

LSCO
40th Annual
Christmas
TURKEY DINNER

Join us
for a free in person Christmas Dinner

Wednesday, December 25
11:00 am - 1:00 pm

Dinner is open to everyone in the community
as quantities allow, no RSVP required

Free transportation may be available on Christmas Day.
Contact the LSCO for more information.

Donations Gratefully Accepted

Contact us to volunteer, donate or RSVP
403-320-2222
www.lethseniors.com/christmas
500 - 11th St. South, Lethbridge

LSCO LETHBRIDGE Senior Citizens ORGANIZATION

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LETHBRIDGE SENIOR CITIZENS ORGANIZATION

CHRISTMAS SOCIAL

FRIDAY DECEMBER 13

- \$7 Appetizers
- Alcoholic/Non alcoholic drinks
- Games
- Live Carolling

Open to members and invited guests

1:00 - 4:00 PM
LSCODiner & Atrium

403-320-2222
500 11 St. S, Lethbridge

\$5 TICKETS

Includes 1 drink ticket and door prize entry
Purchase in advance at the LSCO (preferred)
or at the door

more info on page 4



LSCO Board President

Keith Sumner

keith.sumner@shaw.ca

Ok!

I am writing this on November the 21 st and by now you know the by-election for the Lethbridge West constituency has been called. I am sure you are also aware our Executive Director Rob Miyashiro is the NDP Party nominee for the constituency.

My purpose in writing is to share with you the plans for the next couple of months.

Rob is currently on a leave of absence. If he is not successful in being elected, he will be returning to us.

If, however, he is successful in becoming the MLA for Lethbridge West he will be resigning his position.

If we are faced with a vacant Executive Director position the plan is to initiate a search for a suitable replacement in early January. Your Board and senior staff have already developed a job description and candidate profile.

In the interim Jodie and senior staff will be performing Rob's duties.

If you have any questions or concerns, please direct them to me at keith.sumner@shaw.ca.

Namaste,

Keith

LSCO Holiday Hours

CHRISTMAS EVE
Tuesday, December 24
8 am - 2 pm

CHRISTMAS DAY
Wednesday December 25
Closed

BOXING DAY
Thursday December 26
Closed

NEW YEARS EVE
Tuesday December 31
8 am - 2 pm

NEW YEARS DAY
Wednesday January 1
Closed

FITNESS CENTRE
Saturday, December 21 and
December 28
Closed

Important LSCO News

It is with a heavy heart that we share challenging news about changes to some of our valued support services. As Rob mentioned in his November LSCO Times article, we have been preparing for the impact of funding cuts. Unfortunately, these reductions have now become a reality. Significant cuts to the amount we receive from FCSS funding, distributed by the City of Lethbridge, will affect our ability to deliver several critical programs.

Effective January 1, 2025, LSCO will no longer be able to provide the Housekeeping and Lawn Care programs. Additionally, we face significant barriers to continuing the Snow Removal program until April, as the funding for this program also ends on January 1. We understand the critical role snow removal plays in ensuring access to aging-in-place services, such as HomeCare, Meals on Wheels, emergency responders, pharmacy and grocery deliveries, and even mail service. Ending this program would lead to increased isolation and a lack of social support for many older adults, and being forced to end the program mid-season creates safety risks as folks are left with no other affordable options.

Recognizing the seriousness of this situation, LSCO senior management and the Board of Directors are working diligently to find a solution that minimizes the impact on our clients and *may* allow us to provide the subsidy until end of season, April 2025. Further information about this will be provided as soon as we are able.

These services have been instrumental in helping many community members age in place safely and comfortably, and we deeply regret the effect these changes will have on those who rely on them. Despite the current challenges, LSCO remains committed to supporting our community. We will continue offering other programs and resources to help seniors maintain dignity and independence. If you need assistance exploring alternative resources, please contact our Senior System Navigation team at 403-329-1544. Our team is here to help connect you with other services that may meet your needs.

We appreciate your understanding and support during these difficult times. Together, we will navigate these changes and continue prioritizing the well-being of older adults in Lethbridge.



Support Services Manager

Amy Labossiere

alabossiere@lethseniors.com
403-320-2222 ext. 205

COMMUNITY PARTNERS

We thank you for..

Supporting <i>Meals on Wheels</i>	Supporting <i>LSCO Events and Fundraisers</i>
<p>And the many more organizations and individuals that partner and support us throughout the year!</p> <p>Your contribution is our lifeline!</p>	



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
 Secretary: Veronica Panich
 Treasurer: Neil Jorgensen

Board of Directors:
 Reg Dawson, John Usher, Merri-Ann Ford

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- Food Services Coordinator– Lachlan Dyer
 ldyer@lethseniors.comext. 401
- Assistant Food Services Coordinator– Travis Eakett
- Food Services Cook– Yun “Carey” Luo
- Food Service Cashier – Georgette Mortimer

LSCO Information

Phone403-320-2222
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 SSN Intake403-329-1544
 Meals on Wheels.....403-327-7990
 LEARN403-394-0306
 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

Debbie Yanota	Rita Pelletier	Jim Freel
Maureen Wills	Christine	Gordon Lee
Shelley McLeish	Montgomery blinn	Sue Lee
Cheryl Knapp	Elaine Pratchler	Lorna Dennis
David Creamer	JoAnne Boon	Geraldine Chenier
Germaine Gervais	David Crowe- Swords	Joseph Chenier
Arvin White Cow	Shirley Yasinski	2 Anonymous
Ron Pelletier		

We’re happy to have you!
November 2024

FEE ASSISTANCE PROGRAM

The City of Lethbridge Fee Assistance Program provides Lethbridge residents who face financial barriers with the opportunity to participate in Recreation and Culture programs and activities at a subsidized cost. Confidentiality will be maintained, however communication with the organization offering the activity will be required to confirm the details.

For more information contact: feassistance@lethbridge.ca or call 311.

LSCO WELCOME POLICY

This policy allows individuals to access membership and programs at LSCO at a lower cost. Individuals which meet the income threshold can receive 25% off their membership. Income Eligibility (Line 15000 of tax return)

- Single: Under \$30,000
- Couple: Under \$50,000

Please bring prior year income tax for verification.

For more information call 403-320-2222

SACPA
Southern Alberta Council
on Public Affairs

University of
Lethbridge

December 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.

Dec 5	Troy Hicks , Chief Fire Marshal Lethbridge Fire & Emergency Services	<i>Downtown Fire Safety and Everyone’s Role in Fire Prevention</i>
Dec 12	Brad Donaldson , Lethbridge Polytechnic President & CEO	<i>Why the Change from Lethbridge College to Lethbridge Polytechnic?</i>
Dec 19	Trevor Harrison , UofL, Prentice Institute, Parkland Institute	<i>What Happened in the U.S. Election?</i>
Holiday Break		

NEW SOUND SYSTEM so everyone can see and hear better!
 Weekly programs are broadcast on Rogers Community TV and are available at SACPA.ca archives

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

Content Deadline

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

The Heart

Your contribution is our lifeline



Fundraising & Marketing

Hannah Dupius

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

Merry Christmas, Everyone!

Chances are, by the time you read this, the Twilight Soirée has already happened. Since I don't have any fun anecdotes to share yet and don't yet know how much money it raised, let me just say THANK YOU. It is a lot of work to put on a gala from scratch for the first time, and I could not have done it without you all.

I don't want to miss anyone so I will do my special shout outs and sponsor thank you's in the January edition when my brain is clear.

In the meantime, **let's talk about Christmas at the LSCO!** The holidays are one of our busiest and most exciting times. To make it easy for you, I've summarized everything we have going on below. *You can find more details at www.lethseniors.com/christmas.*

Christmas Hours

We are closed Christmas Day (except for Christmas Dinner), Boxing Day, and New Years Day, and close at 2 pm on Christmas Eve and New Years Eve. The Fitness Centre will also be closed on Saturday, December 21 and 28. More information on our Christmas hours is on the bottom of page 2.

