

LETHBRIDGE SENIOR CITIZENS ORGANIZATION

2024

ANNUAL
REPORT



LSCO

LETHBRIDGE
Senior Citizens
ORGANIZATION

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OUR VISION MISSION & VALUES

OUR VISION

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

OUR MISSION

To provide older adults with:



Opportunities for community and social engagement



Advocacy and voice at individual and systemic levels



Activities which meet their physical, emotional and intellectual needs



Services which enhance their quality of life

This is accomplished through services provided at LSCO and through partnerships in the broader Lethbridge Community.

OUR VALUES

At LSCO, we have a set of values and beliefs that serve as the foundation for our decisions, behaviors, and actions. We aim to live these values in everything we do.

- 1** **LSCO values ethical, positive leadership.**
We will lead with honesty and transparency, taking a respectful approach to others.
- 2** **LSCO values inclusion and respects diversity in our community.**
We will make our best effort to accommodate needs.
- 3** **LSCO will provide a safe and supportive environment.**
We will treat people fairly and will have zero tolerance for abuse and harassment.
- 4** **LSCO will operate with a clarity of purpose.**
We will improve lives.
We will share knowledge.
We will work toward our Mission and Vision.
We will do the best with what we have.
- 5** **LSCO will be a full member of our community.**
We consider our community to be our members, our region and our province.
We have a sense of responsibility to our community.
We will connect, engage and collaborate with our community.
- 6** **LSCO is entrusted with the time people give to us and we need to earn that trust**
We are a welcoming, collaborative, enthusiastic and friendly place.

FROM OUR ACTING EXECUTIVE DIRECTOR

First, I would like to extend my deepest thanks to our dedicated staff, volunteers, and board members. Your commitment to enhancing the quality of life for older adults is what makes our organization so special. Your efforts have enabled us to continue providing essential services, social programs, educational resources, and fitness and wellness classes that help seniors maintain their independence and increase resiliency skills. I would also like to thank our previous Executive Director, Rob Miyashiro, who led the organization for the last 17 years.

Growth and Impact

This year, we have seen growth in the number of seniors we serve, and our programs and services have been well received by the community. From our fitness and wellness classes to our home visits and outreach efforts, each program has contributed to a positive impact on the lives of those we serve.

As we reflect on the past year, we are filled with gratitude for the incredible community we have built together here at the LSCO.

This year has brought both challenges and triumphs, but through it all, we have continued to fulfill our mission.

Financial Challenges

Like many non-profit organizations, we faced financial difficulties due to decreased funding, rising operational costs, and economic uncertainties. Grant funding has been more competitive than ever, and individual donations, while deeply appreciated, have not kept pace with the growing demand for our services. Further, in 2024, we experienced a decrease in funding from some of our key funders. These challenges have forced us to make tough decisions, streamline operations, and seek new funding opportunities.

How We've Adapted and Our Plans for the Future

Despite financial struggles, our team has remained committed to serving our community. In the coming year, we will:

- Focus on cost-effective program delivery without compromising impact.
- Continue delivering essential programs with efficiency and passion.
- Launch innovative fundraising campaigns to engage new donors.
- Apply for additional grants and seek new revenue streams.
- Strengthen partnerships with local businesses and organizations to share resources.
- Advocate for policy changes that support non-profit sustainability.

Terry & Barry Bannerman

A heartfelt thank you...

None of this would be possible without you—our volunteers, members, donors, and supporters. Your generosity and belief in our mission keep us going, and we are incredibly grateful. Looking ahead, we remain focused on the future. There is still much work to be done to address the growing needs of seniors in our community, and we are committed to evolving and adapting to meet those needs. We will continue to expand our services, enhance our programming, and build on the relationships that are the heart of what we do.

I am incredibly proud of all that we have achieved over the years, and I am excited about the future of LSCO. Thank you for your ongoing support, for being part of this journey, and I look forward to continuing this important work with you.

Jodie McDonnell
Acting Executive Director
(January 2025 - March 7, 2025)

FROM OUR PRESIDENT



LSCO BOARD MEMBERS

- Keith Sumner, President
- John Usher, President Elect
- Neil Jorgensen, Treasurer
- Veronica Panich, Secretary
- Reg Dawson
- Merri-Ann Ford

First off, I'd like to thank the staff, the volunteers and the rest of the membership for their dedication over the last year. You make all of our work possible.

