

YOU AND YOUR SPECIAL SOMEONE ARE INVITED TO

Valentine's Day
LUNCHEON

\$12 PER PERSON

Friday February 14
11am – 1 pm

LSCO DINER
500 11th St. S.
Lethbridge

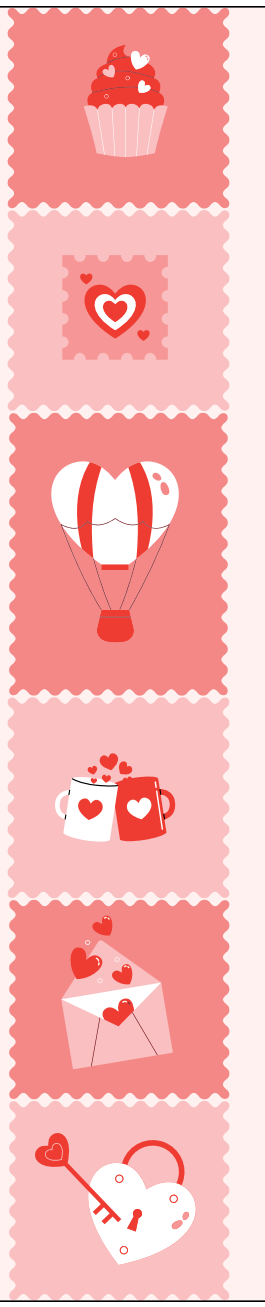
Menu

Veal Saltimbocca
(Bacon wrapped marinated Veal)
with Penne & Mixed Vegetables
Red Velvet Cookie for Dessert

Live Music

from Don Robb & Randy Epp

First come first served seating



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St. Patrick's Day Evening Pub
Live Music & Dancing ✦ 50/50 & Door Prizes ✦
Full Diner Menu & Bar ✦
Tickets \$10 LSCO Member | \$15 Non Member
LSCO, 500 11 St. S, Lethbridge
Friday, March 14+
5:00 - 8:00 PM



Photos from our 2024 St. Patrick's Day Event





Executive Director

Rob Miyashiro

rmiyashiro@lethseniors.com
403-320-2222 ext. 304

Farewell

With many conflicting feelings, this is the last article I will write for the LSCO Times as Executive Director. I am very proud of the progress we have made as an organization over the past 17 years and I want to thank our staff, Board and members for moving us forward, together. I am proud that we developed a culture of collaboration and partnership, be it internal or with our community. I am proud that LSCO has helped to lead many local, provincial and national initiatives such as Age Friendly Lethbridge, Healthy Aging Alberta and the National Social Prescribing Community of Practice. I am proud that LSCO was a leader in a community-led pandemic response that received recognition from the United Nations and World Health Organization. I am proud that we received the Minister's Seniors Services Award and were recognized by Lethbridge Family Services as an inclusive organization. I am proud that we developed a collaborative, community-based seniors services system (Seniors Community Services Partnership) that was nationally recognized. I am proud that our program department developed into a respected and comprehensive fitness, wellness and sport entity. I am proud that we merged with the Meals on Wheels Society to ensure those services continued to be available to those in need. I am proud that we grew the Lethbridge Elder Abuse Response Network from nothing, into the model of elder abuse service delivery for our province. I am proud that we have many long-term staff and many more that express their desire to work here long-term.

What I am most proud of is that our staff, Board and members knew that I had the best interests of LSCO at the forefront: how we developed a culture of caring, how people – not things - are our strength, and how working together was always better than working apart. I am certain that my new role will enable me to continue those ways of work and I will be forever grateful to everyone at LSCO for providing me with the honour and privilege of working here.

With much love,
Rob

Thank you Rob for 17 years of serving the LSCO!

Leadership Transition

Hello again!

As you already know January 20, 2025, Rob Miyashiro was sworn in as the Member of the Legislative Assembly representing Lethbridge West Constituency. The residence of Lethbridge West will be very well represented by Rob. Also, I think Alberta senior citizens and people with disabilities will be represented as Rob also has a passion for the well being of these groups. LSCO is going to miss Rob's leadership. On behalf of the membership, the staff, and the Board of Directors I would like to thank Rob for his dedication to our organization.

As I mentioned in the December LSCO Times the Board has started the recruitment process for a new Executive Director. We have reviewed over 160 resumes and short listed about 8 candidates. By the time you read this we will be arranging appointments with the most qualified candidates for interviews. The name of the successful candidate will be announced by the Board as soon as possible.

If you have any questions, please contact me.



LSCO Board President

Keith Sumner

keith.sumner@shaw.ca

COMMUNITY PARTNERS
We thank you for..

Supporting *Meals on Wheels* | Supporting *LSCO Events and Fundraisers*

And the many more organizations and individuals that partner and support us throughout the year!
Your contribution is our lifeline!



A MONTHLY PUBLICATION OF THE LETHBRIDGE SENIOR CITIZENS ORGANIZATION

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

Edited by Hannah Dupuis
 Printed by Lethbridge Herald

Officers of the LSCO

2023 – 2024 Board Executive

President: Keith Sumner
 Secretary: Veronica Panich
 Treasurer: Neil Jorgensen

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

Staff Members

- Operations Manager – Jodie McDonnell
 jmcdonnell@lethseniors.comext. 102
- Accounting Technician – Jackie Black Water
 finance@lethseniors.comext. 103
- Receptionist & Administrative Support - Kari Martin
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- Fund Development & Marketing – Hannah Dupuis
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 dsnow@lethseniors.comext. 209
- Seniors System Navigator (SSN) – Dannie Lien
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- Seniors System Navigator Intake – April Guild
 intake@lethseniors.com 403-329-1544
- Meals on Wheels Client Coordinator– Diane Legault
 dlegault@lethseniors.comext. 201
- Volunteer Coordinator–Carla McNally
 volunteer@lethseniors.comext. 208
- Program Department Manager – Andrea Clarke
 programs@lethseniors.comext. 303
- Fitness Coordinator – Annabelle Darlow
 fitness@lethseniors.comext. 104
- 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

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

Hours of Operation

8:00 AM - 4:30 PM, Monday - Friday
 LSCO Fitness Centre also open
 Saturdays 9-12

LSCO will be closed
 Monday, February 17
 for Family Day

LSCO Vision Statement

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

Welcome New Members

Destiny Svennes	Nathan Ng	Stuart Davison
Tomas Nilsson	Edward Giesbrecht	Judy Davison
Don Lancaster	Agnes Alkerton	Wanda Krein-Mackay
Dennis Connolly	Anne Wilson	Mary Ann Regnier
Sharon Senneker	James Naheim	Leo Regnier
Bronwyn Goulding	Nick Czibere	3 Anonymous
James Fujikawa		

We’re happy to have you!