Holiday Pop Up Classes

Pages 8 and 9 list all the fitness classes available for drop in for the month of December. We will also be holding some one time 'pop up' classes as our regular programming comes to a close until January. These classes will be first come first served. See the list with details on page 8.

Christmas at the LSCO

Christmas Dinner

We are thrilled to bring back our FREE Christmas Dinner in person on Wednesday, December 25, from 11 AM - 1 PM for the 40th year! You do not need to RSVP. We are looking for someone with a Class 1 Drivers License to volunteer to drive the bus on Christmas Day. Please contact the volunteer team if you are interested.

About 100 volunteers are needed to help on Christmas day in person, and deliver meals to home bound individuals, the Soup Kitchen, Woods Homes Youth Shelter, and on duty first responders.

If you would like to donate towards our free Christmas Dinner, or sponsor a table, you can do so online at www.lethseniors.com/christmas or at the admin desk. Tables of 4: \$50, tables of 8: \$100.

Christmas Social

Get into the holiday spirit at our Christmas Social on Wednesday, December 13, from 1 - 4 PM. There will be beverages (alcoholic and non alcoholic), appetizers, live caroling from the community brass band, and games so it should be a great way to celebrate the holidays with your family and friends.

Tickets are just \$5. Your ticket includes a drink (alcoholic or non alcoholic) and door prize entry. Open to all members and their invited guests. Children are also welcome as long as they are with an adult.

Christmas Cravings Goodie Platter

If you are anything like me, I don't have the time (or waistband) to make 6 different holiday treats for just me and my husband. But don't worry, the LSCO Diner has you covered! Goodie platters are available for just \$6 per half dozen. Order yours for pickup through the admin desk or by calling LSCO.

23 Days of Christmas Campaign

The 16th Annual Meals on Wheels 23 Days of Christmas Campaign, led by Select People Solutions and Teamworks Career Centre, is well underway! This incredible initiative has already raised \$23,500 and aims to hit the lifetime milestone goal of \$375,000 to keep Meals on Wheels operational year-round. You can support the initiative by purchasing a MOW Christmas Card for \$25 from Cuppers Coffee & Tea.

Golden Giving Tree

The Golden Giving Tree hosts tags that represent local seniors who are isolated and/or face financial struggles and have been nominated to receive an anonymous gift this Holiday season. These seniors are those in the community that would otherwise receive nothing on Christmas.

I am so impressed that almost all of the tags are gone already - this community is amazing! Tags can be picked up at London Drugs, Nord-Bridge Seniors Centre and the LSCO. Please return your gifts together in a bag, unwrapped, by Friday, December 13.



GOLDEN Giving Tree
SENIOR'S SECRET SANTA

Each gift sends the message that the senior is **remembered, valued, and important.**

Please return your gifts by **December 13**



CHRISTMAS CRAVINGS FUNDRAISER

Looking to skip the Christmas baking this year?

Bring home a **Christmas Goodie Platter**
\$6 PER HALF DOZEN

Each order has various homemade treats.

Call 403-320-2222 or stop by the administration desk to place your order



Eat anything you want... anytime, anywhere...
with the help of implant supported dentures.

Call us today for your complete denture care needs

Hosack DENTURE CLINIC LTD.

Giving you something to smile about!

604 - 6 Street South • Lethbridge
(403) 327-7244 • Toll Free 1-877-467-2251

The Volunteer CONNECTION

Volunteer Opportunities

Kitchen Volunteers

Flexible

We are looking for volunteers in our Kitchen and Dining Room. Volunteers are an important part of our team and help to keep the meals affordable at LSCO. We are looking for Dishwashers and help with food prep.

Bingo

Thursdays 11am - 4pm

LSCO runs the bingo program at Winners Bingo to raise money for our organization. Activities range from selling bingo cards to counting money in a smoke-free environment. Our bingo team is fabulous, but we are almost always in need of an extra helper or two. You'll get your steps in if you work on the floor, selling bingo cards, and all volunteers are entitled to a free lunch!

Christmas Social

Friday, December 13 1:00 - 4:00

Volunteers are needed to help with the Members Christmas Party: selling 50/50, dishes, running food and more

Christmas Dinner

Christmas Day

We are looking for volunteers on Christmas Day to help LSCO provide and serve Christmas Day Dinner to our community. We have a variety of roles to fill from food prep, seating guests, clearing and busing tables, plating food, and washing dishes, etc. You can sign up for one shift, or both shifts. This is a wonderful event, and a very rewarding experience to share with others on Christmas Day.

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

Christine Schindler

Christine is a new member of our kitchen team, having joined the crew at the end of August. She brings years of experience in the food service industry. We value the hard work she does in the kitchen and can depend on Christine to get the job done! Christine says the best part of volunteering is the great people she meets, the opportunity to learn new things, and work with the reward of a job well done. "It's hard work, like having a job, but the reward is the opportunity to serve others, as Jesus served, and at the end of the day I thank God," says Christine. The important thing at LSCO, for Christine, is the welcoming atmosphere, the kind people, and the support services available.

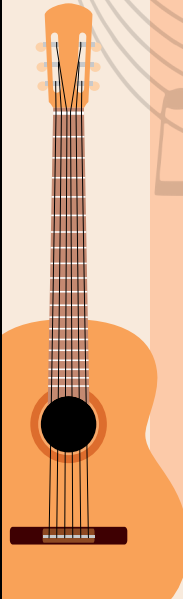
If she had a million dollars, Christine said she would invest in a house here. Lethbridge has been home to Christine since she came from Hamilton, Ontario, with her family in the 70's. People in Lethbridge are friendly and that made the transition into the community easy. The person whom has inspired Christine the most is her Mother. While both of Christine's parents have passed, she has brothers here in the city.



In her spare time, Christine likes to read her bible. She would like to get back into swimming, which she really enjoyed when she was younger. Christine likes many sporting activities but swimming is her favourite. "Dad taught us kids to swim by tossing us in the deep end; sink or swim you'll figure it out." A lesson that can be applied in other life situations.

Thanks for all your hard work Christine – welcome to the volunteer team!

FRIDAY MUSIC SCHEDULE



Dec 6 **The Manthers** Country Music with a bit of Elvis on the side.

Dec 13 **Classic Legends** Rudy Yasenik with his band Classic Legends, performs polka, duets, and classic rock.

Dec 20 **Nimesh Hemshanker Vyas & Suruchi Pre School** Indian Hindi music performed to accompaniment

