

# Come Join us this Fall at LSCO

## REGISTRATION INFORMATION

- **How do I register?** In person, call 403-320-2222.
- **How do I pay?** By debit, cash, cheque, Visa or MasterCard.
- **How do I find additional classes?** Read the monthly LSCO Times, check the bulletin boards, visit [www.lethseniors.com](http://www.lethseniors.com).
- If making payment after registration date \$5 will be added to course fee.

## MEMBERSHIPS

### Individuals 55 years +

- June 1 – Dec. 31, 2015 ..... \$35
- Sept. 1 – Dec. 31, 2015 ..... \$20
- Dec. 1 – Dec. 31, 2015 ..... \$5
- January 1 – Dec. 31, 2016 ..... \$50
- January 1 – Dec. 31, 2016 (new member)..... \$53

Starting January 1, 2016, all memberships will run 12 months from date of purchase. If Members want to renew their membership prior to January 1, 2016, their membership will then run from January 1, 2016 – Dec. 31, 2016.

## ADULT ANNUAL PASS FEES

### Individuals 35 – 54 years

- Sept. 1 – Dec. 31, 2015 ..... \$30
- Dec. 1 – Dec. 31, 2015.....\$7.50
- January 1, 2016 – Dec. 31, 2016 ..... \$90

## FITNESS CENTRE

### 2015 Fees

- LSCO Member Fee: \$180/year; \$18/month
- Non Member Fee: \$270/year; \$27/month

## NON-MEMBER PARTICIPATION

Individuals 18 years of age and over are welcome to participate in some classes offered at LSCO. Participants will be required to pay the non member fee.

## Legend

LSCO M – LSCO Member  
NM – Non Member

## Creative Arts

### PORTRAIT DRAWING

Here's a class that has been requested for a long time. Portraits are a challenge but also can be a fun time. We all identify with the face, so let's examine the wonderful structure of our face. Donna Gallant will break it down, step by step, so you will be able to do a good rendering of a human face. We will cover other aspects of drawing as well including shading, perspective and proportions, and special relationships of face and environment. Bring a mirror because we will also do a self-portrait for fun. Ask for a supply list or view on the LSCO website.

When: Saturdays, Oct. 17 – Dec. 5  
Time: 9:30 – 11:30 am  
Fee: \$40 LSCO M; \$60 NM  
Register by: Monday, Oct. 12  
(after this date add \$5)

### PASTEL PAINTING Oil & Chalk

Pastels are considered a painting medium. Whether using soft (chalk) or oil pastels, each have their own unique effects and results. In this class you will discover what makes them so interesting to work with. The student will choose which type of pastel they would like to work with and Donna will take you through their properties and show you how to get the best results. We will cover some aspects of color mixing, composition, different pastel techniques and other elements of art will be explored. Much less messy than working in oils. Ask for a supply list or view on the LSCO website.

When: Wednesdays, Oct. 7 – Dec. 2  
(no class Nov. 11)  
Time: 10:00 am – 12:00 pm  
Fee: \$40 LSCO M; \$60 NM  
Instructor: Donna Gallant  
Register by: Thursday, Oct. 1  
(after this date add \$5)

### DRAWING & PAINTING TREES

What a perfect time of year to draw and paint trees. We will begin with a drawing or sketching of the trees we like and proceed to work it into a finished painting. The student may use whatever painting medium they want or just stick with drawing, but the drawings will be done in pencil and/or charcoal at the beginning and then more into a painting process. We will look at different types of trees and understand their shapes and diversity. Come and join a different way of looking and painting trees.

Ask for a supply list.

When: Thursdays, Oct. 8 – Nov. 26  
Time: 10:00 am – 12:00 pm  
Fee: \$40 LSCO M; \$60 NM  
Instructor: Donna Gallant  
Register by: Thursday, Oct. 1  
(after this date add \$5)

### PEN & INK & COLOR

Much like our pen & ink with watercolors, this class will deal with using color with pen & ink. The student will choose their color medium that they like to use or maybe this is a chance to try something new. We will cover different elements of pen & ink and the chosen color medium as well as the fundamental elements of making art. If you can't decide which media to use, wait until the first class to discuss with instructor what you would like to try. Ask for a supply list or view on the LSCO website.

