



Presented by
CORNERSTONE
FUNERAL HOME Ltd.

2024 Live Well Showcase

A TRADE SHOW FOR ACTIVE AGING

Thursday June 6 10 am - 5pm
Friday June 7 10 am - 3 pm

✓ Free Parking & Admission

✓ Door Prizes

✓ Over 70 Exhibitors

Speakers presented by Hosack Denture Clinic

THURSDAY

11 AM UROLOGY 101: TAKING CHARGE OF WELL-BEING AS WE AGE
Dr. Sarabeth Martin MD, Urologist at Logan Health Kalispell Montana

1 PM ALZHEIMER'S DISEASE: NEW HOPE
Dr. Joel Weaver MD, Assistant Clinical Professor University of Alberta

3 PM PLANNING FOR PEACE
Travis Zentner, Cornerstone Funeral Home

FRIDAY

11 AM YOUR VOICE, YOUR CHOICE: THE IMPORTANCE OF GREEN SLEEVES
Austyn Anderson JD, Letourneau Law & Kimberly Wescott MN NP, AHS

1 PM DYNAMIC AGING
Mitchell Lawrence M.Ost and Georgina Longman M.Ost, Osteopaths

Vendor and Volunteer Lounge Presented by Lethbridge Hearing Centre



LETHBRIDGE
Senior Citizens
ORGANIZATION

More information on pages 11 - 14

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LEARN PRESENTS
THE 3RD ANNUAL SENIOR'S TALENT SHOWCASE

JUNE 14 | 1-3:30PM
Join LEARN for World Elder Abuse Awareness Day as they showcase talent from local seniors!
@ LETHBRIDGE SENIOR CITIZENS ORGANIZATION



LEARN
LETHBRIDGE ELDER ABUSE
RESPONSE NETWORK

LSCO, 500 11th St. S., Lethbridge



Executive Director
Rob Miyashiro
rmiyashiro@lethseniors.com
403-320-2222 ext. 304

Things Heat up in June at LSCO

There is so much to do at LSCO in June!

June 3 – 9 is Seniors’ Week in Alberta and we have much to check out as we celebrate seniors (as if we don’t do that everyday). On June 6 & 7 we host our annual trade show, the Live Well Showcase. This year’s event will feature over 70 vendors and great speakers... and it’s free! Please see pages 11-14 in the LSCO Times for other Seniors’ week activities at LSCO.

June 15 is World Elder Abuse Awareness Day (WEAAD) and LSCO is helping to celebrate by hosting the Lethbridge Elder Abuse Response Network (LEARN) WEAAD Talent Show. Do you have a talent that you would like to share with an enthusiastic audience? Or do you have a hidden talent that you only bring out on special occasions? Give us a call and get your name on the performer’s list.

The LSCO Board of Directors updated its Strategic plan recently. The big picture strategies are currently being broken down into achievable and measurable goals. I will provide a summary when that work has been completed.

Please join me in welcoming Marissa Hardy to our team as our additional Case Manager for LEARN and Stephanie Girodat as our New Program Department Manager.

Rob Miyashiro

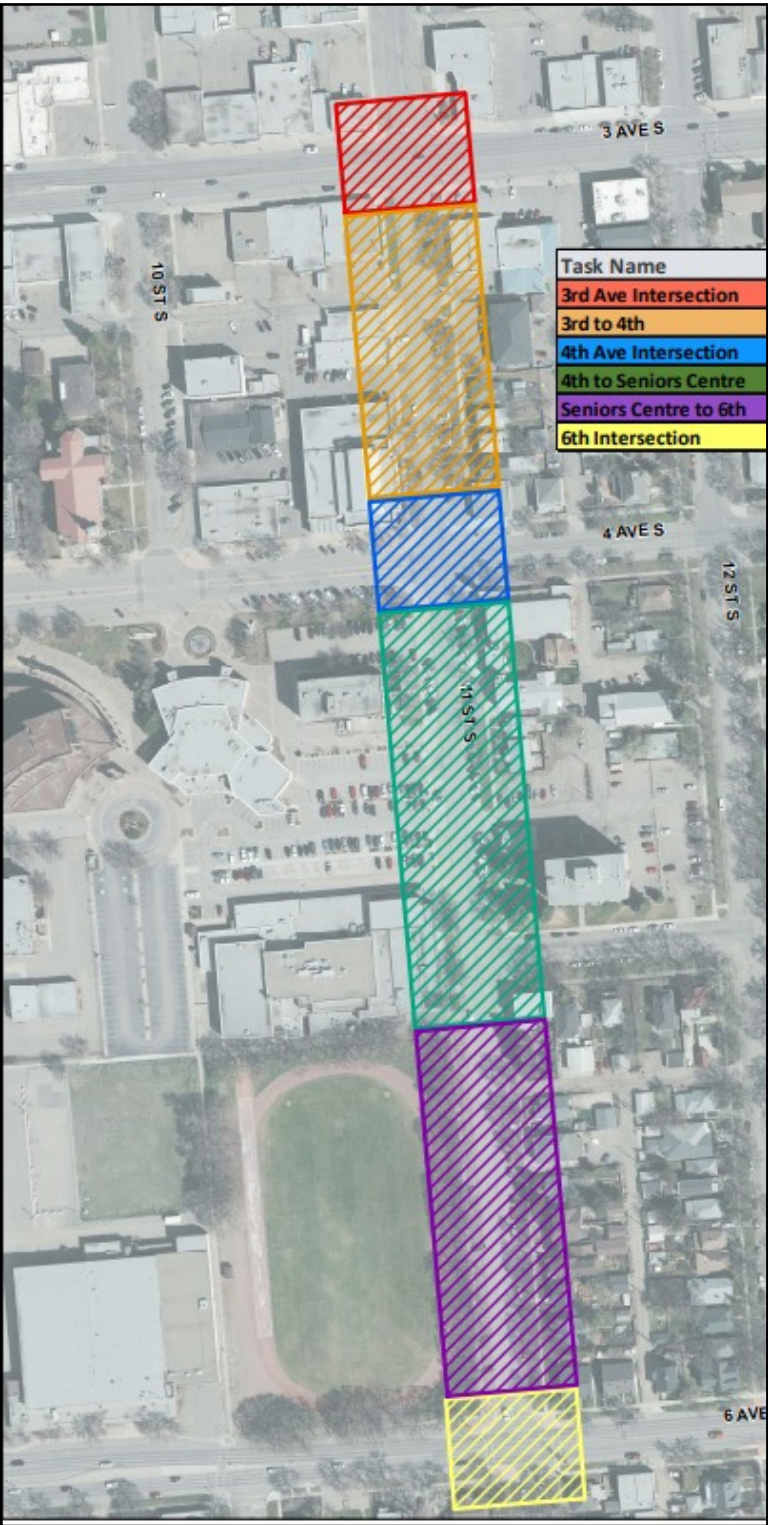


FRIDAY MUSIC SCHEDULE

June 7	TBD	TBD
June 14 1 - 3pm	WEEAD Talent Showcase	Join LEARN for the 3rd Annual Senior's Talent Showcase, featuring the diverse talents of Seniors in our area!
June 21	LSCO Karaoke Group	Classic rock, folk, and country music mostly from the 1950s-1970s.
June 28	Bridgette Yarwood	Representing Sing a Song That's Yours vocal studio, Bridgette Yarwood and her students perform a variate of songs from blues and pop music to country and Jazz. <i>*schedule is subject to change</i>

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

Summer Watermain Upgrades



The City will be replacing the watermain along 11 Street South between 3 Avenue and 6 Avenue South starting Tuesday, May 21. The work is expected to be completed by the end of September this year.

The watermain infrastructure in the area is more than 85 years old. This will affect access to our parking lot via 11th Street mostly from July 5th to July 25th.

The planned street closures are as follows but are subject to changes.

- May 21st to June 24th -** 3rd Avenue and 11th Street Intersection (Red)
- May 30th to June 22nd -** 3rd Avenue to 4th Avenue and 11th Street (Orange)
- June 14th - July 24th -** 4th Avenue and 11th Street Intersection (Blue)
- July 5th to July 25th -** 4th Avenue to LSCO and 11th Street (Green)
- July 26th to Sept 9th -** LSCO to 6th Avenue and 11th Street (Purple)
- Aug 23rd to Sept 11th -** 6th Avenue and 11th Street Intersection (Yellow)

During The 2024 Live Well Showcase
Parking will be free in our parking lot and along the West Side of 11th St. South (Green and Purple Sections).

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Candice Elliott-Boldt
BC-HIS
Registered Hearing Aid Practitioner

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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 Executive

President: Keith Sumner
President Elect: Liz Iwaskiw
Secretary: Veronica Panich
Treasurer: Neil Jorgensen

Board of Directors:

Reg Dawson, John Usher, Merri-Ann Ford

Staff Members

Executive Director – Rob Miyashiro
rmiyashiro@lethseniors.comext. 304
Operations Manager – Jodie McDonnell
jmcdonnell@lethseniors.comext. 102
Accounting Technician – Christine Toker
finance@lethseniors.comext. 103
Receptionist & Administrative Support - Kari Martin
kmartin@lethseniors.comext. 101
Fund Development & Marketing – Hannah Dupuis
hdupuis@lethseniors.comext. 302
LEARN Senior Case Manager– Amy Cook
acook@lethseniors.comext. 301
LEARN Case Manager– Marissa Hardy
mhardy@lethseniors.comext. 301
Support Services Manager– Amy Labossiere
alabossiere@lethseniors.comext. 205
Seniors System Navigator (SSN) – Camille Sherwood
csherwood@lethseniors.comext. 206
Seniors System Navigator (SSN) – Jon Bateman
jbateman@lethseniors.comext. 207
Seniors System Navigator (SSN) – Rebekah Stewart
rstewart@lethseniors.comext. 209
Seniors System Navigator (SSN) – Dannie Lien
dlien@lethseniors.com 403-715-0485
Seniors System Navigator Intake – Katie Harrold
intake@lethseniors.com 403-329-1544
In-Home Supports & Volunteer Program –Bonnie Jensen
bjensen@lethseniors.comext. 202
Volunteer Program Assistant –Zachary Wigand
volunteer@lethseniors.comext. 208
In-Home Supports Program Assistant – Diane Legault
dlegault@lethseniors.comext. 201
Program Department Manager – Stephanie Girodat
sgirodat@lethseniors.comext. 104
Fitness Coordinator – Andrea Clarke
fitness@lethseniors.comext. 303
Food Services Coordinator– Lachlan Dyer
ldyer@lethseniors.comext. 401
Assistant Food Services Coordinator– Travis Eakett
Short Order/Prep Cook– Xavier Bernard
Food Service Cashier – Georgette Mortimer

LSCO Information

Phone403-320-2222
Fax403-320-2762
SSN Intake403-329-1544
Meals on Wheels.....403-327-7990
LEARN403-394-0306
www.lethseniors.com
@lethlSCO on Facebook & Instagram

Hours of Operation
8:00 AM - 4:30 PM, Monday - Friday

LSCO Vision Statement

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



Open to anyone looking to learn more about the LSCO



GUIDED LSCO FACILITY TOUR



1 PM

1ST WEDNESDAY EACH MONTH

Sign up at the front desk or call 403-320-2222

Fritz Sick Building, 500 11th Street South



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: feeassistance@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



University of Lethbridge




June 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.