*schedule is subject to change

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



Christmas Volunteers Needed

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





MENU ~ DECEMBER 2024

Breakfast served from 8:00 ~ 11:00 am • Lunch served from 11:00 am ~ 1:00 pm

Soup & Salad Special
Changes Daily
See Menu Board in
Dining Room

*menu subject to change without notice

Monday, December 2	Tuesday, December 3	Wednesday, December 4	Thursday, December 5	Friday, December 6
Entree: Teriyaki Pork Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: Tequila Chicken Fettuccini Starch: Garlic Toast Veggie: Chef's Choice Soup: Chef's Choice	Entree: Beef Stew Starch: Mashed Potatoes Veggie: Chef's Choice Soup: Chef's Choice	Entree: Chicken Parmigiana Starch: Spaghetti Veggie: Chef's Choice Soup: Chef's Choice	Entree: Baked Ham Starch: Scalloped Potatoes Soup: Chef's Choice Veggie: Chef's Choice
Monday, December 9	Tuesday, December 10	Wednesday, December 11	Thursday, December 12	Friday, December 13
Entree: Honey Garlic Pork Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: Chicken Kiev Starch: Roasted Potatoes Veggie: Chef's Choice Soup: Chef's Choice	Entree: Beef & Spinach Canneloni Starch: Garlic Toast Veggie: Chef's Choice Soup: Chef's Choice	Entree: Gypsy Schnitzel Starch: Mashed Potatoes Veggie: Chef's Choice Soup: Chef's Choice	Entree: Lasagna Starch: Garlic Toast Soup: Chef's Choice Veggie: Chef's Choice
Monday, December 16	Tuesday, December 17	Wednesday, December 18	Thursday, December 19	Friday, December 20
Entree: Perogies with Garlic Sausage Veggie: Chef's Choice Soup: Chef's Choice	Entree: Chicken & Sausage Jambalaya Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: Lemon Chicken Starch: Scalloped Potatoes Veggie: Chef's Choice Soup: Chef's Choice	Entree: Spaghetti & Meatballs Starch: Garlic Toast Veggie: Chef's Choice Soup: Chef's Choice	Entree: Roast Beef Starch: Yorkshire Pudding Mashed Potatoes Veggie: Chef's Choice Soup: Chef's Choice
Monday, December 23	Tuesday, December 24	Wednesday, December 25	Thursday, December 26	Friday, December 27
Entree: Sweet and Sour Chicken Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: Beef Stroganoff Starch: Egg Noodles Veggie: Chef's Choice Soup: Chef's Choice	LSCO FREE CHRISTMAS DINNER	LSCO Closed for Boxing Day	Entree: Meatloaf Starch: Roast Potatoes Soup: Chef's Choice Veggie: Chef's Choice
Monday, December 30	Tuesday, December 31	Wednesday, January 1		
Entree: Beef Ravioli in Rose Sauce Starch: Garlic Toast Veggie: Chef's Choice Soup: Chef's Choice	Entree: Fiesta Chicken Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	LSCO Closed for New Years Day		



DECEMBER 2024 EXHIBITS, PROGRAMS & EVENTS

EXHIBITS

Game Play
Oct. 19.24 - Mar. 2.25

BUILDING A LEGACY: THE SPORTSPLEX AT 50
OCT 26.24 - APR 06.25

Nitsitapii Landscapes Part 3
UNTIL FEB 09.25

Taking Care
Discover the rich history of the Galt Hospital and School of Nursing at our new permanent exhibition.

HANDS-ON HISTORY *

all ages | children with caregivers
Sat 07 | 1-3 PM
 Nitsitapii Landscapes activity
Wed 18 | 9-10 AM
 Toddler Time: Explore and Play at the Galt Museum

CREATIVE COMMUNITY **

Tue 10 | 10:30-11:30 AM
 Nitsitapii Landscapes activity

THE GALT PRESENTS **

Fri 20 | 2-3 PM
 Holiday Tunes with Mr. Chris Roedler

SPECIAL EVENT AT THE FORT

Fri 13-Sun 15 | 12-5 PM
Nostalgic Noel: A Victorian Affair
 all ages | children with caregivers | registration encouraged | \$5/person (ages 6+) | additional \$5/person carriage rides (first come first served)

MEMBERSHIPS

Become a member of the Galt Museum & Archives and take advantage of the exclusive benefits! Learn more: www.galtmuseum.com/memberships

- ++ no registration | free to attend | all ages
- + registration required | free to attend | all ages
- ** no registration | museum admission applies | free to members
- * registration required | museum admission applies | free to members



www.galtmuseum.com/calendar



HOLIDAY BAKING & RESOURCE INFORMATION SESSION FOR BLACK SENIORS

If you are a black senior and are wondering what is available to you in the community, we invite you to come do some holiday baking and attend a free resource workshop.

Thursday December 12, 2024
4:00 pm - 6:00 pm
LSCO Atrium
500 11th Street South

Call Mope for more information 587-257-1180
Please register with QR code




Welcoming Winter Solstice

FRIDAY, DECEMBER 20

Walk with an Indigenous Knowledge Keeper

10 am - 11 am
Free to attend!
Call to register | 403.320.3064

~Transportation provided~

Storytelling & OPEN HOUSE

11 am - 2 pm
Free to attend!
No registration required

Join us for an engaging guided walk in the River Valley

Come to Fort Whoop-Up & be cozy around the campfire while listening to Blackfoot stories told by local Knowledge Keepers


Bannock, berry soup, fresh mint tea & hot chocolate served at the Fort while supplies last.




DECEMBER SUPPORT SERVICES

WELLBEING SERVICES

**appointment /registration required*

 403-329-1544

 intake@lethseniors.com

December 3 1st Tuesday	Community Connect Coffee Group 1:30 pm - 3:00 pm Room C/D	FREE opportunity to build connections, grow meaningful connections, and strengthen access to community supports. Drop-in style, no need to register.
December 3 1st Tuesday	Prescribing Pharmacist Onsite* 10:00 am - 12:00 pm TBD	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.
December 3	Single Session Counselling* 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.
December 4 1st Wednesday	Service Canada & CRA Onsite 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.
December 5	Frauds & Scams Presentation 1:30pm LSCO Computer Lab	Presentation by Lethbridge Police Service on frauds and scams.
December 12 2nd Thursday	Hearing Screening* 10:00 am - 12:00 pm TBD	FREE hearing screenings by Lethbridge Hearing Centre to assist you in understanding your hearing health.
December 12	Settleease Holiday Baking & Resource Session 4:00 pm - 6:00 pm	Workshop facilitated by Settleease and SCSP to provide information and connection to resources for Black seniors.
December 13	Golden Giving Tree Deadline	Deadline to drop off gifts for the Golden Giving Tree. Gift can be dropped off unwrapped in a bag to either Nord-Bridge or LSCO.
December 25	LSCO Christmas Dinner 11:00 - 1:00 LSCO	Volunteers & staff at LSCO serve a Christmas meal – for free – to anyone who is in need of a friendly face and a full belly. No RSVP required. Free transportation to the LSCO should be available, please contact 403-320-2222 for more information.
CANCELLED	Free Lawyer Consultations* 1:00 pm - 4:00 pm Quiet Room	Lawyer consultations are cancelled for this month and will continue in January.
CANCELLED	Eyeglasses Adjustments 1:00 pm - 2:00 pm Card Area	Eyeglass repairs are cancelled for this month and will continue in January.



Empathy. Assistance. Advocacy.



December Drop In Classes

FITNESS CENTRE
Saturday, December 21 and
December 28
Closed

Pop Up Classes

Drop In Fee: \$8 LSCO M; \$10 NM
 Instructor: Various Instructors
 Location: TBD
 Time: 9:00 - 9:55 am

FULL BODY WORKOUT
 When: Monday, December 23

TABATA
 When: Tuesday, December 24

FULL BODY TABATA
 When: Monday, December 30

CORE / STRETCH
 When: Tuesday, December 31

FULL BODY WORKOUT
 When: Thursday, January 2

CORE / CARDIO
 When: Friday, January 3

Dance & Movement

30/30 ZUMBA GOLD/ZUMBA GOLD TONING

When: Tuesdays (Ends December 17)
 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

When: Wednesdays (Ends December 18)
 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

When: Wednesdays (Ends December 18)
 Time: 11:30 am - 12:30 pm
 Drop In Fee: \$6 LSCO M; \$8 NM
 Instructor: Gloria-Rose Puurveen
 Location: Gym 2

CLASSIC NIA

When: Thursdays (Ends December 19)
 Time: 5:15 - 6:15 pm
 Drop In Fee: \$15 LSCO M; \$20 NM
 Instructor: Lise LeMoine
 Location: Gym 2

POUND

When: Mondays (Ends December 16)
 Time: 11:00 am - 11:45 am
 Drop In Fee: \$9 LSCO M; \$10 NM
 Instructor: Shelia Mulgrew
 Location: Room A/B

ZUMBA®

When: Wednesdays (Ends December 18)
 Time: 9:00 am - 9:50 am
 Drop In Fee: \$8 LSCO M; \$10 NM
 Instructor: Gabrielle Dumont
 Location: Gym 2

