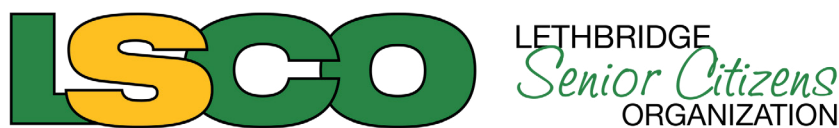




# JUMP START

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To everyone who supported us in 2024

YOU. THANK YOU. THANK YOU.  
 THANK YOU. THANK YOU. THANK YOU.  
 THANK YOU. THANK YOU. THANK YOU.





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**PARKING PASS NOTICE**

The LSCO Parking Pass is now valid in the LSCO lot only. 11th St is being regularly monitored and tickets are being issued. Please ensure your pass is up to date and displayed in your vehicle. For those without parking passes, please be aware of your parking time (free for 2 hours only)

**LSCO** LETHBRIDGE Senior Citizens ORGANIZATION  
Community Centre

*Thank you*

**COMMUNITY FOUNDATION**  
LETHBRIDGE + SOUTHWESTERN ALBERTA

for granting  
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Meals on Wheels



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lynn.kenler@availcpa.com  
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And the many more organizations and individuals that partner and support us throughout the year!  
**Your contribution is our lifeline!**



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 Board Executive**

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 Secretary: Veronica Panich  
 Treasurer: Neil Jorgensen

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 Reg Dawson, John Usher, Merri-Ann Ford

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 rmiyashiro@lethseniors.com .....ext. 304
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- Food Services Coordinator– Lachlan Dyer  
 ldyer@lethseniors.com .....ext. 401
- Assistant Food Services Coordinator– Travis Eakett
- Food Services Cook– Yun “Carey” Luo
- Food Service Cashier – Georgette Mortimer

**LSCO Information**

Phone ..... 403-320-2222  
 Fax ..... 403-320-2762  
 SSN Intake ..... 403-329-1544  
 Meals on Wheels ..... 403-327-7990  
 LEARN ..... 403-394-0306  
 www.lethseniors.com  
 @lethlSCO on Facebook & Instagram

**Hours of Operation**

8:00 AM - 4:30 PM, Monday - Friday  
 LSCO Fitness Centre also open  
 Saturdays 9-12

**LSCO Vision Statement**

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

**Welcome New Members**

Betty Dingerville  
 Karen Eves  
 Harriet Douwes  
 Patt Williams  
 Allan Block  
 Dirk Gruber  
 Cathy Rosset  
 Allan Brown

Peter Carlson  
 Anthony (Tony) Caravaggio  
 Mary Anderson  
 Richard Kinnell  
 Val Peacock  
 Brenda Jespersen  
 4 Anonymous

**We’re happy to have you!**  
**December 2024**

**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: feassistance@lethbridge.ca or call 311.**

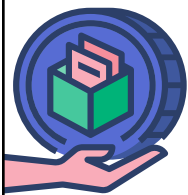
**LSCO WELCOME POLICY**

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**



**JANUARY 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.

- Jan 9** **Brad Donaldson**, Lethbridge Polytechnic President & CEO  
 Why the Change from Lethbridge College to Lethbridge Polytechnic?
- Jan 16** **Illimar Altosaar**, CEO Proteins Easy Corp, Uof Ottawa Professor  
 Can Alberta rice fields be engineered to supply us with novel proteins?
- Jan 23** **Kirsten Fantazir & Jami Albright-Talma**, Lethbridge Polytechnic Applied Research  
 How can we make a difference in our community with evidence-based public safety projects?
- Jan 30** **Ryan Craddock**, Rogers Community TV Producer  
 What are the roles and rules of Community Television ?

Weekly programs are broadcast on Rogers Community TV and are available at SACPA.ca

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.



All advertisements and articles should be submitted to hdupuis@lethseniors.com by the **15th of each month** to ensure inclusion in the paper.

**Content Deadline**

# The Heart

Your contribution is our lifeline



**Fundraising & Marketing**  
 Hannah Dupius  
 hdupuis@lethseniors.com  
 403-320-2222 ext. 302

## A Heartfelt Thank You for Supporting the Twilight Soirée!

On November 30th, the LSCO hosted its inaugural Twilight Soirée - Winter Fundraiser, and thanks to the overwhelming generosity of our community, the event was a resounding success! We are thrilled to announce that we raised \$15,000 in profit, which will directly benefit our Meals on Wheels program and LSCO's senior services.

Guests enjoyed a magical evening, complete with a gourmet five-course dinner, live music by James Oldenburg and Hippodrome, and a lively silent auction. Hippodrome did an amazing job of keeping the dance floor packed and I saw some pretty stellar moves out there!

A special thank you to our kitchen staff, who worked tirelessly to prepare the delicious five-course meal that everyone raved about. Their hard work and dedication made the evening unforgettable.

We extend our deepest gratitude to our sponsors, whose contributions were instrumental in making the Twilight Soirée a success:

- Title Sponsor: Lethbridge Hearing Centre
- Main Course Sponsor: Fox Denture Clinic
- Bar Sponsors: Ultimate Freedom Plus
- Dancefloor Sponsor: Westco Construction
- Photobooth Sponsor: Avail CPA

A huge thank-you as well to Mosaic Music, our event partner, for everything they did to support the evening. From their expertise in entertainment planning to their incredible professionalism, it was a pleasure to work with them.

To our amazing volunteers: I simply couldn't have done this without you. So many volunteer hours went into planning, setting up, running, and wrapping up the event. A special thank you to everyone who stepped in to help me last minute, offered advice, and worked tirelessly to make sure the event went on without a hitch. Our volunteer coordinator Carla did a wonderful job making sure we had enough people for all parts of the event.

I also want to recognize the incredible contributions of our silent auction donors, whose generosity helped make this event possible: Distilled Liquor Co, Decor Out the Door, Superstore, Doug Warren, Doug McArthur, Carla McNally, Analog Books, Moores Clothing, Carol Sekiya, Kal Tire, Site One Landscape Supply, Lashia Jericho, Meridian Integrated Health & Wellness, Local Artists, Studio of Healing, Model Baron Hobbies, Lethbridge Hurricanes, Fosters Jewellery, Awesome Adventures, LSCO Quilters, Geri Bronson, Browns Social House South, King of Trade, and more. I was blown away by how many items were donated by LSCO members. I asked for help and you really delivered!!

Thank you for making the Twilight Soirée a night to remember. I look forward to seeing you at next year's event!



Photos courtesy of Donna Kroger



Our exceptional bar staff Veronica, Linda, and Mille (left to right)



Guests tearing up the packed dance floor



Main Course of Prime Rib. One of 5 courses for the evening



Some of the exceptional servers getting organized before dinner.



Musical Acts Hippodrome (left) and James Oldenburg (right)



This is only a small portion of the photos taken at the event. If you would like to see more, please stop by my office or send me an email.

# The Volunteer CONNECTION

## Volunteer Opportunities

### Kitchen Volunteers *Flexible*

We are looking for volunteers in our Kitchen and Dining Room. Volunteers are an important part of our team and help to keep the meals affordable at LSCO. We are looking for Dishwashers and help with food prep.

### Bingo *Thursdays 11am - 4pm*

LSCO runs the bingo program at Winners Bingo to raise money for our organization. Activities range from selling bingo cards to counting money in a smoke-free environment. Our bingo team is fabulous, but we are almost always in need of an extra helper or two. You'll get your steps in if you work on the floor, selling bingo cards, and all volunteers are entitled to a free lunch!

### Meals on Wheels Delivery

We are looking for Drivers to pick up and deliver meals to Seniors in the community. Meals on Wheels prepares and delivers approximately 80 fresh and nutritious meals per day, Monday through Friday. The time commitment is approximately 1 to 2 hours depending on route size and weather conditions. Requires: Police Information Check with Vulnerable Sector Search - no charge with form provided from Volunteer Coordinator.

**Contact the Volunteer Team**  
volunteer@lethseniors.com  
403-320-2222 ext. 208

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

## Volunteer Spotlight Shawn Wilson

This month's Volunteer Spotlight shines on Shawn Wilson. Originally from Ontario, Shawn and his family have been in Lethbridge for almost 14 years. Shawn likes living in Lethbridge and has no desire to live anywhere else, if he had the option.

He has been volunteering with LSCO, in various roles, over the last 10 years or so; bingo fundraising, dishwasher, server, kitchen prep, to name a few. Shawn volunteers because he likes to keep busy. Every year for the last four decades LSCO has provided Christmas Dinner to the community-at-large on Christmas Day. Since Shawn joined the team of volunteers, his most prestigious role has been Christmas Dinner delivery driver for all the Police and Fire Stations on Christmas Day. Shawn has developed a continuing relationship with the folks that serve the city on Christmas Day and I'm sure the crews look forward to his visit. When he isn't volunteering, Shawn works for Lethbridge Kia and spends time with his family.

When asked whom inspired him most in his life he said, "My grandmother, because she kept me in line. She was tiny and mighty and that wooden spoon was a fair size." I asked Shawn, "Where do you see yourself in 10 years and what would you do if you won a million dollars?" "I will probably still be working and volunteering, and if I had a million dollars I would keep a bit and donate the rest to those in need."

If you are out and about on Christmas Day you may see Shawn in his Santa Suit delivering those turkey dinners!