Wed June 5	David Carpenter	<i>Is the UCP’s Alberta Pension Plan just Pixie Dust and Unicorns?</i>
June 13	Jennifer Copeland U of L	<i>Is Antarctica the Canary in the Coalmine of Climate Change?</i>
June 20	Jack Van Rijn Mayor of Coaldale and SACPA AGM	<i>Local Leadership in a Changing Landscape: How Will the Roles of Bills 18 and 20 Shape Alberta?</i>
June 27	Duane Bratt	<i>New Alberta NDP leader: What is likely to happen next?</i>

Weekly programs are broadcast on Shaw Spotlight TV and are available at SACPA.ca archives

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.

The Heart

Your contribution is our lifeline



Fundraising
& Marketing
Coordinator

Hannah Dupuis
hdupuis@lethseniors.com
403-320-2222 ext. 302

Hello Everyone!

As my flowers start to bloom in my garden, I'm reminded of the wonderful people at the LSCO who help me bloom and grow.

I want to give some shout outs to those who have been going above and beyond to help me out over the last few months to tackle this busy season. There has been a lot of you, so I apologize if I miss anyone. Huge thank you to Carol for continuing to coordinate and write the member spotlight and stepping up to help out whenever I need help with odds and ends. Thank you to the Library Ladies for all the work you have put in to getting things organized in the storage rooms, gathering door prize items, and volunteering at every single event we put on.

Thank you to Lachlan, Travis, and Xavier in the Kitchen, Keely Goulding for taking family portraits and all of the volunteers on Mother's Day who made the event such a success - Maria, Geraldine, Mary, Rosemary, Wendy, Barbara, Craig, Sue, Gemma, Marie, Janice, Cindy, and Sandra. The event was incredibly successful and we served 175 people so I hope to see you all there next year!

Thank you to the LSCO Quilters for everything you do to raise money for Meals on Wheels. We are blessed to have so many ladies willing to give their time and expertise for such a worthy cause.

An extra thank you to Kendall and Sandy, who, even though they have retired from organizing Live Well, continue to help me out whenever I need advice or their expertise.



Lastly, If you've visited the LSCO in the past few weeks, you may have noticed the lovely flowers on the tables in the Diner. Marie Fitzgerald's daughter is carrying on her mother's tradition, bringing in these flowers to brighten our days. Thank you for continuing this beautiful gesture.

With Appreciation, Hannah



We were incredibly honoured to receive a Community Priorities Grant from the Community Foundation of Lethbridge and Southwestern Alberta! This money will be used to upgrade our Audio Visual equipment in the Stage Area and Atrium over the summer. Thank you!!

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!

Volunteer Spotlight



Joanne & Ben Lydom

Joanne and Ben have been volunteering with LSCO for over two decades now. Like many of our wonderful volunteers, Joanne and Ben are committed and dependable. They truly love to give of their time and share their talents with LSCO. They believe that one of the most important things LSCO

does for people is giving them the space to get out and meet others, socialize, then later at home they will have a good memory of what they did.

In the past Joanne and Ben have volunteered in the Kitchen. They were also regular Meals on Wheels volunteers until just recently when Ben sustained an injury; however, Ben is getting a bit better with each passing day. When he is ready Joanne and Ben would like to deliver Meals on Wheels again.

Joanne continues to keep busy with her other weekly volunteer role with LSCO at Winner’s Bingo helping raise essential funding. Joanne not only volunteers at Winner’s Bingo for LSCO but other charities too! She is truly remarkable. Joanne puts it beautifully when she said she volunteers because, “It feels good. It’s more for me. It helps me rather than somebody else as it gives me a feeling of accomplishment and something I’m proud to do... It feeds me. It is what I need to do.”

Ben’s favourite thing about volunteering is “the feeling you get”. It truly is a great feeling, isn’t it?!

It has been lovely getting to know Joanne and Ben. They both have a wonderful sense

of humour as they joked around about how their daughter inspires them to get out and go shopping when she comes to visit. But in all seriousness, they truly feel inspired by their daughter, who is a go getter, and passes on her great energy to them. Joanne said, “She knows how to get you going.”.

To those in the community thinking about volunteering, Joanne and Ben suggest, “Do it! Give it a try.”, “You gotta try!” Joanne says her motto is, “You get what you give” – Joanne and Ben are true to this inspiring motto. Joanne said, “It’s not about the free lunch, it’s about feeding the soul”.

Thank you, Joanne and Ben. We here at LSCO feel fortunate to have you as volunteers.

We feel equally lucky to have so many other wonderful volunteers on our volunteer team and we will continue to be spotlighting volunteers monthly. If you would like to nominate a volunteer for the monthly spotlight, please contact our volunteer coordinator, Bonnie at 403-320-2222 ext 202 or by email at bjensen@lethseniors.com

Volunteer Opportunities

Live Well Showcase

Wednesday June 5 - Friday June 7

We need lots of help to run this event at the LSCO! Positions include booth set up on Wednesday, Vendors Lounge, Greeters, Coffee Cart, Raffle, and take down. This event does not happen without volunteers so please consider signing up for a shift or two.

Community Connect

Flexible

We can all use a friend who is ready and willing to listen. Do you have one hour each week to volunteer from the comfort of your home? Community Connect is a friendly phone call program Volunteers are paired with a senior who might be experiencing feelings of loneliness or isolation. The volunteer would be responsible to call the senior they are paired with once each week for one hour. This program strives to provide older adults with an opportunity to socialize and build connections with another person.

Kitchen Volunteers

Weekdays 8am - 11am

We are in great need of dishwashers in the morning as we prepare for Meals on Wheels each day. This job involves scrubbing pots, soaking coffee cups and cutlery and running everything through our commercial dishwasher.

Contact the Volunteer Team

volunteer@lethseniors.com
403-320-2222 ext. 208

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

MEAL ON WHEELS FUNDRAISER QUILT BINGO

Baby \$150 Value
\$2/square

Single \$250 Value
\$5/square

Double \$500 Value
\$10/square

Queen \$1000 Value.
\$20/square

BABY

SINGLE

DOUBLE

QUEEN

MAY 6 - JUNE 7 @ 4 PM

All quilts are hand made by the LSCO Quilters & the Centennial Quilters Guild

Stop by the LSCO to purchase your squares.
500 11th St. S. Lethbridge | 403-320-2222

June LSCO Weekly Schedule					
Schedule may change without notice.					
	Monday	Tuesday	Wednesday	Thursday	Friday
All Day	LSCO Administration 8:00 am-4:30 pm LSCO Diner 8:00 am-3:00 pm Fitness Centre 8:00 am-4:30 pm Library 8:00 am-4:00 pm Billiards 8:30 am-3:00 pm Pool Room Carpentry/Woodworking 8:30 am-3:00 pm Carpentry Shop Boutique 10:00 am-3:00 pm	LSCO Administration 8:00 am-4:30 pm LSCO Diner 8:00 am-3:00 pm Fitness Centre 8:00 am-4:30 pm Library 8:00 am-4:00 pm Billiards 8:30 am-3:00 pm Pool Room Carpentry/Woodworking 8:30 am-3:00 pm Carpentry Shop Boutique 10:00 am-3:00 pm	LSCO Administration 8:00 am-4:30 pm LSCO Diner 8:00 am-3:00 pm Fitness Centre 8:00 am-4:30 pm Library 8:00 am-4:00 pm Billiards 8:30 am-3:00 pm Pool Room Carpentry/Woodworking 8:30 am-3:00 pm Carpentry Shop Boutique 10:00 am-3:00 pm Lapidary 10:00 am-3:00 pm Lapidary Room	LSCO Administration 8:00 am-4:30 pm LSCO Diner 8:00 am-3:00 pm Fitness Centre 8:00 am-4:30 pm Library 8:00 am-4:00 pm Billiards 8:30 am-3:00 pm Pool Room Carpentry/Woodworking 8:30 am-3:00 pm Carpentry Shop Boutique 10:00 am-3:00 pm	LSCO Administration 8:00 am-4:30 pm LSCO Diner 8:00 am-3:00 pm Fitness Centre 8:00 am- 4:30 pm Library 8:00 am-4:00 pm Billiards 8:30 am-3:00 pm Pool Room Carpentry/Woodworking 8:30 am-3:00 pm Carpentry Shop Boutique 10:00 am-3:00 pm Paper Tole & Creative Arts 9:00 am-3:00 pm Art & Craft Room
8:00	Cardio/Strength 8:00 am-8:50 am Gym 2 Advanced Tai Chi 8:15 am-9:15 am Stage Area		Cardio to the Core 8:00 am-8:50 am Gym 2 Advanced Tai Chi 8:15 am-9:15 am Stage Area		Advanced Tai Chi 8:15 am-9:15 am Stage Area
9:00	Tabata 9:00 am-9:55 am Gym 1 Seniors Who Lift 9:00 am- 9:55 am Gym 2	Cycle Combo 9:00 am-10:00 am Gym 2 Fit Ball 9:00 am-9:50 am Gym 1	Amateur Radio 9:00 am-11:00 am Radio Room Bike & More 9:00 am-10:00 am Gym 2 Fitness/Power Walking 9:00 am-9:55 am Gym 1	Fitball 9:00-9:50 am Gym 1 TRX Combo 9:00-10:00 am Gym 2 Chair Exercises 9:30-10:15 am Stage Area	Tabata 9:00 am- 9:55 am Gym 1
10:00	Cycle Combo 10:15 am-11:15 am Gym 2 Gentle Exercise 10:15 am-11:00 am Gym 1	Gentle Yoga 10:00 am-11:00 am APR	Chair Yoga 10:00-10:45 am Stage Area Gentle Exercise 10:15 am-11:00 am Gym 1 Abs, Core, Stretch 10:15 am-11:15 am APR	Gentle Yoga 10:00 am-11:00 am APR Watercolours 10:00 am-12:00 pm Art & Craft Room Pilates 10:15 am-11:30 am Room A/B Weights for Beginners 10:15 am-11:15 am Fitness Centre Badminton 10:15 am-12:00 pm Gym 1	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
Lunch	Pilates 11:15 am-12:30 pm APR Badminton 11:15 am-12:45 pm Gym 1 Functional Fitness 11:30 am-12:15 pm Stage Area	Zumba Gold 11:15 am-12:00 pm APR Quilting 12:00 pm-3:00 pm Stage Area	Badminton 11:15 am-12:45 pm Gym 1 Line Dancing EXP 11:30 am-12:30 pm Gym 2 Beginner Line Dancing 12:45 pm-1:45 pm Gym 2	Zumba Gold & Toning 11:15 am-12:00 pm APR	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	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 Crib 1:00-3:00 pm Card Area Strength & Mobility 1:30 pm-2:30 pm Fitness Centre	Computer Club 1:00 pm-4:00 pm Computer Lab
Evening		Yoga 5:00 pm-6:00 pm Room A/B			
	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.				