January 2025

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

FEBRUARY 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.

Feb 6	Gil McGowan , Alberta Federation of Labour The disappearing Alberta Advantage: Why we need to fight to reverse Alberta’s collapsing standard of living	
Feb 13	Blaine Hyggen , Mayor - City of Lethbridge What Does the Future Hold for Lethbridge?	
Feb 20	Joshua Day Chief , CEO of AdvancedAG (AAG) Regenerative and Sustainable Agriculture	
Feb 27	Derek Melting Tallow , Program Director at Secure your Food Why Will Your Food Prices Remain Elevated?	

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

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.



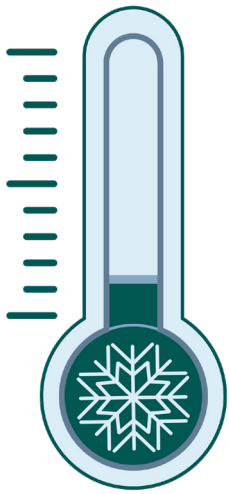
LEARN Fundraiser Therapeutic Recreation Month

The Lethbridge Polytechnic in Therapeutic Recreation-Gerontology students have organized a fundraiser for LEARN during the month of February!

Ways to contribute:

- **Round Up & Donate** – Coaldale Pharmasave customers can round up their purchases to support the cause.
- **Handmade Dishcloths for Sale** – Purchase hand-crocheted dishcloths on Feb 14th, 10 AM – 3:30 PM at Lethbridge Polytechnic’s Centre Core.

LSCO Snow Removal



**\$12,000
Goal**

In December, we received notice that the LSCO Subsidized Snow removal would be losing funding. In response, we asked for individuals to sponsor a senior’s snow removal for some or all of the remaining snow season. However, we have still not reached our goal to cover the subsidy.

Snow removal is vital for ensuring low-income seniors can safely access essential services like HomeCare, Meals on Wheels, and emergency responders.

We remain committed to continuing this program for the rest of the winter season, **but we need your help to make it possible.** You can donate at the LSCO or by visiting www.canadahelps.org/en/dn/124792



IT'S GAME TIME!

**WEDNESDAY
MARCH 5**
12:30-4:00
LSCO Card Area
500 11 Street South

WITH HOLIDAY INN

All skill levels welcome
Enjoy games, sandwiches,
dessert, beverages and
good company!

Free to attend!
No RSVP required

For more information
contact SCSP Intake
403-329-1544
intake@lethseniors.com










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MEMBER OF PARLIAMENT


 @RachaelThomasMP
RachaelThomas.ca | Rachael.Thomas@parl.gc.ca | 403-320-0070

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!

Tax Preparation Volunteers

We are looking for volunteers to process and file tax returns for the LSCO 2024 Tax Program. Volunteers are integral to the delivery of this program. All volunteers will register with the CRA and will need to have a Criminal Records Check completed, at no cost to the volunteer. Your help is greatly appreciated!! You do not need to be an accountant to volunteer.

St. Patrick's Day Pub *Friday, March 14th 5-8 pm*

Volunteers are needed to help with set up, take down, serving food, doing dishes, running the 50/50 and the bar.

Contact the Volunteer Team
volunteer@lethseniors.com
403-320-2222 ext. 208

Don't forget! Volunteers can receive a discount on their membership

The Joy of Volunteering: Finding Fulfillment and Making a Difference



Volunteer Coordinator

Carla McNally

volunteer@lethseniors.com
ext. 208

Becoming a part of something as a volunteer, especially something that you feel passionately about, is an incredible feeling! A lot can be said about how others benefit when you volunteer, but, giving of your time and service to others has incredible value to you, as well:

- Benefits to both mental and physical health
- Helps counteract the effects of stress, anger and anxiety. Nothing combats stress better than meaningful connections with others
- Brings fun and fulfillment to your life
- Boosts your self confidence. Providing service to others fosters a feeling of accomplishment
- Helps take your mind off your own worries. Volunteering keeps you mentally stimulated and adds more zest to your life
- Provides you with renewed creativity, motivation, and vision that can carry over into your personal and professional life.

Your time is valuable so it's important that you enjoy and receive benefit from volunteering. Make sure that the role you are volunteering for is a good fit for you – your skills, goals, and time commitment. Make sure you know what's expected of the role. Do not feel compelled to stick with a volunteer role you don't enjoy doing.

Ask yourself a few questions:

1. Is there any training involved?
2. Who will I be working with? - Is the organization welcoming?
3. Why would I enjoy this role?
4. Will my volunteer time negatively affect any other time commitment I must honour?
5. Does this role have a significant impact on the organization?
6. Will my volunteer commitment make a difference in other peoples' lives?
7. Does the organization mirror my values/ethics?

You should be comfortable with the organization and understand the time commitment. Consider starting small - don't over commit yourself. Give yourself permission to change your focus if needed. Don't be afraid to make a change. Volunteers are the life-blood of our organization and we want you to have fun and enjoy the experience!