**WE**  *Our Volunteers*

*Thank you* **to everyone who gave their time in 2024**



**LSCO** LETHBRIDGE Senior Citizens ORGANIZATION **LSCO MOW** Meals on Wheels

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*Women Who Care*

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for raising **\$9000** for LEARN





# MENU ~ JANUARY 2025

Breakfast served from 8:00 ~ 11:00 am • Lunch served from 11:00 am ~ 1:00 pm  
\*menu subject to change without notice

Soup & Salad Special  
Changes Daily  
See Menu Board in  
Dining Room

Wednesday, January 1		Thursday, January 2		Friday, January 3	
		<b>Entree:</b> Tourtiere <b>Starch:</b> Mashed Potatoes <b>LSCO Closed for New Years Day</b>	<b>Entree:</b> Chicken Kiev <b>Starch:</b> Roasted Potatoes <b>Veggie:</b> Chef's Choice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Lasagna <b>Starch:</b> Garlic Toast <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice	
Monday, January 6		Tuesday, January 7		Wednesday, January 8	
<b>Entree:</b> Teriyaki Pork <b>Starch:</b> Rice <b>Veggie:</b> Chef's Choice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Cheese Tortellini with Garlic White Wine Sauce <b>Starch:</b> Garlic Toast <b>Veggie:</b> Chef's Choice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Chicken Cordon Blue <b>Starch:</b> Mashed Potatoes <b>Veggie:</b> Chef's Choice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Beef Macaroni Casserole <b>Starch:</b> Fried Potatoes <b>Veggie:</b> Chef's Choice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Baked Ham <b>Starch:</b> Scalloped Potatoes <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice	
Monday, January 13		Tuesday, January 14		Wednesday, January 15	
<b>Entree:</b> Honey Garlic Pork <b>Starch:</b> Rice <b>Veggie:</b> Chef's Choice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Hunter Schnitzle <b>Starch:</b> Spaetzle <b>Veggie:</b> Chef's Choice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Beef Burrito <b>Starch:</b> Rice <b>Veggie:</b> Chef's Choice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Chicken Chow Mein <b>Starch:</b> Rice <b>Veggie:</b> Chef's Choice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Roast Beef <b>Starch:</b> Yorkshire Pudding Mashed Potatoes <b>Veggie:</b> Chef's Choice <b>Soup:</b> Chef's Choice	
Monday, January 20		Tuesday, January 21		Wednesday, January 22	
<b>Entree:</b> Sweet and Sour Chicken <b>Starch:</b> Rice <b>Veggie:</b> Chef's Choice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Beef Stew <b>Starch:</b> Mashed Potatoes <b>Veggie:</b> Chef's Choice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Spaghetti & Meatballs <b>Starch:</b> Garlic Toast <b>Veggie:</b> Chef's Choice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Fiesta Chicken <b>Starch:</b> Rice <b>Veggie:</b> Chef's Choice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Shepherds Pie <b>Veggie:</b> Chef's Choice <b>Soup:</b> Chef's Choice	
Monday, January 27		Tuesday, January 28		Wednesday, January 29	
<b>Entree:</b> Perogies and Garlic Sausage <b>Veggie:</b> Chef's Choice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Chicken Pot Pie <b>Starch:</b> Roasted Potatoes <b>Veggie:</b> Chef's Choice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Beef Stir Fry <b>Starch:</b> Rice <b>Veggie:</b> Chef's Choice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Chicken Parmigiana <b>Starch:</b> Spaghetti <b>Veggie:</b> Chef's Choice <b>Soup:</b> Chef's Choice	<b>Entree:</b> Meatloaf <b>Starch:</b> Roast Potatoes <b>Soup:</b> Chef's Choice <b>Veggie:</b> Chef's Choice	



## JANUARY 2025 EXHIBITS, PROGRAMS & EVENTS

### EXHIBITS

**Nitsitapiisksakoo**  
Nitsitapii  
*Landscapes*  
Part 3  
UNTIL FEB 09.25

**Game Play**  
Oct. 19.24 - Mar. 2.25

**BUILDING A LEGACY: THE SPORTSPLEX AT 50**  
OCT 26.24 - APR 06.25

**Taking Care**  
Discover the rich history of the Galt Hospital and School of Nursing at our new permanent exhibition.

### ARCHIVES \*\*

Fri 17 | 3-4 PM  
Archives 101

### THE GALT PRESENTS \*\*

Wed 22 | 6-7 PM  
Dr. Robin Gibb on building resiliency through play

Sun 26 | 1:30-2:30 PM  
Shane Dorchak on Living on top of mines: Our history and our foundation, always beneath us

### HANDS-ON HISTORY \*

all ages | children with caregivers

Sat 25 | 1-2 PM  
Building Brains Together: Pop up play activities that build executive functions

### MEMBERSHIPS

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

### HOURS OF OPERATION

#### GALT MUSEUM

Tue-Sat 10 am-5 pm  
Sun 1-5 pm  
Mon Closed

#### FORT WHOOP-UP

Closed for the season (open for school programs & special events)

- ++ no registration | free to attend | all ages
- + registration required | free to attend | all ages
- \*\* no registration | museum admission applies | free to members
- \* registration required | museum admission applies | free to members



[www.galtmuseum.com/calendar](http://www.galtmuseum.com/calendar)

# Beat the Winter Blues: Staying Connected in the Winter Months

Hello everyone!

I hope you are all staying warm as we enter to colder months of the year. As it gets colder, we also tend to spend more time indoors. During this time, it is not uncommon that we also feel lonely or isolated from others. Socialization plays a large role in our well-being, namely contributing to lowering our stress levels, reducing our risk for cognitive decline, and creating long lasting bonds with others. I wanted share some opportunities to encourage you all to stay connected this winter:

### Connect with others by technology

Using technology to connect with family and friends has become an increasingly used platform since the COVID pandemic. Programs such as Zoom can be used to video call others and allow you to still have connection even if you are unable to get out of your home. If you are unsure of how to use your technology to connect with others, you may wish to connect with the LSCO Computer Club who often assist others with navigating the digital world. In addition to this, the Read On Program at the

Lethbridge Public Library, offers Computer basics courses to assist you in building the skills to become comfortable with using technology. They can be reached by calling 403-320-4701.

### Reach out to neighbours

Neighbours can be a great way to continue to connect during the cold winter months. Whether it be a quick coffee and chat or spending time doing an activity together such as a puzzle, neighbours can be a great way to socialize without having to stray too far from home.

### Stay Active Indoors – join a hobby group or fitness class

Engaging in an indoor activity at a senior centre or other recreational space can offer you the opportunity to connect with others while doing something you enjoy. There are always ample opportunities for this at the local senior centres through programming or volunteering. If there is a financial barrier to participating in recreational programming, you may be entitled to funding to assist with the cost. Connect with the Senior System Navigation Team for more information 403-329-1544.



**Seniors System Navigator**

**Katie Harrold**

intake@lethseniors.com  
403-329-1544

### Enjoy Community Programs

There are various programs that are offered throughout the year at the seniors' centres that can provide a space to allow you to create connections with others.

- Hello Monday – Mondays from 9:00am to 10:00am @ Nord-Bridge
- Community Connect Friendly Phone Calls – if you are feeling lonely or isolated, sign up for a friendly phone call by calling 403-329-1544
- Community Connect Coffee Group– First Tuesday of each month from 1:30pm – 3:00pm @ LSCO
- Be Fast Friends – January 31 from 1:30pm to 3pm @ LSCO

Resource

<https://www.brightwaterseniorliving.com/blog/the-health-benefits-of-socialization-for-seniors?article=4-tips-to-help-the-elderly-beat-the-winter-blues>



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[www.genuinehealthcare.com](http://www.genuinehealthcare.com)

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

## JANUARY SUPPORT SERVICES CALENDAR

### WELLBEING SERVICES

*\*appointment /registration required*

📞 403-329-1544

✉ intake@lethseniors.com

<b>January 7</b> 1st Tuesday	<b>Community Connect Coffee Group</b> 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.
<b>January 7</b> 1st Tuesday	<b>Prescribing Pharmacist Onsite*</b> 10:00 am - 12:00 pm   Drop-in Office	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 to book 403-329-1544.
<b>January 7</b> 1st Tuesday	<b>Lawyer Consultations*</b> 1:00 pm - 4:00 pm   Quiet Room	Free lawyer consultations provided by local lawyer Austyn Anderson.
<b>January 9</b> 2nd Thursday	<b>Hearing Screening*</b> 10:00 am - 12:00 pm   Drop-in Office	FREE hearing screenings by Lethbridge Hearing Centre to assist you in understanding your hearing health.
<b>January 21</b>	<b>Single Session Counselling*</b> 12:30pm - 3:30pm   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.
<b>January 16</b> 3rd Thursday	<b>Eyeglasses Adjustments</b> 1:00 pm - 2:00 pm   LSCO Library	FREE eyeglasses adjustments provided by Specsavers.
<b>January 16</b>	<b>Alzheimers Booth</b> 1:00 pm - 2:00 pm   LSCO Library	Learn more about Alzheimers for Alzheimers Awareness Month and get access to resources
<b>January 31</b>	<b>Be Fast Friends*</b> 1:30 pm - 3:30 pm   Stage Area	FREE opportunity to build meaningful connections and develop friendships. Please call 403-329-1544 to register.

**CANCELLED** Service Canada & CRA Support Clinic On-site Service Canada and CRA representatives will continue in February.

### SUPPORT GROUPS

**Saturdays**  
**AA Eye Opener** 8:30 - 10:30 am | Room C/D  
**AA Sunset** 7:00 - 9:00 pm | Room C/D

**January 16**  
3rd Thursday  
**Parkinsons Support Group**  
 2:00-4:00pm | Board Room. Registration for Parkinson's Group is encouraged. Call 1-800-561-1911.