<div><div><div>LSCO</div><div>DINER</div><div>SPECIALS</div></div></div> <div>MENU ~ JUNE 2024</div> <div>Soup & Salad Special Changes Daily See Menu Board in Dining Room</div>				
*menu subject to change without notice				
Monday, June 3	Tuesday, June 4	Wednesday, June 5	Thursday, June 6	Friday, June 7
Entree: Teriyaki Pork Starch: Rice Soup: Chef's Choice Veggie: Chef's Choice	Entree: Orange & Cashew Chicken Starch: Rice Soup: Chef's Choice Veggie: Chef's Choice	Entree: Cabbage Rolls Starch: Roast Potato Soup: Chef's Choice Veggie: Chef's Choice	Entree: Chicken Cordon Bleu Starch: Mashed Potatoes Soup: Chef's Choice Veggie: Chef's Choice	Entree: Roast Beef Starch: Mashed Poatoes & Yorkshire Pudding Soup: Chef's Choice Veggie: Chef's Choice
Monday, June 10	Tuesday, June 11	Wednesday, June 12	Thursday, June 13	Friday, June 14
Entree: Honey Garlic Pork Starch: Rice Soup: Chef's Choice Veggie: Chef's Choice	Entree: Meatloaf Starch: Roast Potato Soup: Chef's Choice Veggie: Chef's Choice	Entree: Beef Stew Starch: Biscuits Soup: Chef's Choice Veggie: Chef's Choice	Entree: Pulled Pork Starch: Mac & Cheese Soup: Chef's Choice Veggie: Chef's Choice	Entree: Lasagna Starch: Garlic Toast Soup: Chef's Choice Veggie: Chef's Choice
Monday, June 17	Tuesday, June 18	Wednesday, June 19	Thursday, June 20	Friday, June 21
Entree: Sweet & Sour Chicken Balls Starch: Rice Soup: Chef's Choice Veggie: Chef's Choice	Entree: Stuffed Peppers Starch: Rice Soup: Chef's Choice Veggie: Chef's Choice	Entree: Roast Garlic & Onion Chicken Starch: Roasted Potatoes Soup: Chef's Choice Veggie: Chef's Choice	Entree: Chicken Kiev Starch: Mashed Potatoes Soup: Chef's Choice Veggie: Chef's Choice	Entree: Baked Ham Starch: Scalloped Potatoes Soup: Chef's Choice Veggie: Chef's Choice
Monday, June 24	Tuesday, June 25	Wednesday, June 26	Thursday, June 27	Friday, June 28
Entree: Spaghetti & Meatballs Starch: Garlic Toast Soup: Chef's Choice Veggie: Chef's Choice	Entree: Hunter Schnitzel Starch: Spaetzle Soup: Chef's Choice Veggie: Chef's Choice	Entree: Chili Starch: Rice Soup: Chef's Choice Veggie: Chef's Choice	Entree: Chicken Pesto Starch: Gnocchi Soup: Chef's Choice Veggie: Chef's Choice	Entree: Roast Beef Starch: Mashed Poatoes & Yorkshire Pudding Soup: Chef's Choice Veggie: Chef's Choice
Monday, July 1				
LSCO Closed for Canada Day				
View the menu online at www.lethseniors.com/menu				



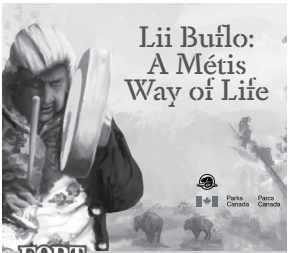
JUNE 2024 EXHIBITS, PROGRAMS & EVENTS

CURRENT EXHIBITS

Sat 01 | Discover the rich history of the Galt Hospital and School of Nursing at our new permanent exhibition, "Taking Care," opening today!



UNTIL AUG 05.24



UNTIL SEP 01.24



UNTIL SEP 30.24



UNTIL OCT 20.24

- ++ registration not required | free to attend | all ages
- + registration required | free to attend
- ** registration not required | museum admission applies | free to members
- * registration required | \$10/person | members discount may apply

INDIGENOUS HISTORY ++

Thu 06, 13, 20, 27 | 5:30–8 PM
Blackfoot Language Class
supper provided every session | online and in-person

CREATIVE COMMUNITY **

Tue 11 | 10:30–11:30 PM
Plant Hanging Macrame

ARCHIVES **

Fri 14 | 3–4 PM
From Virtual to Reality with Tess McNaughton

SPECIAL EVENTS

Fri 14 | 6–8 PM
Pride Paint & Sip with Sarah Peace *
adults and seniors

Wed 19 | 6–7:15 PM
Queer Historical Walking Tour *
all ages

INDIGENOUS HISTORY AT FORT WHOOP-UP ++

Sat 15 | 10 AM–noon
Tipi Raising with Elder Charlie Fox

Fri 21 | 10 AM–7 PM
Indigenous People's Day Celebration:
Traditional Lands and Food

Sat 22 | 9–11 AM
Pemmican Workshop with Charlie Russell
registration encouraged

MEMBERSHIPS

Become a member of the Galt Museum & Archives and take advantage of the exclusive benefits! Learn more: www.galtmuseum.com/memberships

Lilacs, Lemonade, and Senior Appreciation



Seniors System Navigator
Rebekah Stewart
rstewart@lethseniors.com
403-320-2222 ext. 209

Oki and greetings,

Spring has sprung and it has been wonderful seeing the new growth of the season. I hope the warm sun and warmer weather has got you out and about in your communities, busy in the garden or just outside to enjoy. I personally love the variety of colors of all the different flowers, do you have a favorite flower? What is it about that flower that makes it your favorite?

Lilacs are a favorite of mine, they are only around for a short time but I enjoy how small each flower is but bunched together form such a beautiful bouquet with a wonderful smell and great colors. Just like each of us, we are all one small individual but together we can make something bigger and beautiful with many different talents and abilities to bring to the table.

“Beautiful young people are accidents of nature, beautiful old people are works of art” – Eleanor Roosevelt

If you want to try something new, try this recipe.

Lilac Lemonade

Ingredients

- 5 Lemons
- 2-3 sprigs of lilac. Use more for stronger floral flavor
- 1 Cup granulated sugar. Use more to make sweeter (can also use simple syrup)
- 5-6 Cups water enough to fill your pitcher
- Ice

Instructions

1. Fill the pitcher with ice
2. Squeeze the juice of your lemons into the pitcher and add your wedges
3. Fill with cold water
4. Add your granulated sugar or simple syrup to sweeten
5. Put in your sprigs of lilacs and stir
6. Let sit for 5-6 hours or longer for a stronger flavor
7. You can remove the lilacs prior to serving (you may need to strain) or leave in as a garnish

This recipe was taken from <https://www.ourtinyneat.com/2021/05/18/lilac-lemonade/>



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paulaspristine@gmail.com

The beginning of June is Seniors' week June 3rd to 9th, Seniors' Week has been recognized since 1986 to celebrate and recognize the contributions seniors make to enhance the quality of life in Alberta. Seniors' Week was inspired by the vision of the late Alice Modin. 38 years ago, Modin began a campaign to start a seniors' day in Strathcona County that helped pave the way for this annual event.

The LSCO will host the Live Well Showcase that always brings a lot of our older population together to learn about resources and available services in our community. Come see what the excitement is about, you may make a friend or two, see a familiar smile or just find some helpful information. Thursday June 6th from 10am-5pm & Friday June 7th 10am-3pm, hope to see you there!

Another event at the LSCO that week, there will be a screening of information from the CRA held in the stage area:

- Monday June 3 at 10am "Be Scam Smart"
- Tuesday June 4 at 10am "Seniors Benefits & Credits"
- Thursday June 6 at 10am "Be Scam Smart"

We sure appreciate all the seniors that walk through our door at the LSCO, whether they are here to visit, volunteer, get support, or attend a program, we love the smiles and happiness each one of you bring. We hope that we are doing our job by welcoming you and assisting with any questions or concerns you have in your own lives and can support you through not just the challenging times but the good times as well. Please see our Intake if needing connection to more resources and support or call at 403-329-1544.

I myself will be off on a new adventure with a new arrival that requires a lot of diaper changing, love and attention, so I look forward to connecting with you fine folks next year when I return. Until then, be kind to yourselves, look out for each other and enjoy life.

Take care, and kindest regards,
Rebekah Stewart BSW, RSW





HAPPY SENIORS WEEK

YOU ARE VALUED, CARED FOR, AND IMPORTANT!



LETHBRIDGE
Senior Citizens
ORGANIZATION

Community Centre

500 11th St. S, Lethbridge | 403-320-2222 | www.lethseniors.com

Canada Revenue Agency

Presents

Virtual Mini Info Sessions

Be Scams Smart

- Monday June 3 at 10am
- Thursday June 6 at 10am

Seniors Benefits & Credits

- Tuesday June 4 at 10am

Screenings at LSCO in the Stage Area



LETHBRIDGE
Senior Citizens
ORGANIZATION

SCSP SENIORS COMMUNITY SERVICES PARTNERSHIP

500 11th St. South, Lethbridge



Welcome to LEARN, Marissa



LEARN Case Manager

Marissa Hardy

mhardy@lethseniors.com
403-320-2222 ext. 301

Hello everyone!

It is a great pleasure to introduce myself to everyone today. My name is Marissa and I am the newest addition to the Lethbridge Elder Abuse Response Network! I have joined the LEARN program as the second case manager, alongside Amy Cook. I come to you from my previous role as a Senior Systems Navigator with the Seniors Community Services Partnership, and I look forward to utilizing the knowledge and experience from that role into this one!

A little bit about myself, I graduated with my Bachelor of Social Work in 2022, and I began working as a Senior Systems Navigator just after my graduation. In my free time, I enjoy spending quality time with my partner, friends, and family. I am a big fan of camping, building puzzles, and playing board games!

I hope to meet more friendly faces at the Third Annual Senior’s Talent Showcase in recognition of World Elder Abuse Awareness Day! This event will be held on June 14th in the small gym at LSCO, from 1-3:30! There will be entertainment, prizes, food, speeches and more!

If you are interested in being a part of the show, please contact Katie at the Support Services desk at LSCO, by phone at 403-329-1544 or email at intake@lethseniors.com. You will need to provide your name, contact information and your talent. We will

reach out to you to discuss your submission further. I look forward to meeting you at the Showcase! I would absolutely love to see you there, as this event feels like it means even more this year as we have so much to celebrate now.

- Marissa

The Lethbridge Elder Abuse Response Network (LEARN) is a collaboration of human service organizations that are invested in addressing and supporting those experiencing elder abuse. LEARN responds to and provides education, awareness, and advocacy for those at risk of or already experiencing elder abuse, as well as the community at large.



