

NATIONAL VOLUNTEER WEEK 2025
VOLUNTEERS MAKE WAVES

LSCO
LETHBRIDGE Senior Citizens ORGANIZATION

Volunteer Bénévoles Canada

MONDAY, APRIL 28
TRIVIA with Building Brains Together
1:00 - 2:30 pm
Atrium *RSVP Required

WEDNESDAY, APRIL 30
OPEN HOUSE
8:00 am - 12:00 pm
LSCO Dining Room

SATURDAY, MAY 3
APPRECIATION BANQUET
5:00 - 10:00 pm
*RSVP Required LSCO

ALL WEEK
SCAN AND WIN PHOTO BOOTH
Sign in Computers

More information about these events can be found on page 5

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Mother's Day
BRUNCH BUFFET

Sunday, May 11
Sittings at 10:00 am, 11:30 am, 1:00 pm

\$25 - GENERAL Gourmet Menu
\$20 - SENIOR Special Gift for Mom
\$15 - UNDER 13 Door Prizes
Tickets will be on sale in April Family photos

This event is a fundraiser for the
LSCO LETHBRIDGE Senior Citizens ORGANIZATION



Executive Director

Kaitlynn Weaver
kweaver@lethseniors.com
ext. 304

I am thrilled to introduce myself as Kaitlynn Weaver, the new Executive Director of the Lethbridge Senior Citizens Organization (LSCO). You may have seen me in my office near the diner or chatting with members around the centre. It's an honour to join an organization that has been a cornerstone of our community for 50 years.

In my short time here, I've been inspired by the dedication of our staff and volunteers, whose tireless efforts make LSCO a truly remarkable place to work. I'm equally grateful for the opportunity to connect with our members. Hearing your stories and suggestions has been both heartwarming and invaluable as we plan for LSCO's future.

On behalf of the organization, I want to express my heartfelt gratitude to all those

LSCO News

who attended our recent Annual General Meeting that took place on March 25. I was moved by your passion and appreciated your suggestions. This feedback will help guide decisions as we ensure LSCO continues to thrive as a vibrant and supportive community for older adults for another 50 years.

With this in mind, and as we look forward to this year's celebration of our 50th anniversary, I am excited to share my vision to ensure LSCO has a sustainable future. Here are just a couple of the highlights of what you can expect from me and the LSCO team:

- **Engagement and Feedback:** I plan to engage with staff, members, volunteers, and stakeholders through surveys and interviews to understand what they love about LSCO and where improvements can be made. I invite everyone to share their thoughts and suggestions with me at any time.
- **Marketing and Outreach:** I aim to showcase LSCO's amazing programs and

services to the entire Lethbridge community. Working closely with our Events & Marketing Coordinator, Hannah Dupuis, and the leadership team we will develop a comprehensive marketing plan to highlight the organization's supportive, fun, and welcoming environment, as well as the many programs and services that the LSCO has to offer.

- **Financial Sustainability:** With the support of our Board of Directors, my top priority is ensuring LSCO's financial stability. Alongside the team, I will focus on securing external grants, exploring innovative fundraising strategies, and identifying new revenue streams.

I am excited to embark on this journey with the LSCO community and look forward to working together to build a brighter future for our organization.

If you have any suggestions or would like to connect, please feel free to contact me at any time, by either popping into my office or contacting me by phone or email.

EXHIBITORS

As of March 18, 2025

- Lethbridge Covenant Community Board
- Leister's Home Care
- Martha's House - Covenant Living
- Hosack Denture Clinic
- Cornerstone Funeral Home
- Lethbridge Hearing Centre
- 4 Seasons Home Comfort
- Green Acres Foundation
- Cemetery Services, City of Lethbridge
- Avail CPA
- SACPA
- PROBUS Lethbridge



- Coulee Home Care (Formerly Coulee Family Services)
- Community Foundation of Lethbridge and Southwestern Alberta
- Nurse Next Door
- The View at Lethbridge
- Alzheimer's Society
- Wellspring Alberta
- Elim Society for Seniors Care
- Lethbridge Family Services - Counselling
- TLC Senior Support and Downsizing
- Cooperative Memorial Society
- Firefly Solar
- Roost 2 Roost
- Logan Health - Kailspell
- Friends of Medicare
- Keith Pushor - Royal LePage South Country
- Expedia Cruises
- Just Like Family Home Care

MARK YOUR CALENDAR!

Live Well Showcase
A TRADE SHOW FOR ACTIVE AGING

**Thursday June 5
10 AM - 4 PM**
**Friday June 5
10 AM - 3 PM**

Exhibitor Lounge presented by Lethbridge Hearing Centre
With fantastic speakers presented by Hosack Denture Clinic

LETHBRIDGE HEARING CENTRE

Now accepting new patients.

Call **403-320-6000** to make your complimentary demonstration to hear for yourself what we can do to help!

What we offer:

- Locally owned & family operated
- Full hearing evaluations
- AADL, DVA & WCB vendor
- Battery Club Savings
- Most up-to-date digital technology
- All make/model cleaning and repairs
- Free parking & wheelchair accessible



Jake Boldt
BC-HIS
Registered Hearing Aid Practitioner



Candice Elliott-Boldt
BC-HIS
Registered Hearing Aid Practitioner



Lethbridge's trusted source for hearing solutions

#120, 2037 Mayor Magrath Dr. S.
Lethbridge, AB T1K 2S2
www.lethbridgehearing.ca **403-320-6000**



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

2025 - 2026 LSCO Board

Executive

President: John Usher
Past President: Keith Sumner
Secretary: Veronica Panich
Treasurer: Neil Jorgensen

Directors:

Reg Dawson, Merri-Ann Ford, Linda Learn

Staff Members

- Executive Director – Kaitlynn Weaver
kweaver@lethseniors.comext. 304
- Operations Manager – Jodie McDonnell
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- Accounting Technician – Jackie Black Water, Chris Toker
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- Receptionist & Administrative Support - Kari Martin
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- Fund Development & Marketing – Hannah Dupuis
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- LEARN Case Manager– Tyler Andersen
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- LEARN Case Manager– Marissa Hardy
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- Support Services Manager– Amy Cook
acook@lethseniors.comext. 205
- SSN Team Lead – Katie Harrold
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- Seniors System Navigator (SSN) – Dana Snow
dsnow@lethseniors.comext. 209
- Seniors System Navigator (SSN) – Dannie Lien
dlien@lethseniors.com 403-715-0485
- Seniors System Navigator (SSN) – Diane Richard
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- Seniors System Navigator Intake – April Guild
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- Meals on Wheels Client Coordinator– Diane Legault
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- Volunteer Coordinator–Carla McNally
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- Program Department Manager – Andrea Clarke
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- Fitness Coordinator – Annabelle Darlow
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- Food Services Coordinator– Lachlan Dyer
ldyer@lethseniors.comext. 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

- Diane Koenig
- Steve Koenig
- Tanya Arnold
- Fred Bowen
- Erich Kremenik
- Peggy Goerzen
- Catherine Goerzen

- Wendy Farrell
- Minda Rogerson
- Robert Rogerson
- Rob Dunn
- Richard Heninger
- Victoria Lawrence
- 3 Anonymous

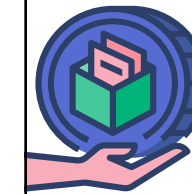
We're happy to have you!
March 2025

FEE ASSISTANCE PROGRAM

- The City of Lethbridge Fee Assistance Program provides Lethbridge residents who face financial barriers with the opportunity to participate in Recreation and Culture programs and activities at a subsidized cost.
- Confidentiality will be maintained, however communication with the organization offering the activity will be required to confirm the details.
- **For more information contact: feeassistance@lethbridge.ca or call 311.**

LSCO WELCOME POLICY

- This policy allows individuals to access membership and programs at LSCO at a lower cost. Individuals which meet the income threshold can receive 25% off their membership. Income Eligibility (Line 15000 of tax return)
 - ▷ Single: Under \$30,00
 - ▷ Couple: Under \$50,000
- Please bring prior year income tax for verification.
- **For more information call 403-320-2222**



APRIL 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.