When: Thursdays, Oct. 8 – Nov. 26  
Time: 1:00 – 3:00 pm  
Fee: \$40 LSCO M; \$60 NM  
Instructor: Donna Gallant  
Register by: Thursday, Oct. 1  
(after this date add \$5)

### KNITTING PROJECT

Join Gladys Larson and learn how to knit a baby jacket without any seams. Participants must have paid the yearly knitting fee and know how to knit. Meet Thursday, Sept. 10 at 1:00 pm to review supplies needed. Register at the Administration Desk.

When: Thursdays, Sept. 24 – Oct. 8  
Time: 1:00 – 4:00 pm  
Fee: LSCO Membership and Knitting Fee

## Exercise & Activity

For personal safety, individuals must complete a Waiver, Par Q, & PARmed-X Forms (if required). At times programs may be cancelled due to meetings, rentals, holidays, low attendance, special events, etc. Please watch for notices.

*"Use it or lose it!"*

### ACTIVE AGING STRENGTH & LOW IMPACT CLASSES

These low impact classes will assist you to maintain, build and improve your balance, strength, cardiovascular fitness and overall health. A variety of exercise equipment will be used. All fitness levels welcome. Monday classes focus on strength training,

Wednesday on aerobic fitness. Wear comfortable exercise clothes, indoor sneakers, water bottle, yoga or exercise mat and be ready to have fun!

When: Session 1: Mondays & Wednesdays  
Sept. 28 – Oct. 28  
(no class Oct. 12)  
Session 2: Mondays & Wednesdays  
Nov. 2 – Dec. 16  
(no class Nov. 11)  
Time: 8:00 – 8:55 am  
Fee: Session 1: \$45 LSCO M; \$67.50 NM  
Session 2: \$65 LSCO M; \$97.50 NM  
Instructor: Deb Palmer  
Register by: Wednesday, Sept. 23 & Oct. 28  
(after these dates add \$5)

### GENTLE NIA

Gentle Nia is all things deliciously Nia – joy, pleasure, ease, grace, flexibility, agility, mobility but with less choreography and more focus on sensing joy and play. The Nia Technique has been around for 30 years and its blend of dance arts, healing arts and martial arts creates whole body healing and mobility. Here is what a few of Lise's dancers have to say about Gentle Nia. *Nia makes me feel more in tune with my body both internally and externally and fills me with a peaceful joy* ~ Faye 67. *I love exercising to music. The faster pieces give you energy and the slow ones fill you with calm and peace.* Joyce: 81yrs young. *When I do Nia I feel at Peace relaxed yet very strong.* ~ Evelyn 73

When: Thursdays, Sept. 24 – Nov. 26  
Time: 3:30 – 4:30 pm  
Fee: \$65 LSCO M; \$97.50 NM  
Where: All Purpose Room  
Register by: Thursday, Sept. 17  
(after this date add \$5)

### CHAIR NIA

Chair Nia is another wonderful way to experience the joy of movement to music while seated. Regardless of your age, gender or physical ability participants will attain physical, mental, emotional and spiritual well-being.

When: Thursdays, Sept. 24 – Nov. 26  
Time: 2:30 – 3:15 pm  
Fee: \$55 LSCO M; \$75 NM  
Where: Gym 2  
Register by: Thursday, Sept. 17  
(after this date add \$5)

*"Your body cannot heal without play. Your mind cannot heal without laughter. Your soul cannot heal without joy."* ~ Catherine Fenwick



## CLASSIC NIA

Classic Nia is a blend of Dance, martial and healing arts to create a soulful, healing, nourishing and enlivening practice of living in the body. The dynamic blend of movement forms, done to soul stirring music, will invite more ease, flow, expansion, well being and joy. Nia increases flexibility, agility, mobility, strength and stability and can be done at the level that feels right for you. No pushing or forcing. Nia honors the bodies' way. You can do it at high octane to get your fitness on OR you can take it to level 1 and enjoy self healing ~ or anywhere in between. Join Lise Schulze, certified 1st Black Belt, on a magical ride to unite body, mind, spirit. Allow yourself to remember the Joy of being Alive and feeling free in your body.