I'd be remiss if I didn't also thank Rob Miyashiro for his years of guidance to the organization especially through the pandemic period. And of course, a warm welcome to Kaitlynn Weaver, our new Executive Director. On behalf of the Board of Directors, we look forward to working with her.

As my last year as President of the LSCO, I want to provide a little history, current circumstances, and future gazing of the organization to provide context to where we were and where we are headed.

In the mid-1990s our provincial Government started a process of assigning certain services to municipalities and industries and attaching funding for the delivery of the services. The organizations were either delegated regulatory organizations such as Real Estate Council of Alberta or funded agencies including the LSCO, for example. This worked well as it placed decision making closer to the citizens in the regions. However, after several years the responsibilities have remained but, unfortunately, the funding has dwindled.

What we have done at LSCO is used the income from classes, courses, fundraisers, casinos and bingos to make up the shortfall of funds on the social services side of our organization. The pandemic significantly impacted our revenue, particularly from bingos and casinos, which have yet to return to pre-pandemic levels. And of course, the cost of operating has only continued to increase.

With this in mind, priority number one for the Board of Directors' future focus is on fund development through grants, identifying additional revenue sources, and fundraisers. With the intentional effort from leadership staff and the Board, we are optimistic that by 2026 we will not have another deficit. Our goal does not stop there, however. Equally as important, we are hoping to develop a fund large enough that the investment income from it will level out the highs and lows of funding for the decades to come. Please watch for and participate in fundraising opportunities during the coming year.

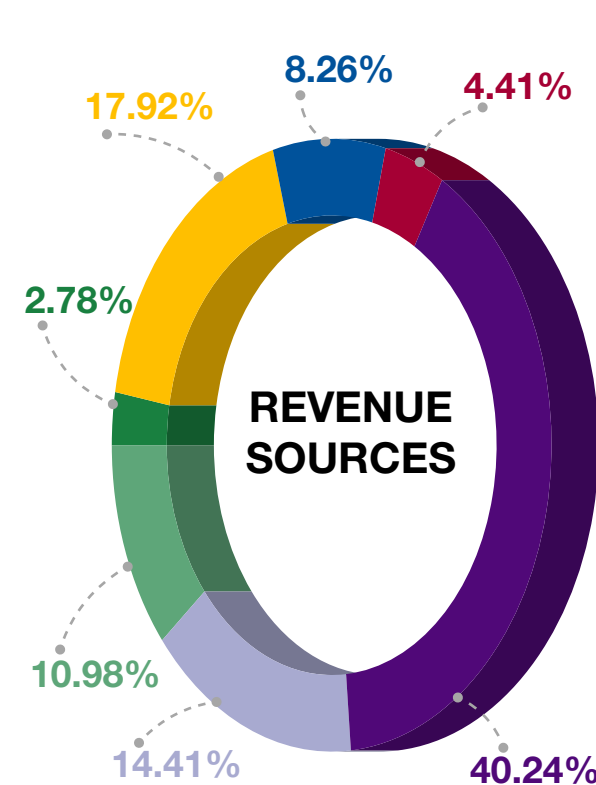
Last words, it has been an interesting time and education volunteering on the Board of Directors. Please consider sitting on the Board to share your skills and expertise.

Thank you!

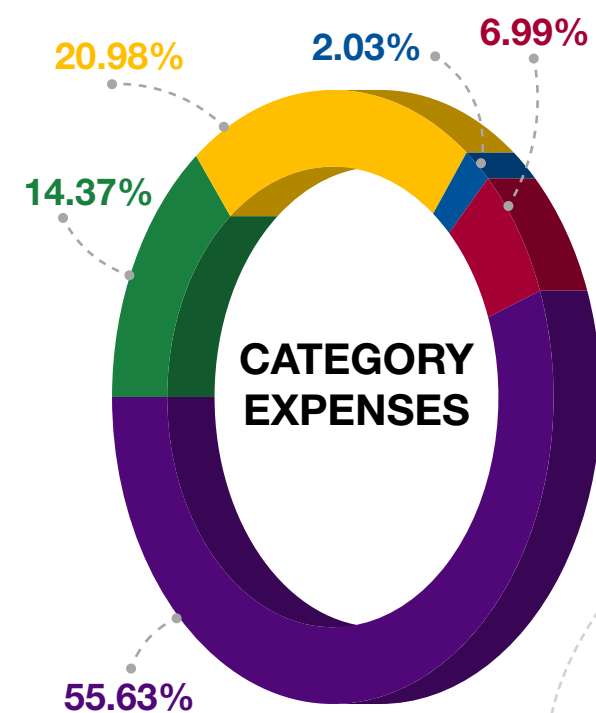
Keith Sumner
LSCO Board President 2024-2025