Fitness

ABS AND CORE

When: Mondays (Ends December 16)
 Time: 10:10 - 11:00 am
 Drop In Fee: \$8 LSCO M; \$10 NM
 Instructor: Tracy Simons
 Location: APR

CHAIR EXERCISES

When: Thursdays (Ends December 19)
 Time: 9:30 - 10:15 am
 Drop In Fee: \$6 LSCO M; \$8 NM
 Instructor: Andrea Clarke
 Location: Stage Area

CORE & STRETCH

When: Wednesdays (Ends December 18)
 Time: 9:10 - 10:00 am
 Drop In Fee: \$8 LSCO M; \$10 NM
 Instructor: Tracy Simons
 Location: All Purpose Room

ESSENTRICS

When: Tuesdays (Ends December 17)
 Time: 1:00 pm - 1:45 pm
 Drop In Fee: \$10 LSCO M; \$12 NM
 Instructor: Lindsay Anderson
 Location: Gym 2

FITBALL FOR BALANCE & STRENGTH

Tuesdays (Ends December 17)
 Time: 9:00 - 9:50 am
 Drop In Fee: \$8 LSCO M; \$10 NM
 Instructor: Gabrielle Dumont
 Location: Gym 1

Thursdays (Ends December 19)
 Time: 9:00 - 9:50 am
 Drop In Fee: \$8 LSCO M; \$10 NM
 Instructor: Gabrielle Dumont
 Location: Gym 1

FUNCTIONAL FITNESS

When: Mondays (Ends December 16)
 Time: 11:30 am - 12:15 pm
 Drop In Fee: \$6 LSCO M; \$8 NM
 Instructor: Andrea Clarke
 Location: Stage Area

GENTLE EXERCISE

Mondays (Ends December 23)
 Time: 10:15 - 11:00 am
 Drop In Fee: \$8 LSCO M; \$10 NM
 Instructor: June Dow
 Location: Gym 1

Wednesdays (Ends December 18)
 Time: 10:15 - 11:00 am
 Drop In Fee: \$8 LSCO M; \$10 NM
 Instructor: Donna Tiefenbach
 Location: Gym 1

Fridays (Ends December 20)
 Time: 10:15 - 11:00 am
 Drop In Fee: \$8 LSCO M; \$10 NM
 Instructor: Andrea Clarke
 Location: Gym 1

PILATES FOR BEGINNERS

When: Tuesdays (Ends December 17)
 Time: 8:45 am - 9:45 am
 Drop In Fee: \$8 LSCO M; \$10 NM
 Instructor: June Dow
 Location: Room A/B

STRENGTH & MOBILITY

When: Tuesdays & Thursdays
 (Ends December 19)
 Time: 1:30 pm - 2:30 pm
 Drop In Fee: \$8 LSCO M; \$10 NM
 Instructor: Andrea Clarke
 Location: Fitness Centre

TABATA

Mondays (Ends December 16)
 Time: 9:00 - 9:55 am
 Drop In Fee: \$8 LSCO M; \$10 NM
 Instructor: Jamie Hillier
 Location: Gym 1

Fridays (Ends December 20)
 Time: 9:00 - 9:55 am
 Drop In Fee: \$8 LSCO M; \$10 NM
 Register By: Tuesday, January 14
 Instructor: Tracy Simons
 Location: Gym 1

Intermediate/Advanced

LOW IMPACT BARRE

When: Wednesdays (Ends December 18)
 Time: 10:15 am - 11:00 am
 Drop In Fee: \$9 LSCO M; \$11 NM
 Instructor: Sheila Mulgrew
 Location: All Purpose Room

CARDIO STRENGTH

When: Mondays (Ends December 16)
 Time: 8:00 - 8:50 am
 Drop In Fee: \$8 LSCO M; \$10 NM
 Instructor: Gabrielle Dumont
 Location: Gym 2

CARDIO TO THE CORE

When: Wednesdays (Ends December 18)
 Time: 8:00 - 8:50 am
 Drop In Fee: \$8 LSCO M; \$10 NM
 Instructor: Deb Palmer
 Location: Gym 2

FITNESS/POWER WALKING

When: Wednesdays (Ends December 18)
 Time: 9:00 - 9:55 am
 Drop In Fee: \$8 LSCO M; \$10 NM
 Instructor: Jamie Hillier
 Location: Gym 1

PILATES

Mondays (Ends December 23)
 Time: 11:15 am - 12:30 pm
 Drop In Fee: \$8 LSCO M; \$10 NM
 Instructor: June Dow
 Location: All Purpose Room

Thursdays (Ends December 19)
 Time: 10:15 - 11:30 am
 Instructor: June Dow
 Location: Room A/B

SENIORS WHO LIFT

When: Mondays (Ends December 16)
 Time: 9:00 am - 9:55 am
 Drop In Fee: \$8 LSCO M; \$10 NM
 Instructor: Gabrielle Dumont
 Location: Gym 2

TRX COMBO

When: Thursdays (Ends December 19)
 Time: 9:00 - 9:55 am
 Drop In Fee: \$10 LSCO Members Only
 Instructor: Jamie Hillier
 Location: Gym 2

Yoga

CHAIR YOGA

When: Wednesdays (Ends December 18)
 Time: 10:00 - 10:45 am
 Drop In Fee: \$6 LSCO M; \$8 NM
 Instructor: Corrine Myers
 Location: Stage Area

FRIDAY YOGA

When: Fridays (Ends December 20)
 Time: 9:00 am - 10:05 am
 Drop In Fee: \$12 LSCO M; \$15 NM
 Instructor: Shawn Hamilton
 Location: All Purpose Room

GENTLE YOGA

Tuesdays (Ends December 24)
 Time: 10:00 - 11:00 am
 Drop In Fee: \$8 LSCO M; \$10 NM
 Instructor: Donna Tiefenbach
 Location: All Purpose Room

Thursdays (Ends December 19)
 Time: 10:00 - 11:00 am
 Drop In Fee: \$8 LSCO M; \$10 NM
 Instructor: Donna Tiefenbach
 Location: All Purpose Room

SATURDAY FLOW YOGA

When: Saturdays (Ends December 21)
 Time: 10:00 am - 11:15 am
 Drop In Fee: \$7 LSCO M; \$9 NM8
 Instructor: Rumi Graham
 Location: Room A/B

TUESDAY EVENING FLOW YOGA

When: Tuesdays (Ends December 17)
 Time: 5:00 - 6:00 pm
 Drop-In Fee: \$10 LSCO M; \$15 NM
 Instructor: Donna Tiefenbach
 Location: Room A/B

YOGA FOR SENIORS

Mondays (Ends December 23)
 Time: 1:00 - 2:00pm
 Drop In Fee: \$7 LSCO M; \$9 NM
 Instructor: Corrine Myers
 Location: Room A/B

Fridays (Ends December 20)
 Time: 10:15 am - 11:15 am
 Drop In Fee: \$7 LSCO M; \$9 NM
 Instructor: Corrine Myers
 Location: Room A/B



Above: Mel Vegter, Karen Nyrose and Shawn Hamilton at the finishing table. The benches feature knotty white pine and they are finished with a water-bourne satin varnish.

Right: Beth Golia with her completed project. She completed the image of the hummingbird with a wood burning tool and plans to send the completed bench to her grandchildren.

Maternity Leave Transitions

In the Social Services Department

As we near the new year, we are also coming up on some significant changes at LSCO! One of those being Amy Cook's position and transition into the Support Services Manager role. As of January 2, Amy Cook will become the new Amy Labossiere and will be overseeing the LEARN Program, the SCSP and our In-Home Supports. This means you can now find her on the main floor of LSCO with the other support services staff. This also means there will be a new face representing LEARN for the next 18 months, who you will all be introduced to them shortly. "I look forward to supporting our staff and members in a new capacity! - Amy Cook



Amy and Stephanie at their LSCO Baby Shower

A goodbye message from Amy Labossiere:

I'm very excited to share that I'll be on maternity leave starting December 31, 2024, as I prepare to welcome my little one into the world and begin this new chapter of motherhood. I look forward to visiting the center with the latest addition to the LSCO family and rejoining the team in 2026. See you all soon!

