

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
www.lethseniors.com

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

THURSDAY

1:00 pm

Music Entertainment
Movies

Light Refreshments

Games / Cards

Wheel of Fortune

Bingo
Jeopardy



MORNING EXERCISES & ACTIVITIES

Participants with limited mobility, arthritis, and other health related issues will benefit from this program however, everyone is welcome. Caregivers, you may find this an ideal program for your clients. Participants will work on strength and flexibility, within limitations. Options for sitting or standing will be given. Wear loose clothing and if you like, bring a water bottle. Exercises will be approximately 30 minutes. For those that would like to stay, active games with modifications will follow.

ADULT PROGRAM FEES

\$3/day if individual is a member of LSCO.

\$5/day if not a member of LSCO.

Fees for clients include refreshments.

Caregivers are free of charge when supporting clients however, refreshments are not provided.

10x Pass: \$30 M; \$50 NM

MEMBERSHIPS

LSCO Welcome Policy

LSCO's Welcome Policy stats that individuals with income less than \$25,000 may request a subsidy to purchase a membership and participate in programs.

SENIOR 12 Month Memberships

Individuals 55 years +

- Renewal \$50
- New Member \$53

ADULT 12 Month Memberships

Individuals 35 – 54 years

- Renewal/New Member \$90

CITY of LETHBRIDGE FEE ASSISTANCE PROGRAM

The City of Lethbridge Fee Assistance Program is administered by the Recreation and Culture department. It is to provide Lethbridge residents with the opportunity to participate in Recreation and Culture programs and activities at a subsidized cost or at no cost (depending on the cost of the activity being offered). Confidentiality will be maintained. If you would like more information feel free to contact the City of Lethbridge. Call 403-320-4716.

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