FINANCIAL SUMMARY

For Fiscal Year ending December 31, 2024



| | |
|--|--------------------|
| ● External Revenue | \$67,571 |
| <i>Room rentals, Newspaper Advertising, Catering, Dish Rentals</i> | |
| ● Food Services | \$435,830 |
| <i>Diner Sales and MOW Chargeback</i> | |
| ● Fundraising & Donations | \$200,954 |
| <i>Fundraisers, All Donations</i> | |
| ● Gaming Funds | \$107,327 |
| <i>Bingo, Casino</i> | |
| ● Grants | \$978,882 |
| <i>Provincial & Municipal Grants, Other Grants</i> | |
| ● Programs & Membership | \$374,882 |
| <i>Programs, Membership Fees</i> | |
| ● Senior Supports | \$267,197 |
| <i>Fees for Meals on Wheels, Lawn and Snow</i> | |
| 2024 Total | \$2,432,643 |
| 2023 Total | \$2,359,525 |



| | |
|--|--------------------|
| ● Administration | \$355,558 |
| <i>Rent, Insurance, Banking, Repairs, Office Supplies, Phone, Technology</i> | |
| ● Food Services | \$519,114 |
| <i>Food Purchases (Including MOW), Kitchen Supplies, Kitchen Maintenance</i> | |
| ● Marketing & Events | \$50,241 |
| <i>External Marketing, Newspaper Cost, Fundraising Expenses</i> | |
| ● Programs | \$172,842 |
| <i>Program Instructors & Supplies, Volunteer Costs, Support Programs Costs</i> | |
| ● Staff | \$1,376,078 |
| <i>Wages & Benefits, Travel, Staff Development</i> | |
| Total | \$2,473,833 |
| 2023 Total | \$2,378,386 |



Did you know? 57% of staff wages are covered by grants.

1,525

MEMBERS
212 new members

489

VOLUNTEERS

21

STAFF MEMBERS

44,405

FACILITY VISITS
an average of 169 visits a day!

183,931

HOURS USED BY THE PUBLIC

23,032

HOURS OF PROGRAMMING OFFERED

At LSCO, every program, service, and individual plays a crucial role in creating a stronger, more connected community.

Our membership and program revenues help sustain essential support services. Volunteers extend our reach, enhancing every aspect of what we do. Our diner, fundraisers, and donations help to keep costs low for programming and social supports.

Together, we make a lasting impact.

PROGRAM DEPARTMENT

LSCO continued to provide diverse opportunities for fitness, creativity, and connection for individuals at all stages of their wellness journey.

An active, healthy community

We offered 182 programs by 23 instructors across a variety of fitness levels and interests.

From strength training and yoga to dance and recreational sports, members found ways to stay active and engaged. Our Fitness Centre remained a hub for health and well-being.

Our personal training program facilitated over 200 one-on-one sessions

which is learning,

Beyond fitness, LSCO provided space for learning, socializing, and artistic expression. Creative arts classes encouraged members to explore painting, drawing, and collage, while clubs and groups—ranging from genealogy to quilting—offered opportunities for connection and lifelong learning.

growing

Maxine Tedesco
Pickleball Volunteer
& Participant



“

LSCO gave me a purpose, somewhere to go- some reason to get out of my house and just do something...I discovered that I'm appreciated too, because when I leave and then come back, people are happy to see me

Darlene Dahl”

Bingo & Social Supports Volunteer, Karaoke Club Member

and making a difference

For nearly ten years, Maxine has been an avid volunteer at the LSCO, helping to build and grow LSCO's pickleball program. From teaching beginner lessons to organizing players, schedules, and equipment, the LSCO has benefited greatly from Maxine's involvement in the organization. Thank you, Maxine!

SENIORS SYSTEM NAVIGATORS

The Seniors System Navigators are a specialized branch of the Seniors Community Services Partnership, a unique collaboration between three older adult serving agencies: Lethbridge Family Services, Nord-Bridge Seniors Centre, and Lethbridge Senior Citizens Organization. This collaborative team understands the complexities of navigating the systems and services available to older adults. With empathy and understanding, they are able to help seniors access the resources and assistance that they need.