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MENU ~ FEBRUARY 2025

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

Monday, February 3	Tuesday, February 4	Wednesday, February 5	Thursday, February 6	Friday, February 7
Entree: Chicken Pesto Gnocchi Starch: Garlic Toast Soup: Chef's Choice Veggie: Chef's Choice	Entree: Hunter Schnitzle Starch: Spaetzle Veggie: Chef's Choice Soup: Chef's Choice	Entree: Cabbage Rolls Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: Vodka Chicken Starch: Rigatoni Veggie: Chef's Choice Soup: Chef's Choice	Entree: Turkey & Stuffing Starch: Mashed Potatoes Soup: Chef's Choice Veggie: Chef's Choice
Monday, February 10	Tuesday, February 11	Wednesday, February 12	Thursday, February 13	Friday, February 14
Entree: Spaghetti & Meatballs Starch: Garlic Toast Veggie: Chef's Choice Soup: Chef's Choice	Entree: Butter Chicken Starch: Rice and Potato Flat Bread Veggie: Chef's Choice Soup: Chef's Choice	Entree: Chicken Cordon Blue Starch: Mashed Potatoes Veggie: Chef's Choice Soup: Chef's Choice	Entree: Jamaican Patty (Pastry filled with seasoned beef) Starch: Sweet Potatoes Veggie: Chef's Choice Soup: Chef's Choice	<i>Valentines Day Special</i> Entree: Veal Satlimbocca (Bacon wrapped marinated Veal) Starch: Penne Soup: Chef's Choice Veggie: Chef's Choice <i>& red velvet cookie dessert</i>
Monday, February 17	Tuesday, February 18	Wednesday, February 19	Thursday, February 20	Friday, February 21
Entree: Sweet and Sour Chicken Starch: Rice LSCO Closed for Family Day	Entree: Pulled Pork Starch: Dirty Rice & Corn Bread Veggie: Chef's Choice Soup: Chef's Choice	Entree: Chicken Kiev Starch: Roasted Potatoes Veggie: Chef's Choice Soup: Chef's Choice	Entree: Beef Macaroni Casserole Starch: Fried Potatoes 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, February 24	Tuesday, February 25	Wednesday, February 26	Thursday, February 27	Friday, February 28
Entree: Shepherds Pie Veggie: Chef's Choice Soup: Chef's Choice	Entree: Bratwurst with Braised Cabbage Veggie: Chef's Choice Soup: Chef's Choice	Entree: Fiesta Chicken Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: Beef Stew Starch: Mashed Potatoes Veggie: Chef's Choice Soup: Chef's Choice	Entree: Lasagna Starch: Garlic Toast Soup: Chef's Choice Veggie: Chef's Choice

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

What is Qigong?

Qigong practice combines meditation, sound, breathing techniques, movements, and postures of the body to activate and cultivate this energy called qi.

Qigong (pronounced "chee-GONG") is a Chinese energy healing and energy balancing technique that has been practiced over 7000 years. Qigong principles form the basis of all Traditional Chinese Medicine. Many people in China practice qigong, and many doctors teach their patients different qigong exercises and postures to help them heal.

The concept is that all Qi is intended to flow smoothly and continuously; to be in harmony and in balance with the universe. Qigong practice helps the qi (life force energy) in the body flow freely, so the body stays in balance and healthy, which helps prevent energy blockages. It can also help heal energy blockages when the body is sick.

What is Spring Forest Qigong?

The creator of Spring Forest Qigong, believed that the most effective form of qigong is simple and he created Spring Forest Qigong with the vision of "Everyone was born a healer. A healer in every home and a world without pain and suffering."

Spring Forest Qigong is designed to be very simple to learn and practice, yet very powerful in its benefits. Spring Forest Qigong is a practice of breathing, focusing your mind, doing very simple body movements, and meditating.



SPRING FOREST
QIGONG

Try a 3 Week Session of Qigong

When: Tuesdays, February 18 - March 4
 Time: 10:00 am - 11:15 am
 Fee: \$27 LSCO M; \$33 NM
 Drop In Fee: \$10 LSCO M; \$12 NM
 Instructor: Roxy Wright
 Location: Stage Area

What is 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.

Essentrics is phenomenal for all ages and fitness levels:

- Active Older Adults: The gentle, low-impact nature of Essentrics makes it ideal for seniors looking to maintain flexibility and strength, range of motion, balance and mobility.
- Individuals with chronic pain: Essentrics can help alleviate pain and improve joint mobility, making it popular among those with conditions like arthritis.
- Racquet Sport Players: Many professional and amateur athletes use Essentrics to improve their flexibility, strength, balance and overall performance.
- General fitness enthusiasts: Anyone looking to improve their posture, flexibility, range of motion and overall fitness can benefit from Essentrics. Please bring a water bottle and yoga mat.

Pink Shirt Day February 26, 2025



Seniors System Navigator

April Guild

aguild@lethseniors.com
ext. 204

Pink Shirt Day 2025 is an important event that encourages kindness, inclusivity, and the fight against bullying. Observed on February 26th, this day reminds people of all ages to wear a pink shirt as a symbol of support for creating safer, more respectful communities. The movement began over a decade ago when two high school students in Canada decided to take action after witnessing a peer being bullied for wearing a pink shirt. Their simple act of wearing pink sparked a nationwide movement, which has grown globally, empowering individuals of all generations to stand up against bullying in schools, workplaces, and online.

For seniors, Pink Shirt Day is an opportunity to reflect on the values of respect and empathy, which are integral to building positive relationships. It's a day to encourage meaningful conversations about how bullying impacts everyone, regardless of age. Whether it's in the workplace, in social settings, or in family dynamics, fostering kindness and understanding can lead to stronger, more supportive communities. Seniors can serve as role models for younger generations, demonstrating how kindness can create a ripple effect that transcends generations.

Participating in Pink Shirt Day is simple: wear a pink shirt, share the message of kindness, and support initiatives that promote anti-bullying efforts. For seniors, it may also be an excellent time to connect with family, friends, or community organizations to raise awareness about the importance of respecting one another. It's a day to come together, spread love, and create an environment where bullying is not tolerated, and where everyone feels valued and accepted.

Did you know?

Pink Shirt Day is Celebrated in over 180 countries including, Japan, China, Panama, New Zealand, the USA, France, Australia, the United Kingdom, and Lebanon.

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FEBRUARY SUPPORT SERVICES

WELLBEING SERVICES

**appointment /registration required*

403-329-1544

intake@lethseniors.com

February 4 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.
February 4 1st Tuesday	Prescribing Pharmacist Onsite* 9:00 am - 2:00 pm Drop in office	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.
February 4	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.
February 5 1st Wednesday	Service Canada & CRA Support Clinic 9:00 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.
February 12	Sexual Health Info Booth 10:00 am - 12:00 pm Card Area	Informative booth on sexual health topics.
February 12 2nd Wednesday	Free Lawyer Consultations* 2:00 pm - 4:00 pm Quiet Room	Free 15-min consultations with local lawyer Austyn Anderson. Please call 403-320-2222 to schedule an appointment.
February 13 2nd Thursday	Hearing Screening* 10:00 am - 12:00 pm Drop in office	FREE hearing screenings by Lethbridge Hearing Centre to assist you in understanding your hearing health.
February 20 4th Thursday	Eyeglasses Adjustments 1:00 pm - 2:00 pm LSCO Library	Eyeglass repairs and adjustment provided by SpecSavers.

