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50TH CELEBRATION - PG. 4

LSCO: A LOOK BACK - PG. 10



As the Executive Director of LSCO, I am truly grateful to be part of such an extraordinary organization. Every day, I am inspired by the dedication and kindness of the LSCO's staff, volunteers, donors, and members. Each of you play such a vital role in supporting LSCO's mission and making a meaningful difference in the Lethbridge community. I hope you know how grateful we are for your support.

The past few months have been a whirlwind as I continue to settle into my new role, and I want to extend my heartfelt thanks to



LSCO Endowment Fund

The Lethbridge Senior Citizens Organization (LSCO) has established an endowment fund at the Community Foundation of Lethbridge and Southwestern Alberta. This fund will be a permanent source of financial support for the LSCO forever, and you can contribute! By making a donation to the Community Foundation, you will support the ongoing operations of the LSCO and your gift is eligible for a tax receipt. You can donate directly with a cheque, payable to the Community Foundation with "LSCO Fund" in the memo; through an electronic fund transfer via cdavidson@cflsa.ca, again referencing the LSCO; through a trade of publicly traded securities; or by leaving a gift in your Will.

For more information, contact Charleen Davidson, Executive Director at the Community Foundation, at 403-328-5297 or cdavidson@cflsa.ca. Help us grow a sustainable future by planting a seed in the endowment fund.



Executive Director Message

everyone who has welcomed me so warmly. Your support and encouragement have made my transition both smooth and rewarding.

This June, we proudly hosted the 12th Annual Live Well Showcase—one of Alberta's largest seniors' trade shows. As I walked through the event, meeting vendors, checking in with volunteers, and lending a hand wherever needed, I was genuinely moved by the smiles, positive energy, and meaningful conversations. You could really see and feel the sense of community.

Thank you to everyone who participated in Live Well, and we're already looking forward to making next year's event even bigger! Of course, a special thank you goes out to our generous sponsors: Cornerstone Funeral Home, Lethbridge Hearing Centre, and Hosack Denture. Your ongoing support of this event is invaluable.

Looking ahead, we are thrilled to be celebrating LSCO's 50th Anniversary with a special event on Saturday, July 26th at the Civic Center Track (just behind the LSCO). We are deeply grateful to the City of Lethbridge for their Community Events Support grant, which is helping us mark this milestone in style. Our sincere thanks also go to all of our event sponsors for making this celebration possible.

For more information about what you can expect at the event, how to contribute to

our 50/50 for our 50th Anniversary go to page 5. A special message from Mayor of Lethbridge, Blaine Hyggen along with a history of the LSCO is on pages 10 & 11.

I'm also excited to share that the LSCO now has an official Endowment Fund with the Community Foundation of Lethbridge and Southwestern Alberta. An endowment fund is a permanently invested gift that provides lasting support for our organization. Each year, LSCO will receive a grant from the investment income, while the original donations remain untouched—creating a permanent legacy fund that will support LSCO for generations.

Special thanks to Charleen Davidson, Executive Director of the CFLSA (check out her message below), for her guidance, and to LSCO President John Usher and Audrey Peters for launching the fund with a combined gift of \$20,000! If you'd like to contribute to the LSCO Endowment Fund, please contact me at (403) 320-2222 ext. 304 or connect directly with Charleen at the Community Foundation at (403) 328-5297.

Thank you once again for your warm welcome and for all you do to make LSCO such a vibrant, caring community. It is a sincere pleasure to be your Executive Director -- I look forward to celebrating our 50th anniversary together and to many more years of service and connection.

- Kaitlynn

COMMUNITY PARTNERS

And the many more organizations and individuals that partner and support us throughout the year!

Your contribution is our lifeline!

EVERGREEN Cremation Services

Because Cost is an Option

Phone: 403-329-4934
www.evergreenfh.ca
A division of the Caring Group Corp.

***We Lessen the Expense
~ Not the Care***



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, Andy Beaudin, Austyn Anderson

Staff Members

Executive Director – Kaitlynn Weaver
kweaver@lethseniors.comext. 304
Operations Manager – Jodie McDonnell
jmcdonnell@lethseniors.comext. 102
Support Services Manager– Amy Cook
acook@lethseniors.comext. 205
Accounting Technician – Chris Toker
finance@lethseniors.comext. 103
Receptionist & Administrative Support - Kari Martin
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Special Events & Marketing – Hannah Dupuis
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Volunteer Coordinator– Madison Gauthier
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LEARN Case Manager– Tyler Andersen
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LEARN Case Manager– Marissa Hardy
mhardy@lethseniors.comext. 301
SSN Team Lead – Katie Harrold
kharrold@lethseniors.comext. 206
Rx Seniors System Navigator (SSN) – Mikayla Surmik
msurmik@lethseniors.comext. 209
Rx Seniors System Navigator (SSN) – Dannie Lien
dlien@lethseniors.com 403-715-0485
Seniors System Navigator (SSN) – Diane Richard
drichard@lethseniors.comext. 204
Seniors System Navigator Intake – April Guild
intake@lethseniors.com 403-329-1544
Rural Seniors System Navigator (SSN) – Bonnie Jensen
bjensen@lethseniors.com
Rural Link Worker– Kyra Corrigan
kcorrigan@lethseniors.com
Rural Link Worker – Tabitha Fehr
tfehr@lethseniors.com
Meals on Wheels Client Coordinator– Diane Legault
dlegault@lethseniors.comext. 201
Program Department Manager – Andrea Clarke
programs@lethseniors.comext. 303
Fitness Coordinator – Annabelle Darlow
fitness@lethseniors.comext. 104
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
Phone403-320-2222
Fax403-320-2762
SSN Intake403-329-1544
Meals on Wheels.....403-327-7990
LEARN403-394-0306
www.lethseniors.com
@lethlSCO on Facebook & Instagram
Hours of Operation
8:00 AM - 4:30 PM, Monday - Friday

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

Welcome New Members

Barbara Pelley

Michael Bennett

Melissa Steeves

John Chorm

Sylvia Joeveazzo

Ken Fritz

Helmut Seiz

Janet Charlebois

Norbert Boehm

Carolyn Hatch

Douglas Bain

Raymond Perron

Bertha Harder

Connie Zunti

Helen Williams


Ulrike Eccher

Lena Vredegoor

2 Anonymous


We’re happy to have you!

June 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

Notices:

Friday music will be paused after July 4 and will resume with regular entertainment on August 29.

SACPA is on Hiatus for July and August and will return in September.

The LSCO will be **CLOSED for Canada Day** on Tuesday, July 1.


The City will be enforcing the 2 hour parking limit in our parking lot regularly starting in July. Please ensure your parking pass is up to date and visible.

Gym 1 & 2 will be closed for regular maintenance in August. Stay tuned for specific dates. The Fitness Centre will still be open during this shut down.

The Woodshop will be **CLOSED Monday, July 7th - Friday, August 29th** as we prepare for an equipment upgrade and a small renovation.

Check out the new homemade ice cream sandwiches in our diner -- they are heavenly!

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.



Special
Events &
Marketing

Hannah Dupuis

hdupuis@lethseniors.com
ext. 302

Date: **Saturday, July 26**
Time: **10:00 a.m. to 4:00 p.m.**
Location: **Civic Centre Field** (just behind LSCO)

On July 26, 1975, LSCO became a registered charity — and now, 50 years later, we’re celebrating everything we’ve built together. To mark this special milestone, we’re inviting the entire community to a **free, fun-filled anniversary celebration!** Bring your friends, family, kids, and grandkids for a day of music, food, games, history, and heart.

Event Schedule & Activities

10:00 a.m. – Community Garage Sale

Tables are free to book and open to all ages — seniors, families, individuals.. To reserve your table, contact Hannah before Friday, July 25. Donations back to LSCO are welcomed but not required.

10:30 a.m. – Seniors Fashion Show & 70s Outfits and Costume Walk

A throwback to the LSCO of yesteryear! (See the article below of one of the many Fashion shows LSCO used to organize!) Categories will be ‘Seniors Fasion’, ‘70’s Outfits, and ‘Costume’ (provided by New West Theatre or bring your own) -there may

50 Years of Community:

Celebrate Our Golden Anniversary on July 26!

even be some celebrity guest models! Walk the runway in your favorite outfit and be the star of the show! This event is open to everyone of all ages, and there will be prizes!