JUNE SUPPORT SERVICES

WELLBEING SERVICES

**appointment required*

403-329-1544

intake@lethseniors.com

June 3	Be Scam Smart Info Session 10:00am - 11:00 am Stage Area	FREE information session by Canada Revenue Agency.
June 4	Seniors Benefits Info Session 10:00am - 11:00 am Stage Area	FREE information session by Canada Revenue Agency.
June 4	Single Session Counselling* 9:00am - 12:00 pm 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.
June 4 1st Tuesday	Prescribing Pharmacist Onsite* 10:00 am - 12:00 pm Clinic Room	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.
June 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.
June 5 1st Wednesday	Service Canada & CRA Onsite 10:00 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.
June 6	Be Scam Smart Info Session 10:00am - 11:00 am Stage Area	FREE information session
June 12 2nd Wednesday	Free Lawyer Consultations* 1:00 pm - 4:00 pm Quiet Room	15-min FREE consultations with a Ausyn Anderson from Letourneau Law. Call LSCO to book 403-320-2222
June 13 2nd Thursday	Hearing Screening* 10:00 am - 12:00 pm Clinic Room	FREE hearing screenings by Lethbridge Hearing Centre to assist you in understanding your hearing health.
June 27 4th Thursday	Eyeglasses Adjustments 1:00 pm - 2:00 pm Card Area	FREE eyeglasses adjustments provided by Specsavers.

SUPPORT GROUPS

June 1-29
Saturdays

AA Eye Opener
8:30 - 10:30 am | Room C/D

June 20
3rd Thursday

Parkinsons Support Group
Registration for Parkinson’s Group is encouraged. Call 1-800-561-1911.

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GENUINE

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Home Care Services

- Residential & long term care
- HCA’s, LPN’s, and RN’s
- Advanced foot care

Welcome,
Stephanie!

Program
Department
Manager

Stephanie is a Lethbridge local and U of L alumnus (B.Sc Kinesiology '15) with a passion for fitness and leadership. She recently spent a few years in the United States, first managing a small gym in Northern New Mexico, then taking in the greenery in Northwest Arkansas before returning to Lethbridge to become the Program Manager at LSCO. Stephanie is excited to be back in her hometown making a difference in the senior community and will occasionally appear in our fitness schedule offering a variety of classes alongside our many other talented instructors!





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THE BEST OF ADULT LIVING

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Contact Trisha for more information

403.331.1132 Or visit
trisha@newrock.ca parksideliving.ca

CLASSIFIED ADS

FRESH PURE UNPASTURIZED HONEY for sale. Various sizes for 300 gram jars to 10 lb. pails. 100% natural Bees-wax hand & body cream. Will deliver. Call 403-381-1653.

Eclipse Spyder Power Chair for sale. Barely used, low mileage. Includes extended foot pedal. Great condition. \$1200 OBO contact Gina 403-380-7631.

Jazzy Select Mobility Chair - \$1400 Runs great, new batteries, adjustable speed, smoke free, easy to operate, comes with battery charging unit.

2 Simplicity series 950L Stair lifts each with 2 remote controls - \$1200 each. Contact Dave 403-308-2148

STAY GOLD WATCH REPAIR *Only accepting minor repairs at this time* (587) 832-1949

PRICING 2024

- \$16.50 - 1.5V Cell
- \$18.50 - 3V Lithium Cell
- \$10 Labor w/ 1.5V pre-purchased Cell
- \$15 Labor w/ 3V pre-purchased Cell
- \$14 Sizing Links & Bands
- \$12 Minor Jewelry Repair
- \$2 (each) Metal gold & silver jump rings

Free fast watch health analysis

Seniors over 65 get 10% off every Thursday

NEW DELIVERY COMPANY Quick Quest Journey

We deliver anything from groceries to fast food & personal items anywhere in Lethbridge. Delivery Fee: \$7 for cash, \$9 for debit. Groceries service charge 10% of bill + delivery fee. Seniors get 50% off delivery charge on Mondays. Please call 403-894-7089.



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A division of the Caring Group Corp.
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~ Not the Care*



2024

Live Well Showcase

A TRADE SHOW FOR ACTIVE AGING

Thursday June 6 10 am - 5pm
Friday June 7 10 am - 3 pm

OVER 70 VENDORS

Speakers presented by Hosack Denture Clinic



Presented by

CORNERSTONE
FUNERAL HOME Ltd.

Honoured to Serve

THURSDAY JUNE 6

11 AM UROLOGY 101: TAKING CHARGE OF WELL-BEING AS WE AGE
Dr. Sarabeth Martin MD, Urologist at Logan Health Kalispell Montana
Dive into common urinary issues in aging adults from UTIs to prostate cancer, with actionable insights on prevention, symptoms, and when to visit your doctor.

1 PM ALZHEIMER’S DISEASE: NEW HOPE
Dr. Joel Weaver MD, Assistant Clinical Professor University of Alberta
Dr. Weaver will review some of the latest research as it pertains to the prevention, diagnosis, and treatment of Alzheimer’s disease.

3 PM PLANNING FOR PEACE
Travis Zentner, Cornerstone Funeral Home
Gain insight on funeral pre-planning options from caskets to cremations to green burials, and the steps for creating a plan that brings peace of mind to you and your loved ones.

FRIDAY JUNE 7

11 AM YOUR VOICE, YOUR CHOICE: THE IMPORTANCE OF GREEN SLEEVES
Austyn Anderson JD, Letourneau Law & Kimberly Wescott MN NP, AHS
Learn why Green Sleeves are an essential component of advance care planning, and how you can ensure your medical wishes are honoured.

1 PM DYNAMIC AGING
Mitchell Lawrence M.Ost and Georgina Longman M.Ost, Osteopaths at the Medicine Tree
Join two renowned osteopaths for this research-driven presentation to equip you with the tools to age dynamically and to not be held back.

Vendors and Volunteers Lounge presented by Lethbridge Hearing Centre



LETHBRIDGE
Senior Citizens
ORGANIZATION

500 11th Street South, Lethbridge
403-320-2222
www.lethseniors.com/LiveWellShowcase

Vendors

Financial, Legal & Retail

- 32 AE Cross Studio
- 11 Avail CPA
- 14 Letourneau LLP
- 43 Primerica Financial Services
- 45 Raquel Austin - Edward Jones
- 5 Save On Foods
- 8 Shoebox Scanning

Health & Wellness

- 41 Chinook LifeCare
- 19 Golden Health Group
- 29 HiTech Bracing
- 22 Hosack Denture Clinic
- 24 Leisters Home Care Equipment
- 1 Lethbridge Hearing Centre
- 35 Logan Health - Kalispell
- 21 London Drugs #38
- 64 LSCO Programs
- 51 Medicine Tree
- 65 Spring Forest QiGong
- 48 The Medicine Shoppe
- 13 Ultimate Freedom Plus

Home Care & Senior Services

- 25 Cornerstone Funeral Home
- 27 Coulee Family Services
- 54 Nurse Next Door
- 31 Roost 2 Roost
- 53 Seamless Cares
- 52 Seamless Lifestyles Inc.
- 46 TLC Senior Support
- 67 Wild Rose Oaths

Real Estate & Home Upgrades

- 42 4 Seasons Home Comfort
- 16 Firefly Solar
- 17 Keegan Sluis-
Royal LePage South Country
- 17 Keith Pushor
Royal LePage South Country
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D'Arcy Pyne

Retirement & Seniors' Facilities

- 7 Covenant Community Board
- 28 Elim Society for Seniors Care
- 47 Green Acres Foundation
- 30 Martha's House
- 2 The View - Atria Retirement
Canada





Community Organizations

- 58 AHS Addiction and Mental Health
- 55 Canadian Blood Services
- 57 City of Lethbridge - Cemetery Services
- 3 City of Lethbridge Waste and Environment
- 40 Community Foundation of Lethbridge and Southwestern Alberta
- 6 Connected Canadians
- 56 Friends of Medicare Lethbridge & Area Chapter
- 34 Guided Journeys Foundation
- 10 Helen Schuler Nature Centre
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- 68 Lethbridge Elder Abuse Response Network
- 9 Lethbridge Family Services
- 18 Lethbridge Herald
- 44 Lethbridge Sport Council
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- 39 Rotary Club of Lethbridge Mosaic
- 36 Southern Alberta Council on Political Affairs
- 33 Sunny South Seniors Sport and Recreation Association
- 49 Tourism Lethbridge
- 37 Wellspring Alberta - Southern Region

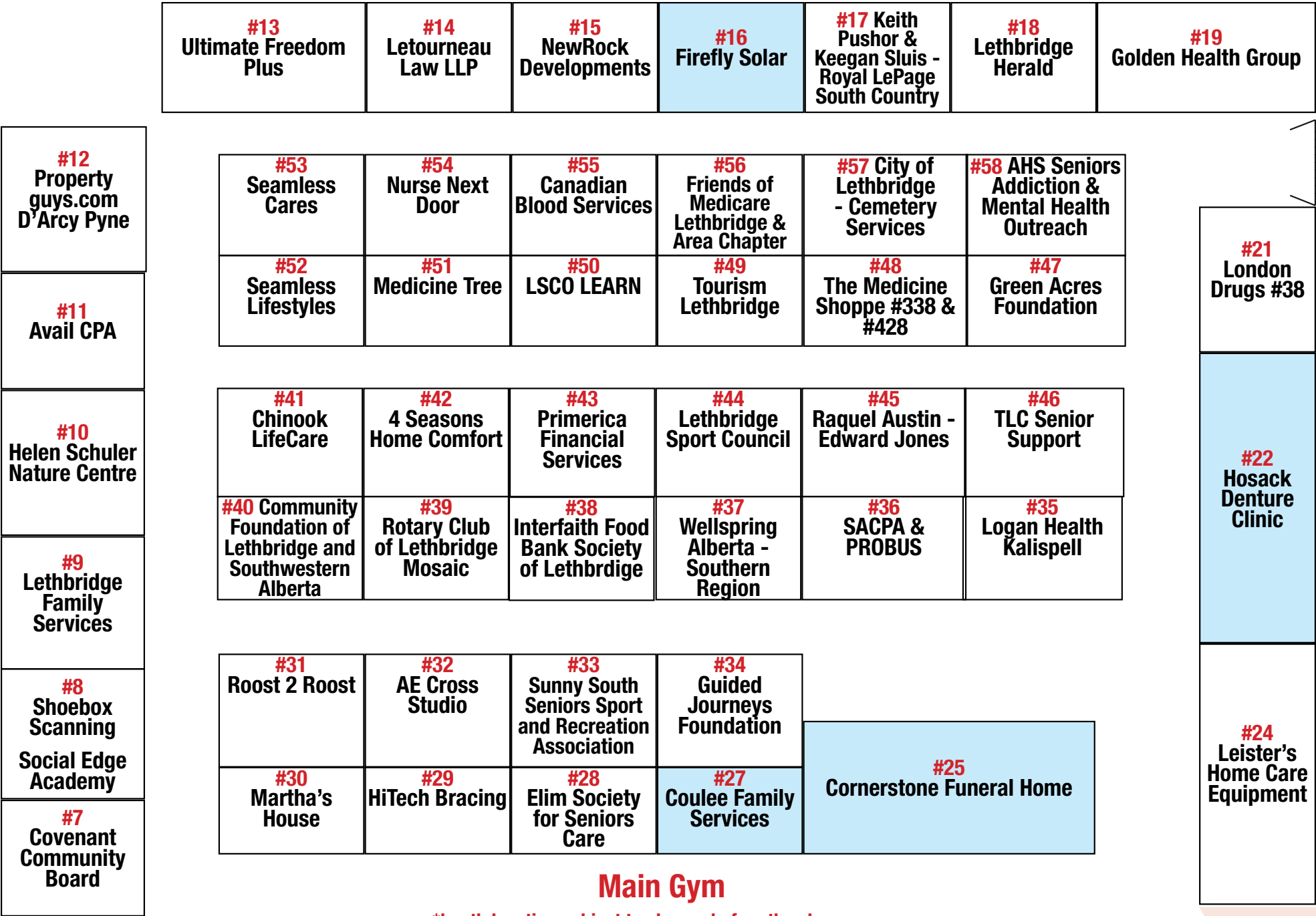
FEATURED VENDORS

BOOTH 25
Cornerstone Funeral Home
Here when you need us, 24 hours a day.
Founded in 1995, Cornerstone Funeral Home is a family owned and operated funeral home, and the only one in Lethbridge to offer all amenities under one roof. Our focus is to always provide compassionate care and exceptional professionalism to all the families we serve.
  [CornerstoneFuneralHome.com](https://www.cornerstonefuneralhome.com)
 **403-381-7777**