# January LSCO Weekly Schedule

Schedule may change without notice.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>All Day</b>	<b>LSCO Administration</b> 8:00 am-4:30 pm <b>LSCO Diner</b> 8:00 am-3:00 pm <b>Billiards</b> 8:30 am-3:00 pm <b>Carpentry/Woodworking</b> 8:30 am-3:00 pm <b>Boutique</b> 10:00 am-3:00 pm	<b>LSCO Administration</b> 8:00 am-4:30 pm <b>LSCO Diner</b> 8:00 am-3:00 pm <b>Billiards</b> 8:30 am-3:00 pm <b>Carpentry/Woodworking</b> 8:30 am-3:00 pm <b>Boutique</b> 10:00 am-3:00 pm	<b>LSCO Administration</b> 8:00 am-4:30 pm <b>LSCO Diner</b> 8:00 am-3:00 pm <b>Billiards</b> 8:30 am-3:00 pm <b>Carpentry/Woodworking</b> 8:30 am-3:00 pm <b>Boutique</b> 10:00 am-3:00 pm	<b>LSCO Administration</b> 8:00 am-4:30 pm <b>LSCO Diner</b> 8:00 am-3:00 pm <b>Billiards</b> 8:30 am-3:00 pm <b>Carpentry/Woodworking</b> 8:30 am-3:00 pm <b>Boutique</b> 10:00 am-3:00 pm	<b>LSCO Administration</b> 8:00 am-4:30 pm <b>LSCO Diner</b> 8:00 am-3:00 pm <b>Billiards</b> 8:30 am-3:00 pm <b>Carpentry/Woodworking</b> 8:30 am-3:00 pm <b>Boutique</b> 10:00 am-3:00 pm	
<b>8:00</b>	<b>Cardio/Strength</b> 8:00 am-8:50 am @ Gym 2 <b>Yovascia</b> 8:30 am-9:30 am @ Room A/B <b>Tai Chi Practice Group</b> 8:15 am-9:15 am @ Stage Area	<b>Pilates for Beginners</b> 8:45 am-9:45 am @ Room A/B <b>Fit Ball</b> 9:00 am-9:50 am @ Gym 1 <b>Cycle Combo</b> 9:00 am-9:55 am @ Gym 2	<b>Cardio to the Core</b> 8:00 am-8:50 am @ Gym 2 <b>Introductory Yang Style Tai Chi</b> 8:45 am-9:45 am @ Room A/B <b>Tai Chi Practice Group</b> 8:15 am-9:15 am @ Stage Area	<b>Cardio/Strength</b> 8:00 am - 8:50 am @ Gym 2 <b>Intermediate Yang Style Tai Chi</b> 8:45 am-9:45 am @ Room A/B	<b>Cycle For All Levels</b> 8:00 am-8:45 am @ Gym 2 <b>Tai Chi Practice Group</b> 8:15 am-9:15 am @ Stage Area	
<b>9:00</b>	<b>Tabata</b> 9:00 am-9:55 am @ Gym 1 <b>Zumba (R)</b> 9:00 am- 9:55 am @ Gym 2		<b>Amateur Radio</b> 9:00 am-11:00 am @ Radio Room <b>Bike &amp; More</b> 9:00 am-9:55 am @ Gym 2 <b>Fitness/Power Walking</b> 9:00 am-9:55 am @ Gym 1 <b>Core &amp; Stretch</b> 9:10 am-10:00 am @ APR	<b>Fit Ball</b> 9:00 am-9:50 am @ Gym 1 <b>TRX Combo</b> 9:00 am-9:55 am @ Gym 2 <b>Chair Exercises</b> 9:30-10:15 am @ Stage Area	<b>Tabata</b> 9:00 am-9:55 am @ Gym 1 <b>Active Yoga</b> 9:00 am-10:05 am @ APR <b>Paper Toile &amp; Creative Arts</b> 9:00 am-3:00 pm @ Art & Craft Room	
<b>10:00</b>	<b>Abs &amp; Core</b> 10:10 am-11:00 am @ APR <b>Gentle Exercise</b> 10:15 am-11:00 am @ Gym 1 <b>Seniors Who Lift</b> 10:15 am-11:10 am @ Gym 2 <b>Low Impact Barre</b> 11:00 am-11:45am @ Room A/B	<b>Gentle Yoga</b> 10:00 am-11:00 am @ APR <b>Yoga Nidra</b> 10:00 pm-11:00 am @ Room C/D <b>Spring Forest Qigong</b> 10:00am-11:15am @ Stage <b>30/30 Zumba Gold/Toning(R)</b> 11:15 am-12:15 pm @ APR	<b>Chair Yoga</b> 10:00-10:45 am @ Stage Area <b>Genealogy</b> 10:00 am-3:00 pm @ Board Room <b>Lapidary</b> 10:00 am-3:00 pm @Lapidary <b>Gentle Exercise</b> 10:15 am-11:00 am @ Gym 1 <b>Tai Chi Advanced Yang</b> 10:15 am-11:15 am @ Gym 2 <b>Yin Yoga</b> 10:15 am-11:30 am @ Room A/B <b>POUND</b> 11:00 am - 11:45 am @ Room A/B	<b>Gentle Yoga</b> 10:00 am-11:00 am @ APR <b>Pilates</b> 10:15 am-11:30 am @ Room A/B <b>Strength Circuit</b> 10:15 am-11:15 am @ Fitness Centre <b>Badminton</b> 10:15 am-12:00 pm @ Gym 1	<b>Yoga For Seniors</b> 10:15 am-11:15 am @ Room A/B <b>Gentle Exercise</b> 10:15 am-11:00 am @ Gym 1 <b>Table Tennis</b> 10:30 am-12:00 pm @ Room C/D	<b>Flow Yoga</b> 10:00 am-11:15 pm @ Room A/B <b>Fitness Centre</b> 9:00am - 12:00pm  <b>Starting Jan.11</b>
<b>Lunch</b>	<b>Pilates</b> 11:15 am-12:30 pm @ APR <b>Functional Fitness</b> 11:30 am-12:15 pm @ Stage <b>Badminton</b> 11:15 am-12:45 pm @ Gym 1	<b>Essentrics</b> 11:30 pm-12:15 pm @ Gym 2 <b>Conditioning for Racket Sports</b> 12:45-1:15pm@ APR <b>Quilting</b> 12:00 pm-3:00 pm @ Stage	<b>Badminton</b> 11:15 am-12:45 pm @ Gym 1 <b>Line Dancing - Experienced</b> 11:30 am-12:30 pm @ Gym 2 <b>Line Dancing - Beginner</b> 12:45 pm-1:45 pm @ Gym 2		<b>Badminton</b> 11:15 am-12:45 pm @ Gym 1	
<b>Afternoon</b>	<b>Computer Club</b> 1:00 pm-4:00 pm @ Computer Lab <b>Yoga For Seniors</b> 1:00 pm-2:00 pm @ Room A/B <b>Table Tennis</b> 2:30 pm-4:00 pm @ Room C/D	<b>Karaoke</b> 1:00 pm-3:30 pm @ Board Room <b>Strength &amp; Mobility</b> 1:30 pm-2:30 pm @ Fitness Centre <b>Beginner Woodworking</b> 2:00 pm-4:30 pm @ Woodshop	<b>Computer Club</b> 1:00 pm-4:00 pm @ Computer Lab <b>Watercolour Group</b> 1:00 pm-3:00 pm @ Art & Craft Room <b>Table Tennis</b> 2:30 pm-4:00 pm @ Room C/D	<b>Knitting, Crochet &amp; More</b> 1:00 pm-4:00 pm @ Dining Room <b>Drop In Crib</b> 1:00-3:00 pm @ Card Area <b>Strength &amp; Mobility</b> 1:30 pm-2:30 pm @ Fitness Centre <b>Intermediate Woodworking</b> 2:00 pm-4:30 pm @ Woodshop	<b>Computer Club</b> 1:00 pm-4:00 pm@ Computer Lab	
<b>Evening</b>		<b>Flow Yoga</b> 5:00 pm-6:00 pm @ Room A/B		<b>Moving to Heal</b> 4:00 pm-5:00 pm @ Room A/B <b>Classic Nia</b> 5:15 pm-6:15 pm @ Gym 2		

**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](http://www.lethseniors.com) and register online.



# Thank You Sponsors

to our

## Lethbridge HEARING CENTRE

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### The Twilight Soiree raised \$15,000 for Meals on Wheels and LSCO Programs

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# HERE TO *serve*

**RACHAEL THOMAS**  
MEMBER OF PARLIAMENT

@RachaelThomasMP

RachaelThomas.ca | Rachael.Thomas@parl.gc.ca | 403-320-0070

# Winter 2025 Programs

**Many programs are still available for registration or drop in. Inquire at the admin desk**

## 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](http://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”.
- **PHONE IN**, by calling 403-320-2222.

\*\*Some classes may not be available to register online.

## 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.

## Fitness - All Levels

### All Fitness Levels

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.