SUPPORT GROUPS

February 1 - 22 AA Eye Opener
Saturdays 8:30 - 10:30 am | Room C/D

February 6 - 27 AA Sunset
Thursdays 7:00 - 9:00 pm | Room C/D

February 20 Parkinsons Support Group
3rd Thursday 2:00-4:00pm | Board Room.
Registration for Parkinson's Group is encouraged.
Call 1-800-561-1911.

February 7 & 21 Wise Guys
1:30 - 3:30 pm | Room C/D



Empathy. Assistance. Advocacy.



February LSCO Weekly Schedule

Schedule may change without notice.

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

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

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

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

What to Expect at a Driver's Medical Appointment

In Alberta, medical exams are required to renew your license at age 75, 80 and then every two years afterwards. For many individuals, a driver's license represents independence and freedom, and the possibility that this can be taken away often creates high anxiety. This article will walk you through what you need to know to prepare for a driver's medical exam.

Prior to turning 75 years old, the government will mail you a letter stating that a medical exam is required in order to renew your license. The medical exam can be completed by a doctor or nurse practitioner. Once you receive this letter, call your provider's office and ask to book an appointment for a seniors driver's medical exam. This exam is

not covered by Alberta Health and will cost between \$100-175 if completed within Lethbridge or surrounding areas.

Bring your driver's license and eye glasses, if applicable, to the appointment. At the appointment, a health practitioner will complete an eye exam and take your blood pressure. Whether additional exams are conducted depends on the clinic's policy or doctor's preference. There are two standard tests that are regularly used. The first, called a SIMARD-MD test measures cognitive function and entails memorization and delayed recall. The second is called a Trail Making Test and it assesses visual attention and task switching by asking the participant to draw lines from numbers to letters in an



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ascending order. In instances where a passing mark is not attained, the doctor may request a driver's road test.

To complete the appointment, the doctor will perform a general medical assessment by asking you questions about your health. The doctor will then print the driver's medical form, sign it, and give it to you. Once this paper is in hand, you are set to head to the registry office!

FEBRUARY FRIDAY MUSIC SCHEDULE

<p>Feb 7</p>	<p>Ken Van Cleave & Brian Follett</p>	<p>Country Music with a bit of Elvis on the side.</p>
<p>Feb 14 <i>Valentines' Day</i></p>	<p>Randy Epp & Don Robb</p>	<p>Beloved local trumpet and piano duo will perform a variety of Jazz hits</p>
<p>Feb 21</p>	<p>Fred Annabelle Bryce</p>	<p>A mixture of folk, rock, and polka</p>
<p>Feb 21</p>	<p>Nimesh Hemshanker Vyas</p>	<p>Indian Hindi music performed to accompaniment</p>

*schedule is subject to change

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

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SERVICE CANADA & CRA SUPPORT CLINIC

FEBRUARY 5 | 9AM - 12PM | CARD AREA

Service Canada Community liaison & CRA Representative will be at LSCO to answer your questions on Government of Canada Services such as:

- Canada Pension Plan (CPP)
- Old Age Security (OAS)
- Guaranteed Income Supplement (GIS)
- Employment Insurance (EI)
- Multigenerational Home Renovation Tax Credit
- My Service Canada Account & My CRA Account
- Home Accessibility Tax Credit
- Income Tax Preparation

Get connected with a WORKOUT BUDDY

If you want to join the Fitness Center or feel like you aren't using your membership as much as you'd like and could benefit from having a workout buddy, sign up for our new program!

CONTACT ANDREA TO SIGN UP

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

Compass for the Caregiver

COMPASS is a supportive facilitated workshop for anyone 55+ who identifies as a caregiver for a spouse, children, grandchildren, extended family, close friend or neighbour near or far.

If you are supporting someone experiencing challenges related to: health, age, family dynamics, mental health, pressures generated by "sandwich generation" responsibilities and/or distance. We discuss dealing with guilt and grief, managing stress, improving communication, navigating the system & planning for the journey ahead.

March 4, 11, 18 & 25

Room A/B
LSCO, 501 11 St. S, Lethbridge

1:30 -3:30

\$55
Registration Fee

Contact SCSP Intake at 403-329-1544 to register
Lethbridge Senior Citizens Organization • 500 11 Street South

Winter 2025 Programs

Many programs are still available for registration or drop in. Inquire at the admin desk

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 - Intermediate/Advanced Levels

Intermediate-Advanced

You know you aren’t new to fitness anymore, but you aren’t an expert either. You have built up a base level of strength and endurance. By now, you’ve improved your work capacity, increased the intensity of your workouts, and learned proper techniques for most exercises.

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.

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

**Hours: 8:00 am – 4:30 pm
Monday – Friday**

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

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

CARDIO TO THE CORE

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

When: Wednesdays, January 8 - April 30
Time: 8:00 – 8:50 am
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Deb Palmer
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
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Jamie Hillier
Location: Gym 1

LOW IMPACT BARRE

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

Session 1:

When: Mondays, January 13-February 24
(No class February 17)

Time: 11:00 - 11:45 am
Drop In Fee: \$9 LSCO M; \$11 NM
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

SENIORS WHO LIFT

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

When: Mondays, January 13 - April 28
(No class February 17, April 21)

Time: 10:15 - 11:10 am
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Annabelle Darlow
Location: Gym 2

Our LSCO Library shelves are looking a little empty!

Help us give your books a second chapter by donating your gently used reads.

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
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Tracy Simons
Location: APR

CHAIR EXERCISES

This chair class will include stretching, exercise to help you increase strength, flexibility, range of motion for joints and stress reduction. Many options are given making it suitable for all fitness levels.