Making an impact

A Seniors System Navigator (SSN) was supporting a client who had long struggled with isolation. For years, this individual expressed interest in LSCO's social opportunities but never followed through, likely due to anxiety.

Over the past four months, the SSN collaborated with program staff to encourage the client to engage with others in various programs and warmly introduced them to the gym. This personalized approach led to the client attending programs regularly, which decreased their feelings of isolation. Looking ahead, the SSN is now supporting the client access counselling services to address mental health challenges.

Through fostering a sense of belonging and providing access to diverse programs and services, the LSCO creates a supportive environment that empowers seniors to improve their mental health and social connections



598 TAXES PROCESSED

Through the Community Volunteer Income Tax Program (CVITP), LSCO hosts free tax clinics where volunteers complete tax returns for people with modest incomes and simple tax situations.

Eleanor Doerksen
Income Tax Volunteer



909
SENIORS SERVED

66% HAVE A DISABILITY

36% ARE INDIGENOUS

11% ARE IMMIGRANTS

25% WERE AT RISK OF HOMELESSNESS



LEARN



The average stay in a safe suite was **30 DAYS**

Abuse Identified
Clients often identify multiple types of abuse.

86% EMOTIONAL

79% FINANCIAL

66% VERBAL

33% NEGLECT

31% PHYSICAL

19% MEDICAL

70
SENIORS SERVED

102 in 2023

Due to a brief funding gap causing an interruption in services, there were less seniors served in 2024.

Lethbridge Elder Abuse Response Network responds to and provides education, awareness, and advocacy for those at risk of or are already experiencing elder abuse, as well as the community at large. LEARN consists of 2 case managers and multiple local senior serving agencies. The LEARN program also provides temporary emergency shelter, known as the "safe suite," for older adults facing crisis situations.

One person at a time

An aging couple, grappling with declining mobility and increasing health needs, shared a home with their adult child. As the parents required more assistance, their child experienced caregiver burnout, leading to arguments and a deteriorating family dynamic. The situation continued to escalate to the point where lawyers became involved, and the family was living separately within their own home to limit exposure to one another. The family was at an impasse.

LEARN's intervention brought hope to this challenging situation. Through skilled mediation and by facilitating support from various care providers, including law enforcement and healthcare professionals, LEARN staff created a pathway to healing. The senior couple transitioned to a more suitable living arrangement with proper healthcare support and, most importantly, this move allowed them to rebuild their relationship with their child in a healthier, more supportive way.

THANK YOU TO OUR COORDINATED COMMUNITY RESPONSE MEMBERS!

Alzheimer's Society | Canadian Mental Health Association | Chinook Sexual Assault Center | Divergent Financial Planning | Domestic Crimes Unit | Economic Crimes Unit | Green Acres Foundation | Lethbridge Family Services - Counselling, Education and Outreach & Immigrant Services | Lethbridge Legal Guidance | Lethbridge Police Victim/Witness Services | Lethbridge Senior Citizens Organization | Nord-Bridge Senior Center | Office of the Public Guardian | Recovery Alberta | Seniors Community Services Partnership | Servus Credit Union | YWCA

IN HOME SUPPORTS

The Lawn & Snow Program

provided essential seasonal maintenance for **70 seniors**, including **32 individuals with disabilities**

ensuring safe access to their homes and critical services like HomeCare, Meals on Wheels, and emergency responders. By reducing safety hazards and promoting independence, this program helped vulnerable seniors age in place with dignity and security.

The House Cleaning Program

provided over **3,000 hours** of subsidized housekeeping services to **94 low-income seniors**

by offering essential support to maintain safe, healthy living environments. With two hours of cleaning per week, this program helped seniors remain independent in their homes while reducing health and safety risks.

The Food Hamper Delivery Program

delivered over **70 Food Hampers** to over **20 low income seniors**

who face barriers, such as mobility or transportation and need access to a food bank. Volunteers deliver a food hamper once a month to address food insecurity.