In the Programs Department

As we enter 2025 you may notice a shift in our programs department - Andrea Clarke is stepping into the Program Manager role and will be your contact for all programs-related questions. Andrea will be in the office directly across from our check-in computers in the lobby and is also reachable by email at: programs@lethseniors.com. Stephanie is taking time away from LSCO for maternity leave but will return as we approach the Winter 2026 programming season.

For the duration of that maternity leave, we are bringing Annabelle onboard as our Fitness Coordinator. You'll be able to see Annabelle in action supervising the Fitness Centre, training clients, and teaching group exercise classes. She has an athletic background and recently graduated from the Exercise Science program at Lethbridge Polytechnic.

A goodbye message from Stephanie:

Parenting is the best job in the world, but working here at LSCO is a close second. Thank you for the support as I transition to a more family-focused role for a short time - I look forward to seeing y'all in 2026!"

LSCO Woodworking News

Did you know we've had 14 "graduates" of the beginners class. Beginner and intermediate classes are underway with more coming in January. See page 13 for more details.



Winter 2025 Programs

Registration will open online and in person at 8:00 am Friday, December 13th

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. 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.

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, January 13 - April 28
(No class February 17, April 21)
Time: 10:10 – 11:00 am
Fee: \$98 LSCO M; \$126 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register By: Thursday, January 9
Instructor: Tracy Simons
Location: APR

BIKE & MORE

Let the music guide your cadence as you get your heart pumping in this cardio combo class. Participants will be guided through a cycle workout before getting on the bike for some resistance training using a range of equipment from dumbbells to resistance bands. Bring a water bottle and clean indoor shoes.

When: Wednesdays, January 8 - April 30
Time: 9:00 - 9:55 am
Fee: \$119 LSCO M; \$153 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register By: Friday, January 3
Instructor: Nancy Purkis
Location: Gym 2

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, January 9 - April 24
Time: 9:30 - 10:15 am
Fee: \$35 LSCO M; \$49 NM
Drop In Fee: \$6 LSCO M; \$8 NM
Register By: Monday, January 6
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, January 15 - April 30
Time: 9:10 - 10:00 am
Fee: \$112 LSCO M; \$144 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register By: Friday, January 10
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 their own pace. Stretching to follow.

When: Fridays, January 17 - February 28
Time: 8:00 – 8:45 am
Fee: \$49 LSCO M; \$63 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register By: Tuesday, January 14
Instructor: Tracy Simons
Location: Gym 2

ESSENTRICS

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. **Please bring a water bottle and yoga mat.**

When: Tuesdays, January 7 - April 29
(No class February 18)
Time: 1:00 pm - 1:45 pm
Fee: \$144 LSCO M; \$176 NM
Drop In Fee: \$10 LSCO M; \$12 NM
Register By: Friday, January 3
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, January 7 - April 29
(No class February 18)
Time: 9:00 – 9:50 am
Fee: \$105 LSCO M; \$135 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register By: Thursday, January 2
Instructor: Gabrielle Dumont
Location: Gym 1





LSCO WINTER 2025 PROGRAMS

OPEN FOR REGISTRATION 8AM DEC. 13
ONLINE & IN PERSON

Fitness - All Levels

Thursdays

When: Thursdays, January 9 - April 24
(No class February 20)
Time: 9:00 - 9:50 am
Fee: \$105 LSCO M; \$135 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register By: Monday, January 6
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, January 6 - April 28
(No class February 17, April 21)
Time: 11:30 am - 12:15 pm
Fee: \$75 LSCO M; \$105 NM
Drop In Fee: \$6 LSCO M; \$8 NM
Register by: Friday, January 3
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, January 6 - April 28
(No class February 17, April 21)
Time: 10:15 - 11:00 am
Fee: \$105 LSCO M; \$135 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register By: Thursday, January 2
Instructor: June Dow
Location: Gym 1

Wednesdays

When: Wednesdays, January 15-April 30
Time: 10:15 - 11:00 am
Fee: \$112 LSCO M; \$144 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register by: Friday, January 10
Instructor: Donna Tiefenbach
Location: Gym 1

Fridays

When: Fridays, January 10 - April 25
(No class April 18)
Time: 10:15 - 11:00 am
Fee: \$105 LSCO M; \$135 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register by: Tuesday, January 7
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, January 7 - April 29
Time: 8:45 am - 9:45 am
Fee: \$119 LSCO M; \$153 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register by: Thursday, January 2
Instructor: June Dow
Location: Room A/B

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.

Session 1:

When: Tuesdays & Thursdays,
January 7 - February 27
Time: 1:30 pm - 2:30 pm
Fee: \$70 LSCO M; \$100 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register By: Thursday, January 2
Instructor: Andrea Clarke
Location: Fitness Centre

Session 2:

When: Tuesdays & Thursdays,
March 4 - April 24
Time: 1:30 pm - 2:30 pm
Fee: \$70 LSCO M; \$100 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register By: Thursday, February 28
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, January 6 - April 28
(No class February 17, April 21)
Time: 9:00 - 9:55 am
Fee: \$105 LSCO M; \$135 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register By: Thursday, January 2
Instructor: Jamie Hillier
Location: Gym 1

Fridays

When: Fridays, January 17 - April 25
(No class April 18)
Time: 9:00 - 9:55 am
Fee: \$98 LSCO M; \$126 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register By: Tuesday, January 14
Instructor: Tracy Simons
Location: Gym 1

STRENGTH CIRCUIT

Formerly called Weights For Beginners, 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, January 9 - April 24
Time: 10:15 - 11:15 am
Fee: \$112 LSCO M; \$144 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register by: Monday, January 6
Instructor: Jamie Hillier
Location: Fitness Centre



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Fitness - Intermediate/Advanced Levels

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.

Session 1:

When: Mondays, January 13-February 24
(No class February 17)
Time: 11:00 - 11:45 am
Fee: \$48 LSCO M; \$60 NM
Drop In Fee: \$9 LSCO M; \$11 NM
Register By: Thursday, January 2
Instructor: Sheila Mulgrew
Location: Room A/B

Session 2:

When: Mondays, March 3 - April 28
(No class April 21)
Time: 11:00 - 11:45 am
Fee: \$64 LSCO M; \$80 NM
Drop In Fee: \$9 LSCO M; \$11 NM
Register By: Thursday, February 27
Instructor: Sheila Mulgrew
Location: Room A/B

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.**

Monday Session:

When: Mondays, January 6 - April 28
(No class February 17, April 21)
Time: 8:00 - 8:50 am
Fee: \$105 LSCO M; \$135 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register By: Thursday, January 2
Instructor: Gabrielle Dumont
Location: Gym 2

Thursday Session:

When: Thursdays, January 9 - April 24
(No class February 21)
Time: 8:00 - 8:50 am
Fee: \$105 LSCO M; \$135 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register By: Monday, January 6
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, January 8 - April 30
Time: 8:00 - 8:50 am
Fee: \$119 LSCO M; \$153 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register By: Friday, January 3
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, January 13 - April 28
(No class February 17, April 21)
Time: 10:15 - 11:10 am
Fee: \$98 LSCO M; \$126 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register By: Thursday, January 9
Instructor: Andrea Clarke
Location: Gym 2

Tuesdays (Experience Recommended)

When: Tuesdays, January 7 - April 29
Time: 9:00 - 9:55 am
Fee: \$119 LSCO M; \$153 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register By: Friday, January 3
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, January 8 - April 30
Time: 9:00 - 9:55 am
Fee: \$119 LSCO M; \$153 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register By: Friday, January 3
Instructor: Jamie Hillier
Location: Gym 1

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.

