



LSCO Silver Dragons after the 500m race

## LSCO Silver Dragons make a splash at the Lethbridge Rotary Dragon Boat Festival

What a fun weekend it was for the LSCO Silver Dragons! For many of our paddlers, it was their very first time in a dragon boat—but you wouldn't know it from watching them on the water. The team showed incredible dedication, attending as many practices as they could throughout June to prepare for Festival weekend. And their hard work paid off! The team paddled in time and beat their practice times on race day....*continued on pg. 6*



Lethbridge Senior Citizens Organization

# OPEN HOUSE

Join us for tours, treats, sample classes & fun at LSCO!

## SATURDAY, SEPTEMBER 20 10 - 2

We're asking all LSCO groups and clubs to be part of this event—don't miss this opportunity to highlight your group and attract new members!







403-320-2222 | [www.lethseniors.com](http://www.lethseniors.com) | 500 11<sup>th</sup> St. S, Lethbridge



This article originally published in the Lethbridge Herald on June 6, 2025

## Live Well Showcase packed with info, activity for seniors

By Joe Manio, Local Journalism Initiative Reporter

With an anticipated attendance of 2,000 participants, the two-day event featured 70 vendors and includes presentations designed to educate and empower Lethbridge senior on the journey of active aging

"It's absolutely incredible the energy levels are so high and it's great to see so many

smiling faces," said LSCO executive director Kaitlynn Weaver, who has been at the helm for three months. "The vendors are highly knowledgeable and very helpful. This is my first showcase as Executive Director and everything staff told me about how great previous showcases turned out to be true."....*continued on pg. 4*

## IN THIS ISSUE

### GENERAL INFO

Executive Director Message.....	2
President's Message .....	2
LSCO Staff .....	3
LSCO Notices .....	3
Reflections from Our Archives..	4
Volunteer Opportunities .....	4
Live Well Showcase Recap .....	4
LSCO Silver Dragons .....	6
Diner Menu .....	10
LSCO Lapidary Throwback.....	17
LSCO Badminton Wins Gold ....	19
Community Events .....	21

### PROGRAMS

Summer Drop In Classes .....	8
Weekly Schedule .....	9
Ultimate Fitness Membership...	11
Fitness - All Levels .....	12
Fitness - Intermediate+ .....	13
Creative Arts .....	15
LSCO Groups.....	16
Dance & Movement.....	18
Tai Chi & Qigong; Sports.....	19
Yoga .....	21
Computer Corner .....	22

### SUPPORT SERVICES

WEEAD Recap.....	5
SSN Message .....	7
Support Services Calendar.....	7
Eyeglasses Adjustments.....	7
Service Canada Support Clinic	7
LEARN Message.....	24
Mobile Food Support .....	24





Executive Director

Kaitlynn Weaver

kweaver@lethseniors.com  
ext. 304

What a busy and incredible summer it's been at the LSCO!

On July 26th, we proudly celebrated our 50th Anniversary with a community block party that exceeded all expectations. Thanks to the overwhelming support from our members, volunteers, staff, sponsors, and community partners, the celebration was truly unforgettable.

The day was filled with live music, delicious food, family-friendly activities, and great energy as hundreds of people came together to honour LSCO's legacy and look ahead to its future. Seeing so many individuals of all ages gather to celebrate our community's history, resilience, and growth was deeply moving. Thank you to everyone who attended, contributed, or helped make the event a reality. Your support reflects the spirit that has guided LSCO over the past five decades and will continue to shape our future.

A special thank you goes out to our sponsors, Hearing Life, our Presenting Sponsor, Meadowlands, An Optima Living Community (Medicine Hat), our Entertainment Sponsor, and the City of Lethbridge, who supported this event with a Community Events Support Grant. Thanks also to Rose and Thistle Flower Shop for supporting the Fashion Show with a sponsorship and floral arrangements and SoNormal for printing our custom 50th Anniversary t-shirts. Finally, we appreciate the support of our special guests, MP Rachael Thomas, MLA Rob Miyashiro, and Mayor Blaine Hyggen for joining us in our celebration.

Over the summer, our staff have also been busy completing First Aid Training, onboarding our new Support Services staff (welcome, Kyra, Tabitha, Madison, and Mikayla!), expanding our Support Services network to



President's Message

John Usher

LSCO Board President

July 1975: I remember it well. I was a Senior in the college I attended in Flint Michigan and had just taken delivery of a new Chevrolet Camaro. It was a subtle deep burgundy Berlinetta but underneath it was pure Z28: 350 cubic inches with a 4-barrel Holley carburetor and 4-on-the-floor manual shift. A bit of a sleeper. Ah, if I still had it today....