BOOTH 16
Firefly Solar
Going Solar is not what it used to be. Let us show you why more than 50% of our local clients are in the 55+ community. We have a “zero headache” customer service approach that you will love. Let us prove it. Be self-reliant, reduce your electricity bills, increase your home’s value and protect yourself from uncertainty with Firefly Solar.
 [fireflysolar.ca](https://www.fireflysolar.ca)  **587-434-9995**
 

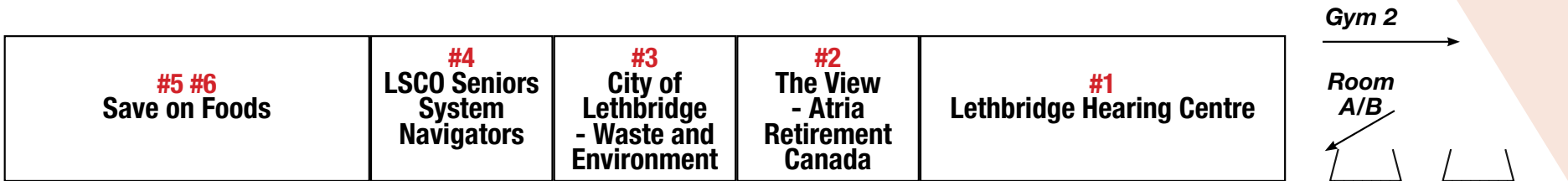

BOOTH 22 - Hosack Denture Clinic
At Hosack Denture Clinic it's all about YOU, your beautiful smile, your ability to chew efficiently, eat nutritiously and enjoy your favourite foods. We want you to look amazing, natural, and to be confident and comfortable with a healthy smile. You deserve nothing less.
With an in-house lab, Hosack Denture Clinic offers a wide variety of denture services including full and partial dentures, implant supported dentures, relines, repairs and denture care products. For two generations and over 55 years Hosack Denture Clinic has been making smiles for Southern Albertans. Experience matters. Hosack Denture Clinic for all your denture needs.
  [hosackdentureclinic.ca](https://www.hosackdentureclinic.ca)  **403-327-7244**


BOOTH 27 - Coulee Family Services
Coulee Family Services is a locally owned and fully insured home care agency serving southern Alberta. At Coulee Family Services, we believe that the heart of home care is to truly get to know each individual and treat them like our own family. Every person deserves respect and compassionate care to age with dignity and live life to the fullest in their Golden Years.
We are an approved Provider for the Alberta Blue Cross Self Directed Home Care program in southern Alberta and Care Academy Training Partner. In addition to in-home care, we provide accessible transportation services and IT technical support for seniors.
  [CouleeFamilyServices.ca](https://www.couleefamilyservices.ca)  **403-223-7888**

Main Gym

*booth location subject to change before the showcase.
Please refer to the show guide available at reception when you arrive

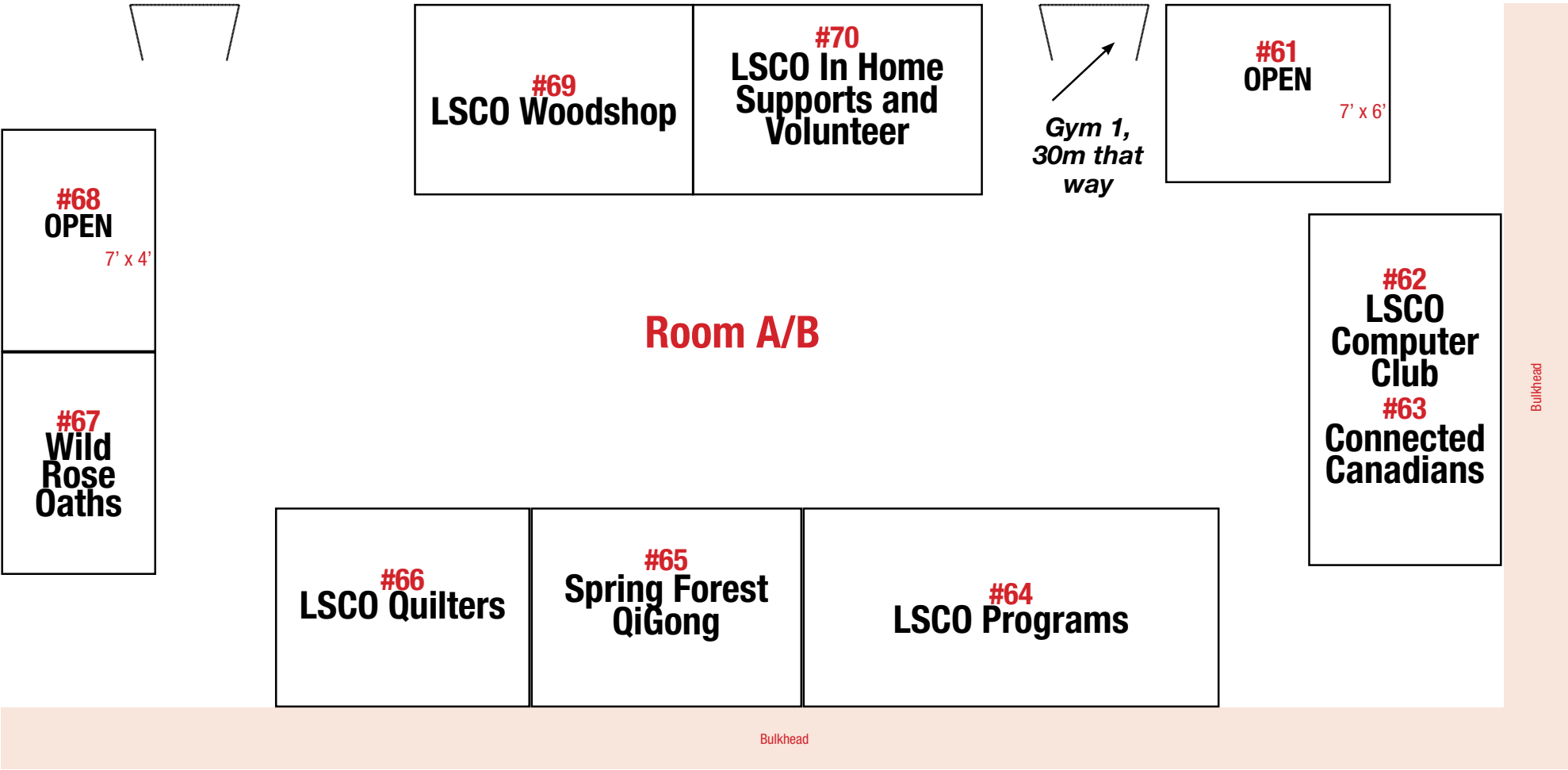


Vendor Map

Booths in Gym 1 and Room A/B

Presentations in Gym 2

Vendor & Volunteer Lounge in Room C/D



Summer Drop In Classes

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

Exercise & Fitness

CHAIR EXERCISES

When: Thursdays, June 13 – July 11
Time: 9:30 - 10:15 am
Drop In Fee: \$6 LSCO M; \$8 NM
Instructor: Andrea Clarke
Location: Stage Area

CHAIR YOGA

When: Wednesdays, June 12 – 26
Time: 10:00 – 10:45 am
Drop In Fee: \$6 LSCO M; \$8 NM
Instructor: Corrinne Myers
Location: Stage Area

FUNCTIONAL FITNESS

When: Mondays, until June 24
(No class May 20)
Drop In Fee: \$6 LSCO M; \$8 NM
Time: 11:30 am – 12:15 pm
Instructor: Andrea Clarke
Location: Stage Area

WEIGHTS FOR BEGINNERS

When: Thursday, until June 20
Time: 10:15 – 11:15 am
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Jamie Hillier
Location: Fitness Centre

GENTLE EXERCISE

When: Mondays, until June 24
(No class May 20)
Time: 10:15 – 11:00 am
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: June Dow
Location: Gym 1



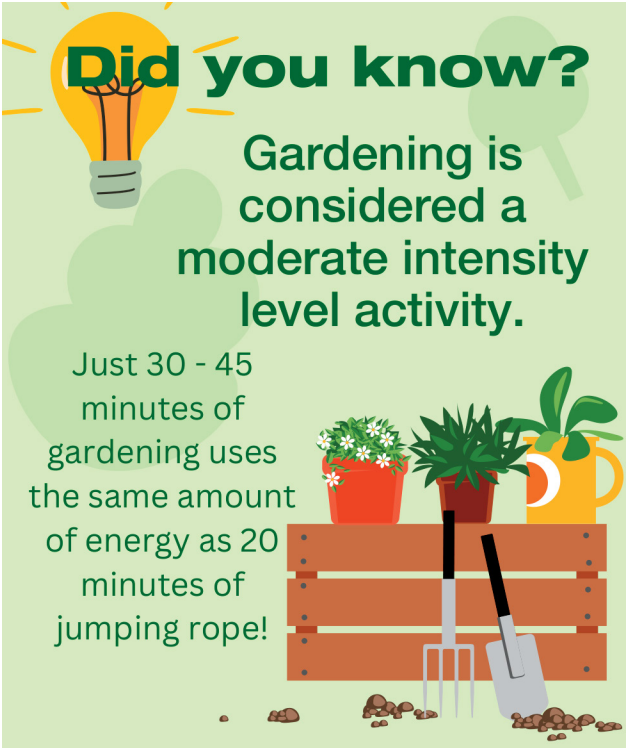
Join the Nature Centre, Lethbridge Senior Citizens Organization & Nature Lethbridge for our

S U M M E R
— Nature Walking Club —

8:30am-10:30am **Call the Nature Centre to**
June 25 **register 403.320.3064**
July 9, 23 **Free to attend!**
August 6, 20
September 3 Bus will pick up & drop off
at the LSCO