“ Instead of sitting around in our condo, we prefer to get out into the fresh air and help people. It’s so gratifying...The best part about volunteering with LSCO MOW is meeting the people. The people are well worth it. You meet the most interesting individuals. ”

Barry and Terry Bannerman
Meals on Wheels Volunteers

293
CLIENTS

57%
of clients meet the Alberta low income threshold
*<\$33,410 annually



LSCO Meals on Wheels

is a community service

that utilizes the support of volunteers to deliver nutritious meals to individuals, particularly seniors and those with disabilities, who are unable to prepare meals on their own. Meals on Wheels helps individuals maintain their health and independence at home.

22,118
MEALS

66%
OF MEALS
were provided at a subsidy of \$3 or \$4.25 by LSCO Meals on Wheels



Did you know?

The LSCO relies entirely on donations, grants, and fundraising to subsidize the cost of every single meal!

More than a Meal

The impact of Meals on Wheels extends beyond the individuals themselves. Families also benefit from knowing their loved ones are receiving healthy meals. A single mother caring for her elderly father recently contacted us to express her gratitude for the program. Her father lives alone and has mobility issues so he is unable to prepare food for himself. She is raising two children and appreciates the peace of mind that comes with knowing her father is receiving consistent and nutritious meals as well as having someone check in on him regularly to make sure everything is okay. Her father has built a relationship with the volunteer who delivers his meals and will call to check in if his "regular" volunteer did not deliver his meals that week. Jill is happy to see her father gain a sense of connection to the community again through the program.



VOLUNTEER

LSCO thrives on the power of volunteerism.

Our diverse opportunities allow individuals to contribute their unique talents, making a lasting impact on not only the LSCO but also our community. Volunteers are the heartbeat of LSCO, extending our reach, reducing costs, and enhancing engagement. They also fill critical gaps, support staff, and bring fresh perspectives that drive innovation.

By donating their time and skills, volunteers:

- Strengthen our organization's foundation,
- Foster trust and goodwill among stakeholders,
- Serve as passionate ambassadors, inspiring others,
- Create a sense of shared purpose and community.

Through their dedication, LSCO builds a culture of giving and social responsibility. Together, we create meaningful change, reinforcing our mission and ensuring long-term sustainability. Join us in making a difference – your passion can transform lives.

Carla McNally
Volunteer Coordinator

INCOME TAX
450 HOURS

BINGO
1,923 HOURS

ADMIN & PROGRAMS
2,010 HOURS

4000 hours less than 2023 as paid instructor hours were counted as volunteer hours

COMMUNITY CONNECT
1,248 HOURS BY
26 VOLUNTEERS

BOUTIQUE
1,014 HOURS
6 VOLUNTEERS



489
VOLUNTEERS

4,508 HOURS
preparing meals, serving food, and washing dishes

5,240 HOURS BY
MEALS ON WHEELS
Delivery Drivers

1,343 HOURS FOR
EVENTS



2000 hours less than 2023 because of the tireless hours spent preparing for the Secret Garden Musical Fundraiser

Thank you volunteers!

“

It's not a job. Volunteering is enjoyable. I think giving back to the city is important, because at some point in your life – down the road – you might need that support. Volunteering at LSCO, everything is very organized and well structured. It only takes an hour and the routes are planned out for you... It's just an hour a day. It's nice to get out and meet people.”

Jon Joyce
Meals on Wheels, Newspaper Delivery, the 'Go To' for miscellaneous tasks



18,096
VOLUNTEER HOURS
That's the equivalent of
\$271,440
in wages

“ **Volunteering just makes me happier because I'm not just doing it for myself, but I'm doing it for other people!**”



Ayoola Arimde
Kitchen Volunteer

360 HOURS **391 RIDES** **5,892 KMS DRIVEN**



FUNDRAISING & EVENTS

26
EVENTS
2500+
ATTENDEES

1,343
VOLUNTEER HOURS

\$106,094
FUNDRAISING REVENUE

\$94,860
DONATIONS

341
DONORS

GRANTS RECEIVED

\$8,000 United Way

\$7,000 Community Foundation

\$5,000 Servus Credit Union
To support Meals on Wheels

\$4,490
Community Volunteer Income Tax Program
Government of Canada - To support the free tax program

\$10,000
Community Priorities -
Community Foundation - To update audio visual system

“

I just wanted to tell you how much we enjoyed the soirée. It was a wonderful evening for us and we so appreciated all the hard work that went into decorating and planning. The food was delicious and we love Hippodrome so that was a good choice for music.



Did you know?