April 3	Lance Grigg Education Professor - University of Lethbridge	How might chess help those involved in the criminal justice system?
April 10	Genesis Molesky , Community Planner - City of Lethbridge	City Planning: How should Lethbridge Adjust to Development Issues in 2025 and Beyond?
April 17	Jason Shriner , Imagine Lethbridge	What will it take to make Lethbridge the healthiest city in Canada for all to live, thrive and age well?
April 24	TBD	TBD

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.



Content Deadline

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

A book a day keeps reality away
LSCO Library Corner

Happy EASTER
LSCO will be closed
April 18 - 21

LETHBRIDGE HEARING CENTRE
Now accepting new patients.
Call **403-320-6000** to make your complimentary demonstration to hear for yourself what we can do to help!

What we offer:

- Locally owned & family operated
- Full hearing evaluations
- AADL, DVA & WCB vendor
- Battery Club Savings
- Most up-to-date digital technology
- All make/model cleaning and repairs
- Free parking & wheelchair accessible


Jake Boldt
BC-HIS
Registered Hearing Aid Practitioner

Candice Elliott-Boldt
BC-HIS
Registered Hearing Aid Practitioner

Lethbridge HEARING CENTRE
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Lethbridge's trusted source for hearing solutions

#120, 2037 Mayor Magrath Dr. S.
Lethbridge, AB T1K 2S2
www.lethbridgehearing.ca **403-320-6000**

 <h1 style="text-align: center;">MENU ~ APRIL 2025</h1> <p style="text-align: center;">Breakfast served from 8:00 ~ 11:00 am • Lunch served from 11:00 am ~ 1:00 pm</p> <p style="text-align: center;">*menu subject to change without notice</p> <p style="text-align: right;">Soup & Salad Special Changes Daily See Menu Board in Dining Room</p>				
Tuesday, April 1		Wednesday, April 2		Thursday, April 3
Entree: Chicken A La King Starch: Egg Noodles Veggie: Chef's Choice Soup: Chef's Choice	Entree: Beef Stew Starch: Mashed Potatoes, Dinner Roll Soup: Chef's Choice Veggie: Chef's Choice	Entree: Chicken Chow Mein Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: Shepherds Pie Soup: Chef's Choice Veggie: Chef's Choice	
Monday, April 7		Tuesday, April 8		Wednesday, April 9
Entree: Honey Garlic Pork Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: Chicken Rissoles Starch: Rice Pilaf Veggie: Chef's Choice Soup: Chef's Choice	Entree: Schwabian Maultaschen (German Jumbo Ravioli) Starch: Roasted Potatoes Veggie: Chef's Choice Soup: Chef's Choice	Entree: Chicken Kiev Starch: Mashed Potatoes Veggie: Chef's Choice Soup: Chef's Choice	Entree: Lasagna Starch: Garlic Toast Veggie: Chef's Choice Soup: Chef's Choice
Monday, April 14		Tuesday, April 15		Wednesday, April 16
Entree: Sweet & Sour Chicken Balls Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: Spaghetti & Meatballs Starch: Garlic Toast Veggie: Chef's Choice Soup: Chef's Choice	Entree: Chicken Cordon Blue Starch: Mashed Potatoes Veggie: Chef's Choice Soup: Chef's Choice	Entree: Beef Burrito Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: Crabcakes Starch: Rice Soup & Veg: Chef's Choice LSCO Closed
Monday, April 21		Tuesday, April 22		Wednesday, April 23
Entree: Tortiere Starch: Roasted Potatoes Soup & Veg: Chef's Choice LSCO Closed	Entree: Fiesta Chicken Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: Penne Bolognese Starch: Garlic Toast Veggie: Chef's Choice Soup: Chef's Choice	Entree: Chicken Parmigiana Starch: Spaghetti Veggie: Chef's Choice Soup: Chef's Choice	Entree: Baked Ham Starch: Scaloped Potatoes Soup: Chef's Choice Veggie: Chef's Choice
Monday, April 28		Tuesday, April 29		Wednesday, April 30
Entree: Beef Macaroni Casserole Starch: Roasted Potatoes Veggie: Chef's Choice Soup: Chef's Choice	Entree: Jager Schnitzel Starch: Spatzle Veggie: Chef's Choice Soup: Chef's Choice	Entree: Chicken Wellington Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice		

View the menu online at www.lethseniors.com/menu

TEERS VOLUNTEERS VOLUNTEERS MAKE MAKE MAKE WAVES WAVES WAVES





APRIL 27 - MAY 3

volunteer.ca/nvw #NVW2025

Volunteer Appreciation Week

Join us as we celebrate and thank our incredible volunteers! If you have volunteered with the LSCO at any point over the last year, these events are for you.

Trivia with Building Brains Together

Date: Monday, April 28
Time: 1:00 – 2:30 PM
Location: LSCO Atrium
Register: LSCO 403-320-2222
Details:

Join us for a fun afternoon of trivia. Free for volunteers and their guests.

Drive Happiness Booth

Date: Tuesday, April 29
Location: LSCO Atrium
Details:

Learn about this volunteer driving program and how you can get involved. Drop by to chat and grab some information.

Volunteer Appreciation Open House

Date: Wednesday, April 30
Time: 8:00 – 12:00 PM
Location: LSCO Dining Room
Details:

Treat yourself to free coffee and baked goods and grab a photo at our 50 years of volunteering photo booth. This booth will be up all week but will have a staff operating the camera on Wednesday morning.

Volunteer Prize Draw Scan and Win

Date: All Week
Location: Sign in Computers
Details:
Each time you sign in as a volunteer during this week, you get entered to win a gift card! Prizes are a

- \$50 Save on Foods Gift Card
- \$25 Save on Foods Gift Card
- \$20 Chapters Gift Card

Volunteer Appreciation Banquet

Date: Saturday, May 3
Time: 5:00 - 10:00 PM
5:00: Doors open
6:00: Dinner begins
7:00: Keynote address
8:00: Band begins
Location: LSCO
Register: LSCO 403-320-2222
Volunteers - Free
Plus Ones -\$15 Members | \$20 non members. Door prize entry with each ticket.

Details:
Join us for an evening of appreciation and celebration. Enjoy a delicious meal, door prizes, and fantastic entertainment, including a keynote address by motivational speaker Kimberly Lyall and live music by Paul Kype and Texas Flood to end the night.
Don't miss this special opportunity to recognize the hard work and dedication of our incredible volunteers.