If you want to participate, simply contact Hannah or sign up on the day of at the outdoor stage.

11:30 a.m. – Live Music by Coyote Junction - *stage provided by the City of Lethbridge Community Event Support Grant*

Free BBQ lunch – hot dogs, hamburgers, and potato salad for all! Featuring:

- (Hopefully) The Milk Man with old-fashioned ice cream by bike and Spudnuts — fingers crossed!

2:00 p.m. – Live Music by Celtic Roots

A lively performance to help us wrap up the day with energy and joy.

Line Dancing Demo with Gloria Rose Perven. Catch a live line dancing demo and maybe even learn some steps!

All-Day Fun

- **Kid Zone:** outdoor games like corn-hole, lawn bowling, and horseshoes run by *Family Centre*
- **Boots the Goat** and a hopefully a visit from **Prairie Pets** — you may even meet your next furry family member!
- **Live blacksmithing forge demonstration** from *Crow and Clog*
- *Analog Books* is bringing typewriters, wax seals, and fountain pens for a **‘throwback’ letter writing club!**

- **Mademoiselle Caramel Mime**
- **Interactive LSCO Timeline:** photos, newspapers, and milestones from 50 years of LSCO history
- **LSCO Clubs & Groups:** displays showcasing the amazing work our members have done over the decades
- **Photo Booth:** Snap a pic in our custom 70s bus cutout, lovingly built by the LSCO Woodshop

Fundraisers & Memorabilia

50/50 Tickets \$10 each (current jackpot is at \$660!).

Lifetime Membership Raffle Tickets \$5 - Win one of 3 Lifetime Memberships.

Tickets for both raffles can be purchased online at www.lethseniors.com/50years

50th Anniversary T-Shirts: If you saw staff wearing them at the Live Well Showcase, now’s your chance to get your own! Shirts are \$30 and you can put in your order any time at the administration desk. There will be shirts available to try on for size. They’re comfy, stylish, and feature our special anniversary logo (right on the front page of this paper!).

Bonus: **LSCO Radio Club Broadcasts!** The LSCO Radio Club will be broadcasting live from the event — and even in the days leading up to it! Stop by their space upstairs on July 23-25 anytime from 10:00 to 2:00 to see them in action and maybe learn a bit more about how they’re sharing the LSCO spirit across North America!

Bring a Lawn Chair! We’ll have chairs available, but nothing beats your own cozy lawn chair for a day in the park.

Thank you to our current event participants and sponsors!




Glimpse of spring-summer styles for seniors


A preview of what well dressed seniors may be wearing as spring slips along into summer was presented this week in the Lethbridge Seniors Centre. Left to right, models Elsie Turner, Helen Gepnaris (of Imperial Women’s Wear) and Edith Wilson show a variety of light weight clothes suited for various occasions during the warm days ahead. The clothes for modeling were provided by Imperial Women’s Wear. The Fashion show was a special feature at a supper sponsored by the Lethbridge Senior Citizens Organization. Dennis Dray, coordinator of the Seniors Centre, says plans were made for an anticipated crowd of 125 people but 140 showed up.


This article was originally published in the Lethbridge Herald in 1984





Bike Racks provided by Prairie Runners Race Association













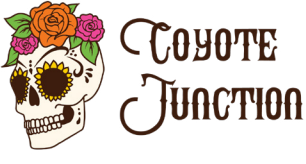















Read the special 50th article:
LSCO - A Look Back on pages 10 & 11

How You Can Get Involved

Whether you're a business, organization, or individual — there's a way for you to join in:

Volunteers Needed - see the descriptions to the right and contact Volunteer Coordinator Madison to sign up.

Lend or Donate

We promise to take good care of your items and return them in the quality you provided them.

- Outdoor tents (gazebo-style) — branded or unbranded -- we need at least 4 more of these!
- Lawn games of all kinds like cornhole, horseshoes, or bocce
- Donated prizes or baked goods for giveaways.

Show Off Your Ride Have a vintage vehicle? Bring it down! It's not a formal car show, but we'd love to have some classic cars on-site to help set the scene.

Share Your Stories - Do you have memories of LSCO from decades past? Or maybe your parent, grandparent, or neighbour was a member? We'd love to hear those stories and include them in our displays and/or on our social media. Please email Hannah or stop by her office.

Become an event sponsor - We're actively seeking event sponsors, and we'd love to partner up and highlight your organization. Contact Kaitlynn if you're interested in supporting this special day.

Who to Contact:

- For garage sale tables, event sign ups or general questions, contact Hannah. hdupuis@lethseniors.com ext. 302
- For volunteer sign up, contact Madison. volunteer@lethseniors.com ext. 208
- For sponsorship, reach out to Kaitlynn. kweaver@letheniors.com ext. 304

This celebration is by the community, for the community — and it wouldn't be the same without you. So mark your calendar, gather your people, and come celebrate 50 incredible years of LSCO on Saturday, July 26! We can't wait to see you there!





We hear you and want to give you a chance to connect with fellow LSCO volunteers!

Join us for monthly Volun**TEAM** Meetings!

 **Second Monday each month**

 **1PM - 2PM**

 **LSCO Atrium**

Come for coffee, connection and updates!

[403-320-2222 ext. 208](tel:403-320-2222) volunteer@lethseniors.com

50th Anniversary
Volunteering
Opportunities

Putting up Posters
Week of July 7th, flexible

We need your help spreading the word about the event. We will provide you a route sheet with locations or grab a poster from the diner to put up in your building

Set Up

8am, Saturday July 26

Help set up chairs, tables for garage sale, tents, picking up any garbage etc.

Kid Zone Supervision

10 - 4 pm, in shorter shifts

Help set up the kid zone area and keep an eye on the games and children

Kitchen/Food Support

10:30 - 2 pm, in shorter shifts

Help serving food, wiping tables, doing dishes, and keeping the serving table stocked.

LSCO Group Booths

10- 4 pm, in shorter shifts

If you are part of an LSCO group, we encourage you to create your own display and show off your creations. These will be under a tent. Archive documents/photos are available through Hannah and encouraged to be used.

50th Booth

10 - 4 pm, in shorter shifts

Selling 50/50 tickets, Lifetime Membership Raffle tickets and 50th shirts. You will be partnered with a staff member to assist.

Take Down

4 pm

Help putting everything back to normal.



Volunteer Opportunities

Newspaper Delivery
Last Friday of the Month, 1 - 3 hrs

Volunteers are needed to help deliver 4500 LSCO Times Newspapers across the city. Delivery is organized into routes with approximately 15 delivery locations each, and a tax receipt or cheque is provided for mileage.

Greeters
8am - 12 pm, Flexible

The Greeter helps us ensure that LSCO is a place where people feel like they are welcome and that they belong at LSCO. The Greeter chats with lone patrons, welcomes new patrons entering through the main door, and assists them with operating the member kiosk.

Bingo
Thursdays 11 AM to 4 PM

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

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

Lethbridge Senior Citizens Organization Invites You To Our

GOLDEN ANNIVERSARY BLOCK PARTY



www.lethseniors.com/50years

SATURDAY JULY 26 10AM - 4PM

FREE & FUN FOR ALL AGES!

Live Music from Coyote Junction and Celtic Routes | Community Garage Sale | Free Lunch | Fashion Show | Mademoiselle Caramel Mime | Line Dancing | Boots the Goat | Blacksmithing Forge Demo | Letter Writing Club | Photobooth | Interactive Displays | 50/50 | Lifetime Membership Raffle & more!



CIVIC CENTRE FIELD
Intersection of 6th Avenue and 11th St. S.