When: Thursdays, Jan 9 - Feb 27
Time: 9:30 - 10:15 am
Drop In Fee: \$6 LSCO M; \$8 NM
Instructor: Andrea Clarke
Location: Stage Area

When: Thursdays, March 6 - April 24
Time: 9:30 - 10:15 am
Fee: \$40 LSCO M; \$56 NM
Drop In Fee: \$6 LSCO M; \$8 NM
Register By: Monday, March 3
Instructor: Andrea Clarke
Location: Stage Area

CONDITIONING FOR RACQUET SPORTS

If you play badminton, tennis, pickleball, or squash this is the class for you. This class will have you lengthening, strengthening, and reducing the risk of injury while you sweat and move to the music. **Please bring a water bottle and a yoga mat.**

Session 2

When: Tuesdays, March 4 - April 29
Time: 12:45 pm - 1:15 pm
Fee: \$81 LSCO M; \$99 NM
Drop In Fee: \$10 LSCO M; \$12 NM
Register By: Friday, February 28
Instructor: Lindsay Anderson
Location: All Purpose Room

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
Drop In Fee: \$8 LSCO M; \$10 NM
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
Drop In Fee: \$8 LSCO M; \$10 NM
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: 11:30 am - 12:15 pm
Fee: \$144 LSCO M; \$176 NM
Drop In Fee: \$10 LSCO M; \$12 NM
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
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Gabrielle Dumont
Location: Gym 1

Thursdays

When: Thursdays, January 9 - April 24
(No class February 20)
Time: 9:00 - 9:50 am
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Gabrielle Dumont
Location: Gym 1

FUNCTIONAL FITNESS

This 45-minute class is designed for anyone with limited mobility and impaired motor control looking to improve activities of daily living. Class will focus on building strength, core and balance. A variety of exercise equipment will be used, if participants are comfortable with them. Wear comfortable light clothing. Bring your water bottle too.

When: Mondays, January 6 - Feb 24 (No class February 17)
Time: 11:30 am - 12:15 pm
Drop In Fee: \$6 LSCO M; \$8 NM
Instructor: Andrea Clarke
Location: Stage Area

When: Mondays, March 3 - April 28
(No class April 21)
Time: 11:30 am - 12:15 pm
Fee: \$40 LSCO M; \$56 NM
Drop In Fee: \$6 LSCO M; \$8 NM
Register by: Friday, April 28
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.**

Fridays

When: Fridays, January 10 - April 25
(No class April 18)
Time: 10:15 - 11:00 am
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Andrea Clarke
Location: Gym 1

PILATES FOR BEGINNERS

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

When: Tuesdays, January 7 - April 29
Time: 8:45 am - 9:45 am
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: June Dow
Location: Room A/B

TABATA

This high energy fitness class is designed to give you an exhilarating work out! Participants will perform a variety of timed exercises that will be challenging (20 seconds of work at maximum effort, followed by 10 seconds of rest; 8 times). Wear comfortable exercise clothes, indoor shoes and bring a mat and water bottle. **Intermediate to Advanced Fitness Levels. Class held in Gym 1.**

Fridays

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



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Dance & Movement

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 17
 Time: 5:15 - 6:15 pm
 Drop In Fee: \$15 LSCO M; \$20 NM
 Instructor: Lise LeMoine
 Location: Gym 2

MOVING TO HEAL

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

When: Thursdays, January 9 - April 17
 Time: 4:00 - 5:00 pm
 Drop In Fee: \$15 LSCO M; \$20 NM
 Instructor: Lise LeMoine
 Location: Room A/B

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
 (No class April 16)
 Time: 12:45 pm - 1:45 pm
 Drop In Fee: \$6 LSCO M; \$8 NM
 Instructor: Gloria-Rose Puurveen
 Location: Gym 2

EXPERIENCED BEGINNER LINE DANCING

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

When: Wednesdays, January 8 - April 30
 (No class April 16)
 Time: 11:30 am - 12:30 pm
 Drop In Fee: \$6 LSCO M; \$8 NM
 Instructor: Gloria-Rose Puurveen
 Location: Gym 2

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: 11:00 am - 11:45 am
 Drop In Fee: \$9 LSCO M; \$10 NM
 Instructor: Shelia Mulgrew
 Location: All Purpose Room

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
 Drop-In Fee: \$9 LSCO M; \$10 NM
 Instructor: Sheila 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
 (No class February 17, April 21)
 Time: 9:00 am - 9:50 am
 Drop In Fee: \$8 LSCO M; \$10 NM
 Instructor: Gabrielle Dumont
 Location: Gym 2

SEXUAL HEALTH BOOTH

Did you know: Sexual Health Week takes place every year during the week of Valentines Day!

Alberta Health Services will be present to answer questions and provide information around sexual health


- Contraception
- HIV
- General questions

Alberta Health Services

WEDNESDAY
FEBRUARY 12

10 am -12 am | LSCO Card Area

LSCO 500 11th St. S. Lethbridge



The Twilight Glow Of Romeo

Lethbridge Senior Citizens Organization
April 7th, 2:00pm



Come and join us for a free workshop presentation of a mask and puppetry play about autonomy and aging.

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

Our waitlist is currently closed and will remain closed due to the popularity of this program.

CONDITIONING FOR RACQUET SPORTS

If you play badminton, tennis, pickleball, or squash this is the class for you. This class will have you lengthening, strengthening, and reducing the risk of injury while you sweat and move to the music. **Please bring a water bottle and a yoga mat.**

Session 2

When: Tuesdays, March 4 - April 29
 Time: 12:45 pm - 1:15 pm
 Fee: \$81 LSCO M; \$99 NM
 Drop In Fee: \$10 LSCO M; \$12 NM
 Register By: Friday, February 28
 Instructor: Lindsay Anderson
 Location: All Purpose Room

JOIN THE
DRAGON BOAT TEAM

LSCO

BOAT TEAM

JUNE
27-29
2025

Paddle with us and build community spirit!

No experience needed.
Just enthusiasm and a sense of adventure!



INTERESTED? CONTACT ANDREA

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

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

Book Club NEW*

If you love to read and enjoy socializing join the LSCO Book Club! Come enjoy some tea or coffee and explore a variety of books.

Call LSCO at 320-2222 and leave your name, contact information and preferred day to meet with Kari at the administration desk.