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, January 6 - April 28
(No class February 17, April 21)
Time: 11:15 am - 12:30 pm
Fee: \$105 LSCO M; \$135 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Register by: Thursday January 2
Instructor: June Dow
Location: All Purpose Room

Thursdays

When: Thursdays, January 9 - April 30
Time: 10:15 - 11:30 am
Fee: \$112 LSCO M; \$144 NM
Instructor: June Dow
Register by: Monday, January 6
Location: Room A/B

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.

Session 1:

When: Thursdays, January 9 - April 24
Time: 9:00 - 9:55 am
Fee: \$144 LSCO Members Only
Drop In Fee: \$10 LSCO Members Only
Register by: Monday, January 6
Instructor: Jamie Hillier
Location: Gym 2



Creative Arts

PERSONALIZED 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, January 27
Time: 10:00 am - 12:00 pm
Fee: \$95 LSCO M; \$115 NM
Register by: Thursday, January 23
Instructor: Marcelle Velve
Location: Computer Lab

Session 2:

When: Monday, February 24
Time: 10:00 am - 12:00 pm
Fee: \$95 LSCO M; \$115 NM
Register by: Thursday, February 20
Instructor: Marcelle Velve
Location: Computer Lab

Session 3:

When: Monday, March 24
Time: 10:00 am - 12:00 pm
Fee: \$95 LSCO M; \$115 NM
Register by: Thursday, March 20
Instructor: Marcelle Velve
Location: Computer Lab

WINTER ANIMALS - LINE AND WASH

This three week class will be focused on the study and rendition of winter animals like polar bears, rabbits, and snowy owls. White on white is tough but with the help of pen and ink lines and subtle watercolour washes, we can create some fantastic animals.

It would help if you have some experience in using watercolours but not necessary. Ask for a supply list when registering.

When: Tuesdays, January 14, 21, 28
Time: 10:00 am - 12:00 pm
Fee: \$90 LSCO M; \$110 NM
Register by: Thursday, January 9
Instructor: Donna Gallant
Location: Arts & Crafts Room

BADMINTON

When: Mondays, Wednesdays & Fridays
Time: 11:15 am - 12:45 pm

When: Thursdays
Time: 10:15 - 12:00 pm
Fee: \$68 & LSCO membership

LSCO LEATHERHEADS & SERRAVALLO ORGANIZATION

PORTRAITS MADE SIMPLE

This four week class will concentrate on drawing portraits by analyzing with basic features of the face.

We will learn some quick tip techniques to accurately depict facial features as well as some shading and highlighting techniques to help form a more realistic portrait and create depth. Knowing some drawing basics is helpful but not necessary.

Ask for a supply list when registering.

When: Thursdays, February 20 - March 13
Time: 10:00 am - 12:00 pm
Fee: \$120 LSCO M; \$150 NM
Register by: Monday, February 17
Instructor: Donna Gallant
Location: Arts & Crafts Room

DISTRESSED INKS

Distressed inks have been around for a few years and are a very unique art product to work with. They are great for stamping, stencilling and they can give a real watercolour effect when they are liquified. In this two week class you will learn many ways of using these inks and how their properties can benefit your art making especially for printmaking, stamping, stencilling, making collage papers, and even painting.

Ask for a supply list when registering.

When: Mondays, April 7, 14
Time: 10:00 am - 12:00 pm
Fee: \$60 LSCO M; \$80 NM
Register by: Thursday, April 3
Instructor: Donna Gallant
Location: Arts & Crafts Room

BEGINNER WOODWORKING

This 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, January 7 - February 25
Time: 2:00-4:30 pm
Fee: \$200 LSCO M; \$250 NM
Register by: Friday, January 10
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, January 9-February 27
Time: 2:00-4:30 pm
Fee: \$200 LSCO M; \$250 NM
Register by: Monday, January 13
Instructor: Doug Warren

See photos of participants and projects from previous Woodworking classes on page 9

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, January 21
Time: 1:00 - 3:00 pm
Fee: \$55 LSCO M; \$65 NM
Register by: Thursday, January 16
Instructor: Donna Bilyk
Location: Arts & Crafts Room

Session 2:

When: Tuesday, February 11
Time: 1:00 - 3:00 pm
Fee: \$55 LSCO M; \$65 NM
Register by: Thursday, February 6
Instructor: Donna Bilyk
Location: Arts & Crafts Room

Session 3:

When: Tuesday, March 25
Time: 1:00 - 3:00 pm
Fee: \$55 LSCO M; \$65 NM
Register by: Thursday, March 20
Instructor: Donna Bilyk
Location: Arts & Crafts Room

Session 4:

When: Tuesday, April 15
Time: 1:00 - 3:00 pm
Fee: \$55 LSCO M; \$65 NM
Register by: Thursday, April 10
Instructor: Donna Bilyk
Location: Arts & Crafts Room

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
- \$80 LSCO M; \$100 NM

Hours: 8:00 am - 4:30 pm

Days Open: Monday - Friday

**Now Also Open Saturdays
9 am - 12 pm**

LSCO LIBRARY CORNER

"It's not hoarding if it's books!"

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, January 14 - April 29
 Time: 11:15 am – 12:15 pm
 Fee: \$128 LSCO M; \$144 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, January 8 - April 30
 Time: 12:45 pm - 1:45 pm
 Fee: \$85 LSCO M; \$119 NM
 Drop In Fee: \$6 LSCO M; \$8 NM
 Register by: Friday, January 3
 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!

When: Wednesdays, January 8 - April 30
 Time: 11:30 am – 12:30 pm
 Fee: \$85 LSCO M; \$119 NM
 Drop In Fee: \$6 LSCO M; \$8 NM
 Register by: Friday, January 3
 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, January 9 - April 24
 Time: 5:15 – 6:15 pm
 Fee: \$220 LSCO M; \$300 NM
 Drop In Fee: \$15 LSCO M; \$20 NM
 Register by: Monday, January 6
 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, January 9 - April 24
 Time: 4:00 – 5:00 pm
 Fee: \$220 LSCO M; \$300 NM
 Drop In Fee: \$15 LSCO M; \$20 NM
 Register by: Monday, January 6
 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: Wednesdays, January 15 - April 30
 Time: 10:30 am - 11:15 am
 Fee: \$128 LSCO M; \$144 NM
 Drop In Fee: \$9 LSCO M; \$10 NM
 Register By: Friday, January 10
 Instructor: Shelia Mulgrew
 Location: All Purpose Room

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: Mondays, January 6 - April 28
 Time: 9:00 am - 9:50 am
 Fee: \$105 LSCO M; \$135 NM
 Drop In Fee: \$8 LSCO M; \$10 NM
 Register By: Thursday, January 2
 Instructor: Gabrielle Dumont
 Location: Gym 2



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LSCO COMPUTER LAB

DECEMBER 5 @ 1:30 PM

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LSCO Groups

AMATEUR HAM RADIO

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

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

BILLIARDS

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

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

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

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

Upcoming Events

LPS Frauds and Scams Presentation

Thursday, December 5 | 1:30 -2:30
LSCO Computer Lab
More info on page 14

Holiday Baking & Resource Information Session

Thursday, December 13 | 1 - 4pm
LSCO Atrium
More info on page 7

Christmas Social

Friday, December 12 | 4 - 6pm
LSCO Diner, Stage, Atrium
More info on page 4

Welcoming Winter Solstice Guided Walk

Friday, December 20 | 10 - 11 am
River Valley, Bus Leaves LSCO
More info on page 7

Free Christmas Dinner

Wednesday, December 25 | 11 - 1 pm
LSCO Diner, Stage, Atrium
More info on page 4

Tai Chi & QiGong

INTERMEDIATE YANG STYLE TAI CHI

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

When: Thursdays, January 16 -April 24
 Time: 8:45 – 9:45 am
 Fee: \$75 LSCO M; \$105 NM
 Drop In Fee: \$6 LSCO M; \$8 NM
 Register by: Monday, September 23
 Instructor: Steve Burger
 Location: Room A/B

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: Wednesdays, January 15 - April 30
 Time: 8:45 - 9:45 am
 Fee: \$80 LSCO M; \$112 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, January 15 - April 30
 Time: 10:15 – 11:15 am
 Fee: \$80 LSCO M; \$112 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.