When: Thursdays, Sept. 24 – Nov. 26  
Time: 5:15 – 6:15 pm  
Fee: \$65 LSCO M; \$97.50 NM  
Register by: Thursday, Sept. 17  
(after this date add \$5)

## FIT BALL & More

Participants in this class will work hard to improve core muscles, posture, coordination, cardiovascular fitness as well as strength and flexibility. Exercising with the fit ball will assist you to improve your balance and strength too! A variety of exercise equipment is also used. Wear comfortable clothing and foot wear. Don't forget to bring a water bottle and if possible; a yoga mat.

When: Session 1: Tuesdays & Thursdays  
Sept. 29 – Oct. 22  
Session 2: Tuesdays & Thursdays  
Nov. 3 – Dec. 10  
(no class Nov. 11)  
Time: 9:00 – 9:45 am  
Fee: Session 1: \$20 LSCO M; \$30 NM  
Session 2: \$30 LSCO M; \$45 NM  
Register by: Thursday, Sept. 24 & Oct. 29

## LINE DANCING

Individuals with line dance experience will be kicking up their heels learning some new dances, reviewing the old, having a few laughs and as a bonus will be getting exercise. There is limited space so register early!

### Mondays

When: Sept. 14 – Dec. 7 (no class Oct. 12)  
Time: 10:30 am – 12:00 pm  
Fee: \$33 LSCO M; \$50 NM;  
Drop In Not Permitted  
Instructor: Diane Holstine  
Register by: Tuesday, Sept. 8  
(after this date add \$5)

### Thursdays

When: Sept. 10 – Dec. 3 (no class Sept. 17)  
Time: 10:30 am – 12:00 pm  
Fee: \$33 LSCO M; \$50 NM;  
Drop In Not Permitted  
Instructor: Diane Holstine  
Register by: Thursday, Sept. 3  
(after this date add \$5)

## LINE DANCING for Beginners

Beginners can join others and learn some fun line dances! You never need a partner. Did you know studies have shown that dancing can be great help in areas of memory, balance, the cardiovascular system and vertigo? Now that's reason enough to get on those dancing shoes. This class is for men and women.

When: Thursdays, Sept. 10 – Dec. 3  
(not Sept 17)  
Time: 1:15 – 2:15 pm  
Fee: \$33 LSCO M; \$50 NM;  
Drop In Not Permitted  
Instructor: Diane Holstine  
Register by: Thursday, Sept. 3  
(after this date add \$5)

## PICKLEBALL FOR BEGINNERS

Played in the gym this energetic game is similar to badminton and tennis. Pickleball is easy to learn, a lot of fun and great for all ages. Here is your chance to give it a try. Instruction will begin at 1:00 pm followed by practice time. Some equipment will be supplied. Bring a water bottle; wear comfortable exercise clothes and clean, indoor court shoes. Fee includes additional practice time Monday & Thursday 3:00 – 4:50 pm. Please complete an Activity Waiver Form upon registration. Drop in participants not accepted for instruction.

When: Wednesdays, Sept. 23 – Oct. 28  
Wednesdays, Nov. 4 – Dec. 16  
(no class Nov. 11)  
Time: 1:00 – 3:30 pm  
Fee/session: \$15 LSCO M; \$30 NM  
Register by: Friday, Sept. 18 & Friday, Oct. 30  
(after this date add \$5)

## PICKLEBALL

Pickleball players can pay monthly or by drop in. LSCO members will be charged a \$2.50 drop in fee. Nonmember drop in fee is \$3.50. Bring a water bottle; wear comfortable exercise clothes and clean, indoor court shoes. Some equipment supplied.

No pickleball Sept. 16, 17, 18, Nov. 20.

When: Mondays & Fridays  
1:00 – 3:00 pm  
Tuesdays & Thursdays  
1:30 – 3:30 pm

Fee monthly: \$15 LSCO M; \$30 NM  
Fee is due beginning of each month.