<div><div><div>LSCO DINER SPECIALS</div></div><div><div>MENU ~ JULY 2025</div><div>Breakfast served from 8:00 ~ 11:00 am • Lunch served from 11:00 am ~ 1:00 pm</div><div>*menu subject to change without notice</div></div><div><div>Soup & Salad Special</div><div>Changes Daily</div><div>See Menu Board in Dining Room</div></div></div>				
<div><div>Tuesday, July 1</div><div>Wednesday, July 2</div><div>Thursday, July 3</div><div>Friday, July 4</div></div>				
<div><div><div>Entree: Burrito</div><div>Starch: Mexican Rice</div><div>Soup & Veggie: Chef's Choice</div><div>LSCO CLOSED</div></div><div><div>Entree: Perogies and Sausage</div><div>Veggie: Chef's Choice</div><div>Soup: Chef's Choice</div></div><div><div>Entree: Bacon Wrapped Chicken</div><div>Starch: Roast Potatoes</div><div>Veggie: Chef's Choice</div><div>Soup: Chef's Choice</div></div><div><div>Entree: Roast Beef</div><div>Starch: Yorkshire Pudding, Mashed Potatoes</div><div>Veggie: Chef's Choice</div><div>Soup: Chef's Choice</div></div></div>				
<div><div>Monday, July 7</div><div>Tuesday, July 8</div><div>Wednesday, July 9</div><div>Thursday, July 10</div><div>Friday, July 11</div></div>				
<div><div><div>Entree: Honey Garlic Pork</div><div>Starch: Rice</div><div>Veggie: Chef's Choice</div><div>Soup: Chef's Choice</div></div><div><div>Entree: Chicken Cordon Blue</div><div>Starch: Mashed Potatoes</div><div>Veggie: Chef's Choice</div><div>Soup: Chef's Choice</div></div><div><div>Entree: Swabian Maultashen</div><div>Starch: Mashed Potatoes</div><div>Veggie: Chef's Choice</div><div>Soup: Chef's Choice</div></div><div><div>Entree: Butter Chicken Meatballs</div><div>Starch: Rice</div><div>Veggie: Chef's Choice</div><div>Soup: Chef's Choice</div></div><div><div>Entree: Baked Ham</div><div>Starch: Scalloped Potatoes</div><div>Soup: Chef's Choice</div><div>Veggie: Chef's Choice</div></div></div>				
<div><div>Monday, July 14</div><div>Tuesday, July 15</div><div>Wednesday, July 16</div><div>Thursday, July 17</div><div>Friday, July 18</div></div>				
<div><div><div>Entree: Turkey</div><div>Starch: Stuffing & Mashed Potatoes</div><div>Veggie: Chef's Choice</div><div>Soup: Chef's Choice</div></div><div><div>Entree: Beef & Macaroni Casserole</div><div>Starch: Roasted Potatoes</div><div>Veggie: Chef's Choice</div><div>Soup: Chef's Choice</div></div><div><div>Entree: Gypsy Schnitzel</div><div>Starch: Spatzle</div><div>Veggie: Chef's Choice</div><div>Soup: Chef's Choice</div></div><div><div>Entree: Chicken Chow Mein</div><div>Starch: Rice</div><div>Veggie: Chef's Choice</div><div>Soup: Chef's Choice</div></div><div><div>Entree: Meatloaf</div><div>Starch: Mashed Potatoes</div><div>Veggie: Chef's Choice</div><div>Soup: Chef's Choice</div></div></div>				
<div><div>Monday, July 21</div><div>Tuesday, July 22</div><div>Wednesday, July 23</div><div>Thursday, July 24</div><div>Friday, July 25</div></div>				
<div><div><div>Entree: Sweet & Sour Chicken Balls</div><div>Starch: Rice</div><div>Veggie: Chef's Choice</div><div>Soup: Chef's Choice</div></div><div><div>Entree: Spaghetti Bolognese</div><div>Starch: Garlic Toast</div><div>Veggie: Chef's Choice</div><div>Soup: Chef's Choice</div></div><div><div>Entree: Chinese Pork Dumplings</div><div>Starch: Rice</div><div>Veggie: Chef's Choice</div><div>Soup: Chef's Choice</div></div><div><div>Entree: Fiesta Chicken</div><div>Starch: Rice</div><div>Veggie: Chef's Choice</div><div>Soup: Chef's Choice</div></div><div><div>Entree: Spaghetti & Meatballs</div><div>Starch: Garlic Toast</div><div>Veggie: Chef's Choice</div><div>Soup: Chef's Choice</div></div></div>				
<div><div>Monday, July 28</div><div>Tuesday, July 29</div><div>Wednesday, July 30</div><div>Thursday, July 31</div></div>				
<div><div><div>Entree: Chicken Kiev</div><div>Starch: Mashed Potato</div><div>Veggie: Chef's Choice</div><div>Soup: Chef's Choice</div></div><div><div>Entree: Bratwurst & Sauerkraut</div><div>Starch: Mashed Potatoes</div><div>Veggie: Chef's Choice</div><div>Soup: Chef's Choice</div></div><div><div>Entree: Beef Stroganoff</div><div>Starch: Egg Noodles</div><div>Veggie: Chef's Choice</div><div>Soup: Chef's Choice</div></div><div><div>Entree: Chicken Pesto with Gnocchi</div><div>Starch: Garlic Toast</div><div>Veggie: Chef's Choice</div><div>Soup: Chef's Choice</div></div><div></div></div>				

Galt

MUSEUM & ARCHIVES

AKAISAMITOHKANO'PA

BEHIND RACISM

CHALLENGING THE WAY WE THINK

MAR 25—SEP 07.25

LENA & THOMAS GUSHUL:

LIFE IN FRONT AND BEHIND THE CAMERA

FEB 15—AUG 04.25

TAKING ACTION

PEOPLE MAKING A DIFFERENCE

APR 12—OCT 05.25

Taking Care

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

EXHIBITS

++ 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

f

www.galtmuseum.com/calendar

JULY 2025 EXHIBITS, PROGRAMS & EVENTS

PROGRAMS

Move & Flow at the Museum ++

Each evening promises fun instruction | bring yourself, your friends and family, and a water bottle!

JUL 02 | 6–7 pm

Learn Hoop Dancing with Sandra Lamouche ++

fun dance instruction | bring yourself, your friends and family, and a water bottle!

JUL 09 | 6–7 pm

Learn Hoop Dancing with Sandra Lamouche

JUL 16, 23 | 6–7 pm

Afro Fusion with Aziz Sani

JUL 30 | 6–7 pm

Yoga with Aisha Johnson

SPECIAL EVENTS

JUL 04 | 5:30–7:30 PM

Pedals and Public Art: A Downtown Lethbridge Cycling Tour

all ages welcome | children to attend with caregivers | \$10/ ticket purchased at least 2 hours before event

