

Benefits

The Adult Program provides an environment that promotes social, physical and mental stimulation and a change from every day activities. Individuals experience an increased sense of self-worth by participating in activities within their capabilities.

Location

Lethbridge
Senior Citizens Organization
500 - 11 Street South
Lethbridge, AB

403.320.2222



Transportation to and from the program are the responsibility of participant or caregiver.



LSCCO Adult Day Program

Lethbridge Senior Citizens Organization operates a day program giving individuals with physical or mental limitations the opportunity to participate with other adults in a variety of activities.



An active, healthy community that is learning, growing and making a difference.

TUESDAY

1:00 pm

Music Entertainment
Light Refreshments

2:45 pm

Chair Exercises
with weights

Monthly
Pet Therapy

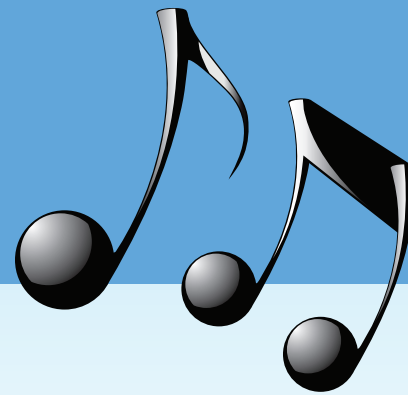
WEDNESDAY

1:00 pm

Fun with Kinect
Horse Racing
Bowling Offsite

1:45 pm

Fit Walk
Light Refreshments



403.320.2222
\$5 per visit

THURSDAY

1:00 pm

Music Entertainment
Movies

Light Refreshments

Games / Cards

Wheel of Fortune

Bingo

Jeopardy

*Note: Activities alternate weekly.
Schedule may change without notice.*