## MORNING TAI CHI PROGRAM

Tai Chi is a moving meditation with many health benefits. It is a system of physical exercises based on the principals of effortless breathing, rhythmic movement and weight equilibrium. If you would like to try Tai Chi; *a FREE introductory demonstration will be held Monday, Sept. 14 from 9:00 – 10:00 am.* You will have an opportunity to join the instructor. Beginner lessons will begin on Sept. 24. Register early. Classes will be taught by Steve Burger.

## TAI CHI BEGINNER PRACTICE

This practice session is for individuals registered in the Beginner, Intermediate or Advanced classes.

When: Mondays, Sept. 21 – Dec. 7  
(not Oct. 12)  
Time: 9:00 – 10:00 am  
Fee: \$12 LSCO M; \$18 NM  
Register by: Thursday, Sept. 17

## TAI CHI BEGINNER CLASS

This class is for you if you are new to Tai Chi or haven't been practicing for a while. Wear comfortable clothing and inside footwear.

When: Thursdays, Sept. 24 – Dec. 10  
Time: 9:00 – 10:00 am  
Fee: \$36 LSCO M; \$54 NM  
Register by: Thursday, Sept. 17  
(after this date add \$5)

## TAI CHI INTERMEDIATE CLASS

Students who have taken the beginner class and are ready to learn additional steps are encouraged to register for this intermediate class.

When: Tuesdays, Sept. 15 – Dec. 8  
Time: 9:00 – 10:00 am  
Fee: \$36 LSCO M; \$54 NM  
Register by: Thursday, Sept. 10  
(after this date add \$5)

## TAI CHI ADVANCED CLASS

If you have completed Steve's Intermediate class and are ready to move on register for this class. Advanced students should also register.

When: Wednesdays, Sept. 16 – Dec. 9  
Time: 9:00 – 10:00 am

Fee: \$36 LSCO M; \$49 NM  
Register by: Wednesday, Sept. 9  
(after this date add \$5)

## TAI CHI PRACTICE

This practice session is for intermediate and advanced students. Please register 1 week prior to start dates.

When: Fridays, Sept. 25 – Dec. 11  
Time: 9:00 – 10:00 am  
Fee: \$12 LSCO M; \$18 NM  
Register by: Thursday, Sept. 17

## CHI GONG

Chi means "life energy" and gong means "work"; together chi gong means working with life energy. The exercises are designed to improve flow and quality of chi and harmonize mind, body and breath, thereby increasing overall health. The class will practice various chi gong exercises such as tai chi/chi gong 18 form, five animal frolics and meditation for mind relaxation. The techniques can be adjusted for individual fitness levels and/or limitations.

When: Session 1: Tuesdays & Thursdays  
Sept. 8 – Oct. 15 (no class Sept. 17)  
Session 2: Tuesdays & Thursdays  
Oct. 20 – Nov. 26  
Time: 10:15 – 11:15 am  
Fee/session: \$36 LSCO M; \$4 NM  
Instructor: Dave Scotland  
Register by: Wednesday, Sept. 2 & Oct. 14  
(after these dates add \$5)

## TAI CHI YANG STYLE (simplified 10 form)

Yang style is one of the most widely practiced Tai Chi styles in the world. Movements are comfortable, spread out, natural, graceful, continuous and gentle. This form can be adjusted for those with limited mobility. Some theory and Chi Gong (energy work) will be included. Past students and beginners are welcome. Wear comfortable loose clothing and footwear.

When: Wednesdays, Sept. 9 – Nov. 25  
Time: 4:45 – 6:00 pm  
Fee: \$36 LSCO M; \$4 NM  
Instructor: Dave Scotland  
Register by: Wednesday, Sept. 2  
(after this date add \$5)

## CHAIR YOGA

This is a unique style of yoga that adapts yoga positions and poses using a chair which replaces the yoga mat. The participant is able to warm up the body safely and perform yoga poses with more support and stability. Chair yoga is suitable for all ages, fitness levels and physical conditions.