### ABS AND CORE

This class will get you where it counts! Core strength stabilizing exercises targeted at the entire core and the back. During this class you will be using your own body weight, bands, tubing and other exercise equipment. Followed by a stretch. Modifications are given. Dress in comfortable workout clothing and indoor footwear. Bring an exercise mat and your water bottle. **All Fitness Levels welcome.**

When: Mondays, January 13 - April 28  
(No class February 17, April 21)  
Time: 10:10 – 11:00 am  
Fee: \$98 LSCO M; \$126 NM  
Drop In Fee: \$8 LSCO M; \$10 NM  
Register By: Thursday, January 9  
Instructor: Tracy Simons  
Location: APR

### BIKE & MORE

Let the music guide your cadence as you get your heart pumping in this cardio combo class. Participants will be guided through a cycle workout before getting on the bike for some resistance training using a range of equipment from dumbbells to resistance bands. Bring a water bottle and clean indoor shoes.

When: Wednesdays, January 8 - April 30  
Time: 9:00 - 10:00 am  
Fee: \$119 LSCO M; \$153 NM  
Drop In Fee: \$8 LSCO M; \$10 NM  
Register By: Friday, January 3  
Instructor: Nancy Purkis  
Location: Gym 2

### 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.

When: Thursdays, Jan 9 - Feb 27  
Time: 9:30 - 10:15 am  
Fee: \$40 LSCO M; \$56 NM  
Drop In Fee: \$6 LSCO M; \$8 NM  
Register By: Monday, January 6  
Instructor: Andrea Clarke  
Location: Stage Area

When: Thursdays, March 6 - April 24  
Time: 9:30 - 10:15 am  
Fee: \$40 LSCO M; \$56 NM  
Drop In Fee: \$6 LSCO M; \$8 NM  
Register By: Monday, March 3  
Instructor: Andrea Clarke  
Location: Stage Area



### CONDITIONING FOR RACQUET SPORTS

If you play badminton, tennis, pickleball, or squash this is the class for you. This class will have you lengthening, strengthening, and reducing the risk of injury while you sweat and move to the music. **Please bring a water bottle and a yoga mat.**

#### Session 1:

When: Tuesdays, January 7 - February 25  
(No class February 18)  
Time: 12:45 pm - 1:15 pm  
Fee: \$72 LSCO M; \$88 NM  
Drop In Fee: \$10 LSCO M; \$12 NM  
Register By: Friday, January 3  
Instructor: Lindsay Anderson  
Location: All Purpose Room

#### Session 2

When: Tuesdays, March 4 - April 29  
Time: 12:45 pm - 1:15 pm  
Fee: \$81 LSCO M; \$99 NM  
Drop In Fee: \$10 LSCO M; \$12 NM  
Register By: Friday, February 28  
Instructor: Lindsay Anderson  
Location: All Purpose Room

## All about Arthritis

INFO BOOTH

**January 13** **10 - 12**

LSCO Card Area

- What is arthritis?
- What are the different types of arthritis?
- What are the symptoms and diagnosis?
- How to manage arthritis?
- What are the different treatment options?

## Fitness - All Levels

### CORE & STRETCH

Challenge your core with both resistance training strategies and bodyweight exercises before winding down with a relaxing, deep stretch. Suitable for all fitness levels.

When: Wednesdays, January 15 - April 30  
Time: 9:10 - 10:00 am  
Fee: \$112 LSCO M; \$144 NM  
Drop In Fee: \$8 LSCO M; \$10 NM  
Register By: Friday, January 10  
Instructor: Tracy Simons  
Location: All Purpose Room

### CYCLE FOR ALL LEVELS

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 their own pace. Stretching to follow.

When: Fridays, January 17 - February 28  
Time: 8:00 - 8:45 am  
Fee: \$49 LSCO M; \$63 NM  
Drop In Fee: \$8 LSCO M; \$10 NM  
Register By: Tuesday, January 14  
Instructor: Tracy Simons  
Location: Gym 2

### 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.

#### Tuesdays

When: Tuesdays, January 7 - April 29  
(No class February 18)  
Time: 9:00 - 9:50 am  
Fee: \$112 LSCO M; \$144 NM  
Drop In Fee: \$8 LSCO M; \$10 NM  
Register By: Thursday, January 2  
Instructor: Gabrielle Dumont  
Location: Gym 1

#### Thursdays

When: Thursdays, January 9 - April 24  
(No class February 20)  
Time: 9:00 - 9:50 am  
Fee: \$105 LSCO M; \$135 NM  
Drop In Fee: \$8 LSCO M; \$10 NM  
Register By: Monday, January 6  
Instructor: Gabrielle Dumont  
Location: Gym 1

### 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, January 6 - Feb 24  
(No class February 17)  
Time: 11:30 am - 12:15 pm  
Fee: \$35 LSCO M; \$49 NM  
Drop In Fee: \$6 LSCO M; \$8 NM  
Register by: Friday, January 3  
Instructor: Andrea Clarke  
Location: Stage Area

When: Mondays, March 3 - April 28  
(No class April 21)  
Time: 11:30 am - 12:15 pm  
Fee: \$40 LSCO M; \$56 NM  
Drop In Fee: \$6 LSCO M; \$8 NM  
Register by: Friday, January 3  
Instructor: Andrea Clarke  
Location: Stage Area

### 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.**

#### Fridays

When: Fridays, January 10 - April 25  
(No class April 18)  
Time: 10:15 - 11:00 am  
Fee: \$105 LSCO M; \$135 NM  
Drop In Fee: \$8 LSCO M; \$10 NM  
Register by: Tuesday, January 7  
Instructor: Andrea Clarke  
Location: Gym 1

### PILATES FOR BEGINNERS

This class is a starting point for those who may be new to Pilates or would like to continue to build a firm foundation before progressing to the standard Pilates class. Our instructor will guide you from the ground up and make sure you are challenged but successful in each class. **Please bring a yoga mat, water bottle, and a towel to use as a prop for class.**

When: Tuesdays, January 7 - April 29  
Time: 8:45 am - 9:45 am  
Fee: \$119 LSCO M; \$153 NM  
Drop In Fee: \$8 LSCO M; \$10 NM  
Register by: Thursday, January 2  
Instructor: June Dow  
Location: Room A/B

### STRENGTH & MOBILITY

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 2:

When: Tuesdays & Thursdays,  
March 4 - April 24  
Time: 1:30 pm - 2:30 pm  
Fee: \$70 LSCO M; \$100 NM  
Drop In Fee: \$8 LSCO M; \$10 NM  
Register By: Thursday, February 28  
Instructor: Annabelle Darlow  
Location: Fitness Centre

### 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 a mat and water bottle. **Intermediate to Advanced Fitness Levels. Class held in Gym 1.**

When: Fridays, January 17 - April 25  
(No class April 18)  
Time: 9:00 - 9:55 am  
Fee: \$98 LSCO M; \$126 NM  
Drop In Fee: \$8 LSCO M; \$10 NM  
Register By: Tuesday, January 14  
Instructor: Tracy Simons  
Location: Gym 1

**LSCO Fitness Centre  
Closed Saturday,  
January 4  
Regular Saturday Hours  
will resume January 11**



**Merry Christmas and a Happy  
New Year from the LSCO  
Woodshop!**

**PRESCRIBING PHARMACIST** the Medicine Shoppe PHARMACY

**Services available include:**  
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**JANUARY 7**  
1st Tuesday every month  
10 am - 12 pm | Drop in Room

SCSP SENIORS COMMUNITY SERVICES PARTNERSHIP **LSCO** LETHBRIDGE Senior Citizens ORGANIZATION

500 11 St. S, Lethbridge | 403-329-1544

# Welcome Annabelle!

Hi my name is Annabelle Darlow, I'm excited to introduce myself as the new fitness coordinator at LSCO. I recently graduated at Lethbridge Polytechnic from the Exercise Science program. My love for fitness started in 2014 as a competitive martial art athlete. Fitness has been a part of my identity since then and do it out of enjoyment. I want to make physical activity fun and exciting for members/clients while showing them how to incorporate it in their daily lives. I love helping individuals thrive and achieve their personal fitness goals. I want to inspire and educate people on living a healthy and balance lifestyle through physical activity.

Annabelle: [fitness@lethseniors.com](mailto:fitness@lethseniors.com)



## Fitness - Intermediate/Advanced Levels

### LOW IMPACT BARRE

Enjoy resistance training in a new way! In Low Impact Barre class you will use ballet-inspired positioning along with various modalities including dumbbells, resistance bands, and gliding disks to challenge your strength, stability, and endurance. There will also be a segment dedicated to a more traditional strength training. This is a great class to experience choreography if you enjoy moving to the music without any fancy footwork. Please bring a yoga mat and a water bottle.

#### Session 1:

When: Mondays, January 13-February 24  
(No class February 17)  
Time: 11:00 - 11:45 am  
Fee: \$48 LSCO M; \$60 NM  
Drop In Fee: \$9 LSCO M; \$11 NM  
Register By: Thursday, January 2  
Instructor: Sheila Mulgrew  
Location: Room A/B

#### Session 2:

When: Mondays, March 3 - April 28  
(No class April 21)  
Time: 11:00 - 11:45 am  
Fee: \$64 LSCO M; \$80 NM  
Drop In Fee: \$9 LSCO M; \$11 NM  
Register By: Thursday, February 27  
Instructor: Sheila Mulgrew  
Location: Room A/B

### 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.**

#### Monday Session:

When: Mondays, January 6 - April 28  
(No class February 17, April 21)  
Time: 8:00 - 8:50 am  
Fee: \$105 LSCO M; \$135 NM  
Drop In Fee: \$8 LSCO M; \$10 NM  
Register By: Thursday, January 2  
Instructor: Gabrielle Dumont  
Location: Gym 2



### Intermediate-Advanced

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.