APRIL 2025 EXHIBITS, PROGRAMS & EVENTS

EXHIBITS

BUILDING A LEGACY: THE SPORTSPLEX AT 50

CLOSING SOON: OCT 26-24 - APR 06-25

BEHIND RACISM

CHALLENGING THE WAY WE THINK

MAR 25 - SEP 07-25

TAKING ACTION

PEOPLE MAKING A DIFFERENCE

APR 12 - OCT 05-25

LENA & THOMAS GUSHUL

LIFE IN FRONT AND BEHIND THE CAMERA

FEB 15 - AUG 04-25

CREATIVE COMMUNITY **

Tue 01 | 10:30-11:30 AM
Easter Wooden Decorations & Keychains

THE GALT PRESENTS... **

Sat 05 | 2-4 PM
Ira Provost: Cultural Environmental Research, the Oldman River and Dam

Sun 06 | 1:30-3 PM
Stephane Guevremont: "The War in Ukraine: A Revolution in Military Affairs"

THE GALT'S VAULTS *

Thu 10 | 3-4 PM
Collections 101 with Kevin MacLean
registration encouraged

HANDS-ON HISTORY *

Wed 30 | 9-10 AM
Toddler Time toddlers & their caregivers

SPECIAL EVENTS

Thu 03 | 5-7 PM
A Cuppa with Sampath Walgama **

Fri 04 | 1-3 PM
The Floral Scarf: Métis & Ukrainian Tales *

Thu 10 | 5:30-7 pm
Reducing Barriers to Voting in General Federal Elections ++

Fri 11 | 7-11 pm
LIFF 2025 Gala and Opening Film
all ages | by donation | The 3rd Annual Lethbridge Independent Film Festival runs APR 11-13 | www.galtmuseum.com/film

Thu 17 | 5-7 pm
Recipes from The Archives
registration required | \$10/ticket

Wed 30 | 5-7 pm
Night Owl Games Kickstarter Launch Party ++ everyone welcome | free to attend | donations accepted | light refreshments

++ no registration | free to attend | all ages
+ registration required | free to attend | all ages
** no registration | museum admission applies | free to members | adults and seniors
* registration required | museum admission applies | free to members | adults and seniors

www.galtmuseum.com/calendar

INCOME TAX

450 HOURS

BOUTIQUE

1,014 HOURS

6 VOLUNTEERS

4,508 HOURS

preparing meals, serving food, and washing dishes

BINGO

1,923 HOURS

ADMIN & PROGRAMS

2,010 HOURS

5,240 HOURS BY

MEALS ON WHEELS Delivery Drivers

COMMUNITY CONNECT

1,248 HOURS BY

26 VOLUNTEERS

489

VOLUNTEERS

1,343 HOURS FOR

EVENTS

Thank you volunteers!



Our St. Patrick's Day Pub and Valentine's Day Lunch were filled with laughter, great food, and wonderful company! Thank you to everyone who joined in the fun. And for those of you who couldn't make it, we hope to see you next time!



Abigthankyou to Cornerstone Funeral Home for sponsoring Tom Price Band for the St. Patricks Day Pub!

Come and join a FREE workshop presentation of a mask and puppetry play about autonomy and aging. Post presentation, the company hopes to get your feedback on this work-in-progress, sharing your thoughts to influence their continued development for a 2026 production.

The Twilight Glow Of Romeo

Lethbridge Senior Citizens Organization
April 7th, 2:00pm



In this retelling of Romeo and Juliet, The Twilight Glow of Romeo introduces audiences to two not-so-young lovers who have fallen in love after having lived another life with another love, only to have their worried adult children try and keep them apart.

COMMUNITY PARTNERS

And the many more organizations and individuals that partner and support us throughout the year!
Your contribution is our lifeline!

Member Spotlight

'Bing' Felicidad Tacay

LSCO Member Spotlight

'Bing' Felicidad Tacay

Bing was on vacation in Zamboanga City and learned about the need for caregivers abroad. She resigned her MSSD position and took a nanny position with a British-Filipino family in Hong Kong. The family did all the necessary documentation for her to legally obtain the position. Bing stayed with them for 5 years. She then learned about migrating to Canada for employment as a caregiver. So, Bing and two of her friends decided that they should try employment in Canada. Bing describes her parents as being favourable to her moving to Canada. Bing says this process was "easy" and it only took three months for them to be offered positions in B.C. and Alberta. This was the late 80's and Bing got a job offer from a family moving to Lethbridge.

As Bing began her life in Lethbridge, content in her job with this new family, she also began to do volunteer work at the Regional Hospital as a recreational aide. She also began to work on a SAIT Surgical Processing certificate by correspondence, in addition to her Nanny position; she completed an Honours Certificate of Achievement as a Certified Sterile Processing Aide in 1994. Bing had also begun volunteering in the sterilization area at the hospital as she 'nannied.' This got her 'foot in the door' and she became a casual status employee in the hospital's sterilization department; she eventually became a full-time employee and retired in 2016.

The family she 'nannied' for moved out of country, but Bing stayed in Lethbridge. She obtained her Landed Immigrant status and then got her Canadian citizenship. Bing has visited her extended family in The Philippines numerous times. Now that she is retired, she likes to return for a few months at a time to see her family. Some of her family have visited Canada, but they have no interest in migrating here. She has one niece that lives in Alberta and with whom she has a close relationship. Her family is the primary focus of her attention. Bing also has a close friend of many years with whom she shares companionship and independence.

Bing is active in the two Filipino community associations in Lethbridge. She encouraged this writer to attend the annual festival this summer for cultural exposure and their traditional foods. Sounds like a must!

Bing started doing yoga at the LSCO; she now enjoys learning line dance here. Her favorite foods are Chicken Adobo (soya, vinegar, pepper) and Pancit (fried noodles), Filipino specialties.

Bing is a seamstress and enjoys sewing, either from scratch or repairing. She originally learned from her mother, but has been known to send her creations back to her family in The Philippines.

This writer has found Bing to be a very compassionate person and her personal experiences demonstrate this. She is an independent woman with a positive attitude, and a desire to acquire knowledge, either by book or experience. Bing has been a pleasure to get to know, beyond our mutual line dance class!

Bing's mother gave her this nickname in infancy with no particular definition or meaning. Bing was born in the city of Kabasalan, Zamboanga del sur, in the Philippines. She is the second eldest of nine children. Her mother was a fulltime mother/homemaker and her father retired from the construction industry; her father had been a rice farmer when Bing was very young.

Bing received the main part of her formal education in the Philippines. She attended elementary school while living with her aunt in Zamboanga City, which was larger than her home town. The Philippines is a bi-lingual country; she learned English and Filipino (Tagalog). Bing attended a private Catholic high school near Kabasalan by 'Jeepney' public transport on a daily basis for a small fee. She was an eager learner and enjoyed her formal schoolyears.

In high school, her teacher asked what career she was interested in. As she had always helped her mother with her siblings, she always enjoyed babies and young children. Therefore, it was no surprise that Bing expressed an interest in midwifery. After high school, she graduated from the 2 year program at the Juan S. Alano Memorial Hospital School of Midwifery in the city of Basilan, the Philippines. Her father had to pay for her training program and boarding for her as a midwife student. Bing had thorough real-world, hands-on experience from sterilizing instruments to birthing babies. As a qualified midwife, she worked for about 2 years at the Holy Child Hospital in the city of Dumaguete.

Bing worked in the nursery of a children's hospital for a few years; she really liked this job working with babies. While at this job, she was offered a governess position with better compensation caring for two infants of a wealthy Philippine business family; Bing says she was treated very well by this family. However, these children grew older and more independent, so she applied for employment with the national government social services Ministry (MSSD). In this new job, she supervised the early learning, nutrition, and recreation of children (0-8 years) that came to a community centre. These were rural Indigenous and non-Indigenous children, and breast-feeding mothers who came from all around the area. She also enjoyed this position and felt like she was contributing to the betterment of the community.

SCAM ALERT

FRAUDS & SCAMS DISCUSSION

Come learn about common scams and related topics:

Open to everyone!

- Local & provincial trends
- What is LPS doing about it?
- Online scams
- Spotting fraud

APRIL 3 @ 1:30 PM
LSCO STAGE AREA

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

April LSCO Weekly Schedule

Schedule may change without notice.

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

Support for Caregivers



Seniors System Navigator

Dannie Lien

dlien@lethseniors.com
ext. 210

Caregivers play an essential role in supporting individuals and communities by providing emotional, physical, and practical care to those who need it most. From assisting elderly family members with daily tasks to helping individuals with disabilities or chronic illnesses, caregivers ensure that vulnerable populations can maintain their quality of life. Their work often goes unnoticed, but the impact is profound, improving the well-being of both those they care for and the broader community.