When: Wednesdays, Sept. 16 – Nov. 25  
(no class Nov. 11)  
Time: 9:30 – 10:20 am  
Fee: \$25 LSCO M; \$37.50 NM  
Register by: Wednesday, Sept. 9  
(after this date add \$5)

## GENTLE YOGA

Middle-aged adults and senior citizens can use yoga techniques to slow the aging process. With a few modifications to poses and a respect for the physical limitations of the body, individuals can easily participate in a healthy and active yoga session. Wear comfortable clothing; bring a mat, blanket and water bottle. Plan on practicing barefoot or wear nonslip socks.

When: Session 1: Tuesdays & Thursdays  
Sept. 8 – Oct. 22  
Session 2: Tuesdays & Thursdays  
Oct. 27 – Dec. 10  
Fee/session: \$63 LSCO M; \$94.50 NM  
Time: 9:30 – 10:30 am



Register by: Session 1: Thursday, Sept. 3  
(after this date add \$5)  
Register by: Session 2: Thursday, Oct. 22  
(after this date add \$5)

## YOGA

Yoga helps to improve physical & mental well being, using a combination of poses, breathing & visualization exercises. Participants will work towards increasing strength & flexibility. All levels of experience welcome. Wear comfortable clothing; bring a mat, blanket and water bottle.

### Mondays

When: Sept. 14 – Nov. 30 (no class Oct. 12)  
Time: 10:00 – 11:15 am  
Fee: \$54 LSCO Members only;  
Drop In Not Permitted  
Instructor: Michael Pollard  
Register by: Tuesday, Sept. 8  
(after this date add \$5)

### Wednesdays

When: Sept. 16 – Nov. 25 (no class Nov 11)  
Time: 10:00 – 11:15 am  
Fee: \$45 LSCO Members only;  
Drop In Not Permitted  
Instructor: Barb Huston, Leigh Monette  
Register by: Wednesday, Sept. 9  
(after this date add \$5)

## YOGA Noon Hour

Whether you are new to yoga or have been practicing, you will benefit greatly by attending this class. The breath becomes an important component of Vinyasa yoga because the teacher will instruct you to move from one pose to the next on an inhale or an exhale. Vinyasa is literally translated as a connection between movement and breath; total body mind connection. Wear comfortable clothing; bring a mat, blanket, water bottle and any other props you may like to use. Classes will be taught by Melanie Hillaby.

### Mondays

When: Sept. 14 – Dec. 7 (no class Oct. 12)  
Time: 12:05 – 12:55 pm  
Fee: \$54 LSCO M; \$81 NM  
Register by: Tuesday, Sept. 8  
(after this date add \$5)

### Thursdays

When: Sept. 24 – Dec. 10  
Time: 12:05 – 12:55 pm  
Fee: \$54 LSCO M; \$81 NM  
Register by: Thursday, Sept. 17  
(after this date add \$5)

## ACTIVE YOGA & STRETCH

Individuals participating in this class will move through a series of yoga poses to help improve balance, strength, and flexibility while being conscious of the breath. Wear comfortable clothes; bring a mat and water bottle.

When: Wednesdays  
Sept. 30 – Oct. 21  
Time: 4:45 – 5:45 pm  
Fee: \$18 LSCO M; \$27 NM  
Register by: Wednesday, September 23  
(after this date add \$5)

When: Fridays, Oct. 2 – 23  
Time: 9:00 – 10:00 am  
Fee: \$10 LSCO M; \$27 NM  
Register by: Friday, Sept. 25  
(after this date add \$5)

## URBAN POLING – Nordic Walking

This is an introductory session on the use of walking poles for those requiring support in order to enjoy walking indoors or outdoors. Research states that some of the benefits of walking with the use of poles are that posture, stability and mobility will improve; core strength and aerobic capacity will also increase. You will be given the opportunity to try the poles. Wear comfortable walking shoes

and clothes appropriate to the weather as we may go outside. Pre-registration is required as space is limited.

When: Thursday, September 10  
Time: 10:15 – 11:15 am  
Fee: Free LSCO M; \$5 NM  
Register by: Tuesday, September 8

## NORDIC WALKING

If you participated in the spring 9:00 am walking group join us for a refresher on your technique. Please sign up at the administration. Future dates will be determined at this time.