LSCO's in-house kitchen plays a vital role in making events like the Twilight Soirée possible. By preparing a five-course meal for just **\$30 per plate**—compared to \$100 through an outside caterer—our kitchen helps keep costs low while delivering high-quality meals.

Beyond events, our food services provide affordable, nutritious food every day, reinforcing LSCO's commitment to accessibility and community support.

Lynda Hartley
Twilight Soirée Attendee ”

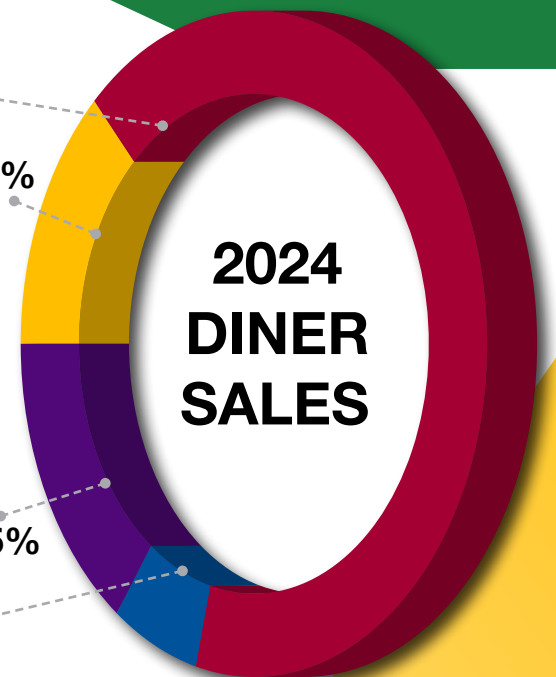
LUNCH 66%

BREAKFAST 13%

48,845
ITEMS
SOLD

BEVERAGES 15%

DESSERT 6%



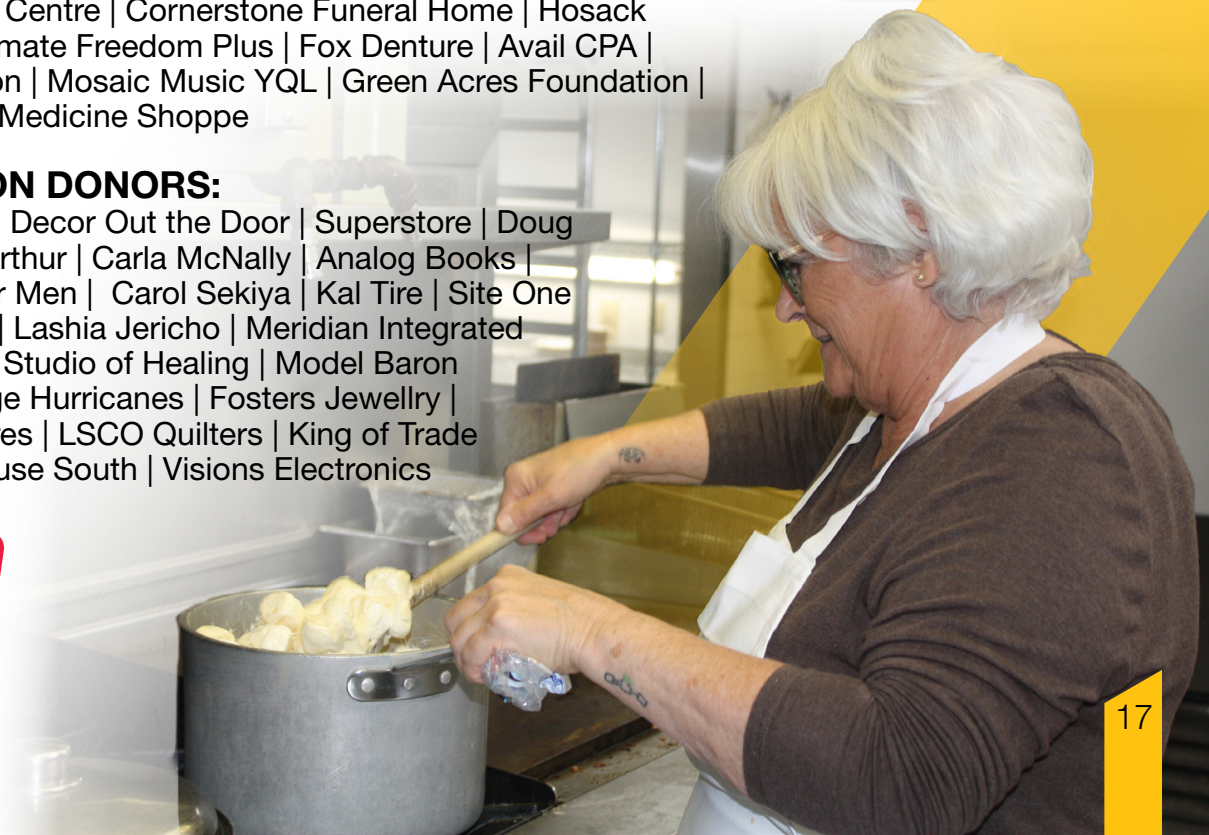
Thank you

SPONSORS:

Lethbridge Hearing Centre | Cornerstone Funeral Home | Hosack Denture Clinic | Ultimate Freedom Plus | Fox Denture | Avail CPA | Westco Construction | Mosaic Music YQL | Green Acres Foundation | Lethbridge Police | Medicine Shoppe

SILENT AUCTION DONORS:

Distilled Liquor Co | Decor Out the Door | Superstore | Doug Warren | Doug McArthur | Carla McNally | Analog Books | Moores Clothing for Men | Carol Sekiya | Kal Tire | Site One Landscape Supply | Lashia Jericho | Meridian Integrated Health & Wellness | Studio of Healing | Model Baron Hobbies | Lethbridge Hurricanes | Fosters Jewellery | Awesome Adventures | LSCO Quilters | King of Trade | Browns Social House South | Visions Electronics



THANK YOU

TO EVERYONE WHO SUPPORTED US IN 2024

—our donors, sponsors, grant funders, and community partners. Your generosity and collaboration make our work possible, helping us enhance the lives of older adults in Lethbridge and beyond. When you invest in LSCO, you're investing in a stronger, more connected community. We are grateful for your support and look forward to making an even greater impact together in the future.