Nature Lethbridge



When: Wednesdays, until June 26
(No class June 5)
Time: 10:15 – 11:00 am
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Donna Tiefenbach
Location: Gym 1

When: Fridays, until June 28
(No class June 7)
Time: 10:15 – 11:00 am
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Andrea Clarke
Location: Gym 1

FITBALL FOR BALANCE & STRENGTH

When: Tues. & Thurs. June 13 – 27
(No class June 6)
Time: 9:00 – 9:50 am
Fee: \$8 LSCO M; \$10 NM
Instructor: Gabrielle Dumont
Location: Gym 1

BIKE & MORE

When: Wednesdays, until June 19
Time: 9:00 – 10:00 am
Drop In Fee: \$10 LSCO M; \$15 NM
Instructor: Nancy Purkis
Location: Gym 2

CARDIO STRENGTH

When: Mondays, June 3 – 24
Time: 8:00 – 8:50 am
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Gabrielle Dumont
Location: Gym 2

CARDIO TO THE CORE

When: Wednesdays, June 5 – July 31
Time: 8:00 – 8:50 am
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Deb Palmer
Location: Gym 2

CYCLE COMBO

When: Mondays, June 4 – 24
Time: 10:15 – 11:15 am
Drop In Fee: \$10 LSCO M; \$15 NM
Instructor: Jamie Hillier
Location: Gym 2

When: Tuesdays, June 3 – 24
Time: 9:00 – 10:00 am
Drop In Fee: \$10 LSCO M; \$15 NM
Instructor: Jamie Hillier
Location: Gym 2

FITNESS/POWER WALKING

When: Wednesdays, until June 26
(No class June 5)
Time: 9:00 - 9:55 am
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Jamie Hillier
Location: Gym 1

PILATES

When: Mondays & Thurs until June 27
(No class June 6)
Time: 11:15 – 12:30 pm
Drop In Fee: \$9 LSCO M; \$12 NM
Instructor: June Dow
Location: All Purpose Room

SENIORS WHO LIFT

When: Monday, until June 24
Time: 9:00 – 10:00 am
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Gabrielle Dumont
Location: Gym 2

TABATA

When: Mondays, until June 24
(No class May 20)
Time: 9:00 – 9:55 am
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Jamie Hillier
Location: Gym 1

When: Fridays, until June 28
(No class June 7)
Time: 9:00 – 9:55 am
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Tracy Simons
Location: Gym 1

Dance & Zumba

BEGINNER LINE DANCING

When: Wednesdays, until June 26
Time: 12:45 – 1:45 pm
Drop In Fee: \$6 LSCO M; \$8 NM
Instructor: Gloria-Rose Puurveen
Location: Gym 2

EXPERIENCED BEGINNER LINE DANCING

When: Wednesdays, until June 26
Time: 11:30 am – 12:30 pm
Drop In Fee: \$6 LSCO M; \$8 NM
Instructor: Gloria-Rose Puurveen
Location: Gym 2

ZUMBA GOLD

When: Tuesdays, June 4 – 25
Time: 11:15 am – 12:00 pm
Drop In Fee: \$9 LSCO M; \$12 NM
Instructor: Sheila Mulgrew
Location: All Purpose Room

30/30 ZUMBA GOLD/TONING

When: Thursdays, June 6 – 27
Time: 11:15 am – 12:00 pm
Drop In Fee: \$9 LSCO M; \$12 NM
Instructor: Sheila Mulgrew
Location: All Purpose Room

CHAIR YOGA

Yoga

When: Wednesdays, June 5 – 26
Time: 10:00 – 10:45 am
Drop In Fee: \$6 LSCO M; \$8 NM
Instructor: Corrinne Myers
Location: Stage Area

YOGA FOR SENIORS

When: Mondays & Fridays, until June 28
(No class May 20, June 7)
Time: 1:00 - 2:00 pm
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Corrinne Myers
Location: Room A/B

GENTLE YOGA

When: Tuesdays & Thursdays, until June 27
Time: 10:00 – 11:00 am
Drop In Fee: \$9 LSCO M; \$12 NM
Instructor: Donna Tiefenbach
Location: All Purpose Room

Summer 2024 Programs

Consider trying a new class
this summer.
It's good for the brain and
body!

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”.
**Some classes may not be available to register online.
- **PHONE IN**, by calling 403-320-2222.

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.

Creative Arts

PAINT AND CHAT

Are you interested in working with acrylics? If so, register for this one day class. Donna will bring all the paints, brushes, canvases and her knowledge to ensure you leave with a completed project to display in your home or give as a gift. A great way to spend an afternoon with friends! No experience is required. Paint and Chat is hosted by Donna Bilyk, a talented artist from Southern Alberta.

Session 1

When: Tuesday, June 18
Time: 1:00 – 3:30 pm
Fee: \$55 LSCO M; \$65 NM
Register by: Friday, June 14

Session 2

When: Tuesday, July 16
Time: 1:00 – 3:30 pm
Fee: \$55 LSCO M; \$65 NM
Register by: Friday, July 12

Session 3

When: Tuesday, August 13
Time: 1:00 – 3:30 pm
Fee: \$55 LSCO M; \$65 NM
Register by: Friday, August 9

WATERCOLOUR BASICS

A great class for beginners or a refresher for more experienced painters. In this four week class you will learn the basics of painting in watercolour. We will cover tools, mixing and color blending techniques, brush strokes, how to control the water, how to paint basic shapes, shading, creating different textures, and ways to correct mistakes.

We will complete one or two finished pieces by the end of the session.

Ask for a supply list when registering.

When: Tuesdays, June 11 – July 2
Time: 10:00 am – 12:00 pm
Fee: \$55 LSCO M; \$65 NM
Register by: Friday, June 7
Instructor: Donna Gallant

BASIC ACRYLIC TECHNIQUES

In this 4 week class you will be introduced to basic techniques using acrylics. We will cover tools, mixing and blending

techniques, application of paint, creating different textures, shading and highlighting techniques, correcting mistakes and getting the best results. This is a forgiving medium for a beginner learning to paint or for experienced painters looking to brush up on the basics. We will complete a couple of paintings, depending on time. Come join us for a fun and enlightening painting class.

Ask for a supply list when registering.

When: Thursdays, June 13 – July 4
Time: 10:00 am – 12:00 pm
Fee: \$55 LSCO M; \$65 NM
Register by: Monday, June 10
Instructor: Donna Gallant

PAINTING PRAIRIE SUMMER SKIES IN WATERCOLOUR

Do you love those wide open blue skies, summer sunsets and sunrises, or the distant mountain silhouette? Even if you have never worked in watercolour before, this is a great class to explore these images and the watercolour medium.

You will learn how to manipulate the water and colour to process those wonderful skies in a way only watercolours can.

Some watercolour basics will be covered as well as some simple textural techniques. Good for all levels. This is a 3 week class.

Ask for a supply list when registering.

When: Mondays, July 8 – 22
Time: 10:00 am – 12:00 pm
Fee: \$50 LSCO M; \$60 NM
Register by: Thursday, July 4
Instructor: Donna Gallant

SUMMER FLOWERS IN ACRYLICS

Whether near or far, flowers bring us the color of summer. This three week class will explore the beauty of our summer flowers and how to paint them. You will learn the basic structure of a flower, how to mix the right colours, how to shade and

highlight for depth, compositional elements for best results, and how to create different shapes and textures for a more realistic painting. Some experience would be beneficial to you but not necessary. We will produce one finished piece but if time allows, we may do more.

Ask for a supply list when registering.
When: Thursdays, July 11 – 25
Time: 10:00 am – 12:00 pm
Fee: \$50 LSCO M; \$60 NM
Register by: Monday, July 8
Instructor: Donna Gallant

HOW TO MAKE AN ACRYLIC PAINTING LOOK LIKE OIL

This two hour workshop will show you the secrets of painting in acrylic but making it look like an oil. It's all in the process - if you already paint in acrylics you can learn several ways to do this without dealing with the odour and long drying time of oil paint. Participants are invited to work with one of their finished acrylic paintings if desired, but not necessary.

We will produce at least one piece in this two-hour workshop.

Ask for a supply list when registering.

When: Monday, August 12
Time: 10:00 am – 12:00 pm
Fee: \$30 LSCO M; \$40 NM
Register by: Thursday, August 8
Instructor: Donna Gallant

HOW TO MAKE ART FROM STENCILS

This two week class will show you how - whether using store brought or hand made stencils you can create the most interesting and one of a kind pieces of art work.

You will learn how to make your own stencils with simple supplies that you have around the house. No drawing or painting experience is necessary; this is a great class for making collage papers as well.

Ask for supply list when registering.

When: Thursday, August 15 & 22
Time: 10:00 – 12:00 pm
Fee: \$40 LSCO M; \$50 NM
Register by: Monday, August 12
Instructor: Donna Gallant



Beginner / Gentle/ Intermediate Level

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.

Fitness & Movement

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.

Session 1

When: Thursdays, June 13 – July 11
Time: 9:30 - 10:15 am
Fee: \$25 LSCO M; \$35 NM
Drop In Fee: \$6 LSCO M; \$8 NM
Instructor: Andrea Clarke
Location: Stage Area

Session 2

When: Thursdays, July 18 – August 15
Time: 9:30 - 10:15 am
Fee: \$25 LSCO M; \$35 NM
Drop In Fee: \$6 LSCO M; \$8 NM
Instructor: Andrea Clarke
Location: Stage Area

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, July 8 – August 12
(No class August 5)
Fee: \$25 LSCO M; \$35 NM
Drop In Fee: \$6 LSCO M; \$8 NM
Time: 11:30 am – 12:15 pm
Instructor: Andrea Clarke
Location: Stage Area

WEIGHTS FOR BEGINNERS

This strength class is designed for individuals who would like to learn how to use weights and other exercise equipment, as well as for those who may have minimal amount of experience or have been away from exercising for a while. It is designed to develop muscular endurance, strength, balance agility and more. A benefit for all ages. Wear comfortable clothes, indoor exercise footwear and bring a water bottle.

Session 1

When: Thursday, June 27 – July 25
Time: 10:30 – 11:30 am
Fee: \$35 LSCO M; \$45 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Jamie Hillier
Location: Fitness Centre

Session 2

When: Thursday, August 1 – 29
Time: 10:30 – 11:30 am
Fee: \$35 LSCO M; \$45 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Jamie Hillier
Location: Fitness Centre

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. Classes held in Gym 1.

Session 1

When: Mondays, July 8 - July 29
Fee: \$28 LSCO M; \$36 NM
Time: 10:15 – 11:00 am

Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: June Dow
Location: Gym 1

Session 2

When: Wednesdays, July 3 - July 31
Fee: \$35 LSCO M; \$45 NM
Time: 10:15 – 11:00 am
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Donna Tiefenbach
Location: Gym 1

Session 3

When: Fridays, July 5 - July 26
Fee: \$28 LSCO M; \$36 NM
Time: 10:15 – 11:00 am
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Andrea Clarke
Location: Gym 1

Session 4

When: Mondays, August 12 – 26
Fee: \$21 LSCO M; \$27 NM
Time: 10:15 – 11:00 am
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Andrea Clarke, Donna Tiefenbach
Location: Stage Area

Session 5

When: Wednesdays, August 7 – 28
Time: 10:15 – 11:15 am
Fee: \$35 LSCO M; \$45 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Nancy Purkis
Location: TBA

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. Minimum 12 participants to run this class.