When: Thursday, September 10  
Time: 9:00 – 10:00 am  
Fee: Free  
Register by: Tuesday, September 8

## ZUMBA GOLD

This easy to follow program lets you move to the beat at your own speed. It is an invigorating class held to upbeat music that provides modified, low impact moves for active older adults. You will be sure to have a great time with instructor Tine Gulbrandsen.

When: Tuesdays, Sept. 22 – Oct. 27  
Time: 11:00 – 11:45 am  
Fee: \$25 LSCO M; \$37.50 NM  
Register by: Tuesday, Sept. 15  
(after this date add \$5)

## General Interest & Technology

## GENEALOGY an INTRODUCTION

*Genealogy Time Magazine* states that genealogy is a curiosity for most, a hobby for many and an obsession for some. If you are interested in learning more about tracing family history, register for this program. After completion you have the opportunity to meet weekly. Helen Scott has a wealth of knowledge and will assist participants.

When: Wednesday, Oct. 7 & 14  
Time: 10:30 am – 12:00 pm  
Fee: \$6 M; \$10 NM  
Where: Board Room  
Register by: Wednesday, Sept. 30  
(after this date add \$5)

## AN INTRODUCTION TO YOUR DIGITAL CAMERA

I've got a digital camera, now what do I do? This course is intended for users new to digital photography. It will cover the following topics: Understanding the parts of the camera, working with the camera menu, taking pictures using the digital camera on auto, flash, formatting your camera card, moving my photos to my computer and getting my pictures printed at a photo lab, etc. Participants who feel comfortable using their camera on auto, setting basic features like the date and time, and moving files to their computer are encouraged to jump to the next course: *Moving Beyond the Basics*.

Bring: your digital camera, your user manual, the disk which came with the camera (the full manual is likely on the disk), extra charged batteries (or your camera cables), a camera card with no photos on it, and a camera card with photos.

Course duration: 6 hours  
When: Tuesday & Thursday, Sept. 1 & 3  
Time: 9:00 am – 12:00 pm  
Cost: \$20.00 LSCO M; \$30 NM  
Instructor: Merri-Ann Ford  
Register by: Tuesday, August 25  
(after this date add \$5)

## MOVING BEYOND THE BASICS

Today's digital cameras have many more features that can help you take a variety of types of photos. Most digital cameras today have a variety of modes such as portrait, landscape, action, snow, night and macro. Two other features found on most cameras are exposure compensation and a histogram. Find out how to use these features as you develop your camera vocabulary so you can understand your manual (ie. aperture, shutter speed, ISO, depth of field). Class time will be provided to shoot pictures.

Bring: your digital camera, your user manual, the disk which came with your camera, extra batteries (if you don't have extras bring your cables and a charger), and a camera card with no photos or with lots of room on it.

Course duration: 9 hours

When: Tuesday & Thursday  
Sept. 8, 10 & 15  
Time: 9:00 am – 12:00 pm  
Fee: \$30.00 LSCO M; \$45 NM  
Instructor: Merri-Ann Ford  
Register by: Tuesday, August 25  
(after this date add \$5)

## COMPUTER COURSES

Classes are being planned. Check the LSCO website and future issues of the LSCO Times. The Computer Club will be offering workshops.

## LSCO MEMBER PROGRAMS

As a member of the Lethbridge Senior Citizen Organization a number of programs are offered at a nominal fee. The fee listed below will be pro-rated upon registration. Many individuals and programs choose not to continue through the summer months. Note: At times programs may be cancelled due to meetings, holidays, low attendance, special events, etc.

## Creative Arts

### WATERCOLOUR Workshop

To register individuals must have attended the winter 2015 session.

When: Wednesdays, Sept. 2 – Dec. 9  
(no class Nov 11)  
Time: 1:00 – 3:00 pm  
Fee: \$25 & LSCO membership

### CERAMICS & CHINA PAINTING

If you are new to painting ceramics china painting or are a veteran you will enjoy the information Gladys will share with you to either learn or improve your brush stroke techniques. Beginners are very welcome. Supplies for your first project will be provided.

