

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

WEDNESDAY MORNING EXERCISES

Participants with limited mobility, arthritis and other health related issues will want to join in on this fun movement class. Options for sitting in your chair or standing will be given. You will use some resistance equipment too! Sharon Appelt will lead this great class. Caregivers you may enjoy bringing your clients to this program too!

When: Wednesdays, October 4 – 25
Time: 11:00 – 11:45 am
Fee: \$12 LSCO M; \$16 NM
Register by: Friday, September 29

ART THERAPY

Join our Expressive Art Therapy Class! You don't need to be talented or an artist to participate and receive the benefits. Art therapy can achieve different things for different people. Creating art can just be used for your own leisure and recreation pleasure, just have fun with it. The creative process involved in expressing one's self artistically can help benefit people to resolve issues as well as develop and manage their emotions and feelings, reduce stress, and improve self-esteem and awareness. The creative process of making art improves a person's physical, mental, and emotional well-being. Come have fun creating art and receive all the benefits of the creative process. All levels of ability welcome. Supplies are provided. Sylvia VonGuntzen, Recreation Therapy (4th year student) will lead this program.

When: Mondays
September 25 – December 4
Time: 1:00 – 2:30 pm
Fee: \$30 LSCO M; \$50 NM
Register by: Wednesday, September 20

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.*