#### Thursday Session:

When: Thursdays, January 9 - April 24  
(No class February 21)  
Time: 8:00 - 8:50 am  
Fee: \$105 LSCO M; \$135 NM  
Drop In Fee: \$8 LSCO M; \$10 NM  
Register By: Monday, January 6  
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, January 8 - April 30  
Time: 8:00 - 8:50 am  
Fee: \$119 LSCO M; \$153 NM  
Drop In Fee: \$8 LSCO M; \$10 NM  
Register By: Friday, January 3  
Instructor: Deb Palmer  
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, January 8 - April 30  
Time: 9:00 - 9:55 am  
Fee: \$119 LSCO M; \$153 NM  
Drop In Fee: \$8 LSCO M; \$10 NM  
Register By: Friday, January 3  
Instructor: Jamie Hillier  
Location: Gym 1

### 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, a towel to use as a prop and water bottle. **\*Not included in Ultimate Fitness Membership.**

#### Mondays

When: Mondays, January 6 - April 28  
(No class February 17, April 21)  
Time: 11:15 am - 12:30 pm  
Fee: \$105 LSCO M; \$135 NM  
Drop In Fee: \$8 LSCO M; \$10 NM  
Register by: Thursday January 2  
Instructor: June Dow  
Location: All Purpose Room

### 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.**

When: Mondays, January 13 - April 28  
(No class February 17, April 21)  
Time: 10:15 - 11:10 am  
Fee: \$98 LSCO M; \$126 NM  
Drop In Fee: \$8 LSCO M; \$10 NM  
Register By: Thursday, January 9  
Instructor: Annabelle Darlow  
Location: Gym 2

### TRX COMBO

TRX (Suspension Training) uses straps, gravity, and your body weight to increase strength, balance, and core stability. Simply by changing resistance and altering body position, each participant can customize their workout for their own needs and goals. A variety of equipment will be used including stationary bikes.

When: Thursdays, January 9 - April 24  
Time: 9:00 - 9:55 am  
Fee: \$144 LSCO Members Only  
Drop In Fee: \$10 LSCO Members Only  
Register by: Monday, January 6  
Instructor: Jamie Hillier  
Location: Gym 2

## Creative Arts

### PERSONALIZED BLANKETS

Join Marcelle in the Computer Lab for a fun, creative way to transform your photos into a beautiful keepsake. These 50 x 60 inch blankets would make an excellent gift or a beautiful addition to your own home. Simply select a template and insert your images to create a personalized blanket. Marcelle will assist you with scanning any physical photos you may have as well as transferring photos from other devices

#### Session 1:

When: Monday, January 27  
Time: 10:00 am - 12:00 pm  
Fee: \$95 LSCO M; \$115 NM  
Register by: Thursday, January 23  
Instructor: Marcelle Velve  
Location: Computer Lab

#### Session 2:

When: Monday, February 24  
Time: 10:00 am - 12:00 pm  
Fee: \$95 LSCO M; \$115 NM  
Register by: Thursday, February 20  
Instructor: Marcelle Velve  
Location: Computer Lab

#### Session 3:

When: Monday, March 24  
Time: 10:00 am - 12:00 pm  
Fee: \$95 LSCO M; \$115 NM  
Register by: Thursday, March 20  
Instructor: Marcelle Velve  
Location: Computer Lab

### WINTER ANIMALS - LINE AND WASH

This three week class will be focused on the study and rendition of winter animals like polar bears, rabbits, and snowy owls. White on white is tough but with the help of pen and ink lines and subtle watercolour washes, we can create some fantastic animals.

It would help if you have some experience in using watercolours but not necessary. Ask for a supply list when registering.

When: Tuesdays, January 14, 21, 28  
Time: 10:00 am - 12:00 pm  
Fee: \$90 LSCO M; \$110 NM  
Register by: Thursday, January 9  
Instructor: Donna Gallant  
Location: Arts & Crafts Room

### 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 and 4 Month Passes

- \$25 LSCO M; / month
- \$40 Non-Member / month  
(30 Days from Date of Purchase)

#### Drop In

- \$8 LSCO M; \$10 NM
- \$80 LSCO M; \$100 NM

#### 10x Fitness Centre/Class Pass

- \$80 LSCO M; \$100 NM
- Hours: 8:00 am - 4:30 pm**  
**Days Open: Monday - Friday**  
**Now Also Open Saturdays**  
**9 am - 12 pm**

### PORTRAITS MADE SIMPLE

This four week class will concentrate on drawing portraits by analyzing with basic features of the face.

We will learn some quick tip techniques to accurately depict facial features as well as some shading and highlighting techniques to help form a more realistic portrait and create depth. Knowing some drawing basics is helpful but not necessary.

Ask for a supply list when registering.

When: Thursdays, February 20 - March 13  
Time: 10:00 am - 12:00 pm  
Fee: \$120 LSCO M; \$150 NM  
Register by: Monday, February 17  
Instructor: Donna Gallant  
Location: Arts & Crafts Room

### DISTRESSED INKS

Distressed inks have been around for a few years and are a very unique art product to work with. They are great for stamping, stencilling and they can give a real watercolour effect when they are liquified. In this two week class you will learn many ways of using these inks and how their properties can benefit your art making especially for printmaking, stamping, stenciling, making collage papers, and even painting.

Ask for a supply list when registering.

When: Mondays, April 7, 14  
Time: 10:00 am - 12:00 pm  
Fee: \$60 LSCO M; \$80 NM  
Register by: Thursday, April 3  
Instructor: Donna Gallant  
Location: Arts & Crafts Room

### PAINT & CHAT

Join Donna as she guides both the beginner and more advanced painter with techniques and tricks to complete an acrylic painting. She brings the supplies you will need. All you bring is the willingness to learn and have fun. Donna is an artist from Southern Alberta who enjoys sharing her knowledge.

#### Session 1:

When: Tuesday, January 21  
Time: 1:00 - 3:00 pm  
Fee: \$55 LSCO M; \$65 NM  
Register by: Thursday, January 16  
Instructor: Donna Bilyk  
Location: Arts & Crafts Room

#### Session 2:

When: Tuesday, February 11  
Time: 1:00 - 3:00 pm  
Fee: \$55 LSCO M; \$65 NM  
Register by: Thursday, February 6  
Instructor: Donna Bilyk  
Location: Arts & Crafts Room

#### Session 3:

When: Tuesday, March 25  
Time: 1:00 - 3:00 pm  
Fee: \$55 LSCO M; \$65 NM  
Register by: Thursday, March 20  
Instructor: Donna Bilyk  
Location: Arts & Crafts Room

#### Session 4:

When: Tuesday, April 15  
Time: 1:00 - 3:00 pm  
Fee: \$55 LSCO M; \$65 NM  
Register by: Thursday, April 10  
Instructor: Donna Bilyk  
Location: Arts & Crafts Room

### BEGINNER WOODWORKING

This workshop will introduce beginners to the foundations of woodworking. You will complete a small project under the supervision of some of our experienced woodshop group members. All materials are included and the class will be a small group as space is limited.

When: Tuesdays, January 7 - February 25  
Time: 2:00-4:30 pm  
Fee: \$200 LSCO M; \$250 NM  
Register by: Friday, January 10  
Instructor: Doug Warren

### INTERMEDIATE WOODWORKING

This workshop is perfect for folks who have some experience in the woodshop but would like a bit of guidance. **Participants will choose their own project and provide their own materials** but will have access to all the equipment in the woodshop under the supervision of an experienced woodshop group member. *Prior to the start of the class, participants will email their proposed project to the instructor (email address provided upon registration) to finalize details and confirm necessary equipment and skills.* **FULL**

When: Thursdays, January 9-February 27  
Time: 2:00-4:30 pm  
Fee: \$200 LSCO M; \$250 NM  
Register by: Monday, January 13  
Instructor: Doug Warren



### WHEN:

Mondays, January 13 - April 28  
(No class February 17, April 21)

### TIME:

10:15 am - 11:10 pm

### FEE:

\$98 LSCO M; \$126 NM

### INSTRUCTOR:

Annabelle Darlow

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.** Drop ins may be accepted if space is available.

More information on page 12

## Dance & Movement

### 30/30 ZUMBA GOLD/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: Tuesdays, January 14 - April 29  
 Time: 11:15 am - 12:15 pm  
 Fee: \$128 LSCO M; \$144 NM  
 Drop-In Fee: \$9 LSCO M; \$10 NM  
 Register By: Friday, January 10  
 Instructor: Sheila Mulgrew  
 Location: All Purpose Room

### 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 run class.

When: Wednesdays, January 8 - April 30  
 (No class April 16)  
 Time: 12:45 pm - 1:45 pm  
 Fee: \$80 LSCO M; \$112 NM  
 Drop In Fee: \$6 LSCO M; \$8 NM  
 Register by: Friday, January 3  
 Instructor: Gloria-Rose Puurveen  
 Location: Gym 2

### 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.

When: Wednesdays, January 8 - April 30  
 (No class April 16)  
 Time: 11:30 am - 12:30 pm  
 Fee: \$80 LSCO M; \$112 NM  
 Drop In Fee: \$6 LSCO M; \$8 NM  
 Register by: Friday, January 3  
 Instructor: Gloria-Rose Puurveen  
 Location: Gym 2



**BFF**  
BE FAST FRIENDS

AN OPPORTUNITY FOR INDIVIDUALS WHO NEED MORE SOCIAL CONNECTION TO COME TOGETHER IN A "SPEED DATING" FORMAT FOCUSING ON DEVELOPING FRIENDSHIPS!