When: Mondays, 9:00 am – 3:00 pm  
(9:00 – 12:00 instructor available)  
Fee: \$22 & LSCO membership  
Firing Fee: Nominal fee charged on each piece  
Instructor: Gladys Larson

### CRAFTING WORKSHOP

Time has been set-aside for individuals to work on their own art pieces. There is no formal instruction given however, ideas are definitely shared. Program will be held in Craft Room when not used for courses. When in use another location will be found.

When: Thursdays, 9:00 am – 12:00 pm  
Fee: \$22 & LSCO membership

### KNIT, CROCHET, NEEDLEWORK

If you enjoy needlework register for this program. It's a great time to work on projects of your choice, share ideas and enjoy a coffee. Beginners are welcome.

When: Thursdays, 1:00 – 4:00 PM  
 Fee: \$6 & LSCO membership  
 Instructor: Gladys Larson

**LAPIDARY (Stonecrafters)**

Are you interested in making jewelry or other pieces of art that uses rocks and fine gems? If the answer is yes, sign up today. Newcomers are welcome; times for instruction will be arranged. Supply costs extra.

When: Mondays, 10:00 am - 12:00 pm  
 Wednesdays, 1:00 - 3:00 pm  
 Fee: \$35/yr & LSCO membership

**PAPER TOLE WORKSHOP**

If you are familiar with the art of paper tole and would like to work on your projects while socializing, consider signing up for this weekly workshop. Ideas are shared however, no formal instruction is given. If you are interested in learning this art please feel free to stop by.

When: Fridays, 9:00 am - 3:00 pm  
 Fee: \$22 & LSCO membership

**QUILTING**

Experienced quilters are welcome to bring their projects, socialize and share ideas. Must bring own supplies. Please sign up at the Administration Desk.

When: Tuesdays, 1:00 – 3:00 pm  
 Fee: LSCO membership

**WOOD CARVING**

Wood carving is a form of working with wood by means of a cutting tool. It can be both relaxing and fun however, starting out can be intimidating but really shouldn't be. Newcomers will be loaned tools to get started.

When: Thursdays, 12:30 – 2:30 pm  
 Fee: \$14 & LSCO membership  
 Instructor: Present Carvers

**WOOD WORKING**

Women and men interested in the wood working program must be familiar with all types of tools a carpenter would use as there is no formal instruction. Some materials are available for use.

When: Monday – Friday  
 8:00 am – 3:00 pm  
 Fee: \$44 & LSCO membership

*Physical Activities*

For personal safety, individuals must complete a Waiver, Par Q, & PARmed-X Forms (if required). At times programs may be cancelled due to meetings, rentals, holidays, low attendance, special events, etc. Please watch for notices.

**BADMINTON**

Everyone of all skill levels are welcome to play badminton weekdays however; many of the participants have been playing for awhile and at times, games become more competitive.

When: Mon., Wed., Fri.  
 11:10 am – 12:30 pm

When: Tuesdays & Thursdays  
 Time: 10:30 am – 12:00 pm  
 Fee: \$66 & LSCO membership

**KEEP FIT**

Staying active is important at any age. Start your day by participating in this gentle keep fit program. Everyone is welcome and encouraged to exercise at your own level. LSCO volunteers lead this 50 minute class. Wear comfortable clothes and clean, non marking indoor footwear. Bring a water bottle.

When: Mon., Wed., Fri.  
 Time: 10:00 – 10:50 am  
 Fee: \$22 & LSCO membership

**SCOTTISH COUNTRY DANCE**

Both men and women are welcome to participate in this low impact style of dance. Wear comfortable clothes and non-marking soled shoes. Please register at the Administration Desk.

When: Fridays beginning Sept. 4  
 Time: 10:30 am – 12:00 pm  
 Fee: Weekly donation & 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 racquet. Begins January 6.