FORT WHOOP-UP

OPEN - 10 AM TO 5 PM

7 DAYS / WEEK

EXHIBITS

EXPERIENCES

SPACES TO EXPLORE

GIFT SHOP

MAY 15-AUG 31

OPEN WEEKENDS SEPT 1-OCT 12

fort.galtmuseum.com

July LSCO Weekly Schedule					
Schedule may change without notice.					
	Monday	Tuesday	Wednesday	Thursday	Friday
All Day	LSCO Administration 8:00 am-4:30 pm LSCO Diner 8:00 am-3:00 pm Billiards 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 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 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 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 Boutique 10:00 am-3:00 pm
8:00			Cardio to the Core 8:00 am-8:50 am @ Gym 2		
9:00	Tabata 9:00 am-9:55 am @ Gym 1	Cycle Combo 9:00 am-9:55 am @ Gym 2	Amateur Radio 9:00 am-11:00 am @ Radio Room Cycle & Stretch 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	TRX Combo 9:00 am-9:55 am @ Gym 2 Chair Exercises 9:30-10:15 am @ Stage Area	Core & Stretch 9:00 am-9:55 am @ APR Paper Tole & Creative Arts 9:00 am-3:00 pm @ Arts & Crafts Room
10:00	Gentle Exercise 10:15 am-11:00 am @ Gym 1 Seniors Who Lift 10:15 am-11:10 am @ Gym 2	Gentle Yoga 10:00 am-11:00 am @ APR Spring Forest Qigong 10:00am-11:15am @ Stage <i>Pop up July 15</i>	Chair Yoga 10:00-10:45 am @ Stage Area Lapidary 10:00 am-3:00 pm @ Lapidary Gentle Exercise 10:15 am-11:00 am @ Gym 1	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 Table Tennis 10:30 am-12:00 pm @ Room C/D
Lunch	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	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 - Fun Session 11:30 am-12:30 pm @ Gym 2 <i>July 23 - August 13</i>		Badminton 11:15 am-12:45 pm @ Gym 1
Afternoon	Computer Club 1:00 pm-4:00 pm @ Computer Lab Yoga For Seniors 1:00 pm-2:00 pm @ Room A/B Table Tennis 2:30 pm-4:00 pm @ Room C/D	Karaoke 1:00 pm-3:30 pm @ Board Room Strength & Mobility 1:30 pm-2:30 pm @ Fitness Centre	Computer Club 1:00 pm-4:00 pm @ Computer Lab Watercolour Group 1:00 pm-3:00 pm @ Art & Craft Room Table Tennis 2:30 pm-4:00 pm @ Room C/D	Knitting, Crochet & More 1:00 pm-4:00 pm @ Dining Room Drop In Crib 1:00-3:00 pm @ Card Area Strength & Mobility 1:30 pm-2:30 pm @ Fitness Centre	Computer Club 1:00 pm-4:00 pm@ Computer Lab
	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.				

Summer 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.

Creative Arts

PAINT & CHAT

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

Session 2:

When: Tuesday, July 22
Time: 1:00 - 3:00 pm
Fee: \$55 LSCO M; \$65 NM
Register by: Thursday,
Instructor: Donna Bilyk
Location: Arts & Crafts Room

Session 3:

When: Tuesday, August 19
Time: 1:00 - 3:00 pm
Fee: \$55 LSCO M; \$65 NM
Register by: Thursday,
Instructor: Donna Bilyk
Location: Arts & Crafts Room

WATERCOLOUR BASICS FOR BEGINNERS

In this beginner’s watercolour class you will learn the basics of working with watercolour. How to activate watercolour, how much water to use, how to load your brush, how wet should your paper be, how to mix colours, how to control your washes, how to handle your brushstrokes, and different techniques used in painting with watercolour including resists, splatter, wet into wet, layers in transparency and creating intense colours when needed. We will complete a finished painting by the last day that you will be proud of.

Ask for a supply list when registering.

When: Thursdays, July 31 - Aug. 14
Time: 10:00 am – 12:00 pm
Fee: \$120 LSCO M; \$150 NM
Register by: Monday , July 28
Instructor: Donna Gallant
Location: Arts & Crafts Room

GELLI PLATE CLASS

In this class we will learn how to create prints good for collages, mixed media and monotype prints. We will cover inking your plate, creating images using stamps, stencils and found objects, and multi layering. Once you pull your first print, you won’t want to stop. Really a lot of fun and the results are never the same. No experience necessary. If you don’t have a plate and don’t want to buy one, you can make your own.

Ask for the supply list and recipe when registering.

When: Thursdays, July 3 - 24
Time: 10:00 am – 12:00 pm
Fee: \$120 LSCO M; \$150 NM
Register by: Monday , June 30
Instructor: Donna Gallant
Location: Arts & Crafts Room



University of
Lethbridge

Research Participants Wanted

Study: **Perception of Canadian older adults about the influence of health behaviours on life satisfaction.** University of Alberta Ethics ID number: **Pro00153661**

[This research wants to understand the views of older Canadians about life satisfaction and how health behaviours affect it. We are looking for participants to take part in the study.](#)

- Are you an older adult who is 65 years or older?
- Are you a Canadian citizen or a permanent resident?
- Do you live in Lethbridge?
- Are you able to communicate in English?
- Potential participants would not be currently living in long-term care homes.

[The study will involve a 60-minute personal interview either in person or by Zoom. You would answer a series of questions.](#)

Contact Chiedozie James Alumona, PhD candidate.

Phone number: +1(587) 220 6076 or email: cj.alumona@uleth.ca

Joke

Grandma wants to visit her Daughter. Soon after her arrival, she noticed her grandson was following her around with a bucket wherever she went. She asked, "Son, why are you following me with that bucket in your hand?"

Grandson: "My dad tells me that as soon as you kick the bucket, I get a new bicycle"

- *Joke from the first printed edition of the LSCO Times in December 1988*

JULY 2025 SUPPORT SERVICES CALENDAR

SCSP INTAKE CONTACT
**appointment / registration required*

 403-329-1544
 intake@lethseniors.com

 Seniors Community Services Partnership
SENIORS SYSTEM NAVIGATORS

SUPPORT GROUPS

<p>July 17 3rd Thursday</p>	<p>Parkinsons Support Group 2:00-4:00pm Board Room Registration for Parkinson's Group is encouraged. Call 1-800-561-1911.</p>	<p>July 5 - 26 Saturdays</p>		<p>AA Eye Opener 8:30 - 10:30 am Room C/D</p>
<p>July 4</p>	<p>Wise Guys 1:30 - 2:30 pm Room C/D</p>	<p>July 3 - 31 Thursdays</p>		<p>AA Sunset 7:00 - 9:00 pm Room C/D</p>

LSCO: A L

50 Years of Supporting Th

Invite to the official meeting
to disband the Golden Mile
Senior Citizens Organization,
December 6, 1979

"The Golden Mile had come to the corner and as with all refined ore, it would find a new field in which it could be used to satisfy and bring pleasure to a variety of needs. It had taken many years of steadfast planning, many hours of painstaking effort, and many hands to mould the paving to become the well manicured outfall. The blend had produced a new vista, a warm welcoming home."

Some things never change...

"It is hoped that the [sic.LSCO] will make the public aware that those silver-haired for bedtime. The trouble with most members, after they have found a parking st days too short. Everyone agrees that as you get older, the weeks get shorter. M has the week gone?

- An exce

LSCO. A Look Back, April 1989

"In the 60's a group of seniors from Southminster Church, led by Dr. Bob Elliott and Ann Parries, decided that since there were so many seniors in the congregation, it would be a good idea to form a club for seniors. It was to be called the "Over 60" club. A meeting place was found upstairs in the church and things began to happen. The club grew and soon other seniors in the city started to show an interest in it. The upstairs room was no longer suitable, so the move was made to larger premises in the basement.

Membership in the club was now open to all seniors in the city of Lethbridge. The name was changed to the Golden Mile (1971) . By-laws were drawn up and the Centre was registered under the Societies Act. A Board of Directors was elected with Anne Parries as the first president. Dorothy Anderson was hired to act as Executive Director. Members were enthusiastic and ambitious.

Much work had to be done to make the place presentable. Walls were painted, floors scrubbed, pictures hung, etc., etc. Most of the work was done by the members themselves. The little kitchenette came in handy for making sandwiches and tea and coffee at noon. Members brought goodies. There was plenty of fun and recreation for everybody. Dancing, Singing, Pool, Cards, Badminton, (upstairs), quilting, painting, etc. were regular programs Trips were



Photo courtesy of The Lethbridge Herald

organized. There were Christ many more activities for senior home and feel sorry for them

Membership grew and it soo larger place would have to b made to expand into a bigger

A Steering Committee was se organizations were invited to a



Mrs. Elsie Lingard, our most senior lifetime member honors us by cutting the ribbon to open the new dining room.



Ros Annis, a fond farewell and best wishes on her retirement from the city.



The new look of dining at the LSCO.

LSCO Completes Atrium
Expansion, 2001

Did you know?

Our newspaper has had many names over the years...The Golden Gazette, The Wild Rose, The Lethbridge Seniors Times, The Senior Citizen, and now the LSCO Times!

From Newsletter to
Newspaper, December 1988

"Lethbridge Citizens Organization Tuesday celebrated the first issue of its new newspaper, Lethbridge Seniors Times."

"The LSCO with its 3,000 members had outgrown its 'home-made' newsletter and is now ready for a paper printed professionally."

"Those of us who started the Wild Rose six years ago felt a twinge when told we had printed our last copy. However, sentiment cannot impede progress and so we are ready to meet the challenge.