**A fun, comfortable, and easy way to meet others and make connections!**

SESSIONS WILL BE FACILITATED BY A LEARN CASE MANAGER AND A RECOVERY ALBERTA RECREATION THERAPIST.



**SIGN UP BY PHONING 403-329-1544**  
 1:30 in the stage area, doors open at  
**JANUARY 31, 2025**  
 LSCO, 500 # St. S, Lethbridge

### CLASSIC NIA

Join me, Lise LeMoine, Nia Teacher and Trainer, as I take you on a movement journey in Your Body's Way. Classic Nia is a 1-hour movement practice inclusive of dance, martial arts and healing arts. To soul stirring music I will take you on a ride of joy, play, contrast, agility, balance, and life affirming joy. Coordination, balance, agility and ease are a few of the by-products. Nia is movement medicine for the body and soul. I'd love to show you how. **(Not included in Ultimate Fitness Membership).**

When: Thursdays, January 9 - April 17  
 Time: 5:15 - 6:15 pm  
 Fee: \$205 LSCO M; \$285 NM  
 Drop In Fee: \$15 LSCO M; \$20 NM  
 Register by: Monday, January 6  
 Instructor: Lise LeMoine  
 Location: Gym 2

### MOVING TO HEAL

Join me, Lise Schulze, Nia Teacher and Trainer for Moving to Heal. This 1-hour movement practice focuses on healing and balancing in the body and mind. Using a chair for stability we will move to music and help the body find its way into ease and joy. Healing, balance and conditioning are by products. Moving to Heal is a derivative of The Nia Technique. **(Not included in Ultimate Fitness Membership).**

When: Thursdays, January 9 - April 17  
 Time: 4:00 - 5:00 pm  
 Fee: \$205 LSCO M; \$285 NM  
 Drop In Fee: \$15 LSCO M; \$20 NM  
 Register by: Monday, January 6  
 Instructor: Lise LeMoine  
 Location: Room A/B

### POUND


This class consists of a 45-minute Pound (cardio drumming) session that will challenge your whole body. You will leave feeling great! The participants in this class are friendly and welcoming, and it is **suitable for absolutely everyone**. Modifications will be provided. Come out and give it a try. Space is limited-register early!

When: Wednesdays, January 15 - April 30  
 Time: 11:00 am - 11:45 am  
 Fee: \$128 LSCO M; \$144 NM  
 Drop In Fee: \$9 LSCO M; \$10 NM  
 Register By: Friday, January 10  
 Instructor: Shelia Mulgrew  
 Location: All Purpose Room

### ZUMBA®

Come ready to sweat, smile, and lose yourself in the music - Zumba® is a Latin Dance based fitness class that will give you a cardiovascular workout disguised as a dance party! All fitness levels are welcome.

When: Mondays, January 6 - April 28  
 (No class February 17, April 21)  
 Time: 9:00 am - 9:50 am  
 Fee: \$105 LSCO M; \$135 NM  
 Drop In Fee: \$8 LSCO M; \$10 NM  
 Register By: Thursday, January 2  
 Instructor: Gabrielle Dumont  
 Location: Gym 2

## CONDITIONING FOR RACQUET SPORTS

**IMPROVE PERFORMANCE**  
 Increase your range of motion, strength, speed & agility.

**PREVENT INJURIES**  
 Protect yourself from strains and sprains that could keep you off the court

**UNLOCK YOUR POTENTIAL!**  
**TAKE YOUR GAME TO THE NEXT LEVEL!**

**Tuesdays | 12:45 - 1:15**  
**\$72 LSCO M; \$88 NM**

*More information on page 10*

**ESSENTRICS®**  
*with Lindsay*

Each Essentrics session engages all 350 joints and 650 muscles, strengthening and lengthening muscle fibers to help you move with strength, balance and ease - giving you the edge you need to play at your best

**BECOME A BETTER, SAFER, AND MORE CONFIDENT PLAYER**

**LSCO** LETHBRIDGE Senior Citizens ORGANIZATION

## LSCO Groups

### 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. Newcomers are welcome to visit the Radio Room on the second floor at the LSCO and view our collection of "bygone days and current" amateur radio equipment. Anyone wishing to join the group or use the equipment with a member present, must have an amateur radio license. If someone would like to obtain their "ham" license, we do have volunteers who may help you with the licensing process at no cost except for the training manual. If you are interested in seeing what this is all about you are very welcome to pop in sometime for a visit and orientation.

When: Monday - Friday  
Time: 9:00 – 11:00 am (or longer on request and with notice).  
Fee: \$29/year & LSCO Membership  
Location: Radio Room

### 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. Members & non-members may drop in provided they are accompanied by a billiard member.

When: Monday – Friday  
Time: 8:30 am – 3:00 pm  
Fee: \$55/year & LSCO Membership  
Drop In Fee: \$6 M; \$7 NM.  
Location: Billiards Room

### CARPENTRY/WOOD WORKING

The LSCO woodshop is open to men and woman. All new members are required to attend a shop orientation and evaluation lasting approximately one hour to ensure all members are acquainted with safe operation of the machinery available in the space. We offer a beginners course for those with little to no prior experience and an intermediate course for those interested in more advanced skills. If you would like to learn woodworking in a safe and supportive environment, register at the front desk today!

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 – 4:00 pm  
Fee: \$44/year & LSCO Membership  
Location: LSCO Woodshop

### 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  
Location: Computer Lab

### 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  
Drop In Fee: \$2  
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!**

### 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 levels and interests. Some like to photograph landscapes; others photograph food, birds and many other objects. Some participants in this group have more experience take photos and others are not as advanced. At times we take trips outside of LSCO. If you would like more information, leave your name and phone number and we will contact.

When: Fridays  
Time: 9:00 am  
Fee: \$11/year & LSCO Membership  
Location: Computer Lab

### 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.

When: Wednesdays September 6  
Time: 10:00 am – 3:00 pm  
Fee: \$21/year & LSCO Membership  
Location: Board Room

### 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;  
Drop In Fee: \$2  
Location: Board Room

### 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  
Location: Atrium

### 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  
Time: 10:00 am – 3:00 pm  
Fee: \$36/year & LSCO Membership  
Location: Lapidary Room

### PAPER TOLE & CREATIVE ARTS

If you are familiar with the art of paper tole and would like to work on your projects while socializing, come talk to us. Supply costs extra. Painters, knitters and other crafters are welcome to join us to work on their projects too.

When: Fridays  
Time: 9:00 am - 3:00 pm  
Fee: \$23/year & LSCO Membership  
Location: Arts & Crafts Room

### 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  
Location: Stage

## Tai Chi & QiGong

### INTRODUCTORY YANG STYLE

#### TAI CHI

This class is suitable for people of all fitness levels. Tai Chi began as a Chinese martial art. Today most people practice Tai Chi for the health benefits of these exercises. The classes will start students at the beginning of the Yang style long form and give everyone ample opportunities to practice moves in the form each class. Sign up and see if Tai Chi is a good fitness routine for you. Bring a water bottle, wear comfortable shoes, and loose-fitting clothes.

When: Wednesdays, January 15 - April 30  
 Time: 8:45 - 9:45 am  
 Fee: \$80 LSCO M; \$112 NM  
 Drop In Fee: \$6 LSCO M; \$8 NM  
 Register by: Friday, January 10  
 Instructor: Steve Burger  
 Location: Room A/B

### INTERMEDIATE YANG STYLE TAI CHI

These classes are for individuals who have previously taken the introductory session with Steve.

When: Thursdays, January 16 - April 24  
 Time: 8:45 - 9:45 am  
 Fee: \$75 LSCO M; \$105 NM  
 Drop In Fee: \$6 LSCO M; \$8 NM  
 Register by: Monday, January 13  
 Instructor: Steve Burger  
 Location: Room A/B

### ADVANCED YANG STYLE TAI CHI

This ongoing class is for continuing students who have done the introductory Yang Style Tai Chi class. Participants will work on a number of fine-tuning practices and group exercises. Wear comfortable clothes and clean indoor footwear.

When: Wednesdays, January 15 - April 30  
 Time: 10:15 - 11:15 am  
 Fee: \$80 LSCO M; \$112 NM  
 Drop In Fee: \$6 LSCO M; \$8 NM  
 Register by: Friday, January 10  
 Instructor: Steve Burger  
 Location: Gym 2

### SPRING FOREST QIGONG

Qigong is founded in the belief that everyone of us was born with the natural ability to heal; activating the Qi in our body is the first step to awaken the innate gift that we are all born with. You will acquire the knowledge, techniques, support, and assistance to help you do just that.

#### Session 1:

When: Tuesdays, January 7 - February 11  
 Time: 10:00 am - 11:15 am  
 Fee: \$54 LSCO M; \$66 NM  
 Drop In Fee: \$10 LSCO M; \$12 NM  
 Register by: Thursday, January 2  
 Instructor: Roxy Wright  
 Location: Stage Area

#### Session 2:

When: Tuesdays, March 18 - April 15  
 Time: 10:00 am - 11:15 am  
 Fee: \$45 LSCO M; \$55 NM  
 Drop In Fee: \$10 LSCO M; \$12 NM  
 Register by: Thursday, March 13  
 Instructor: Roxy Wright  
 Location: Stage Area

### TAI CHI PRACTICE GROUP

Advanced Tai Chi practitioners are encouraged to join these sessions. This is not a formal structured class.

When: Monday/Wednesday/Friday  
 Time: 8:15 - 9:15 am  
 Fee: \$20/year & LSCO Membership  
 Drop In Fee: \$2  
 Location: Stage Area

## 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. For Badminton Etiquette/Protocols see the Bulletin Board outside Gym 2 and on our website.