When: TBD
Time: 1:00 – 3:30 pm
Fee: LSCO Membership;
Location: Atrium

BILLIARDS

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

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

COMPUTERS

Individuals interested in attending workshops, volunteering in the Computer Lab, and sharing their technical knowledge are encouraged to join. A variety of information sessions and workshops are offered throughout the year. Non-members can pay \$5 to attend workshops and are very welcome. The Lab is available for members 3 afternoons. Note: At times the lab may be used for classes. Notices will be posted.

When: Mondays, Wednesdays, Fridays
Time: 1:00 – 4:00 pm
Fee: \$21/year & LSCO Membership
Location: Computer Lab



CRIB

If you enjoy playing crib join in on the fun every week. Newcomers are welcome.

When: Thursdays
Time: 1:00 – 3:00 pm
Fee: LSCO membership
Drop In Fee: \$2
Location: Card Area

NOTE: LSCO Members are welcome to play cards and other board games throughout the day provided tables are available. Players must provide their own cards, game boards, etc. Gather some friends and see you soon!

DIGITAL PHOTOGRAPHY

If you love to take photos and have a desire to improve your picture taking skills register at the Administration Desk. You do not have to be an expert as the group members vary in levels and interests. Some like to photograph landscapes; others photograph food, birds and many other objects. Some participants in this group have more experience take photos and others are not as advanced. At times we take trips outside of LSCO. If you would like more information, leave your name and phone number and we will contact.

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

GENEALOGY

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

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

KARAOKE

If you love to sing and enjoy socializing join the LSCO Karaoke singers Tuesday afternoons. It would be appreciated if you brought your own microphone. Non-members of LSCO are welcome to come for \$2 drop in per week.

When: Tuesdays
Time: 1:00 – 3:30 pm
Fee: \$30/year & LSCO Membership;
Drop In Fee: \$2
Location: Board Room

KNITTING, CROCHET & MORE

Whether you knit, crochet, or do other needlework consider joining us weekly. We work on projects socialize, laugh, share ideas and enjoy a coffee. If you have supplies bring them, if not we do have some to loan. Those learning are very welcome. Held in the Dining Room/Atrium.

When: Thursdays
Time: 1:00 – 4:00 pm
Fee: \$11/year & LSCO Membership
Location: Atrium

LAPIDARY (Stonecrafters)

Are you interested in making jewelry or other pieces of art that uses rocks and fine gems? If the answer is yes, our experienced stonecrafters will help you safely learn how to use the machines and complete your projects. Please leave your name and phone number so arrangements can be made. For safety, it is important that 2 people are in the room at all times. Supply costs extra.

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

PAPER TOLE & CREATIVE ARTS

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

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

QUILTING

If you have basic quilting skills consider joining this group. They socialize, help and share ideas with each other to complete their own projects. They also create items for donations and raffles. Must bring own supplies. Please sign up at the Administration Desk.

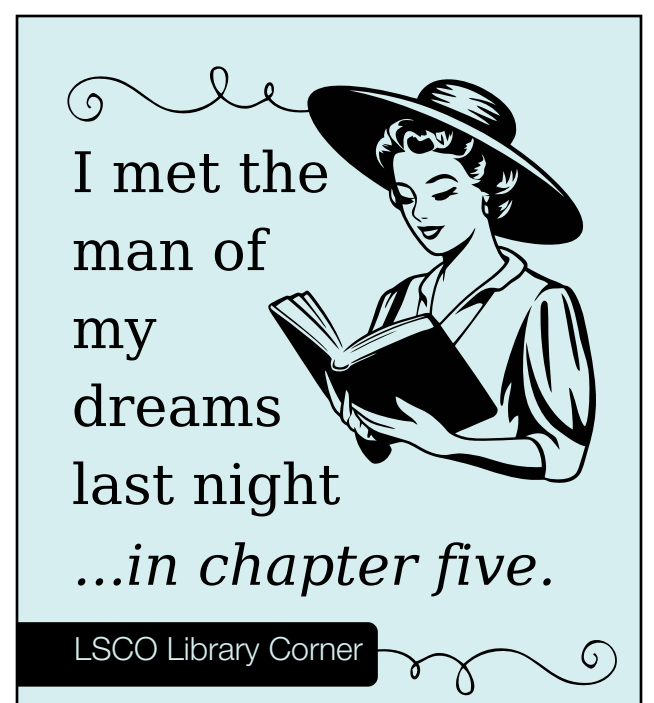
When: Tuesdays
Time: 12:00 – 3:00 pm
Fee: LSCO membership
Location: Stage

CARPENTRY/WOOD WORKING

The LSCO woodshop is open to men and woman. 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



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

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-11:15am
Drop In Fee: \$7 LSCO M; \$9 NM
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
Drop-In Fee: \$10 LSCO M; \$15 NM
Instructor: Donna Tiefenbach
Location: Room A/B

YOGA FOR SENIORS

You're never too old to reap the rewards of yoga. For seniors who are looking for a safe, effective way to enhance their physical health and overall wellness, the stretching, breathing, and meditation practices of yoga can be a great solution. In fact, as you will see, doing yoga regularly can result in a host of benefits for older adults, from greater flexibility and improved balance to lower stress and better sleep. Wear comfortable clothing (layer up as some rooms vary in temperature), bring a yoga mat, water bottle and maybe even a blanket.

Mondays

When: Mondays, January 6 - April 28
(No class February 17, April 21)
Time: 1:00 - 2:00pm
Drop In Fee: \$7 LSCO M; \$9 NM
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
Drop In Fee: \$7 LSCO M; \$9 NM
Instructor: Corrine Myers
Location: Room A/B



YOGA NIDRA

Yoga Nidra is a method that is intended to induce full body relaxation, bringing about an incredible calmness, quietness, and clarity to the physical body and mind. It is also known as "yogic sleep". It is a deep meditation that uses a variety of techniques including guided imagery and body scanning to aid relaxation. Participants can expect to leave the practice feeling restored and rejuvenated. Please bring a yoga mat and any blankets or cushions you might need to feel comfortable.