Reluctant as we are to see our Wild Rose buried, we admit we won't miss all of the frustrations of putting it together. We never really had our own place to work; like an orphan we were bumped to any corner that would give us shelter. Then there was the job of motivating people to send in reports. Sometimes the machinery worked, sometimes it didn't. Often, we stood by ink-smearred and weary, waiting for a repair man. Once the pages were printed, we had to round up a crew to staple them. This turned into a real fun time. There wasn't a topic that didn't surface sooner or later. Oh the stories!"

About 50 people gathered at the Senior



PHOTO BY ELWOOD FERGUSON, Lethbridge Herald

SENIORS TIMES VOLUNTEERS, from left, Mildred Byrne (associate editor), Leah Poelman (editor) and Joan Waterfield (associate editor) examine first edition of Seniors Times as they celebrated the launching of the newspaper this week.

Centre for a noon festivity including snacks and speeches by various players involved in the monthly journalistic effort.

Topics of articles range from Christmas to floor curling and amateur radio operating. Also included is poetry, a feature-of-the-month recipe and a directory of organization activities.

"We're very proud of the fact we've reached

the point in our existence where we can support a newspaper of this calibre," said organization president Len Ganne.

He said the newspaper is not only for the 3,000 organization members but "for all the seniors of the City of Lethbridge."

- by Leah Poelman (LSCO) and Leona Film (Lethbridge Herald)

LSCO
40 Ye
July 1

Monday: (upstairs) p.m. - lawn bow

Tuesday: 9:30 a.m. curling; at centre; 3 p.m. Siwik po

Wednesday: minton; swim(We - bingo, p.m. - d

Thursday: 3 Golf; 1 keep fi p.m. - 1:15 p.m. curling.

Friday: 10 a.m. fleboard Outreach bridge, p.m. - 1

Look Back

Those in their Golden Years

red people are going places and doing things, they aren't just waiting
all, is that they can't do all they would like to, schedules are tight and
Monday starts everything rolling nicely and then there's Friday. Where
erpt from the Lethbridge Seniors Times Newspaper, December 1988



tmass programs, Teas, and
ors who did not want to stay
selves.
n became apparent a new,
be found. Plans were being
location. But Where?

t up and seniors from other
ttend. The name of the orga-



LSCO Upstairs Expansion, 1988

nization was changed to the Lethbridge Senior Citizens
Organization. (LSCO) New By-Laws were necessary and
the LSCO was incorporated in 1976*(see editors note).
The search for more suitable facilities began in earnest.
Finally it was agreed to accept the City's offer of Space in
the Fritz Sick Memorial Building.

There was a great deal of discussion into just what renno-
vations and what additions would be necessary to make
the building acceptable. With the help of a \$100,000 dona-

LSCO Official Grand Opening, September 1979



tion from the Labour Club, grants from the New Horizons
and many other generous gifts, plans were officially
approved.

Every car, truck, vehicle, and all members who could carry
a pack on their back were commandeered! Soon, however,
the church basement was empty, and there was a heap of
belongings piled high on the floor of what later became the
card room. Utter confusion but somehow it got straight-
ened out. The Kitchen was not in operation and there was
no development upstairs-but we were in!

Things happened fast. The Kitchen was opened in August.
Meals on Wheels moved their operation into the Centre.
We now had a staff of five-Director, receptionist Bernice
Hartley; Helene Marnik, Program Director; Ruth Slobodian
in charge of outreach; and Ada Sawchuck as food services
staff.

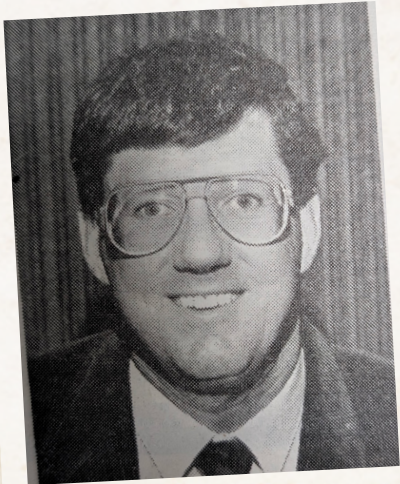
Soon, additional staff had to be hired. The upstairs was
developed, an elevator put in, and many improvements
made to the rest of the building"

"It is with a great deal of pride that we look back at all that
has been done in the last 10 years. One wonders what the
next decade will bring."

- excerpts by Mildred Byrne, article originally published in
the Lethbridge Seniors Times, April 1989

Activites, Years Ago, 1985

10 a .m. -keep fit
(s), horseshoes; 1
carpet bowling,
ling.
9 a.m. - croquet;
. - diskng, floor
1:30 p.m. - nurse
e; 2 p.m. - dance
- free swim Stan
ol.
y : 10a.m. - bad-
10:30a.m. -free
(st Side); 1 p.m.
weaving, darts; 8
ance.
: 8:30 a.m. - Par
0 a.m. - Scrabble,
t (upstairs); 1
card tournament;
. - diskng, floor
9 a.m. - croquet;
- badminton. shuf-
; 11 a.m. -
; 1 p.m. - social
carpet bowling; 2
awn bowling.



Message From the Mayor

Then...

Congratulations on the
occasion of your 10th
anniversary!

The Lethbridge Senior
Citizens Organization
can be proud of its ser-
vice to this city over the
past decade. The
Centre has become a
place to learn new skills,
and develop new inter-

ests while meeting with friends.

With years of hard work, senior citizens have made
this country what it is today. Many of you came to
Canada, and settled in this area with a vision for a
better life. Through determination and dedication, you
succeeded in building better lives, not only for your
families but for every citizen.

Today, seniors are reaching their full potential.
Retirement is now regarded as one of the most active
and fulfilling periods of our lives. The Lethbridge Senior
Citizens Organization ensures it's members make the
most of these years. Please accept my best wishes for
a future as successful as your past

David B. Carpenter, Mayor

...now

For half a century, the
LSCO has been a
cornerstone of our
community—provid-
ing not only essential
services and pro-
grams for older adults,
but also fostering a
sense of belonging,
purpose, and joy. Your
commitment to
enhancing the lives of
seniors in Lethbridge
has created a lasting legacy of compassion, connec-
tion, and community spirit.

As Mayor, I have witnessed firsthand the incredible
impact the LSCO has had on individuals and families
across our city. From wellness programs and volunteer
opportunities to social events and advocacy, your work
continues to enrich lives and strengthen the fabric of
our community.

On behalf of City Council and the citizens of Lethbridge,
thank you for 50 years of dedication, leadership, and
service. Here's to celebrating your past, honoring your
present, and looking forward to a vibrant future.

Blaine Hyggen, Mayor



Editors Note: LSCO Anniversary Dates

As I dug into the archives, it became clear that there are several different dates associated with the founding of LSCO. For example, the Centre celebrated its 10th anniversary on April 1, 1979, marking a decade since the move from Southminster United Church to the newly built Fritz Sick Centre. Other sources cite 1976 as our founding year, when LSCO's first official Board of Directors was elected and charitable status was granted by the CRA. However, for our 50th Anniversary, we're celebrating the date LSCO was first officially formed under the Alberta Societies Act: **July 25, 1975**. It's the day LSCO became a registered society, laying the ground work for everything that followed.



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Candice Elliott-Boldt
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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, July 2 - August 20
 Time: 10:00 - 10:45 am
 Fee: \$40 LSCO M; \$56 NM
 Drop in: \$6 LSCO M; \$8 NM
 Register by: Friday, June 27
 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, July 8 - August 26
 Time: 10:00am - 11:00am
 Fee: \$56 LSCO M; \$72 NM
 Drop in: \$8 LSCO M; \$10 NM
 Register by: Thursday, July 3
 Instructor: Donna Tiefenbach
 Location: APR

Thursdays

When: Thursdays, July 10 - Aug 28
 Time: 10:00 - 11:00am
 Fee: \$56 LSCO M; \$72 NM
 Drop In: \$8 LSCO M; \$10 NM
 Register by: Monday, July 7
 Instructor: Donna Tiefenbach
 Location: APR

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.