When: Mondays, Wednesdays & Fridays  
 No courts February 17, April 21  
 Time: 11:15 am - 12:45 pm

When: Thursdays  
 No courts Sept 30, Oct 14  
 Time: 10:15 - 12:15 pm  
 Fee: \$68 & 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: \$44/year & LSCO Membership

### PICKLEBALL

Registration for all existing players to enroll in the Fall 2024 season opens December 13 and closes on January 4. All existing members must be registered by this date to be guaranteed a spot in the upcoming season and gain access to court bookings. **Our waitlist is currently closed and will remain closed for the remainder of the year due to the popularity of this program.**

### CONDITIONING FOR RACQUET SPORTS

If you play badminton, tennis, pickleball, or squash this is the class for you. This class will have you lengthening, strengthening, and reducing the risk of injury while you sweat and move to the music. **Please bring a water bottle and a yoga mat.**

#### Session 1:

When: Tuesdays, January 7 - February 25  
 (No class February 18)  
 Time: 12:45 pm - 1:15 pm  
 Fee: \$72 LSCO M; \$88 NM  
 Drop In Fee: \$10 LSCO M; \$12 NM  
 Register By: Friday, January 3  
 Instructor: Lindsay Anderson  
 Location: All Purpose Room

#### Session 2

When: Tuesdays, March 4 - April 29  
 Time: 12:45 pm - 1:15 pm  
 Fee: \$81 LSCO M; \$99 NM  
 Drop In Fee: \$10 LSCO M; \$12 NM  
 Register By: Friday, February 28  
 Instructor: Lindsay Anderson  
 Location: All Purpose Room

**GOLDEN Giving Tree**

Due to decreased external funding, LSCO is no longer able to provide subsidized snow removal services as of January 1, 2025.

You can help **BY SPONSORING SNOW REMOVAL SERVICES** for a senior in need who otherwise could not afford it

**1/2 Month: \$50**  
**1 Month: \$100**  
**Season: \$400**

**Donate online**  
[www.lethseniors.com/christmas](http://www.lethseniors.com/christmas)

**Or in person at the LSCO**  
 500 11 St. S, Lethbridge  
 403-320-2222

**\$12,000 Needed** to provide this service until the end of the snow season

LSCO LETHBRIDGE Senior Citizens ORGANIZATION





## Yoga

### 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, January 8 - April 30  
Time: 10:00 - 10:45 am  
Fee: \$85 LSCO M; \$119 NM  
Drop In Fee: \$6 LSCO M; \$8 NM  
Register By: Friday, January 3  
Instructor: Corrine Myers  
Location: Stage Area

### ACTIVE YOGA

This sequence of this class will change weekly and is recommended for individuals with yoga experience. We may begin with yin poses and move into a more active flow class working to improve balance, strength and flexibility, or we may do a full Vinyasa Flow class. A variety of props will be used including the chair. Come with an open mind. Wear comfortable clothes you can move in, yoga mat and water. Please do not attend if you are unwell.

When: Fridays, January 10 - April 25  
(No class January 31, February 14)  
Time: 9:00 am - 10:05 am  
Fee: \$154 LSCO M; \$196 NM  
Drop In Fee: \$12 LSCO M; \$15 NM  
Register By: Tuesday, January 7  
Instructor: Shawn Hamilton  
Location: All Purpose Room

### 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)

#### Tuesdays

When: Tuesdays, January 14 - April 29  
Time: 10:00 - 11:00 am  
Fee: \$112 LSCO M; \$144 NM  
Drop In Fee: \$8 LSCO M; \$10 NM  
Register By: Friday, January 10  
Instructor: Donna Tiefenbach  
Location: All Purpose Room

#### Thursdays

When: Thursdays, January 16 - April 24  
Time: 10:00 - 11:00 am  
Fee: \$105 LSCO M; \$135 NM  
Drop In Fee: \$8 LSCO M; \$10 NM  
Register By: Monday, January 13  
Instructor: Donna Tiefenbach  
Location: All Purpose Room

### SATURDAY FLOW YOGA

Energize the start of your weekend with this moderately paced flow class. Guided by breath, our practice will explore asanas to build stability, mobility and balance, and calm and centre the mind. Bring your mat, water bottle, and dress in layers, as the room temperature can vary

When: Saturdays, January 11 - April 26  
(No class April 19)  
Time: 10:00 am - 11:15 am  
Fee: \$90 LSCO M; \$120 NM  
Drop In Fee: \$7 LSCO M; \$9 NM  
Register by: Wednesday, January 8  
Instructor: Rumi Graham  
Location: Room A/B

### TUESDAY EVENING FLOW YOGA

If you are interested in ending your day releasing tension, and moving through a series of postures to help you enhance flexibility and build strength, you really should register for this class. Intended for all skill levels as modifications are offered. Bring a yoga mat & water bottle. Props are available however, if you have your own feel free to bring them. **This class is not included in the Ultimate Fitness Membership.**

When: Tuesdays, Jan 14 - April 29  
Time: 5:00 - 6:00 pm  
Fee: \$144 LSCO M; \$224 NM  
Drop-In Fee: \$10 LSCO M; \$15 NM  
Register By: Friday, January 10  
Instructor: Donna Tiefenbach  
Location: Room A/B

### YOGA FOR SENIORS

You're never too old to reap the rewards of yoga. 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.

#### Mondays

When: Mondays, January 6 - April 28  
(No class February 17, April 21)  
Time: 1:00 - 2:00pm  
Fee: \$90 LSCO M; \$120 NM  
Drop In Fee: \$7 LSCO M; \$9 NM  
Register by: Thursday, January 3  
Instructor: Corrine Myers  
Location: Room A/B

#### Fridays

When: Fridays, January 10 - April 25  
(No class April 18)  
Time: 10:15 am - 11:15 am  
Fee: \$90 LSCO M; \$120 NM  
Drop In Fee: \$7 LSCO M; \$9 NM  
Register by: Tuesday, January 7  
Instructor: Corrine Myers  
Location: Room A/B

## LETHBRIDGE HEARING CENTRE

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### YOGA NIDRA

Yoga Nidra is a method that is intended to induce full body relaxation, bringing about an incredible calmness, quietness, and clarity to the physical body and mind. It is also known as "yogic sleep". It is a deep meditation that uses a variety of techniques including guided imagery and body scanning to aid relaxation. Participants can expect to leave the practice feeling restored and rejuvenated. Please bring a yoga mat and any blankets or cushions you might need to feel comfortable.

When: Tuesdays, January 21-February 25  
Time: 10:00 - 11:00 AM  
Fee: \$30 LSCO M; \$42 NM  
Drop In Fee: \$6 LSCO M; \$8 NM  
Register By: Thursday, January 16  
Instructor: Corrine Myers  
Location: Room C/D

### YOVASCIA

Create a greater sense of wellbeing in your life through a variety of gentle yoga, fascial, breathing and vagus nerve exercises. This will allow for a deep sense of relaxation, healing and cell rejuvenation. Dress in layers as the room temperature varies. Some props are available to use. Bring a pillowcase to cover LSCO bolsters. If you have your own props feel free to bring them along with your yoga mat. **\*Not included in Ultimate Fitness Membership.**

#### Session 1:

Date: Mondays, January 13-February 10  
Time: 8:30 - 9:30 am  
Fee: \$45 LSCO M; \$70 NM  
Drop In Fee: \$10 LSCO M; \$15 NM  
Register by: Thursday, January 9  
Instructor: Elaine Jagielski  
Location: Room A/B

#### Session 2:

Date: Mondays, February 24 - March 24  
Time: 8:30 - 9:30 am  
Fee: \$45 LSCO M; \$70 NM  
Drop In Fee: \$10 LSCO M; \$15 NM  
Register by: Thursday, February 20  
Instructor: Elaine Jagielski  
Location: Room A/B

#### Session 3:

Date: Mondays, March 31 - April 28  
(no class April 21)  
Time: 8:30 - 9:30 am  
Fee: \$36 LSCO M; \$56 NM  
Drop In Fee: \$10 LSCO M; \$15 NM  
Register by: Thursday, March 27  
Instructor: Elaine Jagielski  
Location: Room A/B





**LSCO Local Lawyer**  
Austyn Anderson

## Power of Attorney

A Power of Attorney is a legal document that allows someone to appoint another person to make decisions on their behalf. These decisions usually relate to finances and legal matters such as managing bank accounts, paying bills or selling property.

There are two different types of Power of Attorney's in Alberta:

### 1. A General Power of Attorney

This type of Power of Attorney gives broad powers to your appointed person but will typically ends if you become mentally incapacitated.

### 2. Enduring Power of Attorney

This type of Power of Attorney gives your appointed person powers to act only if you lose mental capacity. This is helpful for planning for future incapacity.

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A Power of Attorney is important because it ensures that if you ever become unable to manage your own affairs due to illness, injury or absence, someone you trust can step in and handle things for you. In this way, you can prevent financial issues, uphold obligations and make sure your interests are protected without delays or complications.

Having a Power of Attorney in place is a crucial element of planning for the unexpected and can give peace of mind that someone will manage your affairs responsibly if needed.

*Austyn is available for free 15 minute consultations each month at the LSCO. See the monthly Support Services Calendar (pg. 7 for more information) Please book in advance.*

## Computer Club EVENTS

### January 2025

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

Workshops usually run from 1 - 3 pm with a short break around 2 pm. There is no guarantee that a club member will be available on non workshop days.

If a date is not included below it will be a sharing and help session.