One of the most significant contributions caregivers make is enabling individuals to remain in their homes rather than moving to

long-term care facilities. By providing assistance with personal care, medication management, and household tasks, caregivers help individuals maintain independence and dignity. This not only enhances the emotional well-being of those receiving care but also reduces strain on healthcare systems and facilities.

Caregiving, however, is not without its challenges. Many caregivers face physical and emotional stress due to long hours and the complex nature of the work. Financial strain is also common, as many caregivers provide care without compensation or while juggling other jobs. Despite these challenges, caregivers continue to deliver compassionate care, highlighting the need for greater recognition and support through policy changes, financial assistance, and mental health resources. Organizations like **Caregivers Alberta** provide valuable support through programs, resources, and

workshops. Caregivers Alberta can assist with navigating systems through their Caregiver Coaching program, they also offer on-line community support and educational workshops, such as COMPASS for the Caregiver (a multisession workshop) Caregivers Alberta provides printable resources on line as well as other helpful links. You can contact Caregivers Alberta at (780) 453-5088, toll free at 1 (877) 453-5088, or email at office@caregiversalberta.ca.

Recognizing and valuing the work of caregivers is essential for building a more compassionate and resilient society. Improved support systems, including respite care, better wages, and training opportunities, can help caregivers continue their vital work while maintaining their own health and well-being. As the population ages and the demand for caregiving grows, ensuring caregivers are supported and valued will remain a critical priority.

GENUINE

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825-250-3634

www.genuinehealthcare.com

Home Care Services

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

APRIL SUPPORT SERVICES

WELLBEING SERVICES

SCSP INTAKE CONTACT

*appointment / registration required

📞 403-329-1544 ✉️ intake@lethseniors.com

April 1	Single Session Counselling* 9:00am-12:00pm Quiet Room	FREE Single session counselling provides an opportunity to individuals interested in exploring counselling. Sessions are 1 ½ hr in length. Book appointment through SCSP Intake at 403-329-1544.
April 1 1st Tuesday	Community Connect Coffee Group 1:30 pm - 3:00 pm Room C/D	FREE opportunity to build connections, grow meaningful connections, and strengthen access to community supports. Drop-in style, no need to register.
April 1 1st Tuesday	Prescribing Pharmacist Onsite* 10:00 am - 12:00 pm Card Area	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, Register through SCSP Intake
April 2 1st Wednesday	Service Canada & CRA Support Clinic 9:00 am - 12:00 pm Card Area	FREE On-site Service Canada and CRA representatives available to answer your questions regarding federal benefits and programs, no appointment necessary.
April 3	Lethbridge Police Services Scams and Frauds Presentation 1:30pm-3:00pm Stage Area	Lethbridge Police Service Economic Crimes Unit is coming to present on online scams and frauds, covering topics like the impact these scams have provincially and locally, common local scams and discussing what LPS is doing about it.
April 9	Strengthening the Aging Brain Presentation* 1:30pm-2:30pm Lethbridge Public Library, Downtown Branch	In this free presentation, we will explore how stress, diet, physical activity, and sleep influence our adult brains, while uncovering straightforward strategies to support a healthy brain as we age. Contact SCSP Intake to register at 403-329-1544.
April 9 2nd Wednesday	15 Minute Lawyer Consultations* 1:00 pm - 4:00 pm Quiet Room	FREE 15-min consultations with local lawyer Austyn Anderson. Book an appointment through LSCO Admin 403-320-2222.
April 10 2nd Thursday	Hearing Screening* 10:00 am - 12:00 pm Quiet Room	FREE hearing screenings by Lethbridge Hearing Centre to assist you in understanding your hearing health. Book an appointment through LSCO Admin 403-320-2222.
Starting April 22 Tuesdays until June 10	Building Healthy Relationships Group* 10:00am-12:00pm Board Room	LEARN in partnership with LFS is offering a 8-week psycho-social group. No cost to participate. Every Tuesday starting April 22 until June 10, 2025. Please register by calling 403-394-0306.
April 24 4th Thursday	Eyeglasses Adjustments 1:00 pm - 2:00 pm LSCO Library	FREE eyeglass repairs and adjustment provided by SpecSavers. No appointment necessary.
April 25	Be Fast Friends* 1:30pm-3:00pm Stage Area	FREE opportunity to build meaningful connections and develop friendships. Please call 403-329-1544 to register.

SUPPORT GROUPS

April 17 3rd Thursday	Parkinsons Support Group 2:00-4:00pm Board Room Registration for Parkinson's Group is encouraged. Call 1-800-561-1911.	April 5 - 26 Saturdays	AA Eye Opener 8:30 - 10:30 am Room C/D
April 4	Wise Guys 1:30 - 3:30 pm Room C/D	April 3 - 24 Thursdays	AA Sunset 7:00 - 9:00 pm Room C/D

Stay up to date on these events on our event calendar www.lethseniors.com/events

Winter Session Drop in Classes

Fitness

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 April 21)
Time: 10:10 – 11:00 am
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Tracy Simons
Location: All Purpose Room

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
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Deb Palmer
Location: Gym 2

CARDIO STRENGTH

Start your week out right with this mixed cardio and strength workout. Participants will use many different pieces of fitness equipment and are encouraged to exercise at their own level. Wear comfortable workout clothes, indoor runners. Bring a water bottle. **Intermediate to advanced fitness level.**

When: Mondays, January 6 - April 28
(No class April 21)
Time: 8:00 – 8:50 am
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Gabrielle Dumont
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, March 6 - April 24
Time: 9:30 - 10:15 am
Drop In Fee: \$6 LSCO M; \$8 NM
Instructor: Andrea Clarke
Location: Stage Area

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
Drop In Fee: \$6 LSCO M; \$8 NM
Instructor: Corrine Myers
Location: Stage Area

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
Drop In Fee: \$8 LSCO M; \$10 NM
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, March 7- April 25
No Class April 18
Time: 8:00 – 8:45 am
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Tracy Simons
Location: Gym 2

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, March 3 - April 28
(No class April 21)
Time: 11:30 am - 12:15 pm
Drop In Fee: \$6 LSCO M; \$8 NM
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.

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

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.

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

How to Drop In

1. Check in at the front computers
2. Go to the admin desk and pay for your drop in.
3. Show your receipt, 10x pass, or Ultimate Fitness Membership to the instructor

Get fit and have fun!

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
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: June Dow
Location: Room A/B

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 April 21)
Time: 10:15 - 11:10 am
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Annabelle Darlow
Location: Gym 2

TABATA

This high energy fitness class is designed to give you an exhilarating work out! Participants will perform a variety of timed exercises that will be challenging (20 seconds of work at maximum effort, followed by 10 seconds of rest; 8 times). Wear comfortable exercise clothes, indoor shoes and bring a mat and water bottle. **Intermediate to Advanced Fitness Levels. Class held in Gym 1.**

Fridays

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



Winter Session Runs until Last Week of April

Dance & Movement

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.

When: Wednesdays, January 8-April 30
Time: 12:45 pm - 1:45 pm
Drop-In Fee: \$6 LSCO M; \$8 NM
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
Drop In Fee: \$6 LSCO M; \$8 NM
Instructor: Gloria-Rose Puurveen
Location: Gym 2

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
Drop In Fee: \$9 LSCO M; \$10 NM
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 April 21)
Time: 9:00 am - 9:50 am
Drop In Fee: \$8 LSCO M; \$10 NM
Instructor: Gabrielle Dumont
Location: Gym 2

30/30 ZUMBA GOLD/ZUMBA GOLD TONING

This class combines the best of both Zumba Gold (dance fitness without weights) for half of the class and Zumba Gold Toning, the other half 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
Drop-In Fee: \$9 LSCO M; \$10 NM
Instructor: Sheila Mulgrew
Location: All Purpose Room

Tai Chi

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. Bring a water bottle, wear comfortable shoes, and loose-fitting clothes.