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

Summer Hours:
 8:00 am – 4:00 pm
 Monday – Friday

The Fitness Centre will resume Saturday Hours in the Fall

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, July 7 - August 18
 Time: 1:00 - 2:00pm
 Fee: \$42 LSCO M; \$54 NM
 Drop in: \$8 LSCO M; \$10 NM
 Register by: Wednesday, July 2
 Instructor: Corrine Myers
 Location: Room A/B

Fridays

When: Fridays, July 4 - August 22
 Time: 10:15 am - 11:15 am
 Fee: \$48 LSCO M; \$64 NM
 Drop in: \$8 LSCO M; \$10 NM
 Register by: Monday, June 30
 Instructor: Corrine Myers
 Location: Room A/B

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
 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

LSCO Library Corner



BETWEEN THE PAGES OF A BOOK IS A LOVELY PLACE TO BE

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: Wednesdays
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

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.

Blast from the Past!

Some other activities that used to run at the LSCO included: Scrabble, Floor Curling, Disking, Carpet Bowling, Whist, Shuffleboard, Clogging, Senior Funk, French and Spanish Lessons, China Painting, Walking with Walkers, Soap Making, Origami, Gardening, Darts and more!

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.

*Note: the group does not meet in the summer

When: Wednesdays starting September
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

WOOD WORKING/ CARPENTRY

The LSCO Wood Shop will be closed for renovations from Monday, July 7th - Friday, August 29th as we prepare for an equipment upgrade and a small renovation.

We kindly ask that all members remove their items that they have stored at the woodshop before July 7th.

Thank you to WESTCO Construction for their support on the woodshop rennovation!

WESTCO
CONSTRUCTION

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

Dance

LINEDANCE FUN DANCE SESSION *NEW*

Put on your dancing boots/shoes and come join the fun. All skill levels are welcome. It is time to utilize our dance skills by playing together at a fun dance session being offered at LSCO this summer. You get to help choose which dances you wish to do to the music. It is our party. It is free for LSCO members. It is our first time using this format. Come have a boot scootin good time.

When: Wednesdays, July 23 -August 13
Time: 11:30 am - 1:00 pm
Fee: Free LSCO M; \$20NM
Drop-In: Free LSCO M; \$8 NM
Instructor: Gloria-Rose Puurveen
Location: APR

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.

Pop-Up Classes

When: Tuesday, July 15
Time: 10:00 am - 11:15 am
Fee: Free LSCO M; \$ 5 NM
Register by: Thursday, July 10
Instructor: Roxy Wright
Location: Stage Area

When: Tuesday, August 5
Time: 10:00 am - 11:15 am
Fee: Free LSCO M; \$ 5 NM
Register by: Thursday, July 30
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.**Group does not meet in July/August**

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

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.

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: Fridays, July 4 - August 22
Time: 9:00 – 9:50 am
Fee: \$35 LSCO M; \$40 NM
Drop in: \$8 LSCO M; \$10 NM
Register by: Wednesday, July 2
Instructor: Andrea Clarke
Location: APR

CYCLE & STRETCH

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 and finish the class with core and stretching. Bring a water bottle and clean indoor shoes.

When: Wednesdays, July 2 - July 30
Time: 9:00 – 9:50 am
Fee: \$35 LSCO M; \$40 NM
Drop in: \$8 LSCO M; \$10 NM
Register by: Friday, June 27
Instructor: Andrea Clarke
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, July 3 - August 14
Time: 9:30 - 10:15 am
Fee: \$35 LSCO M; \$40 NM
Drop in: \$6 LSCO M; \$8 NM
Register by: Monday June 30
Instructor: Andrea Clarke
Location: Stage Area

FUNCTIONAL FITNESS

This 45-minute class is designed for anyone with limited mobility and impaired motor control looking to improve activities of daily living. Class will focus on building strength, core and balance. A variety of exercise equipment will be used, if participants are comfortable with them. Wear comfortable light clothing. Bring your water bottle too.

When: Mondays, July 7 - August 18
(No Class August 4)
Time: 11:30 am - 12:15 pm
Fee: \$30 LSCO M; \$42 NM
Drop-In: \$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.**

Monday Session

When: Monday, July 7 - August 18
(No class August 4)
Time: 10:15 – 11:00 am
Fee: \$42 LSCO M, \$54NM
Drop in: \$8 LSCO M; \$10 NM
Register by: Wednesday July 2
Instructor: June Dow/Andrea
Location: Gym 1(July)
Location: Room A/B (August)

Wednesday Session

When: Wednesday, July 2 - August 27
Time: 10:15 – 11:00 am
Fee: \$63 LSCO M, \$81 NM
Drop in: \$8 LSCO M; \$10 NM
Register by: Friday, June 27
Instructor: Donna Teifenbach
Location: Gym 1(July)
Location: Room A/B (August)



GYM 1 & 2 CLOSURE
for floor resurfacing



AUGUST 2025
Exact dates TBD

The Fitness Centre will remain open July/August
Monday - Friday | 8 am - 4 pm

Fitness - Intermediate/Advanced Levels

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 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, July 2 - July 30
Time: 8:00 – 8:50 am
Fee: \$35 LSCO M; \$ 45 NM
Drop in: \$8 LSCO M; \$10 NM
Register by: Thursday, June 26
Instructor: Deb Palmer
Location: Gym 2

CARDIO STRENGTH *NEW*

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: Thursdays, August 7 - 28
Time: 9:00 – 9:55 am
Fee: \$28 LSCO M; \$ 36 NM
Register by: Friday ,August 1
Instructor: Annabelle Darlow
Location: Room A/B

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.

When: Tuesdays, July 8 - July 29
Time 9:00 – 9:55 am
Fee: \$28LSCO M; \$ 36 NM
Drop In: \$8 LSCO M; \$10 NM
Register by: Thursday, July 3
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, July 2 - July 30
Time: 9:00 - 9:55 am
Fee: \$35 LSCO M; \$45 NM
Drop In: \$8 LSCO M; \$10 NM
Register by: Thursday, June 26
Instructor: Jamie Hillier
Location: Gym 1

FULL BODY WORKOUT *NEW*

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

When: Wednesdays, August 6 - 27
Time: 9:00 - 9:55 am
Fee: \$28 LSCO M; \$36 NM
Register by: Friday, August 1
Instructor: Annabelle
Location: Room APR

PILATES

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

Mondays

When: Mondays, July 7 - July 28
Time: 11:15am - 12:30pm
Fee: \$32 LSCO M; \$ 40 NM
Drop-In: \$9 LSCO M; \$12 NM
Instructor: June Dow
Location: APR

Thursdays

When: Thursdays, July 3 - July 31
Time: 10:15- 11: 30am
Fee: \$40 LSCO M; \$50 NM
Drop-In: \$9 LSCO M; \$12 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, July 7- July 28
Time: 10:15 - 11:10 am
Fee: \$56 LSCO M; \$64 NM
Drop in: \$8 LSCO M; \$10 NM
Register by: Thursday July 3
Instructor: Annabelle Darlow
Location: Gym 2

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, August 11 - August 25
Time: 9:00 - 9:55 am
Fee: \$21 LSCO M; \$30 NM
Register by: Thursday July 3
Instructor: Annabelle Darlow
Location: APR

STRENGTH CIRCUIT

This class 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.

When: Thursdays, July 3 - July 31
Time: 10:15 – 11:15 am
Fee: \$28LSCO M; \$36NM
Drop in: \$8 LSCO M; \$10 NM
Register by: Monday, June 30
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. Class held in Gym 1.**

Mondays

When: Mondays, July 7 - July 28
Time: 9:00 – 9:55 am
Fee: \$28 LSCO M; \$36
Drop in: \$8 LSCO M; \$10 NM
Register by: Thursday, July 3
Instructor: Jamie Hillier
Location: Gym 1

Tuesdays

When: Tuesdays, August 5- August 26
Time: 9:00 – 9:55 am
Fee: \$28 LSCO M; \$36 NM
Register By: Thursday, July 31
Instructor: Annabelle
Location: APR

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, July 3 - July 31
Time: 9:00-9:55am
Fee: \$56 LSCO M; \$72 NM
Drop-In: \$10 LSCO M; \$15 NM
Instructor: Jamie Hillier
Location: Gym 2

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

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Welcome New Staff!