Session 1

When: Tuesdays, June 4 – 25
Time: 9:00 – 9:50 am
Fee: \$28 LSCO M; \$36 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Gabrielle Dumont
Location: Gym 1

Session 2

When: Thursdays, June 13 – 27
Time: 9:00 – 9:50 am
Fee: \$24 LSCO M; \$ 27 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Gabrielle Dumont
Location: Gym 1

STRENGTH & MOBILITY TRAINING

A group strength training class designed for the Active Older Adult (55 years +). It does not matter if you are new to exercising with weights, resistance bands, etc. or are more experienced. Options are always given. Wear comfortable exercise cloths and indoor footwear. Space is limited. Instructor: Andrea Clarke *Not included in Ultimate Fitness Membership.

Session 1

When: Tuesdays & Thursdays, June 4– 27
Time: 1:30 – 2:30 pm
Fee: \$56 LSCO M; \$72 NM
Location: Fitness Centre

Session 2

When: Tuesdays & Thursdays, July 2 – August 15
Time: 1:30 – 2:30 pm
Fee: \$56 LSCO M; \$72 NM
Location: Fitness Centre

I don't have a favourite book
I have hundreds

LSCO Library Corner

LETHBRIDGE
DENTURE CLINIC

We offer complete quality Denture care;
a result of intention, effort and professional skill.

Kimberly Ankermann, DD
Trisha Perverseff, DD

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#2 - 1718 3 Ave S. Lethbridge, AB
www.lethbridgedentureclinic.com

Ultimate Fitness Pass

Gives you access to the Fitness Centre and most classes.
Classes not included:
Strength and mobility, Experienced beginner line dancing, Beginner Line Dancing, Classic Nia, Moving to Heal, Pilates, Yang style Tai chi, Advanced Yang Tai Chi, Qigong/Tai Chi

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. Please ask at the Administration Desk.

1 Month:

- \$25 LSCO M;
- \$40 Non-Member

(30 Days from Date of Purchase)

4 Months:

- \$100 LSCO M;
- \$160 Non-Member

Drop In

- \$8 LSCO M;
- \$10 NM

10x Fitness Centre/Class Pass

- \$80 LSCO M;
- \$100 NM

Days Open: Monday – Friday
Hours: 8:00 am – 4:30 pm
Closed Saturdays May - Sept

Intermediate to Advanced Level

Intermediate level is the category that the majority of the population falls into. 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.

Advanced exercisers have the knowledge and motivation to work hard at this level. Please ask our Fitness Staff for more information.

Fitness & Movement

ABS, CORE, STRETCH

For 30 minutes participants will move through a variety of exercises to increase core strength followed by 30 minutes of stretching and relaxation. A variety of equipment will be used and modifications given for all fitness levels. Dress in comfortable workout clothing and indoor footwear. Bring an exercise mat and your water bottle. Minimum 8 people registered to run class.

When: Wednesdays, June 5 – 26
Time: 10:15 – 11:15 am
Fee: \$28 LSCO M; \$36 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Tracy Simons
Location: All Purpose Room

BIKE & MORE

Start your day with an invigorating ride on a stationary bike with Nancy leading the way. She will give you many options to ensure you get the workout you need. Mat work will include the use of a variety of resistance equipment and the class ends with a stretch. Wear comfortable clothes and bring a full water bottle.

When: Wednesdays, July 3 – 31
Time: 9:00 – 9:55 am
Fee: \$77 LSCO M; \$99 NM
Instructor: Nancy Purkis
Location: Gym 2

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.

When: Mondays, June 3 – 24
Time: 8:00 – 8:50 am
Fee: \$28 LSCO M; \$36 NM
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, June 5 – July 31
Time: 8:00 – 8:50 am
Fee: \$63 LSCO M; \$81 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Deb Palmer
Location: Gym 2

CYCLE COMBO

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 a self-selected pace. Some mat work with resistance equipment and stretching to follow. All Fitness Levels welcome. Limited Space.

Session 1

When: Mondays, June 3 – 24
Time: 10:15 – 11:15 am
Fee: \$36 LSCO M; \$56 NM
Drop In Fee: \$10 LSCO M; \$15 NM
Instructor: Jamie Hillier
Location: Gym 2

Session 2

When: Tuesdays, June 11- 25
Time: 9:00 – 10:00 am
Fee: \$27 LSCO M; \$42 NM
Drop In Fee: \$10 LSCO M; \$15 NM
Instructor: Jamie Hillier
Location: Gym 2

Session 3

When: Mondays, July 8 – 29
Time: 10:15 – 11:15 am
Fee: \$36 LSCO M; \$56 NM
Drop In Fee: \$10 LSCO M; \$15 NM
Instructor: Jamie Hillier, Andrea Clarke
Location: Gym 2

Session 4

When: Tuesdays, July 2 – 30
Time: 9:00 – 10:00 am
Fee: \$45 LSCO M; \$70 NM
Drop In Fee: \$10 LSCO M; \$15 NM
Instructor: Jamie Hillier, Stephanie Girodat
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, July 3 – 31
Time: 9:00 - 9:55 am
Fee: \$35 LSCO M; \$45 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Jamie Hillier, Andrea Clarke
Location: Gym 1

FULL BODY WORKOUT

Increase your heart rate, challenge your muscles, and get ready for a non-stop workout using moderate-intensity intervals to improve cardiovascular health and muscular endurance. Participants will be guided through a series of exercises using various equipment including weights, bars, exercise balls, and bodyweight. Great for all fitness levels.

Session 1

When: Tuesdays, July 2 – 30
Time: 9:00 – 10:00 am
Fee: \$35 LSCO M; \$45 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Various Instructors
Location: Gym 1

Session 2

When: Fridays, July 5 – 26
Time: 9:00 – 10:00 am
Fee: \$28 LSCO M; \$36 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Stephanie Girodat
Location: Gym 1

Session 3

When: Mondays, August 12 – 26
Time: 9:00 – 10:00 am
Fee: \$21 LSCO M; \$27 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Jamie Hillier
Location: APR

Session 4

When: Wednesdays, August 7 – 28
Time: 9:00 – 10:00 am
Fee: \$28 LSCO M; \$36 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Jamie Hillier
Location: APR

Session 4

When: Fridays, August 9 – 30
Time: 9:00 – 10:00 am
Fee: \$28 LSCO M; \$36 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Stephanie Girodat
Location: APR

PILATES

This class involves a series of classical Pilates exercises performed on an exercise mat. Each exercise emphasizes breath, core conditioning, and body awareness. We will pay special attention to alignment and form. Light weights, resistance tubing and other props may be used to add strength and stretch work. Wear comfortable workout clothes, bring a yoga mat and water bottle. Not included in Ultimate Fitness Pass.

When: Mondays, July 8 – 29
Time: 11:15 – 12:30 pm
Fee: \$32 LSCO M; \$44 NM
Drop In Fee: \$9 LSCO M; \$12 NM
Instructor: June Dow
Location: APR

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.

Session 1

When: Mondays, June 3 – 24
Time: 9:00 – 10:00 am
Fee: \$28 LSCO M; \$36 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Gabrielle Dumont
Location: Gym 2

Session 2

When: Tuesdays, August 6 – 27
Time: 9:00 – 10:00 am
Fee: \$28 LSCO M; \$36 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Jamie Hillier
Location: Gym 2

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 your water bottle. Intermediate to Advanced Fitness Levels.

Session 1

When: Mondays, July 8 – 29
Time: 9:00 – 9:55 am
Fee: \$28 LSCOM; \$36 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Jamie Hillier, Stephanie
Location: Gym 1

Session 2

When: Thursdays, August 8 – 29
Time: 9:00 – 9:55 am
Fee: \$28 LSCOM; \$36 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Jamie Hillier
Location: A/B

TRX COMBO

The delivery of this advanced class will change weekly dependent on the number of participants. The first 14 registered have access to a TRX Strap. Free weights are available to an additional 4 people. Spin Bikes and a variety of exercise equipment will be used. The instructor may choose to split the class ex: ½ bike, ½ weights, etc. Not available for online registration. Advanced Fitness Level.

When: Thursdays, July 4 – August 1
Time: 9:00 – 10:00 am
Fee: \$45 LSCO M; \$50 NM
Drop In Fee: 10 LSCO M; \$15 NM
Instructor: Jamie, Stephanie
Location: Gym 2

Dance & Zumba

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. Not included in Ultimate Fitness Pass.

When: Wednesdays, May 1 – June 26
Time: 11:30 am – 12:30 pm
Drop In Fee: \$6 LSCO M; \$8 NM
Instructor: Gloria-Rose Puurveen
Location: Gym 2

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 to run class. Not included in Ultimate Fitness Pass.

When: Wednesdays, May 1 – June 26
Time: 12:45 – 1:45 pm
Drop In Fee: \$6 LSCO M; \$8 NM
Instructor: Gloria-Rose Puurveen
Location: Gym 2

ZUMBA GOLD

This easy to follow, fun class lets you move your body 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. Wear comfortable clothes, indoor footwear and bring a water bottle.

When: Tuesdays, June 4 – 25
Time: 11:15 am – 12:00 pm
Fee: \$28 LSCO M; \$36 NM
Drop In Fee: \$9 LSCO M; \$12 NM
Instructor: Sheila Mulgrew
Location: All Purpose Room

30/30 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.

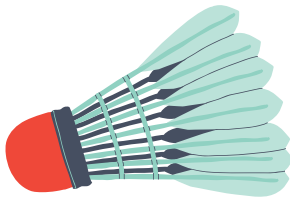
When: Thursdays, June 6 – 27
Time: 11:15 am – 12:00 pm
Fee: \$28 LSCO M; \$36 NM
Drop In Fee: \$9 LSCO M; \$12 NM
Instructor: Sheila Mulgrew
Location: All Purpose Room

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. Bring your racquet, birdies, wear comfortable clothes and clean indoor footwear. Players must sign a Waiver and Code of Conduct Form upon registration.

When: Mondays, Wednesdays & Fridays
Time: 11:15 am – 12:45 pm
When: Thursdays
Time: 10:15 – 12:00 pm
Fee: \$68 & LSCO membership (valid for 12 months from date of purchase)



Yoga & Wellness

FRIDAY YOGA

This yoga class will change weekly. We may begin with a few yin poses and venture into a more active flow class working to improve balance, strength and flexibility or we may do a full Vinyasa Flow class one week and quite possibly a full one hour yin class another week. Come with an open mind. Recommended for students that have yoga experience. Bring a yoga mat & water bottle.