Anonymous Donors (37)
Ahmet/Esmeta Bajraktarevic
Albert Pettipas
Alice Mahe
Alzheimers Society of Alberta
Analog Books
Andre Beaudin
Andy Paterson
Anne Pauls
Aris Slingerland
Asyma Solutions LTD
ATLAS LLP
Avail CPA
AVE Farms
Awesome Adventures
Barbara Brandt
Barbie Paterson
Barry Bannerman
Bernice Taylor
Bette Greidanus
Betty Ah Noi Chow
Bill Glaister
Bill Sterling
Bloomdiggity
Bob & Suzan Boudreau
Bob Bartlett
Bob Boudreau
Bonita Witt
Bonnie Jensen
Brenda Logan
Browns Social House South
Carol Darmody
Carol Johanson
Carol Knibbs
Carol Sekiya
Cash Sales
Cheri Langhofer
Chris Lowings
Christina Wakem
Christine Rogers
Cindy McInnes
Coleen Paul
Community Foundation of Lethbridge & Southwestern Alberta
Coralee Palmer
Corinne Varzari
Cornerstone Funeral Home
Cox Financial Group

Cuppers Coffee Company
D & D Machine Works
Dale Herrington
Darlene Aubin
Darlene Wigley
Darwin Shoemaker
David Findlay
David Major
David Tanhelson
Davis Automotive Group
Davis Crowe-Swords
DBS Environmental
Deborah Cook
Debra Glaister
Decor Out the Door
Delta Water Products Staff
Denise Pare-Watson
Dennis Connolly
Dianne Bitango
Dianne Fulton
Don Robb
Donna Motherwell
Donna Palmer
Dorothy Low
Douglas Bruce
Ed Arinobu
Ed Vegter
Edith Cavell Care Centre
Edward Drinobu
Edward Vegter
Elaine Kristjanson
Elements Physical Therapy
Elizabeth Gventher
Elizabeth Lamb
Elizabeth Skinner
Ellen Carter
Elnora Durupt
Energy Smart Canada
Estate of Francis Rude
Estate of John Unrau
Fern Gore
Fosters Jewellery
Fox Denture Clinic
Frances Schipper
Gail Raachou
Garina Zhu
Garry Thomas
Geoffrey Bradshaw