When: Tuesdays, January 21-February 25
Time: 1:00 - 2:00 PM
Drop In Fee: \$6 LSCO M; \$8 NM
Instructor: Corrine Myers
Location: Room C/D

YOVASCIA

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

Session 1:

Date: Mondays, January 13-February 10
Time: 8:30 - 9:30 am
Drop In Fee: \$10 LSCO M; \$15 NM
Instructor: Elaine Jagielski
Location: Room A/B

Session 2:

Date: Mondays, 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, February 20
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, March 27
Instructor: Elaine Jagielski
Location: Room A/B



Tai Chi & QiGong

INTRODUCTORY YANG STYLE TAI CHI

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

When: Wednesdays, January 15 - April 30
Time: 8:45 - 9:45 am
Drop In Fee: \$6 LSCO M; \$8 NM
Instructor: Steve Burger
Location: Room A/B

INTERMEDIATE YANG STYLE TAI CHI

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

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

ADVANCED YANG STYLE TAI CHI

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

When: Wednesdays, January 15 - April 30
Time: 10:15 - 11:15 am
Drop In Fee: \$6 LSCO M; \$8 NM
Instructor: Steve Burger
Location: Gym 2

SPRING FOREST QIGONG

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

Session 1:

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

New Trial Session

When: Tuesdays, February 18 - March 4
Time: 10:00 am - 11:15 am
Fee: \$27 LSCO M; \$33 NM
Drop In Fee: \$10 LSCO M; \$12 NM
Instructor: Roxy Wright
Location: Stage Area

Session 2:

When: Tuesdays, March 18 - April 15
Time: 10:00 am - 11:15 am
Fee: \$45 LSCO M; \$55 NM
Drop In Fee: \$10 LSCO M; \$12 NM
Register by: Thursday, March 13
Instructor: Roxy Wright
Location: Stage Area

Learn more about Spring Forest QiGong on page 6

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

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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 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

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



Maker: Peter Van Katwyk
Wood: Brazilian Oak
Finish: Osmo Polyx-oil

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.

All Sessions

Time: 1:00 - 3:00 pm
Fee: \$55 LSCO M; \$65 NM
Instructor: Donna Bilyk
Location: Arts & Crafts Room

Session 2:

When: Tuesday, February 11
Register by: Thursday, February 6

Session 3:

When: Tuesday, March 25
Register by: Thursday, March 20

Session 4:

When: Tuesday, April 15
Register by: Thursday, April 10

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, stenciling 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, stenciling, 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



LSCO Woodshop Creations



Maker: Beth Golia
Wood: Eastern White Maple
Finish: Wipe on Poly



Left: Beginner Woodworking Class in the LSCO Woodshop's new aprons

The LSCO Times is a great place to show off what you've been working on!

If you are an LSCO Group and have something you'd like to show off or share, simply contact Hannah to have it included in the next edition of the Times

hdupuis@lethseniors.com



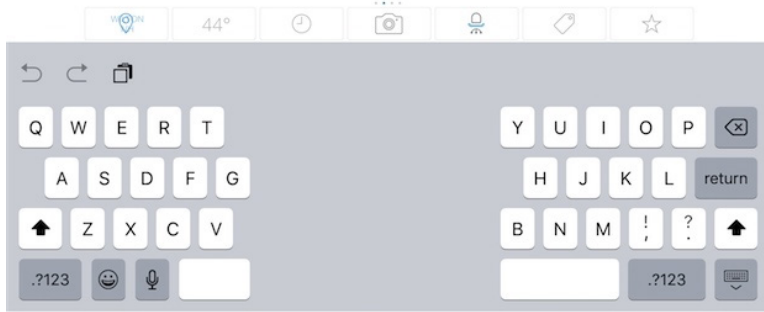
Computer Corner By Sjoerd Schaafsma Split Keyboards - Ipads



I came up with this idea for a short article after getting frustrated hitting too many mms and nns instead of spaces while typing on my iPad Mini tablet. A bit of a historical ramble.... I took 3 years of typing in junior and senior high, probably some of the best courses I took, even though I never got over the magic barrier of 30 some words per minute. I took a typing test during one of my early job hunts. No, I didn't get the job, and yes, sometimes I still look at the keys and always when I'm on a touch screen. Dictation is AWESOME, but that's a subject for another article.

The technique for splitting keyboard varies by the version of your iPad OS. The following technique works on both iOS 15.8 and 17.7.

On an iPad, hold one thumb or finger on the left half of the keyboard, the other on the right, and pull them to the outside until the keyboard is split. Reverse the motion to put the keyboard back in place.



I noticed 2 changes when the keyboard is split; when choosing emojis the categories are listed on the left side, and you scroll up and down rather than right and left to find the one you want. The option to choose a number by sliding down is gone; you need to pick the number keyboard.

For more options and information do a Google Search:

“Apple how to split the keyboard on iPad” or “split keyboard on Android”

Conclusion: using a split keyboard is very much a personal preference. For some of you it might be just what you were looking for. It didn't help me fix the mms and nns problem but it was a fun diversion.

Monthly Hint - Keyboard Shortcuts

Keyboard shortcuts are a quick way to do things on your computer without using your mouse. By pressing certain keys together, you can copy text, undo mistakes, and more! These shortcuts work in most programs, like email, word processors, or browsers.

COPY (CTRL + C)

Highlight the text or image you want to copy. Hold down the CTRL key and press C. This saves a copy of it to your 'clipboard'. You can then use the PASTE shortcut to put the 'clipboard' contents somewhere else

CUT (CTRL + X)

This performs the COPY function above and deletes what you have copied. Use PASTE to put the copied contents somewhere else. CUT can be very helpful for moving texts and images around in a document.

PASTE (CTRL + V)

To put the copied text or image somewhere new, click where you want it, hold CTRL, and press V.

UNDO (CTRL + Z)

Made a mistake? Hold CTRL and press Z to undo the last thing you did. It's like an “oops” button!