Volunteer Coordinator

Madison Gauthier

volunteer@lethseniors.com
ext. 208

My name is Madison Gauthier and I am very excited to be joining LSCO as the Volunteer Coordinator.

I have lived in Lethbridge for nearly 15 years, originally moving from small-town rural Alberta to attend the University of Lethbridge. I have over a decade of managerial and administrative experience with Cineplex, as well as 6 years of event-planning for the Strathmore Stampede. Whenever I am not busy working, I enjoy spending quality time with my partner and our two cats. I am a dedicated sports fan, a frequent movie watcher, and an avid reader.

Thank you to all who have welcomed and supported my transition into this role, and I cannot wait to start this new journey. I openly welcome your thoughts, ideas, and suggestions, as I want to ensure volunteering at LSCO is both enjoyable and rewarding!

I am grateful for the opportunity and I am looking forward to meeting all of the wonderful people who enjoy spending their time here.



Rural Link Worker


Tabitha Fehr

tfehr@lethseniors.com

I'm excited to be joining LSCO and beginning this new chapter in my life. For me, this opportunity is more than just a new role—it's a chance to connect with others, grow personally, and contribute to something meaningful. I've always valued being part of a strong, supportive community, and I'm passionate about making a positive impact in the lives of those around me.

Outside of work, I enjoy crafting, exploring the outdoors, and spending quality time with my family. These interests keep me grounded and inspired, and they reflect the kind of balance and creativity I try to bring into all areas of my life. I'm especially motivated by the chance to build new connections with people, to listen, learn, and support them in their journey—whatever that may look like for them.

I'm truly looking forward to meeting everyone, learning from your experiences, and becoming part of the amazing work being done at LSCO.



Rural Seniors System Navigator

Bonnie Jensen

bjensen@lethseniors.com

My name is Bonnie Jensen. Many may remember me as one of the previous Volunteer Coordinators at LSCO. LSCO recently hired me again as a new Senior System Navigator (SSN) on the Seniors Community Services Partnership (SCSP) team specializing in the rural communities surrounding Lethbridge.

Just a little bit about myself. I am a wife and proud mom to three adorable children who keep me on my toes! My husband and I have been married for nearly 19 years (where has the time gone?). My family and I are big animal lovers! We share our home with three dogs, two cats, two birds, and a bearded dragon!

I've always had a passion for helping others, a value my parents instilled in me early on. That passion ultimately led me to pursue a career in social work. It has been a rewarding and humbling experience to assist others in this field of work.

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- Over 30 group seminars on estates and fatal and serious collisions.

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Seniors System Navigator

Mikayla Surmik

msurmik@lethseniors.com
ext. 209

Hi, my name is Mikayla Surmik, and I am a new staff member with LSCO as a Systems Navigator. A little information about myself. I am 23 years old and I graduated from the University of Calgary with my degree in Social Work. I plan to go back to school to further my education, either in Nursing or Occupational Therapy. I am an avid reader; you will either catch me at the gym or reading a book. I love sports, especially Basketball and Rugby. I also enjoy staying active by doing activities such as snowboarding, hiking, paddle boarding anything that gets me moving. However, I love a cozy night in watching movies and eating ice cream. I am excited about this new opportunity here at LSCO, and if you see me in the building, please feel free to say hello.



Rural Link Worker

Kyra Corrigan

kcorrigan@lethseniors.com

Hello, my name is Kyra Corrigan. I'm originally from Fernie, B.C., and moved to Lethbridge to pursue a degree in Public Health, which I recently completed. I grew up surrounded by the outdoors, camping, hiking, and exploring which are still some of my favorite ways to spend time. I'm an avid reader who enjoys everything from fantasy to mystery to a chilling ghost story.

I'm very excited to be joining the LSCO team and look forward to contributing to such a meaningful organization!

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Computer Corner By **Sjoerd Schaafsma**
Speeding Up Your Computer

This month's column is based on an article that recently arrived in my mailbox "Speed Up Windows 11 By

Breaking These 6 Bad Habits". "Speeding up your Computer" applies equally to any version of Windows and most operating systems. The link to the original is posted near the end of this article.

This is not just a matter of bad habits, but often of not being aware of what your operating system is doing without your knowledge. If you're satisfied with how your computer is running, this may not apply to you. Two things you can do to negate some of the effects listed below are to ensure your computer has enough memory, both hard drive space and RAM memory. Be aware that some low cost computers come with a minimum of both hard drive space and RAM.

1. Not Updating the OS Regularly

"Back in the Day" my co workers and I were given computers to use at home. As the unofficial techie, I'd get the laments. "I hate using this computer, it takes forever to get started" was the most common complaint. "How often do you turn it on?" "Once a month to send in a report."

That's one reason for an excessiveley long wait boot time. Some updates happen quickly, others may take hours. While the computer is updating it's using resources that slow down the regular operations of the PC. The more often it's allowed to update, preferably when you're not using it, the quicker the update happens. These days most updates are downloaded via a fast network automatically unless you've deliberately paused the updates. In those days we were downloading updates via dial up speeds. The reasoning still holds, download and update when you're not using the computer.

2. Keeping Unnecessary Apps Installed

This is a housekeeping matter, if your hard drive is large enough to store all your extra apps or files with room to spare it may not noticeably affect performce. What's important for your computer is that it has space to store files with room to spare. In the case of unused apps, it's also important that they aren't doing background work that takes up computer resources.

3. Ignoring Startup Applications

There are some apps that must start with your system. Others may be useful for certain functions but not on a regular basis. My laptop for example always 'wants' to start up one of my webcams.

Most of the time I have no need for this, but it's easier to walk away to let the system boot, and then say "No I don't want to look at you now" than it is to go looking for it when I do want to use the webcam. If you think unnecessary Startup Apps may be a cause of a slow start up, open the task manager and disable some of them. This is easier said than done if you don't know what the apps are, but if you don't use an Xbox for example, it's easy to disable it.

A Google search for "How to safely prevent apps from starting with Windows 10 or 11" will give you more details, videos and examples.

4. Not Clearing Junk Files Regularly

Windows creates junk files. By default, every time you delete a file it goes into the Recycle Bin. It will stay in the recycle bin until its capacity is reached at which point the oldest file in the bin will be deleted permanently. How long it will be around depends on what percentage of your drive space is allotted to the recycle bin. If you have a very large file to delete Windows will notify you, "This file is too large for the recycle bin, are you sure you want to delete it permanently?"

5. Not Utilizing Windows Power Mode Settings

Windows has different power modes which determine how much processing power it should use. Best performance, Balanced, and Best Power Efficiency. A desktop computer may benefit from using Best Performance. If you are trying to keep your laptop running longer before needing to plug in you probably want Best Power Efficiency. Like a car, if you use Best performance, you can go faster at higher speeds, but you'll use more fuel.

6. Allowing Unnecessary Apps to Run In the Background

This is another matter of a trade off, do you really need a bunch of apps or browser windows open just in case you need them, or did you just forget about them running in the background. To see how many active apps are running, look at your task bar. In my example there are 11 obviously open apps, do I need them all, are they slowing my computer down? I'm typing and researching this article, neither of which take much in the way of computer resources. I need to jump back and forth from browser to word processor and occasionally check to see if there's mail to deal with so, however much or little they are slowing me down, it's worth it to me to have them up and running. If there are apps that I can't see running in the background, likewise, my system is moving along as fast as I need and as fast as my fingers can type

For the full text of the original article follow the link to the HowtoGeek Website. <https://www.howtogeek.com/you-can-speed-up-windows-11-by-breaking-these-bad-habits>

Computer Club EVENTS

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

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

July, August

If there is enough interest, we will continue with **Movie Day in the Lab** on the first Monday of the month. July 7, August 11

THIS WILL BE OPEN TO ALL LSCO MEMBERS!! Seating is limited to 25.