When: Wednesdays, January 15 - May 7
Time: 8:45 - 9:45 am
Drop In Fee: \$6 LSCO M; \$8 NM
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. ***Not included in Ultimate Fitness Membership.**

When: Thursdays, January 16 -May 1
Time: 8:45 – 9:45 am
Drop In Fee: \$6 LSCO M; \$8 NM
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. ***Not included in Ultimate Fitness Membership.**

When: Wednesdays, January 15 - May 7
Time: 10:15 – 11:15 am
Drop In Fee: \$6 LSCO M; \$8 NM
Instructor: Steve Burger
Location: Gym 2

Yoga

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
Drop In Fee: \$7 LSCO M; \$9 NM
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
Drop In Fee: \$7 LSCO M; \$9 NM
Instructor: Corrine Myers
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. ***Not included in the Ultimate Fitness Membership.**

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

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-11:15am
Drop In Fee: \$7 LSCO M; \$9 NM
Instructor: Rumi Graham
Location: Room A/B

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: Friday, March 21- April 29
Time: 11:30 am - 12:30 pm
Drop In Fee: \$6 LSCO M; \$8 NM
Instructor: Corrine Myers
Location: A/B

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.**

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

Spring 2025 Programs

IMPORTANT THINGS TO KNOW

- Please do not arrive more than 15 minutes prior to the start of your class. Give class participants time to exit before entering.
- 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.
- Please complete an Exercise/Fitness Waiver from your instructor or at the reception desk

HOW DO I REGISTER?

- **IN PERSON** 8:15 – 4:00 pm Monday – Friday
- **ONLINE** at www.lethseniors.com. Find the Programs & Fitness tab at the top of the page and click. Additional tabs will be visible for you to review. You can also click “register online”. **Some classes may not be available to register online.
- **PHONE IN**, by calling 403-320-2222.

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 **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 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.

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

**Hours: 8:00 am – 4:30 pm
Monday – Friday
9 am – 12 pm
Saturdays**

There is a 15 minute transition time scheduled between all programs.

Please allow participants to clean up and exit the space before the next program enters.



Move in, move out.

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EXCELLENT SERVICE, REFERENCES AVAILABLE

CALL 403-331-8892

paulaspristine@gmail.com

Creative Arts

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, stenciling 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.

All Sessions:
Instructor: Donna Bilyk
Location: Arts & Crafts Room
Fee: \$55 LSCO M; \$65 NM

Session 1:
When: Tuesday, April 15
Time: 1:00 - 3:00 pm
Register by: Thursday, April 10

Session 2:
When: Tuesday, May 13
Time: 1:00 - 3:00 pm
Register by: Thursday, May 8

Session 3:
When: Tuesday, June 17
Time: 1:00 - 3:00 pm
Register by: Thursday, June 12

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 which take as a keepsake at the end. Marcelle will assist you with scanning any physical photos you may have as well as transferring photos from other devices

Session 3:
When: Monday, April, 28
Time: 10:00 am - 12:00 pm
Fee: \$95 LSCO M; \$115 NM
Register by: Thursday, April 24
Instructor: Marcelle Velve
Location: Computer Lab

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, May 8 - 29
Time: 10:00 am – 12:00 pm
Fee: \$120 LSCO M; \$150 NM
Register by: Tuesday, May 6
Instructor: Donna Gallant
Location: Arts & Crafts Room



Dance & Movement

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, May 7 - June 25
Time: 11:00 am - 11:45 am
Fee: \$64 LSCO M; \$80 NM
Register by: Monday, May 5
Instructor: Shelia 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 registered to run class.

When: Wednesdays, May 7 -June 25
(No clas June 4)
Time: 12:45 pm - 1:45 pm
Fee: \$35 LSCO M; \$49 NM
Register by: Monday, May 5
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, May 7 - June 25
(No Class June 4)
Time: 11:30 am – 12:30 pm
Fee: \$35 LSCO M; \$49 NM
Register by: Monday, May 5
Instructor: Gloria-Rose Puurveen
Location: Gym 2

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, May 5 - 26
(No class May 19)
Time: 9:00 am - 9:50 am
Fee: \$21 LSCO M; \$24 NM
Register by: Thursday, May 1
Instructor: Gabrielle Dumont
Location: Gym 2

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, May 1 - June 12
(No Class May 22 & June 5)
Time: 5:15 – 6:15 pm
Fee: \$60LSCO M; \$90 NM
Register by: Monday, April 28
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, May 1-June 12
Time: 4:00 – 5:00 pm
Fee: \$60LSCO M; \$90 NM
Register by: Monday, April 28
Instructor: Lise LeMoine
Location: Room A/B

30/30 ZUMBA GOLD/ZUMBA GOLD TONING

This class combines the best of both Zumba Gold (dance fitness without weights) for half of the class and Zumba Gold Toning, the other half 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, May 6 - June 24
Time: 11:15 am – 12:15 pm
Fee: \$64 LSCO M; \$80NM
Register by: Friday, May 1
Instructor: Shelia Mulgrew
Location: All Purpose Room



Sports

BADMINTON

Everyone of all skill levels are welcome to play badminton. Thursdays are a great day to come if you would like to work on your skills. Arrive no earlier than 10 minutes prior to start time. 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
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

Tai Chi & QiGong

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. ***Not included in Ultimate Fitness Membership.**

Session 1
When: Tuesdays, April 29 - May 27
Time: 10:00 am - 11:15 am
Register by: Thursday, April 24
Instructor: Roxy Wright
Location: Stage Area

Session 2:
When: Tuesdays, June 10 - 25
Time: 10:00 am - 11:15 am
Fee: \$27 LSCO M; \$33NM
Register by: Thursday, June 5
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

Fitness - All Levels

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, May 5 - June 9
(No class May 19)
Time: 10:10 – 11:00 am
Fee: \$35 LSCO M; \$40 NM
Register by: Thursday, May 1
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 of 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, May 7 - June 25
Time: 9:00 – 9:50 am
Fee: \$56 LSCO M; \$64 NM
Register by: Monday, May 5
Instructor: Tracy Simons
Location: APR

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, May 1 - June 26
(No Class June 5)
Time: 9:30 - 10:15 am
Fee: \$40 LSCO M; \$56 NM
Register by: Monday, April 28
Instructor: Andrea Clarke
Location: Stage Area

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, May 7 - June 11
Time: 9:10 - 10:00 am
Fee: \$42 LSCO M; \$48 NM
Register by: Monday, May 5
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, May 2 - June 13
(No Class June 6)
Time: 8:00 – 8:45 am
Fee: \$42 LSCO M; 54 NM
Register by: Wednesday, April 30
Instructor: Tracy Simons
Location: Gym 2

ESSETRICS

If you're seeking a gentle, zero-impact practice that honors your whole self, Essentrics® is your answer. This science-backed modality combines dynamic stretching, strengthening, and mindfulness to rejuvenate your entire body. Try a class and notice how you feel—many participants experience immediate benefits, from eased tension to renewed energy.

Each Essentrics session engages all 360 joints and 650 muscles, gently reminding your body of its innate strength and flexibility. By nurturing this full-body connection, you'll build the mobility and balance needed to live life on your terms—whether that's gardening, traveling, playing with grandkids, or simply moving pain-free.