*Mac computers have different symbols. Use the Command key instead of CTRL

Computer Club EVENTS

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

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

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

February 2025

February 3, 5, 7, 10, 14, 17, 21, 28
Sharing, Help & Socializing

Wednesday February 12
Navigating the Alberta Health Online Information Systems
Presenter: John Brown

Wednesday February 26
Cloud Computing
Presenter: Phil Rosenzweig

March 2025

March 3, 5, 7, 10, 14, 17, 21, 28
Sharing, Help & Socializing

Wednesday March 12
Computer Basics Pt. 2
Presenter: Kevin Storey

Wednesday March 19
Digital Resources at the Lethbridge Public Library
Presenter: Jennifer McDevitt Online Services

Wednesday March 26
AI Artificial Intelligence
How to use various AIs

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

Discovering Community, Making Connections

Mike is a relatively young and new member at LSCO. He was born in Calgary in 1982 and resided there until 2008. He did his grades 1-6 within the Calgary public school system, getting bussed to school and having a social life. A teacher suggested that he might prefer a private school where the student-teacher ratio was much better than in the public system after elementary. Mike and his parents decided to take the plunge into the private system. Mike states that he had “quite a bit of freedom” as a child growing up in Calgary; his many years in Calgary have left him with many good memories.

Mike completed his Grades 7-12 at Delta West Academy with his High School diploma. As there was no gym, the students were out in the community trying many sports: e.g fencing, rock-climbing, skating, swimming, basketball, horseback riding, and luge at Canada Olympic Park. Mike’s most favourable high school memories involve trips to California and Greece. In California, he went to e.g. Disneyland, the San Diego Zoo, and the Museum of Tolerance (MOT) in Los Angeles. He liked the MOT the most; it featured various historical events of intolerance, like white supremacy, the holocaust, and genocide. For example, there were two hallways leading to two gas chambers and you took the hallway for “Men” or for “Women & Children”; apparently a rather foreboding darkness. Another was an opportunity to open a door labelled “Not Prejudiced” or one labelled “Prejudiced”; if you tried to open the ‘Not Prejudiced’ door, it remained locked, because, ‘we are all prejudiced about something at sometime in our lives’. Mike felt these were very strong and worthy messages.

Mike’s trip to Greece included 5 other students, two teachers, and a guide. He liked seeing the museums, ruins, and eating moussaka (an eggplant/potato & ground meat dish). Of his two trips, Mike would like to return to Greece someday.

In 2008, Mike’s parents retired and moved to Osoyoos, BC so Mike moved with them.

However, in 2012, Mike moved away to Penticton, BC and resided there for ten years to seek his independence. He decided to leave Penticton though because he felt that there was too much crime; thankfully he left before he became a victim of any particular crime e.g. you couldn’t leave your bike parked outside without fear of it immediately being stolen.

Mike’s work experience was at a bottle depot in Calgary a while ago, and at a Wal Mart in Penticton. He has a Web Design certificate from an online academic program. Mike then advanced his skills by creating a program using PHP and HTML which are tools used to build websites.

Mike re-joined his parents in Osoyoos in 2022. In 2023, the family decided to move to Lethbridge. As Mike has a paternal aunt which lives here, they were already quite familiar with Lethbridge. Mike was willing to move and says he has found the move turned out to be better than he expected. Overall, Mike says he is “pretty content” with his lifestyle for now.

Mike lives as independently as possible in his parents’ home. He has his own living quarters and cooks most of his own meals, which he learned to do in high school. His favorite dish is lasagna; he can make his own, but he is quite happy to let others make it for him, too. Mike does his own grocery shopping and can make a ‘mean’ shake-n-bake chicken’.

As far as sports, Mike enjoys watching F-1 (Formula 1 car racing) and NBA (basketball), especially the Toronto Raptors. He also likes Canucks and Flames hockey teams. Mike likes to walk outdoors and does weightlifting at LSCO. Mike used to play cribbage at LSCO, but is taking some time off to hone his skills and hope for better luck in the cards coming his way.



Member Spotlight



Mike Ford



Mike likes country music, particularly the ex-rapper Jelly Roll and Chris Stapleton. That said, he’d probably be open to giving the symphony a try if the opportunity came along.

Mike likes TV’s Star Trek in all its incarnations. Mostly though, he is passionate about online gaming. He gave this writer an education into the world of how he “streams Twitch-TV” - a platform where people can watch others play video games Live. He has been playing *World of Warcraft* for an impressive 21 years! Mike indicates that he is very “tech-savvy”.

Mike says his auto-biography should be titled: How to be Interesting More Than Once.

Mike’s mother and aunt are also LSCO members - his aunt encouraging him to give LSCO a try for some things to utilize his time. Mike has been a member for less than a year, but has already come on board as a kitchen dishwasher once per week for most of that time. Mike is proud of his volunteering experience at LSCO, and should be. The organization is very pleased to have his diligence and patience in this role.

This writer very much appreciated Mike’s openness with this writer in sharing his story. Thank-you, Mike!

BINGO VOLUNTEERS NEEDED

Did you know?
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Contact Kari
kmartin@lethseniors.com | 403-320-2222
www.lethseniors.com/volunteer

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The Importance of Self Care

Happy February everyone! The month of February can be a cold time, often the weather may deter folks from wanting to leave the house unless they have to. Often, this can lead to feelings of loneliness and isolation. I thought this month would be a great time to reflect on self-care and the importance of taking care of yourself and your emotional and physical wellbeing.

Taking care of yourself is important no matter your age, but it's especially important as you get older. Life can bring unique challenges like changes in health, new routines, or feeling a bit isolated, but focusing on self-care can make all the difference. It's never too late to build habits that help you feel better and enjoy life to the fullest. Staying active, even with simple exercises like walking or gentle yoga, can boost your energy and keep you moving comfortably. Eating nourishing foods and staying on top of your healthcare helps you feel strong and ready for anything.



LEARN Case Manager


Marissa Hardy
learn@lethseniors.com
403-394-0306

Don't forget about your mental and emotional well-being—they're just as important as your physical health! Doing things that challenge your mind, like puzzles or learning something new, keeps you sharp. Connecting with others, whether it's family, friends, or community groups, can bring joy and remind you that you're never alone. Taking up hobbies, volunteering, or simply spending time on activities you love can give you a renewed sense of purpose.

Remember, taking time for yourself isn't selfish—it's essential. When you care for your own well-being, you're better able to support the people you care about. Little steps like staying active, eating well, getting enough rest, and finding moments to be grateful can make every day brighter.

LEARN is a Coordinated Community Response (CCR) composed of senior serving agencies that work to provide education, awareness, and advocacy to community members regarding elder abuse.

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