Sorry, no popcorn. First come first seated.

Email computerclub@lethseniors.com if you are interested

If we don't get at least 5 replies there won't be a movie day.

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

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

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

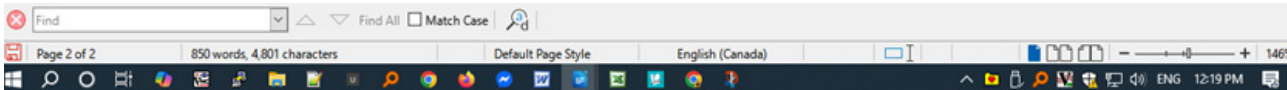


Browsing Tip

If you accidentally lose the tab you're reading in a browser, Ctl+H will bring up the list of recently visited sites letting you go back to where you just were. or Ctl + Shift + T will reopen the last tab you closed

Computer Trivia – Did You Know? (I didn't)

CAPTCHA, or the little text and/or visual challenges you have to complete to prove to websites that you're human, is a contrived acronym for Completely Automated Public Turing test to tell Computers and Humans Apart.





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June 10, 24
July 8, 22
August 5, 26

8:30am-10:30am

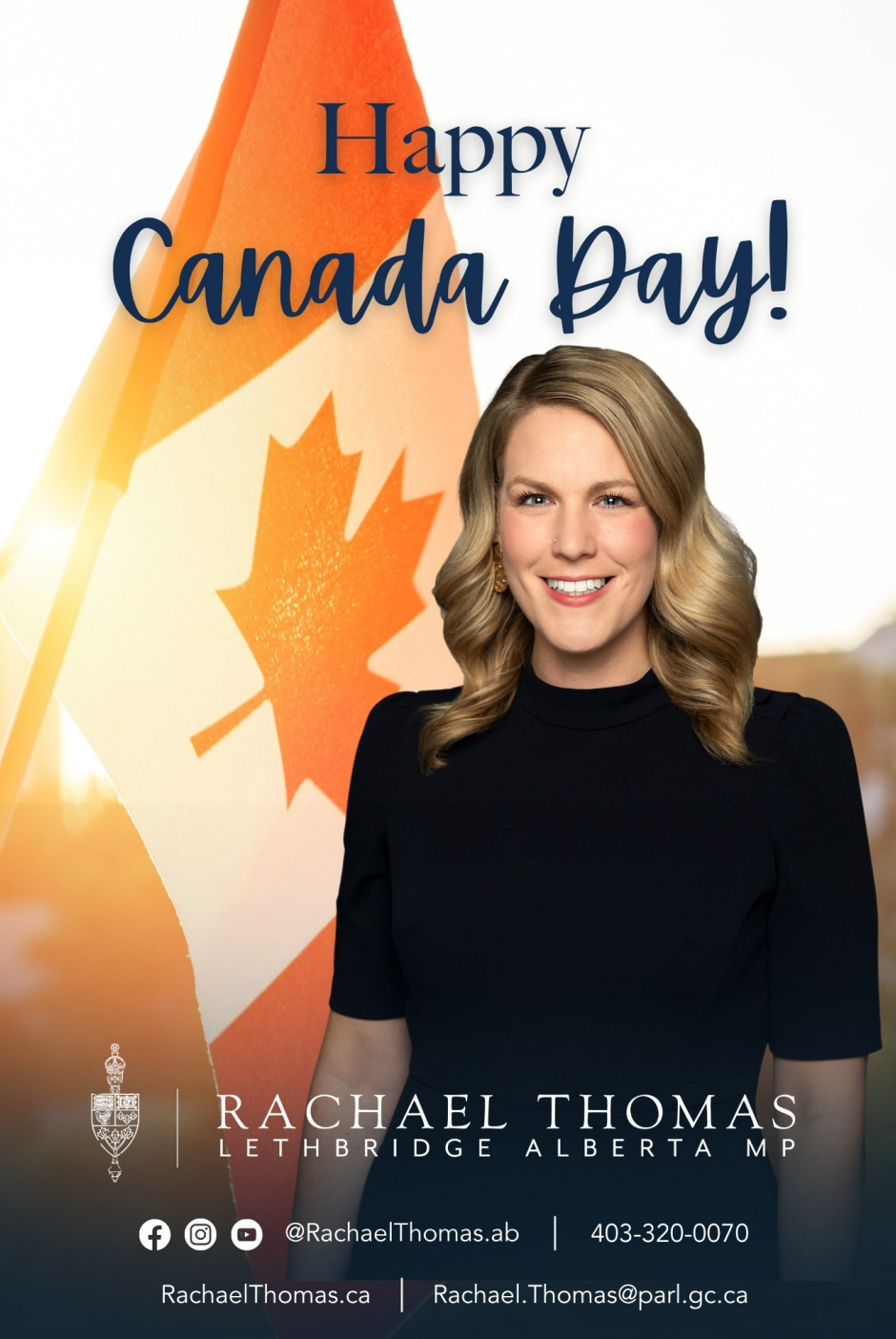
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Beyond Age: How Social and Per- sonal Factors Impact Elder Abuse Risk

Elder abuse is a growing issue affecting more and more older adults in our community. While anyone can experience abuse, certain sociodemographic factors—like race, sex, gender identity, or physical and cognitive ability—can increase vulnerability. This article highlights six key risk factors to help raise awareness, recognize warning signs, and guide prevention strategies.

Physical and Cognitive Decline

As we age, it is possible that some of our abilities can change over time, which may result in dependence on a caregiver. The more reliant an older adult is on a caregiver to have their needs met increases their susceptibility to experience elder abuse or mistreatment, especially if other factors, such as caregiver fatigue, are present. It is also important to recognize that a senior living with dementia or Alzheimer's disease is at an increased risk, as they may not be able to recognize different signs of elder abuse, or reach out to someone for support.

Gender Identity and Sexual Orientation

Sex and gender identity are also a risk factor that may impact an older adult's vulnerability when it comes to elder abuse and mistreatment. Women, along with older adults who identify as 2SLGBTQIA+, have previously experienced and still endure ongoing discrimination which creates added complexities to reporting or accessing support. Furthermore, these groups are at an increased risk to experience sexual and gender-based violence.

Socioeconomic Status

An older adult living in poverty, financial uncertainty, or on a fixed income can also heighten the risk of experiencing elder abuse or mistreatment, as they may need to be more reliant on a family member, partner, or caregiver, which could involve manipulation, or neglecting the needs of the older adult. A wealthy senior can also become a target, and may be at risk of experiencing exploitation from family, a caregiver, or a scammer. In both cases, an older adult's socioeconomic status can leave them vulnerable to experiencing different types of harm, whether from a lack of choices or exploitation.



**LEARN Case
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Social Isolation

A senior experiencing isolation, whether from living alone, lack of contact with family, or becoming disconnected from the community can make it challenging for them to reach out for help, or for a bystander to identify abuse and mistreatment. It is also possible for an older adult to still be connected to family, or a care provider, and still experience abuse or mistreatment behind a closed door and go undetected. Isolation can also instill feelings of helplessness and generate a greater fear of retaliation if the senior chooses to seek support.

Race

BIPOC (Black, Indigenous, & People of Colour) seniors may experience racism, language barriers, or distrust of institutions, which can increase their risk of experiencing elder abuse and make them less likely to reach out for help. A recently immigrated senior, for example, may be fearful to report abuse, as they may fear it could result in deportation, or particular elements of their culture may discourage them from reporting the issue.

Living With a Disability or Poor Health

Many older adults in our community are currently living with a disability, which may be physical or developmental, which can put them at an increased risk to experience elder abuse or mistreatment. Limitations, such as mobility, or communication, can make it more difficult for them to defend themselves, report mistreatment or seek out support. Health issues can also increase a senior's vulnerability, as they may be dependent on caregivers, which may contain an unhealthy dynamic, such as neglecting the needs of the older person.

By understanding how these factors contribute to elder abuse, we can work together to create a safer, more inclusive community for all older adults.

The LEARN program is a free service, that supports older adults to ensure their safety in cases of elder abuse.



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