lethseniors.com/lscotimes](http://www.lethseniors.com/lscotimes)

## Monthly Hint – Switch between Browser tabs in mobile device

This is for people who open more browser pages than you can see along the top of your screen. Something I discovered recently is that I can swipe along the browser tabs to move from one browser page to the next. This works in both Chrome and Safari browsers.

Safari also lets you view pages as tiles by tapping the 4 small squares symbol in the upper right corner, or the 2 overlapping squares, which may be in either the top or bottom right corner, depending on the device and which version of iOS it's running.

For more details, check the following link. <https://www.howtogeek.com/768542/how-to-switch-between-tabs-in-safari-on-iphone/>, or search for "how to switch between tabs in Safari on iPhone".



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## Member Spotlight



**Martha Nance**

LSCO LETHBRIDGE Senior Citizens ORGANIZATION

Martha Nance (née Carlson) was born and raised on the Milk River Ridge in the hamlet of Jefferson, Alberta. Jefferson no longer exists, but Martha recalls that it was a thriving little community. There were stores, churches, three elevators, teacherages, a garage, residential neighborhoods, and its own Owendale post office. Martha rode her bike while her friends rode their horses; she is not an "animal person." Martha believes to this day that Jefferson's schoolteachers sincerely cared about the children and helped them do well in life. Schools closed in Jefferson in 1960-61, and all the children were then bussed to Cardston for their formal education. Jefferson eventually disappeared due to transportation making a close place non-essential.

Martha defines herself as being part of the Baby Boomer generation. She was from a family of five children, and she was the youngest child. She says that as the youngest, she always knew she was "privileged" and never had to go without.

Martha's father came from Sweden to Canada as a teenager, avoiding conscription into the Swedish army. He was sponsored by the Strom farm family of Burdett to emigrate but went back to Sweden before returning

## Member Spotlight Discovering Community, Making Connections

to Canada permanently with his brother and nephew.

Martha's mother's family came to Canada from Norway with one child, and they had five more children after settling in Canada. Martha's mother was born in Saskatchewan. Martha's Norwegian grandmother always remembered seeing the luxurious Titanic ship in Liverpool while they were setting off for Canada on a much lesser ship. Once in Canada, they took an "immigrant train" to Saskatchewan. Martha's Norwegian grandfather never returned to Norway, but her grandmother was able to go back 50 years after arriving in Canada.

Martha's parents met in Jefferson. Her parents did well in farming, and Martha says this gave her family a good life. She describes her parents as successfully working as a team to operate, maintain, and grow their farm. Martha learned many life lessons from her parents, with financial literacy being a very significant one. She understands the meaning of hard work and perseverance in keeping a family successfully afloat.

Martha first went to Sweden at age 12 with her family but says she is not much of a traveler. She recalls that what she experienced on her Swedish trip demonstrated the difference between rural Canada and urban European lifestyles. She does travel to see her daughters, who both reside in the mainland United States.

Martha graduated from Cardston High School, then moved in with her grandmother and attended Lethbridge Junior College, taking Business Administration. Martha met Dave Nance in Lethbridge. He was working for his father in farm machinery, then opened House of Books as the University of Lethbridge was being built. Martha and Dave married and had two girls. When the girls were 5 and 7 years old, the family moved to Pender Island (in the Vancouver Island

channel); they operated the general store and post office. As parents, they became concerned about the negative teenage social circles, so Martha took the girls to live in Victoria to change their social networks to something more positive. Dave sold the general store and became "retired" at 47 years old. This required a big adjustment for them, and Dave had to adapt to new roles, including learning to cook and clean.

Martha recalls that she worked outside the home for about four years before their children were born. She describes herself as a "jack of all trades and master of none." Martha says her most important role was as a wife and mother. She has always seen herself as more of a support person to others than a leader and is most comfortable in that role.

When both of their daughters were at the University of Victoria, Martha and her husband moved to Osoyoos, BC, for six to seven years. Then, in 1994, they moved to Lethbridge to be closer to her mother. Martha and her husband were married for over 51 years. She was widowed six years ago.

Martha enjoys gardening, and her lovely established yard is a testament to that. She likes to cook and bake, though she can resist many foods that tempt her—except for her 5 p.m. glass of red wine.

Martha considers herself a Tibetan Buddhist in her personal belief system and philosophy. She was introduced to this faith system via her daughter. Martha stated, "Being mindful would simplify our lives; mindfulness is the tool to have harmony and balance; we need compassion." She says she is trying to follow a 'Patient Path,' accepting things as they are.

Martha, an LSCO member for about 20 years, still feels the organization's Mission Statement rings true to her. She keeps active and volunteers in the kitchen and wher-

ever she is needed. She also regularly volunteers for the Lethbridge Horticultural Society, especially at the flower gardens by the Henderson tennis courts.

Martha likes the outdoors, enjoying activities such as walking and kayaking in the summer. She enjoys most kinds of music, such as country, classical, and jazz. She also enjoys knitting and Wordle. She says she is reverting to her "youth of play" by enjoying activities like ladderball and card games. Martha believes it is important to smile and laugh and not get lost in negativity. "Don't take yourself too seriously, or you will lose your ability to laugh at yourself."

Martha lives by the rule: "If you don't have anything nice to say about somebody, don't say anything." She is not a proponent of "sticks and stones may break your bones, but words will never hurt you," as she says that "you can never take words back!"

Martha presents as a warm, friendly, and generous person, and I was pleased to learn this little bit more about her. She is a gift to the LSCO community!

Previous Member Spotlights can be found on our website at [www.lethseniors.com/blog](http://www.lethseniors.com/blog)

If you are interested in being interviewed for a Member Spotlight please contact Hannah at [hdupuis@lethseniors.com](mailto:hdupuis@lethseniors.com) or 403-320-2222 ext. 302



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## Week Without Violence

Have you heard of Week Without Violence? The Week without Violence is a global movement among YWCAs across the country and around the world to end violence against women and girls. YWCA is a part of the LEARN Coordinated Community Response Network. They share the values and goals of LEARN, as we all work towards a world without gender-based violence, including elder abuse. Although this seems like a steep goal, we firmly believe family and domestic violence are completely preventable.

Not all violence is acknowledged or responded to equally. For more than 20 years, YWCAs across Canada have been setting aside one week in October to raise awareness and elevate survivor's voices. This year, Week without violence is from October 16-21.

The purpose is to increase public understanding that violence takes many forms and can happen anywhere, including in the home, in schools, in relationships and in the community. Week Without Violence also hopes to empower people to advocate for a violence-free community and speak up when witnessing violence, as well as bring awareness to how you can be an advocate for a violence-free world and the resources available to support those experiencing violence.

This month, watch out for opportunities through YWCA here in Lethbridge to get involved and amplify the voices of those who have experienced or been impacted by violence!



# Happy Thanksgiving

## Lunch

### Friday, October 11

<h1 style="font-size: 2em; margin: 0;">\$11</h1> <p>11 AM - 1 PM</p>	<p>Turkey, Mashed Potatoes, Stuffing &amp; Vegetables</p> <p><b>LSCO DINER 500 11TH ST. S</b></p>
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LSCO will be closed Monday, October 14

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