When: Mon., Wed., Fri., 3:00 – 4:30 pm  
 Fee: \$44 & LSCO membership

**TAI CHI**

LSCO Members with a great deal of Tai Chi experience may be interested in joining this Tai Chi session. Practice with swords and fans will be included. If you are unsure whether this is a good fit for you leave your contact information and you will be contacted.

When: Mon., Wed., Fri.  
 8:30 – 9:30 am  
 Fee: \$17 & LSCO membership

*General Interest*

**ADVANCED PHOTOGRAPHY**

If you are a fairly experienced photographer, enjoy going on outings to take photos leave their name and phone number. You will be contacted.

When: Tuesdays, 9:30 – 12:00 pm  
 Fee: \$22 & LSCO membership

**AMATEUR HAM RADIO**

This group meets daily to socialize, provide emergency communication services and provide other assistance as required. Newcomers welcome.

When: Monday – Friday  
 Time: 9:00 am – 12:00 pm  
 Fee: \$28 & LSCO membership

**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.

When: Monday – Friday, 8:15 am – 4:00 pm  
 Fee: \$53 & LSCO membership

**COMPUTER CLUB**

Individuals interested in computer classes, workshops, socials, volunteering and more are encouraged to leave their name, phone number and email at the Administration Desk. The Computer Lab is available for club members 2 afternoons.

When: Mondays & Wednesdays  
 Time: 1:00 – 4:00 pm  
 Fee: \$20 & LSCO membership

**CRIB**

Please register at the Administration Desk.

When: Thursdays, 1:00 – 3:00 pm  
 Fee: \$11 & LSCO membership

**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 expertise.

When: Fridays, 10:00 am  
 Fee: \$10 & LSCO membership

**DUPLICATE BRIDGE**

When: Tuesdays, 1:00 – 3:00 pm  
 Fee: \$11 & LSCO membership

**GENEALOGY**

Weekly, members spend time researching their family history. LSCO provides a couple desk top computers for use however; it is recommended that you bring along your lap top if you have one.

When: Wednesdays  
 Time: 10:00 am – 3:00 pm  
 Fee: \$20 & LSCO membership

**GOLDEN MILE SINGERS**

If singing and entertaining are passions of yours, we welcome you. Throughout the year performances are given at a variety of locations.

When: Tuesdays, 10:00 – 11:30 am  
 Fee: LSCO membership

**KARAOKE**

The karaoke singers meet weekly at LSCO and twice a year produce wonderful concerts for the community to enjoy.

When: Tuesdays, 1:00 – 3:00 pm  
 Fee: \$17 & LSCO membership

**SCRABBLE**

Please register at the Administration Desk.

When: Wed., Thurs., 9:30 – 11:00 am  
 Fee: \$11 & LSCO membership  
 Register by: Ongoing

**COMMUNITY PROGRAMS**

At times programs may be cancelled due to meetings, rentals, holidays, low attendance, special events, etc. Please watch for notices.

**BINGO**

Everyone is welcome to come play bingo regardless of whether you are a member of LSCO or not.

When: Wednesdays, 1:00 – 3:00 pm  
 Fee: \$5/booklet; \$1/bonanza  
 Register by: Drop In

**JAM SESSION**

Bring your instruments and jam with others who enjoy the beautiful sound of music. You may want to have a few dances too.

When: Thursdays, 6:00 – 8:00 pm  
 Fee: Donation  
 Register by: Drop In

**SWING DANCE**

The Lethbridge Swing Dance Club practices weekly at LSCO. Come and join in on the fun; learn a new dance or two.

When: Mondays  
 Time: 7:30 – 9:30 pm  
 Fee: \$2/night

<b>DROP IN FEES</b>		
	Member	Non Member
Active Aging	\$6.00	\$7.50 <small>(pay after to Admin Desk)</small>
Chair Yoga	\$3.00	\$5.00
Fit Ball	\$6.00	\$7.00
Gentle Yoga	\$6.00	\$7.00
Noon Yoga	\$8.50	\$12.00
Nia	\$8.50	\$12.00
Pickleball	\$2.50	\$3.50
Fitness Centre	\$5.00	\$6.00

(must be purchased before 4:15 weekdays for use after 4:30 or Saturdays).