When: Fridays, July 5 – August 30
Time: 9:00 – 10:05 AM
Fee: \$63 LSCO M; \$81 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Shawn Hamilton
Location: All Purpose Room

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, July 3 – August 28
Time: 10:00 – 10:45 am
Fee: \$45 LSCO M; \$63 NM
Drop In Fee: \$6 LSCO M; \$8 NM
Instructor: Corrinne Myers
Location: Stage Area

YOGA FOR SENIORS

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.

Session 1

When: Mondays, July 8 – August 26
(No class August 5)
Time: 1:00 - 2:00 pm
Fee: \$49 LSCO M; \$63 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Corrinne Myers
Location: Room A/B

Session 2

When: Fridays, July 5 – August 30
Time: 10:15 – 11:15 am
Fee: \$63 LSCO M; \$81 NM
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Corrinne Myers
Location: Room A/B

GENTLE YOGA

Gentle yoga classes are a great place to take it slower and experience the benefits of yoga. If you are new to yoga or haven't practiced yoga for a while this may be the class for you. Wear comfortable clothing; bring a mat, blanket and water bottle. Plan on practicing barefoot or wear nonslip socks. Classes held in the All-Purpose Room (downstairs)

Session 1

When: Tuesdays, July 2 – August 27
Time: 10:00 – 11:00 am
Fee: \$63 LSCO M; \$81 NM
Drop In Fee: \$9 LSCO M; \$12 NM
Instructor: Donna Tiefenbach
Location: All Purpose Room

Session 2

When: Thursdays, July 4 – August 29
Time: 10:00 – 11:00 am
Fee: \$63 LSCO M; \$81 NM
Drop In Fee: \$9 LSCO M; \$12 NM
Instructor: Donna Tiefenbach
Location: All Purpose Room

PERSONAL TRAINING

GET ACTIVE. FEEL GREAT.

INITIAL CONSULT	Free
• Prescreening & Goal Setting	
FITNESS ASSESSMENT	\$25
• Cardiovascular • Muscular strength/endurance • Balance/flexibility	
GETTING STARTED PACKAGE	\$80
• 2x 1 hour one-on-one sessions • 6-8 week custom program • Fitness Assessment	
1 HOUR SINGLE SESSION	\$50
3x 1 HOUR SESSIONS	\$135
5x 1 HOUR SESSIONS	\$190
5x 30 MINUTE SESSIONS	\$100

Whether you are looking to get started, lose weight, or take your training to the next level Andrea is here to help you with all your health and fitness goals.

BENEFITS OF WORKING WITH A PERSONAL TRAINER

- Assist in goal setting
- Custom program to meet your individual goals
- Provide guidance, support, & knowledge
- Keep you accountable
- Focus on injury prevention
- Assist in tracking progress

CONTACT ANDREA

fitness@lethseniors.com

LSCO, 500 11th St. S, Lethbridge T1J 4G7 | 403.320-2222

Special Interest Groups

ART WORKSHOP & PAPER TOLE

The Art Room is a great place to work on your projects. Bring your papertole supplies, art work, drawing, knitting, etc. and join in on the socialization and idea sharing. Come for an hour or two or all day. Bring your own supplies. No formal instruction given.

When: Fridays
Time: 9:00 am - 3:00 pm
Fee: \$23/year & LSCO membership

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. If you are interested in learning about this group please leave your name at the Administratoin Desk and/or stop by the Radio Room for a visit and orientation.

When: Wednesdays
Time: 9:00 – 11:00 am
(or longer on request & with notice)
Fee: \$29/year & LSCO membership

BILLIARDS

Members are welcome to play pool daily. 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. Fee: \$6 M; \$7 NM.

When: Monday – Friday
Time: 8:30 am – 3:00 pm
Fee: \$55/year & LSCO membership

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
Register by: Ongoing

Cards & Board Games

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;
Non-Members \$2 Weekly
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!

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.

Genealogy will break for the summer and resume in September

When: Wednesdays September 6 – June 5
Time: 10:00 am – 3:00 pm
Fee: \$21/10 months & LSCO Membership

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
Non-Mem: \$2/day

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

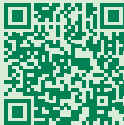
LAPIDARY (Stonecrafters)

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 (other days will be available if there is interest)

Time: 10:00 am – 3:00 pm
Fee: \$36/year & LSCO membership

Book an eye exam online
or drop by and see us



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Specsavers

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

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: \$45 & LSCO membership

TAI CHI

Advanced Tai Chi practitioners are encouraged to join these sessions. Experienced non-members of LSCO are welcome to pay a drop-in fee of \$2 daily to practice.

When: Mon/Wed/Fri
Time: 8:15 – 9:15 am
Fee: \$21/year & LSCO membership

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. For safety, there must be 2 members in the shop at all times.

When: Monday – Friday
Time: 8:30 am – 3:00 pm
Fee: \$46/year & LSCO membership

LSCO Woodshop News

This beautiful table was designed and built in the woodshop by Ed Arinobu. It is made from red oak and features mortise and tenon joinery. The finish is a clear waterborne varnish.



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Computer Corner

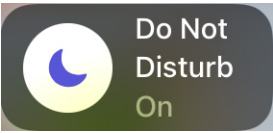
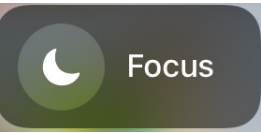
By Sjoerd Schaafsma



Do Not Disturb! Focus!

I confess; I am easily distracted. This column's heading started out as the Tip of the Month for iOS. And then... it turns out that most operating systems and many apps also have a focus

or do not disturb option. I'll use the terms focus and Do Not Disturb interchangeably. The steps to access the focus option vary by device and operating system. Remember to TURN OFF the focus setting if you're waiting for a call or notification while you're on your solitaire break. Now, in no particular order... other than starting with iOS here are a few ways to help you "stay focused."



Focus is an iPad and iPhone setting that's been around since 2021. I only started using it this year when it dawned on me that I shouldn't have to put up with pop-ups of messages covering parts of my screen during lessons or gaming. In iOS 15 it is accessed via settings-Focus, or from the control center. On my iPad mini the control Center is accessed by swiping down from the top of the home screen. Tapping the focus symbol turns focus on and off. This may seem obvious, but sometimes all you get with an option is a change in color and it's not clear if the option is on or off. In this case both the symbol and text are nice and clear. The crescent moon shows up on the top right of the screen to show that focus is on. When Focus is first turned on you may also see Personal and Work labels that allow you to tweak your settings

Personal: Don't Miss Out - to allow important notifications, according to your preferences, and, Share You're away. To let others know you have notifications turned off. Not to be confused with "sorry I'm the Barbados and no one is at home". DON'T let the world know you aren't at home, you're asking for trouble!

Work: Don't Miss Out and Turn on Automatically - at a set time or with certain apps.

Windows 10 – Focus Assist

Tap the Settings gear on the start menu. Choose System – Focus assist – and then choose from the options on the right side of the screen. Or type focus assist into the search box or Search icon on the taskbar, and then select Focus assist settings from the list of results. For more details follow the link below or enter "focus assist windows 10" (without quotes) in the browser search or address bar.

focus assist windows 10 site:microsoft.com - Search (bing.com)

Android

Remember Android is the operating system. Samsung, Google, Lenovo, LG, Xiaomi, and Amazon all manufacture tablets or mobile phones that use Android. Manufacturers often put their own features into their devices. How to access focus will depend on your model and version.

The following link, found by entering "use focus in android" into Google search gives details on how to access focus mode in Google and Samsung devices.

<https://www.howtogeek.com/782433/how-to-use-focus-mode-on-android>

On the older Samsung tablet I'm using with Android version 10, focus is accessed from Settings- Notifications-Do not disturb. Tapping Do not disturb displays options for what you want to be notified of and when.

Notification Center on Mac

Again, the path to Do not disturb varies by the age of the OS on your Mac. On a modern Mac the path appears to be the same as that for the iPad. On my ancient Mac mini the path is System Preferences – Notifications.

Entering "access do not disturb on a Mac" in your browser search bar should get you to the Apple help page, which will allow you to choose the correct version of Mac OS and how to access focus.

<https://support.apple.com/en-ca/guide/mac-help/mchl999b7c1a/mac>

I hope this helps you stay focused.

Computer Club EVENTS

Summer 2024

The computer club will be taking a break from regular presentations till the fall.

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

June, July, August

The computer club will have a table at the Live Well Showcase Thursday June 6, Friday

June 7. Come see what we have to offer.

Help sessions will still be available by request if there is a member available to help.

Kevin is planning to be in the lab for much of the summer.

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.

Computer Survey



Have you ever come across a computer problem or tried to figure out how to send a picture from your phone to your grandchild?

The Lethbridge Computer Club is doing a survey at the Live Well Showcase to see if there is a need out there for an enhanced 'help service' program for Seniors who are having trouble with their technology.

This survey is to help us decide if there are enough actively aging people out there who have a desire to be helped to navigate an ever-changing world of Technology.

If you are unable to visit our booth at the Live Well Showcase but would be willing to help us out by completing our survey, please click on the link or type the link in your computer browser.

We hope you'll come by our booth on June 6th and 7th to ask us more.

We think this is an important addition to what LSCO does and hope you do as well. Thanks in advance for your help.

Here is the link for the survey: <https://ipaperz.ca/lSCO-digital-skills/>



Or use the QR Code to the right



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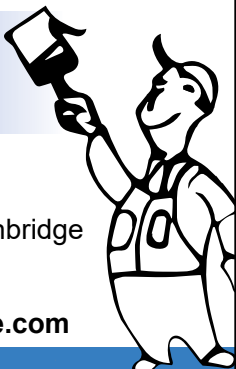
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LSCO Board President
Keith Sumner
403-320-2222

Oki,

We recently celebrated the achievements of our volunteers and expressed our ongoing appreciation. This reminded me of two conversations I’ve had since moving to Lethbridge.

One day I was telling friends how I was the luckiest person they knew. Sister Clo from the Martha Retreat Centre overheard me. She admonished me by saying. “To whom much is given, much is expected.” I suspect that is some quote from a religious text but has stuck with me as it made sense.

More recently as the Sisters were turning the Centre over to the Society that now runs it I had a conversation with Sister Theresa. I asked her if they were retiring. Her response, “retirement is a corporate word, we’ll continue to serve as long as we are able”. That statement resonated with me as well.

Just because we have completed our careers doesn’t mean we haven’t something to contribute to our communities. When I say communities, I don’t mean just the geographic community we live in but also the social groups we belong to. In this case the senior’s community.

Celebrating Seniors

LSCO is very fortunate to have such a strong group of selfless volunteers. We can always use more. Please step up.

From the Board of Directors perspective, we are focusing on long term viability of the organization. Some form of endowment so LSCO isn’t adversely affected by the political winds that shift priorities and funding. The Board could use a couple more volunteer Board members to share their experiences with long term funding.

Rob and staff will be looking at short term fund raising in hopes of over coming our projected deficit for 2024. If you have ideas, please share them.

As for me, my term as President will be complete at the next AGM. I’ll still be around

as I think I can still contribute either in the cafeteria or as a Meals on Wheels driver or in some other capacity. I find giving back to my communities gratifying.

Namaste, Keith



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HAPPY Father's DAY





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