Lindsay, a certified Essentrics instructor with over 6 years of experience, is passionate about helping others rediscover the joy of movement. Her classes blend expertise with warmth, creating a welcoming space for all ages and fitness levels. Please bring a water bottle and yoga mat. **(Not included in Ultimate Fitness Membership)**

When: Tuesdays, May 6 - June 10
Time: 11:30 am - 12:15 pm
Fee: \$56 LSCO M; \$66 NM
Register by: Thursday, May 1
Instructor: Lindsay Anderson
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, May 6 - June 24
Time: 9:00 – 9:50 am
Fee: \$56 LSCO M; \$72 NM
Register by: Thursday, May 1
Instructor: Gabrielle Dumont
Location: Gym 1

Thursdays
When: Thursdays, May 1 - June 26
(No class June 5)
Time: 9:00 – 9:50 am
Fee: \$56 LSCO M; \$72 NM
Register by: Tuesday, April 29
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, May 5 - June 30
(No class May 19)
Time: 11:30 am - 12:15 pm

Fee: \$40 LSCO M; \$56 NM
Register by: Friday, May 2
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.

Monday Session

When: Mondays, May 5 - June 30
(No class May 19)
Time: 10:15 – 11:00 am
Fee: \$49 LSCO M, \$63 NM
Register by: Thursday, May 1
Instructor: June Dow
Location: Gym 1

Wednesday Session

When: Wednesday, May 7 - June 25
(No class June 4)
Time: 10:15 – 11:00 am
Fee: \$49 LSCO M, \$63 NM
Register by: Monday, May 5
Instructor: Donna Tiefenbach
Location: Gym 1

Friday Session

When: Fridays, May 2 - June 27
(No class June 6)
Time: 10:15 – 11:00 am
Fee: \$56 LSCO M, \$72 NM
Register by: Wednesday, April 30
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, May 20 - June 24
Time: 8:45 am - 9:45 am
Fee: \$42 LSCO M; \$54 NM
Register by: Thursday, May 16
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 clothes and indoor footwear. Space is limited. ***Not included in Ultimate Fitness Membership.**

When: Tuesdays & Thursdays
May 6 - June 26
Time: 1:30 – 2:30 pm
Drop In Fee: \$80 LSCO M; \$100 NM
Register by: Friday, May 2
Instructor: Annabelle Darlow
Location: Fitness Centre



Fitness - Intermediate/Advanced Levels

Classes for All Fitness Levels are right for you if:

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.

Classes for Intermediate/Advanced Levels are right for you if:

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.

CARDIO STRENGTH

Start your week out right with this mixed cardio and strength workout. Participants will use many different pieces of fitness equipment and are encouraged to exercise at their own level. Wear comfortable workout clothes, indoor runners. Bring a water bottle. **Intermediate to advanced fitness level.**

When: Mondays, May 5 - June 23
(No class May 19)
Time: 8:00 – 8:50 am
Fee: \$56 LSCO M; \$72 NM
Register by: Thursday, May 1
Instructor: Gabrielle Dumont/TBA
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, May 7 - June 25
Time: 8:00 – 8:50 am
Fee: \$56 LSCO M; \$72 NM
Register by: Monday, May 5
Instructor: Deb Palmer
Location: Gym 2

CYCLE COMBO

When you can't get outdoors to ride, come cycle with us! The instructor will lead the class through an energetic, low impact ride on a stationary bike to improve cardiovascular fitness. Participants can ride at a self-selected pace. Stretching to follow. **Recommended for experienced participants.**

When: Tuesdays, May 6 - June 24
Time: 9:00-9:55am
Fee: \$56 LSCO M; \$72 NM
Register by: Friday, May 2
Instructor: Jamie Hillier
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, May 7 - June 25
(No Class June 4)
Time: 9:00 - 9:55 am
Fee: \$49 LSCO M; \$63 NM
Register by: Monday, May 5
Instructor: Jamie Hillier
Location: Gym 1

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.

When: Mondays, May 5 - June 30
Time: 11:00 - 11:45 am
Fee: \$64 LSCO M; \$80 NM
Register By: Thursday, May 2
Instructor: Sheila Mulgrew
Location: Room A/B

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, May 5 - June 30
(No class May 19)
Time: 10:15 - 11:10 am
Drop In Fee: \$56 LSCO M; \$64 NM
Register by: Thursday, May 1
Instructor: Annabelle Darlow
Location: Gym 2

STRENGTH CIRCUIT

This strength class is designed for individuals who would like to learn how to use the resistance training machines in the Fitness Centre or have been away from exercising for a while. It is designed to develop muscular endurance, strength, balance agility and give you the tools to use the Fitness Centre to its full potential. Regular strength training helps to reduce body fat and preserve your muscle mass and bone density. Wear comfortable clothes, indoor exercise footwear and bring a water bottle. ***Not included in Ultimate Fitness Membership**

When: Thursdays, May 1 - June 26
(No Class June 5)
Time: 10:15 - 11:15 am
Fee: \$56 LSCO M; \$64 NM
Register by: Monday, April 28
Instructor: Jamie Hillier
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.**

Mondays

When: Mondays, May 5 - June 30
(No class May 19)
Time: 9:00 – 9:55 am
Fee: \$49 LSCO M; \$63
Register by: Thursday, May 1
Instructor: Jamie Hillier
Location: Gym 1

Fridays

When: Fridays, May 2 - June 13
(No class June 6)
Time: 9:00 – 9:55 am
Fee: \$42 LSCO M; \$54
Register by: Wednesday, April 30
Instructor: Tracy Simons
Location: Gym 1

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. Please note: At times equipment may be shared to accommodate additional participants.

When: Thursdays, May 1 - June 26
(No Class June 5)
Time: 9:00-9:55am
Fee: \$56 LSCO M; \$72 NM
Register by: Monday, April 28
Instructor: Jamie Hillier
Location: Gym 2

CLASSIFIED ADS

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

Karen's Kare Services. Senior Care/Recovery Assistance. 20+ years experience in Community Service. Home cooked meals-errands-cleaning-laundry indoor/outdoor or seasonal chores. Valid First Aid and CPR. Valid License with liability. Call Karen to book a visit today 403-315-9025. References available.

MOBILE HAIR SERVICE Hair by Shanlee. Perms-cuts-colours-style. Call for appointment or details. 403-360-0064 or 403-327-0644

LSCO Groups

AMATEUR 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

BOOK CLUB

If you love to read and enjoy socializing join the LSCO Book Club! Come enjoy some tea or coffee and share what you're currently reading.

When: First Friday of the Month
 Time: 1:00 - 3:30 pm
 Fee: LSCO Membership;
 Location: Atrium

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 with Andrea and we will contact you

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: Dining Room (by big tree)

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

WATERCOLOR

Do you enjoy painting with watercolors? Join our self-led watercolor group to work on your projects, share techniques, and enjoy a creative and social atmosphere. Bring your own supplies and paint at your own pace while connecting with fellow artists. All skill levels are welcome!

When: Wednesdays
 Time: 1:00 - 3:00 pm
 Fee: \$52/year & LSCO membership
 Location: Arts & Crafts 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

To join one of our groups you must be a current member of LSCO and pay applicable fee for the group.

If you are interested in checking out a group please contact

**Andrea Clarke
 programs@lethseniors.com
 or 403-320-2222 ext. 104**



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.

Read more about our impact in our 2024 Annual Report at www.lethseniors.com

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, May 7- June 25
 Time: 10:00 - 10:45 am
 Fee: \$40 LSCO M; \$56 NM
 Register by: Monday, May 5
 Instructor: Corrine Myers
 Location: Stage Area

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.

Tuesdays

When: Tuesdays, May 6-June 24
 Time: 10:00am - 11:00am
 Fee: \$56 LSCO M; \$72 NM
 Register by: Friday May 2
 Instructor: Donna Tiefenbach
 Location: APR

Thursdays

When: Thursdays, May 8-June 26
 (No class June 5)
 Time: 10:00 - 11: am
 Fee: \$56LSCO M; \$72NM
 Register by: Tuesday, May 6
 Instructor: Donna Tiefenbach
 Location: APR

Yin Yoga

Props are used to support the body in this slow static practice. Poses are held from 3 - 5 minutes (sometimes longer) allowing us to work our ligaments, joints, deep fascial networks. Yin postures require stillness of the body and calmness of the mind creating a deep, quiet and relaxing practice. Wear warm clothes, bring your yoga mat, blanket and any other prop you would like. Participants must have Yin Yoga experience. Please do not attend if you are unwell.