Session 1:

When: Tuesdays, January 7 - February 11
 Time: 10:00 am - 11:15 am
 Fee: \$56 LSCO M; \$66 NM
 Drop In Fee: \$10 LSCO M; \$12 NM
 Register by: Thursday, January 2
 Instructor: Roxy Wright
 Location: Stage Area

Session 2:

When: Tuesdays, March 18 - April 15
 Time: 10:00 am - 11:15 am
 Fee: \$47 LSCO M; \$55 NM
 Drop In Fee: \$10 LSCO M; \$12 NM
 Register by: Thursday, March 13
 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



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 February 17, April 21
 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 Winter 2025 season opens December 13 and closes on January 4. 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.**



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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, January 8 - April 30
 Time: 10:00 - 10:45 am
 Fee: \$85 LSCO M; \$119 NM
 Drop In Fee: \$6 LSCO M; \$8 NM
 Register By: Friday, January 3
 Instructor: Corrine Myers
 Location: Stage Area

ACTIVE 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, January 10 - February 28
 (No class Jan. 31, Feb. 7, 14)
 Time: 9:00 am - 10:05 am
 Fee: \$55 LSCO M; \$60 NM
 Drop In Fee: \$12 LSCO M; \$15 NM
 Register By: Tuesday, January 7
 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, January 14 - April 29
 Time: 10:00 - 11:00 am
 Fee: \$112 LSCO M; \$144 NM
 Drop In Fee: \$8 LSCO M; \$10 NM
 Register By: Friday, January 10
 Instructor: Donna Tiefenbach
 Location: All Purpose Room

Thursdays

When: Thursdays, January 16 - April 24
 Time: 10:00 - 11:00 am
 Fee: \$105 LSCO M; \$135 NM
 Drop In Fee: \$8 LSCO M; \$10 NM
 Register By: Monday, January 13
 Instructor: Donna Tiefenbach
 Location: All Purpose Room

SATURDAY FLOW YOGA

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, January 11 - April 26
 (No class April 19)
 Time: 10:00 am - 11:15 am
 Fee: \$90 LSCO M; \$120 NM
 Drop In Fee: \$7 LSCO M; \$9 NM
 Register by: Wednesday, January 8
 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, Jan 14 - April 29
 Time: 5:00 - 6:00 pm
 Fee: \$144 LSCO M; \$224 NM
 Drop-In Fee: \$10 LSCO M; \$15 NM
 Register By: Friday, January 10
 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, Jan. 8 - Feb. 26
 (No class Jan. 29, Feb. 5, 12)
 Time: 10:15 - 11:30 am
 Fee: \$54 LSCO M; \$84 NM
 Drop In Fee: \$10 LSCO M; \$15 NM
 Register By: Friday, January 3
 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, January 6 - April 28
 (No class February 17, April 21)
 Time: 1:00 - 2:00pm
 Fee: \$90 LSCO M; \$120 NM
 Drop In Fee: \$7 LSCO M; \$9 NM
 Register by: Thursday, January 3
 Instructor: Corrine Myers
 Location: Room A/B

Fridays

When: Fridays, January 10 - April 25
 (No class April 18)
 Time: 10:15 am - 11:15 am
 Fee: \$90 LSCO M; \$120 NM
 Drop In Fee: \$7 LSCO M; \$9 NM
 Register by: Tuesday, January 7
 Instructor: Corrine Myers
 Location: Room A/B

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, Jan. 13-Feb. 10
 Time: 8:30 - 9:30 am
 Fee: \$45 LSCO M; \$70 NM
 Drop In Fee: \$10 LSCO M; \$15 NM
 Register by: Thursday, October 31
 Instructor: Elaine Jagielski
 Location: Room A/B

Session 2:

Date: Mondays, February 24 - March 24
 Time: 8:30 - 9:30 am
 Fee: \$45 LSCO M; \$70 NM
 Drop In Fee: \$10 LSCO M; \$15 NM
 Register by: Thursday, October 31
 Instructor: Elaine Jagielski
 Location: Room A/B

Session 3:

Date: Mondays, March 31 - April 28
 (no class April 21)
 Time: 8:30 - 9:30 am
 Fee: \$36 LSCO M; \$56 NM
 Drop In Fee: \$10 LSCO M; \$15 NM
 Register by: Thursday, October 31
 Instructor: Elaine Jagielski
 Location: Room A/B

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Computer Corner By Sjoerd Schaafsma

Transferring Files between Devices - Part 3



A brief review of the previous 2 Articles:

Your preferred method of transferring files will depend on your hardware, device, operating system, and what's most convenient.

There are several effective methods to move photos, videos, documents, and more between these platforms. Here are some popular ways to transfer files from iOS devices (iPhone or iPad) to a Windows PC.

1. Using iCloud Drive

iCloud Drive is Apple's cloud storage solution that lets you access files across all your Apple devices and even on a Windows PC. I try to avoid it, as syncing can lead to more confusion when it comes time to choose which files you want to keep.

A brief description:

- Enable iCloud Drive on iOS: On your device, go to Settings > [Your Name] > iCloud > iCloud Drive, and turn it on.

- Install iCloud for Windows: Download and install iCloud from Apple's website <https://support.apple.com/en-us/103232>. Once installed, sign in with your Apple ID and choose which data types you want to sync (e.g., Photos, iCloud Drive).

- Access Files on Windows: After setup, you can access iCloud Drive files via the iCloud Drive folder in File Explorer. Photos are stored in a separate "iCloud Photos" folder.

- This is convenient for regularly syncing and transferring data and for accessing files stored in iCloud directly on your PC. However... beware the sync.

2. Using File Explorer (for Photos and Videos)

- Connect via USB: Use a USB-to-Lightning or USB C cable to connect your device to the PC. Unlock your device and, when prompted, choose Trust This Computer to enable access.

- Access Files via File Explorer: Open File Explorer and select This PC. You should see your iOS device under "Devices and Drives." Open it, navigate to Internal Storage > DCIM, and you'll find folders containing your photos and videos. The folders may be dated in the following format; 202411_ year and month.

- Transfer Photos/Videos: Copy and paste files from the DCIM folder to your PC.

3. Using Third-Party Apps (e.g., Google Drive, Dropbox)

If you need to transfer various types of files frequently, using cloud storage services like Google Drive, Dropbox, or OneDrive can be a versatile option.

- Install and Upload: Install the cloud storage app of your choice on your iOS device, sign in, and upload files from your iPhone or iPad.

- The files can then be downloaded from either the equivalent app on your PC, or via your browser.

4. Using Email or Messaging Apps

For smaller files or individual photos, using email or messaging apps can be quick and convenient.

- Email Option: On your iOS device, open the file you want to send and select Share > Mail. Send it to your own email address, then access and download the attachment from your email on your Windows PC.

- Messaging Apps: Keep in mind that messaging apps often compress files, so this method is not be ideal for high-quality media transfers.

5. Using a Third-Party Transfer App

I use an app called Simple Transfer which works either via cable or wirelessly on a local network. A Google search for file transfer apps for iOS and Windows will provide you with many options.

Most of these methods allow you to sort files by size date and type.