### January 2025

The computer club is still working on the details of the January schedule. Keep your eye on the bulletin board for updates.

Kevin will be holding down the fort till we get things organized.

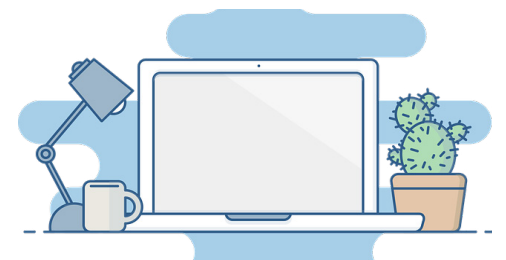
More Details and links are available on the LSCO Computer Club Website

<https://sites.google.com/view/lscocomputerclub>

Email [computerclub@lethseniors.com](mailto: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.



The Computer Corner and LSCO Times can be read online at: [www.lethseniors.com/lscotimes](http://www.lethseniors.com/lscotimes)



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**USED POWER CHAIR FOR SALE \$1000.** Very good condition. New batteries installed November 2024. Will consider offers. For pictures or info contact Gary text/call 403-634-2003

# Moving to Heal

5:15 – 6:15 pm

4:00 – 5:00 pm

**Classic Nia** is a 1-hour movement practice inclusive of dance, martial arts and healing arts.

**Moving to Heal** is a 1-hour movement practice focused on healing and balancing in the body and mind.

**Thursdays, January 9 - April 17**

**\$205 LSCO M; \$285 NM**

*Register by January 6 online or in person*

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More info on page 14

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# Member Spotlight

## Discovering Community, Making Connections

Phyllis and Ken are members and regular guests/supporters of the Lethbridge Seniors Citizens Organization. They have been members for about 8 years.

Phyllis (nee: Hunter) was born in Swift Current, Saskatchewan, but grew up on her parents' ranch SW of Swift Current where they were involved with mixed farming and cattle. Her Dad bought the land and nurtured it, increasing the size of the property as he was able. Phyllis fondly remembers the free-ranging wildlife as hunting was not allowed on her family's property. Phyllis' brother still works the family's farm.

Phyllis' extended family lived geographically nearby, including both sets of her grandparents, who had homesteaded and farmed near one another. Therefore, her parents had grown up in close proximity to one another back in the day.

Phyllis went to the 1-room 'Silver Craig' School about 3 ½ miles away from home and she was able to attend Grades 1-9 there. Her and her brother and sister often walked to school across the prairie. In winter, when roads were blocked with snow, they walked along the railway tracks. Phyllis recalls enjoying swimming in the creek in summers and skating on it in winter. She got her Grades 10-12 by taking the school bus to Swift Current. After graduating, Phyllis went to Mt. Royal College in Calgary to take a 2 year Business course. Quite a change from the setting where she was raised, but she lived in student housing and when she got homesick, she had aunts to visit as she got used to the big city.

Ken was born in Rosetown, Saskatchewan, and spent his childhood in Elrose, a small town north of Swift Current. His father worked as a grain farmer, while his mother dedicated her career to teaching. Ken completed all his schooling, from Grades 1 through 12, in Elrose. He fondly recalls walking or biking to school and actively participating in a variety of school sports. A natural leader, Ken served as captain of both his high school volleyball and basketball teams—a role he humorously attributes to being the tallest player on the court.

Ken's father passed away when he was 16 years old, a life-changing experience, but Ken did finish high school and then went to the University of Saskatchewan in Saskatoon. He quit university, but then went on to DeVry Tech in Toronto to take Electronic Engineering.

Ken obtained employment at a Swift Current TV station in 1966 doing work on and off the air, being both in the studio and in control room. Then Ken was hired as a 'newsman' in radio in Regina. When his boss got fired, he was offered the job of news director, with very limited experience or knowledge of the position.

Phyllis and Ken met at the TV station and were later married in 1970. Phyllis moved to Regina where she was employed in the media. Then they moved back to Swift Current in 1972.

Phyllis and Ken went to Europe (Spain, etc.) in 1974 seeking a new lifestyle, but returned to Canada after 5 months. Phyllis said, "Looking back, we were very fortunate to visit Europe at the time when there were fewer tourists and we were able to visit galleries and tourist sights without line-ups. In 1974, Franco ruled Spain, so we saw a very different country than it is now. On Christmas Day, Ken played football on the beach in Torremolinos, Spain, immediately in front of our home-away-from-home, a 1- bedroom apartment immediately above a bar, for which we paid \$4 a day, including breakfast. We also consulted our copy of Arthur Frommer's Europe on \$10 a Day daily."

Phyllis and Ken resided in Lethbridge from 1975-77. Ken was hired at CJOC Radio & TV in 1975. He was a 'commercial announcer', because upon speaking with him, one can attest to this quality in his voice. When CJOC-TV became independent, he became News Director at CFAC-TV.

They bought a home in Stirling and have resided there since 1977. They have enjoyed their huge yard and the joys of gardening (veggies, herbs, and flowers) that it brings. Phyllis used to sell dry flower arrangements. For most of her working life, Phyllis worked in media advertising: radio, TV, newspaper, and two advertising agencies, but for 14 years she worked for Canada Post in Stirling. Phyllis has been 'officially' retired for 10 years.

Ken and Phyllis are deeply committed to their community and the world around them. Ken, a dedicated blood donor, gave over 100 pints during his lifetime. He was also a founding member of the "Friends" of the Helen Schuler Nature Centre, where he volunteered more than 2,000 hours, sharing his passion for nature through activities like his engaging "snake talks." Additionally, Ken devoted many years to teaching English as a Second Language with County of Warner Further Education, helping others achieve their educational goals.

A passionate conservationist, Ken is actively involved with the Mountain Bluebird Trails Conservation Society. Previously serving on its executive committee, he enthusiastically shares the Society's mission and educates others on how to support these beautiful bluebirds.

Phyllis has been equally committed to her community, volunteering for many years with the County of Warner Further Education Council and the Stirling Lioness Club. Together, Ken and Phyllis share a deep enthusiasm for education and a profound respect for the natural world. Ken also pursued lifelong learning. While working full-time, he attended the University of Lethbridge part-time, earning a BA in Political Science in 1988—a testament to his belief that "everyone wants to be educated, don't they?"

## Member Spotlight



**Phyllis and Ken  
Moore**

**LSCO** LETHBRIDGE  
Senior Citizens  
ORGANIZATION

Over 54 years of marriage, Phyllis and Ken have travelled and hiked extensively. They enjoy learning and therefore, watch the Knowledge Network, TVOntario, and PBS to broaden their knowledge base. Phyllis has a loom and is an accomplished weaver; she also likes to read mysteries. Ken prefers to read non-fiction because of his desire to keep learning. They used to golf, but now will watch some TV sports instead. Ken used to play trumpet, clarinet, and piano, but none recently; they both like easy listening, swing, and blues music. Phyllis' favorite meal is spaghetti and Ken's is "anybody's lasagna".

Phyllis' favourite quote comes from her grandmother Jane Burnett: 'You're not the only pebble on the beach.'

Ken has been a long-time user of the LSCO gym, where he maintained an active lifestyle for many years. Both Ken and Phyllis have enjoyed being involved as active members of the LSCO, finding not only opportunities to stay engaged but also forming meaningful friendships through their time at the Centre. Ken and Phyllis are very approachable and seem quite willing to meet more members as we all share the Centre in its varied ways.

Many Thanks to Phyllis and Ken for coping with a 'walk down memory lane' and to satisfy a curiosity about "just who are our LSCO members?"

*Editors Note: Thank you to Carol for continuing to interview and write the member spotlight articles in 2024. I certainly enjoy learning about the people at the LSCO, and hope that all you readers do as well.*

## Single Session Drop in Counselling

Onsite drop-in counselling sessions at no cost to older adults 60+ years of age seeking help when they need it most.

**Please note, sessions are first come first served.**

**JANUARY 21**

12:30 - 3:30pm  
LSCO Quiet Room



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# Welcome Tyler as LEARN Case Manager



## LEARN Case Manager

Tyler Andersen  
tandersen@lethseniors.com  
403-394-0306

Hello, my name is Tyler Andersen, and I am the new LEARN Case Manager. I am a recent University of Calgary graduate, having now obtained my Bachelor of Social Work. Since late August, I have had the pleasure of working at the Lethbridge Senior Citizens Organization (LSCO) as a Senior Systems Navigator – Housing Specialist, which has been an incredible opportunity with many different learning opportunities. Come January, I am excited to be stepping into this new role and to be able to receive the opportunity to provide support, prevention and education surrounding elder abuse in our community.

During my free time, I like to engage in numerous different hobbies including spending time with my partner, going out to explore what Lethbridge has to offer, tending to my plants, playing different video games and playing with my dog. Additionally, I also love getting the opportunity to meet and chat with new people, so if you see me around, please feel free to stop me for a conversation. I wish you all a safe and prosperous New Year!


*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.*

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Enjoy resistance training in a new way! Use ballet-inspired positioning along with various modalities including dumbbells, resistance bands, and gliding disks to challenge your strength, stability, and endurance. This is a great class to experience choreography if you enjoy moving to the music without any fancy footwork. Please bring a yoga mat and a water bottle.

When: **Mondays, Jan 13 - Feb 24**  
Time: **11:00 am - 11:45 am**  
Fee: **\$48 LSCO M; \$60 NM**  
Drop In: **\$9 LSCO M; \$11 NM**  
Instructor: **Sheila Mulgrew**

MORE INFO ON PG. 12

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