When: Wednesdays, April 30- June 28
 Time: 10:15 - 11:30 am
 Fee: \$72 LSCO M; \$90 NM
 Register by: Monday, April 28
 Instructor: Shawn Hamilton
 Location: Room A/B

YOGA MIX

The sequences of Yoga Mix will change weekly. One week may be a more active flow class working to improve balance, strength and flexibility, or class may consist of a slower style of yoga, holding the poses for a longer period of time (yin style). 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, May 2 - June 27
 (No Class June 6)
 Time: 9:00-10:10am
 Fee: \$72 LSCO M; \$80 NM
 Register by: Wednesday, April 30
 Instructor: Shawn Hamilton
 Location: APR

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. ***Not included in the Ultimate Fitness Membership.**

When: Tuesdays, May 6 - June 24
 Time: 5:00 - 6:00 pm
 Fee: \$72 LSCO M; \$112 NM
 Register by: Friday, May 1
 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, May 5 - June 30
 (No class May 19)
 Time: 1:00 - 2:00pm
 Fee: \$48 LSCO M; \$64 NM
 Register by: Thursday, May 1
 Instructor: Corrine Myers
 Location: Room A/B

Fridays

When: Fridays, May 2 - June 27
 (No class June 6)
 Time: 10:15 am - 11:15 am
 Fee: \$48LSCO M; \$64 NM
 Register by: Wednesday, April 30
 Instructor: Corrine Myers
 Location: Room A/B

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: Friday, May 2 - June 27
 (No Class June 6)
 Time: 11:30 am - 12:30 pm
 Fee: \$40 LSCO M; \$56 NM
 Register by: Wednesday, April 30
 Instructor: Corrine Myers
 Location: Room C/D

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, May 26 - June 30
 Time: 11:15am - 12:30pm
 Fee: \$42 LSCO M; \$ 54NM
 Register by: Thursday, May 22
 Instructor: June Dow
 Location: APR

Thursdays

When: Thursdays, May 15 - June 26
 (No class June 5)
 Time: 10:00 - 11: 00am
 Fee: \$42 LSCO M; \$54 NM
 Register by: Monday, May 12
 Instructor: June Dow
 Location: Room A/B

"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

Read more stories like Jon's in our **2024 Annual Report** at www.lethseniors.com



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BFF BE FAST FRIENDS

This social connection event is designed to help people quickly meet and form new friendships in a casual way. 'Speed-friending' will be led by a social worker and a recreation therapist!

APRIL 25 2025
1:30 - 3:00 P.M. | Stage Area | 500 11 Street South
Doors open at 1
Register at 403-329-1544 or intake@lethseniors.com

Ideal for those who:

- Feel lonely & anxious about meeting new people
- Want to get out of the house
- Want to laugh
- Want to develop friendships

LSCO Ultimate Fitness Memberships (UFM)

Open to all members starting with Spring Registration April 11

Membership Benefits

- Members have unlimited access to the Fitness Centre during hours of operation.
- Members can register for their allotted number of classes without additional charges (see pricing in "Fees" section) all additional classes can be registered at standard LSCO member price.
 - Certain classes are not included in this membership. Excluded programs will be stated in program descriptions wherever the program is advertised and a comprehensive list of exclusions is available at the administration desk during operating hours. Badminton and Tennis are included with the UFM but Pickleball is not. **Classes included in the Ultimate Fitness Membership may change without notice.** Ask at the Administration Desk.
 - Classes not included in the UFM (as of March 2025): Pilates, Essentrics, Spring Forest QiGong, Strength & Mobility, Strength Circuit, Tuesday Evening Flow Yoga, Nia, Moving to Heal, Yovascia, Intermediate Tai Chi, Advanced Tai Chi, Creative Arts Classes
- Members can drop in to classes that are included in the UFM, without additional charges, IF space is available.
 - The instructor will inform participants 5-10 minutes prior to the start of the class if space is available.

Registration

- Individuals purchasing the membership will be required to sign an Agreement Form, be 55 years of age or older, and be current LSCO members.
- Do NOT register online!** Must pre-register for eligible classes in person or over the phone. Online registrations can be taken for classes that are NOT included in the Ultimate Fitness Membership. If the class is full, put your name on our waitlist. Members must wait until the instructor can confirm space.
- It is suggested that you **register early for the class you would like to participate in.** Many of them fill up quickly. If the class is full, please leave your name on the waitlist. We may be able to register you at a later date or you may be able to attend on a drop-in basis.

Fees

LSCO 12-month \$60 Membership is required prior to purchasing the UFM.

- Tiered pricing** is available to customize price points for members with different levels of usage:
 - 4 registered classes/week plus unlimited drop-ins\$280 (Approximately 33% discount; \$4.50 per class)
 - 5 registered classes/week plus unlimited drop-ins\$320 (Approximately 42% discount; \$4.00 per class)
 - 6 registered classes/week plus unlimited drop-ins\$335 (Approximately 50% discount; \$3.50 per class)
- Entire 4-month membership must be paid in full at point of purchase. UFM and LSCO membership must remain current for the entire duration of any registered programs. If either membership is set to expire more than 7 days before the end of a session, it must be renewed prior to registration of any qualifying programs.
- Ultimate Fitness Memberships are sold seasonally (January-April, May-August, September-December) but may be prorated if purchased mid-season.
- No refunds available for Ultimate Fitness Memberships; if you are unable to use your membership for an extended period of time please contact the program manager to discuss (email programs@lethseniors.com or call LSCO at 403-320-2222).

Welcome Policy

Members who meet the income qualification are eligible for 25% off the purchase price of the Ultimate Fitness Membership per our LSCO Welcome Policy.

- Income qualifier is < \$30k annually for singles and < \$50k annually for couples - see line 15000 of your last tax return to determine your eligibility.
 - (E.g. A single individual who makes only \$29,000 annually on their previous tax return is eligible for 25% off the purchase of their membership. They choose to do the 6 classes/week UFM (priced at \$335) which is reduced to \$251.25 using the Welcome Policy discount)

Computer Corner

By **Sjoerd Schaafsma**

Computer Buzzing Trend Passkeys

Put your flashback music memory caps into Beatles Mode and sing along with me, "I just need a little help from Al" I sincerely hope that bit of humor didn't fall flat. :)

Just to clear up a little bit of confusion, PassKeys are not the same as the 4 or 6 digit passcode you enter to access your iOS device, or the passwords you currently enter to get access some websites or your email account. Passkeys are not something new, what is new is that major software companies are now encouraging their use.

Passkeys: The Future of Password-Free Security

We all know how frustrating passwords can be. They're hard to remember, easy to forget, and often not secure enough. That's where Passkeys come in—a new, safer, and easier way to log in to your accounts without needing traditional passwords.

What Are Passkeys?

Passkeys are a passwordless authentication method designed to replace traditional passwords. Instead of creating and remembering a long list of passwords, you use passkeys, which are securely stored on your device. They use advanced cryptography to verify your identity, making logins simpler and more secure.

How Do Passkeys Work?

When you create a passkey for an account, your device generates two unique digital keys:

- A Private Key – This stays securely on your device and is never shared.
- A Public Key – This is stored by the website or service you're logging into.

When you try to log in, the website sends a challenge that only your private key can answer. Since the private key never leaves your device, hackers can't steal it. To use your passkey, you simply authenticate with something you already use—your fingerprint, face scan, or device PIN.

Why Are Passkeys Better Than Passwords?