George Bradbury
Gerald Alkerton
Geri Bronson
Geri Miyashiro
Gillian Davidson
Glen Tanaka
Glenn & Janice Varzari
Grant Vanston
Green Acres Foundation
Greentree Cattle Corp.
Groenenboom Land & Cattle
Hannah Dupuis
Hannah McDonald
Hans Henning Muendel
Heather Gallant
Heather Newsham
Holiday Inn Lethbridge
Hosack Denture Clinic
Ian Hurdle
Independant Order of Odd Fellows
Iron Solutions LTD
Isabelle Shoemaker
Jacob Richarson
Jacqueline Preyde
Jan Langford
Jean Gilberta
Jeanette Hycuik
Jeannette Derman
Jerri Bolton
Jim Carter
Jim Hefedes
Jim Matkin
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Joe Montgomery
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John Bolton
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John Usher
John Logan
John/Carol Ramsay
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Julie Dube
Kal Tire

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Kathryn Yoshida
Kathy Hefedes
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Keith Somner
Ken Kellett
Ken Moore
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Kendall Gibson
Kenneth Kellett
Kerry Morrison
King of Trade
Lantic Inc.
Lavern Dzuren
Lawrence Dzuren
Leanne Slingerland
Lethbridge Family Services
Lethbridge Hearing Centre
Lethbridge Hurricanes
Lethbridge Iron
Lethbridge Legal Guidance
Lethbridge Police Service
Lethbridge Police Victim/Witness Services
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Lloyd Barnbury
Lorraine Bashforth
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Lyn Nicholson
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Marlene Roelofs
Marlene Van Eden
Martha Nance
Mary Sallenback
Maureen Ebel
Maureen Hepher
Maxine Cross
Megan Yanosik

Melanie Vegter
MELCOR
Mosaic Music YQL
Merri-Ann Ford
Mike McCague
Model Baron Hobbies
Murray Jacobson
Myra Sorochan
Nancy Purkis
Ned Cook
Neil Jorgensen
Nessim Esses
Nidia Szucs
Nitro Construction
Nord-Bridge Senior Centre
Oriano Castilli
Office of the Public Guardian
Paper Trail Recycling
Pat Anderson
Pat DeBoer
Pat Filmer
Pat Hood
Patricia deGorter
Patricia Filteau
Patricia Latimer
Patti Johnsen
Pauline Vatcher
Peggy Rodzinyak
Phil Reeves
Phil Ruggles
Phil Shields
Phil/Katy Edmundson
Probus Club of Lethbridge Central
Ralph Sjovold
Recovery Alberta
Reg Dawson
Richard Gaff
Richardson
Rob Miyashiro
Roger Rose
Rosmary Howard
Roy Ermter
Ruth Endo
Ruth Hart
Ryan Hendricks
Sandra Bradbury
Scott Paul
Select People Solutions
Service Master Clean
Servus Credit Union

Shannon Phillips
Sharon Appelt
Shaw & Associates
Shiela Braund
Shirley Almas
Shirley Trowbridge
Siraj Khattak
Site One Landscape Supply
Sonia Nicas
Specsavers
Stranville Developments
Studi of Healing
Studio of Healing & Illumination
Sue Dow
Superstore
Susan Byers
Susan Giffen
Susann Nagy
Susie Dumont
Suzanne Evans
Teamworks Career Centre
Terry Bannerman
Terry Hanna
The Medicine Shoppe
Thomson Group
Tim Greenlee
Tom Sparks
Tradesman Manufacturing
Tracy Korsh
Ty Hilgersom
Ultimate Freedom Plus
United Way East Ontario
United Way of Lethbridge of Lethbridge & Southwestern Alberta
Vanee Livestock
Vanee Truck Wash
Velda Sjovold
Venda Giroux
Verner Sheu
Vonda Giroux
Ward Bros. Construction Ltd.
Warwick Printing
WASO Physiotherapy
Wayne Krywolt
Wayne Liddell
Westco Construction
Whisper Heating & Cooling
William Heitman
Willy Uibeyerse
Zoltan De-Borondy


*Your contribution
is our lifeline*



LSCO LETHBRIDGE
Senior Citizens
ORGANIZATION
Community Centre

500 11th St. S Lethbridge, T1J4G7 

inquiries@lethseniors.com 

403-320-2222 

www.lethseniors.com 

LETHBRIDGE SENIOR CITIZENS ORGANIZATION

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