Conclusion

There are many ways to transfer files between an iOS device and a Windows PC, each suited to different needs. Whether you prefer using cloud storage, USB transfer, or specialized apps, finding the best method depends on the types of files you're transferring and how often you'll need to do it. With the right tools, you can bridge the gap between Apple and Windows ecosystems smoothly.

To get the unedited version of this article go to <https://chatgpt.com/> and ask for "How to Transfer Files from an Apple iOS Device to a Windows PC". To explore further try the same request with different AI engines, or a Google search, results may vary.

Note from the editor: After 10 years of writing the Computer Corner, Sjoerd has decided to take a break. If you see him around, be sure to thank him for all the time and effort he has put into these articles over the years. If you would like to help contribute to Computer Corner moving forward, please contact Hannah at hdupuis@lethseniors.com.

Computer Club EVENTS

December 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.

The club will be taking a break from Dec 21 to Jan 5.

December

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 to be added to the email list or to ask for help from the computer club. Membership is not required to be added to the mail list.



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

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Member Spotlight



Gladys Larson

LSCO LETHBRIDGE Senior Citizens ORGANIZATION

Gladys had been a longstanding, active member around LSCO. She currently still resides in Lethbridge, but is thinking about moving to Raymond to be closer to family. Gladys was struck hard by Covid and she is finally beginning to feel more motivated and active again.

Gladys was born in the village of Riding Mountain, Manitoba on December 24, 1938. Her parents were Canadian-born and her father started out as a farmer. Her paternal roots are from Ireland and her maternal roots are in Manitoba.

Gladys' father and uncles were in WWII; in all, 8 of Gladys' extended family were in the war effort. Gladys' father was overseas, but not in combat. Gladys remembers that sugar was rationed and how margarine got "coloured".

There were three children in Gladys' family; she has two elder brothers. She and her brothers always got along well. Gladys at-

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Member Spotlight

Discovering Community, Making Connections

tended school in Riding Mountain to Grade 9. She remembers walking 1.5 miles to school and snowbanks as high as telephone poles. Gladys' household chore was bringing in wood for the cookstove on a toboggan. In her early school years, her school consisted of one-room, and was also a village church. Later, there was a stand-alone school building. Her brothers moved away from home as teenagers.

Gladys' parents separated and she ended up moving to Winnipeg with her mother. Gladys got a job making license plates for about a year. Her parents reunited, but her father passed away at age 55 due to a heart attack.

Gladys was always very keen on learning and doing artistic handwork. She taught herself to crochet and even taught her mother. Gladys taught herself to cook and sew. She lived with her Gramma for some of her adolescence and participated in 4H.

From Winnipeg, Gladys and her mother moved to Edmonton. Gladys was trained to be a telephone operator by Alberta Government Telephones and did that job for a few years. Afterwards, she moved to Vancouver for awhile where there was work and friends. Gladys returned to Alberta and in Calgary, she reunited with her mother.

Gladys married her husband Bob in 1959. They had three sons, but separated after 11 years and Gladys took on single parenting.

Gladys took ceramics courses in Calgary and then began to teach from her home. Instructors told her that she was "a natural". She had earned a teaching certificate in Ceramics while in Calgary.

She remained in Calgary and eventually married Norman, who came with four children. They had a daughter together, and Gladys was a very busy mother and homemaker to this family! Gladys says that she is satisfied with how the children blended and that she continues to have good relationships with them.

Norman also had a farm (Magrath), which he operated even though he had a successful career off the farm. Gladys and Norman,

and two of the children moved to Magrath in the early 80's, but she wanted to do something more. She describes Norman as a good provider and farmer; he also helped with Gladys' ceramics business that she set up in Magrath, but Norman passed away in 2002. Gladys hired schoolkids who would come after school and help her with the business, as the work was too heavy for her on her own. She had also begun to teach ceramics in Lethbridge, so Gladys decided to move to Lethbridge because farming was not practical for her any longer.

Gladys began to teach herself 'china painting on porcelain', but it is a lengthy process and although she taught it for a few years, its popularity began to wane like ceramics.

Gladys began teaching knitting and crocheting at LSCO; she was age 53 at this point. (LSCO rules were such that she could not buy a membership at the time due to her young age!)

Gladys' LSCO history is lengthy so far, 32 years! She volunteered e.g. in the boutique, taught ceramics, participated in quilting, knitting and crochet, watercolours, and Zen tangle. (Zen tangle can be viewed on the west wall in the card playing area.) Gladys was such an involved quilter that she made quilts for each of her family members!

Gladys' enduring belief is that everybody should be treated equally; we may have different bodies, but we are all human.

Gladys met Stu at LSCO almost 20 years ago. They travelled across Canada, took shorter bus tours, went to events together, and generally enjoyed each others' company; their children were happy for their parents in their relationship. Gladys enjoyed cooking supper for her and Stu as long as possible. However, Stu has passed away and Gladys is as much a new widow as anyone else has experienced.

Gladys' comfort food is "meat and potatoes"; she does not enjoy eating alone, no matter how fancy or expensive the food is. She has an enduring positive memory in that for her 70th birthday, her children threw her first proper birthday party; it was a success!

Gladys enjoys watching many TV sports e.g. hockey, tennis, curling, football, soccer. She likes Country music e.g. Willie Nelson, Blake Shelton.

Gladys would like people to know that she likes "to try new things." For now, she has become an avid 5-Pin Bowler; she bowls in two leagues and she is consistent in her scores. She has also returned to taking up Hardanger, a type of embroidery that she learned years ago.

It should go without saying at this point, but it seems obvious that Gladys likes to keep her mind and body active. We look forward to seeing more of her again around LSCO.

Welcome Back Gladys!



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Grief and Loss Through the Holiday Season

For many people the holiday season is spent around friends and family. It is a celebration rich with tradition, spirituality, and for many the custom of exchanging gifts and spending time with the ones that we love. However, for some individuals the holiday season can be a challenging time, especially if you are dealing with grief. The source of that grief could be the result of a death of a love one, a breakdown in a spousal and family relationships, illness and financial difficulties. The holiday season can also intensify our feelings of loss, isolation, and loneliness.



Seniors System Navigator

Dannie Lien

dlien@lethseniors.com
403-329-1544

Grief and bereavement are something that we all have faced from time to time throughout our lives, and it is a complex process. How we experience this loss is very individualized. Grief is our emotional state that stem from a loss, and mourning is how we outwardly express our grief. Holiday seasons can intensify our grief for a multitude of reasons, and it is important to let others know what we are going through, and to discuss how you're feeling, and what you need at this time.

Dealing with grief over the holidays can feel overwhelming and exploring what is right for you during this time, can assist with the grieving process.

Some things that may help

- Acknowledge your grief, and understand that holidays can heighten feelings of sadness and loneliness
- Get plenty of rest, and take time doing things that bring you pleasure.
- Be kind to yourself, and take time to go through these feelings
- It's ok to say no or have alternative plans
- Accept help from others
- Be flexible with obligations and socializing
- Let others know what you need
- Take care of your physical, mental, and spiritual health
- Set realistic expectations, and know that intense feelings of sadness may come out of no where

Creating new traditions for the holidays may be helpful such as lighting a candle in remembrance, creating a memory box, visiting the cemetery, decorating a memorial site, reevaluating gift giving or financial commitments.

For some it may be beneficial to seek out grief counseling or support groups. Lethbridge Family Services, Alberta Health Services Addiction and Mental Health both offer counseling services and if you reside in an outlining community or rurally, FCSS offers counseling services. Martin Brothers Funeral Home, and Grief Share both offer Grief Support Groups. There is also an ICA Counseling Subsidy here is Lethbridge for those concerned about their ability to financially meet their mental health needs.

If you are sixty years or older and finding that you are needing assistance reaching out to grief supports in our community, please contact the Seniors System Navigators program and we can assist you with connecting with the programs and services that would best meet your needs.

Take care
Dannie Lien

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