Passwords come with many problems. People often reuse them, forget them, or use weak ones that can be easily guessed. Passkeys solve these issues because:

- They're More Secure – Since there's no actual password, hackers can't steal it through phishing or data breaches.
- They're Easier to Use – No need to remember complex passwords; just use your fingerprint or face recognition.
- They Can't Be Stolen – Even if hackers break into a website, they won't find a passkey to steal.

Where Can You Use Passkeys?

Many big tech companies, including Apple, Google, and Microsoft, are already supporting passkeys. You can use them to sign in to apps, websites, and services that support this technology. Companies like PayPal, eBay, and many others are also adopting passkeys.

What If You Lose Your Device?

Since passkeys are stored on your device, you might wonder what happens if you lose it. Fortunately, many systems allow passkeys to sync securely across devices using cloud services like iCloud Keychain or Google Password Manager. This means if you lose your phone, you can still access your accounts from a new device.

How Can You Start Using Passkeys?

If you want to switch to passkeys, here's how you can get started:

- Check if your favorite apps and websites support passkeys.
- Enable passkeys in your device settings (Apple, Google, and Microsoft provide guides for this).
- Next time you log in, choose the passkey option instead of typing a password.

The Future of Online Security

Passkeys are a big step forward in making the internet safer and easier to use. As more companies adopt this technology, passwords could become a thing of the past. With better security, convenience, and protection against hackers, passkeys are set to change the way we log in—forever.

Are you ready to ditch passwords? The future of login security is already here!

For an opposing point of view enter "passkeys a negative view" into your search engine.

Links to more explanations from the website "How To Geek"

- 'What is a Passkey'
- 'Passkeys on Androids Make your Life Easier. Here's How to Use Them'
- 'Here's How to Use Passkeys on iPhone, iPad, Mac'

Computer Club EVENTS

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.

April 2025

April 11, 14, 16, 25
Sharing, Help & Socializing

Tuesday April 1, 8, 15, 22, 29
Fanshaw Tech Know Program
Registration Required. Class is full.

Monday April 1
Movie Day in the Lab
With Rena Woss

Monday April 7
Movie Day in the Lab
9 to 5 with Dolly Parton, Lily Tomlin, and Jane Fonda

Wednesday April 9
Computer Security
Presenter: Kevin Storey

Wednesday April 23
Video Chats, Zoom, Facetime
Presenter: Phil Rosenzweig

More Details and links are available on the LSCO Computer Club Website <https://sites.google.com/view/lscocomputerclub>

Email computerclub@lethseniors.com to be added to the email list or to ask for help from the computer club. Membership is not required to be added to the mail list.

The Computer Corner and LSCO Times can be read online at: www.lethseniors.com/lscotimes

Monthly Hint - Predictive Text

Predictive text is a technology that suggests words or phrases as you type, anticipating what you might type next based on your input and the context of the sentence. The trick is to keep your eye on where the predictions are showing up. You can save yourself a lot of typing grief and spelling errors.

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Polytechnic Students Raise Money to Help Stop Elder Abuse

by Alexandra Noad Local Journalism Initiative Reporter

This article was originally published in the Lethbridge Herald on March 18, 2025

Therapeutic Recreation students at Lethbridge Polytechnic raised over \$900 for a local organization that help elderly people who are experiencing abuse.

Every February, second-year students raise money for an organization of their choosing to celebrate Therapeutic Recreation Month.

This year the students sold T-shirts, face-cloths and claw clips as a fundraiser. Coaldale Pharmasave also participated in the fundraiser by collecting donations through roundups of purchases made.

In total the group of students raised \$934.25 with proceeds going to Lethbridge Elder Abuse Response Network (LEARN), an organization based out of Lethbridge Senior Citizens Organization (LSCO), that help seniors facing abuse connect with resources.

Maryann Mein, a second-year therapeutic recreation student at the polytechnic, says it was a fulfilling experience to sell something that represents her passion as a therapeutic recreation but also benefit an organization that helps people she has worked with closely.

"It was really fulfilling to not only design shirts that therapeutic recreation specialists can wear, because we don't have a lot of merch, so it was really great to make clothing for us, but then also benefit such a wonderful program in our community."

According to an article on elder abuse on the Canadian government website, between four and 10 per cent of seniors will face abuse.

Amy Cook, support services manager for LSCO, says unlike child abuse, there is no legislator against senior abuse.

"Unless someone has experienced a physical assault, a sexual assault or a traditional theft, there's really no recourse within the criminal justice system."

According to Cook, the most common types of abuse LEARN sees is financial and neglect.

With two case managers, LEARN has supported more than 100 seniors all over southern Alberta.

"They support Lethbridge, but they also support Cardston, Cardston County, Taber, County of Warner and Lethbridge County, so they support a very, very large area of people, which means that they're always busy."

Cook adds while their schedule is very busy, it also means people are getting the sup-

ports they need. LEARN plans on using the donations to help those fleeing from abuse, as many of them are leaving with nothing.

"Although we have programs and supports in place to help people, there's still things like buying underwear, buying snacks, buying comfort items that people aren't often prepared to do when they flee situations."

Along with advocating and providing supports for elder abuse, LEARN also aims to educate and provide awareness about elder abuse through engagements and events.

One of these events is a talent show being held on June 15, where seniors can share their talents, which in the past has included dancing, singing and playing of instruments.

Cook says events like this show the value seniors have in our community.

"Unfortunately, agism is alive and well and it's the most commonly accepted 'ism we have."

She adds that through education she hopes to bring awareness about the value the elderly bring to the community as a whole.

Bottom Right: Support Services Manager, Amy Cook, speaking with the media.

Bottom Left: Lethbridge Polytechnic Therapeutic Recreation Program students presenting their cheque to Amy Cook.



Thank you Therapeutic Recreation Gerontology students for your support of LEARN!!

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- Personal Information (SIN, Address, Marital Status, Dependents, Citizenship, Power of Attorney etc)

All individuals must fill out a personal information sheet when dropping off.

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Drop off deadline: April 11

LSCO LETHBRIDGE Senior Citizens ORGANIZATION

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Building Meaningful Connections

Connection is one of the most important aspects of a happy and fulfilling life. Whether it's meeting new friends or strengthening existing relationships, taking the time to engage with others can make all the difference in our well-being. This month, LEARN is excited to highlight two fantastic opportunities designed to help you foster meaningful connections:

Be Fast Friends

Friday April 25, 2025 1:30 – 3:00 PM (Doors open at 1:00 PM)

Location: LSCO Stage Area

Making new friends can feel intimidating, but it doesn't have to be! Join us for Be Fast Friends, a speed-friending event designed to make meeting new people easy and fun. In a relaxed setting, you'll have the opportunity to chat with others for a few minutes before moving on to the next conversation. This is a perfect opportunity for those who may feel a little nervous about socializing but are looking to develop new friendships.

Come with an open mind, and you may just leave with a new friend or two! To register, call SCSP Intake at 403-329-1544.

LEARN is a Coordinated Community Response composed of senior serving Agencies that work to provide education, awareness, and advocacy to community members regarding elder abuse.



LEARN Case Manager

Marissa Hardy

learn@lethseniors.com
 403-394-0306

Building Healthy Relationships

8-Week Group Program: April 22 - June 10, 10:00 a.m. - 12 p.m.

Location: LSCO Boardroom

Healthy relationships are key to a happy life, and learning how to nurture them is a skill that benefits everyone. Building Healthy Relationships is an 8-week group program focused on improving communication, setting boundaries, and exploring ways to create stronger, healthier connections in all areas of life. This group will be hosted by LEARN in partnership with Lethbridge Family Services and our LEARN volunteer!

There is no cost to participate, to register, contact LEARN at 403-394-0306.

Both of these events are wonderful opportunities to build connections in a supportive environment. We encourage you to step out of your comfort zone and give them a try—you never know what friendships and growth may come from it!



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