But this isn't about me. It's a celebration of the 50th anniversary of the founding of the Lethbridge Senior Citizens Organization (LSCO) and while many of today's celebrants can speak about what was, it behooves me to look first to the present and

Executive Director Message

the surrounding rural communities, and working on staff policy.

This summer, as I mentioned in last month's message, we started the LSCO Endowment Fund at the Community Foundation of Lethbridge and Southwestern Alberta. This fund will help secure the LSCO's future for the next 50 years (and beyond). It's been a whirlwind of a summer to say the least.

As I continue to get settled into my new role as Executive Director, I am so pleased to be part of this incredible community. I love walking around the LSCO seeing smiling faces greeting me and the staff and offering helpful suggestions to make the centre even

better. It's truly a pleasure and a privilege to serve this community.

As we wrap up our anniversary celebrations, we're already looking forward to what's ahead. Fall 2025 is shaping up to be an exciting season at the LSCO. We'll be rolling out new programs and continuing our community staples. Check out our program listings throughout this paper for more information. Whether you've been part of LSCO for years or are just getting involved, there's something for everyone here this fall.

Let's keep the momentum going. Thank you all for being part of the LSCO community; here's to the next 50 years!

COMMUNITY PARTNERS











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

Your contribution is our lifeline!

then to look to the future of this fine organization. Accordingly, I would first like to recognize the contributions of LSCO's staff, its volunteers and the participation of its members who together make this an organization of which I am proud to be a part.

While many will take this celebration as an opportunity to acknowledge the amazing work that Rob Miyashiro performed over his many years as LSCO's Executive Director, seniors in particular will be cognizant that time marches on. Rob, as we see him in action often, has ascended to another field of battle where his skills and abilities are well engaged! But Rob's departure has also given LSCO an opportunity to think hard about how best to configure its needs going forward. With Jodie McDonnell skillfully keeping the boat afloat as Acting Executive Director while the Board brainstormed, an interview protocol was hammered out, and the process of hiring a new ED was undertaken.

Did we do a good job? We think so. Anyone who has met Kaitlynn Weaver and seen how well she has taken up the many crises that she has encountered in the first few months that she has been on the job cannot fail to be impressed. But also, she has participated diligently in her execution of the tasks that the Board has set for her in revenue generation and fund development. The LSCO Endowment Fund is a critical piece of that effort as is the 50th anniversary event itself. Thanks also to Hannah Dupuis, Special Events & Marketing, for her contribution to the 50th. She also made her extensive LSCO archive available to me – amazing!

I hope to see you at the Civic Field on Saturday, July 26 for the LSCO 50th Anniversary!

- John Usher,  
LSCO Board President 2025-2026





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.com .....ext. 304  
**Operations Manager** – Jodie McDonnell  
jmcdonnell@lethseniors.com .....ext. 102  
**Support Services Manager**– Amy Cook  
acook@lethseniors.com .....ext. 205  
**Accounting Technician** – Chris Toker  
finance@lethseniors.com .....ext. 103  
**Receptionist & Administrative Support** - Kari Martin  
kmartin@lethseniors.com .....ext. 101  
**Special Events & Marketing** – Hannah Dupuis  
hdupuis@lethseniors.com .....ext. 302  
**Volunteer Coordinator**– Madison Gauthier  
volunteer@lethseniors.com .....ext. 208  
**LEARN Case Manager**– Tyler Andersen  
tandersen@lethseniors.com .....ext. 207  
**LEARN Case Manager**– Marissa Hardy  
mhardy@lethseniors.com .....ext. 301  
**SSN Team Lead** – Katie Harrold  
kharrold@lethseniors.com .....ext. 206  
**Rx Seniors System Navigator (SSN)** – Mikayla Surmik  
msurmik@lethseniors.com .....ext. 209  
**Rx Seniors System Navigator (SSN)** – Dannie Lien  
dlien@lethseniors.com ..... 403-715-0485  
**Seniors System Navigator (SSN)** – Diane Richard  
drichard@lethseniors.com .....ext. 204  
**Seniors System Navigator Intake** – April Guild  
intake@lethseniors.com ..... 403-329-1544  
**Rural Seniors System Navigator (SSN)** – Bonnie Jensen  
bjensen@lethseniors.com ..... 368-338-7147  
**Rural Link Worker**– Kyra Corrigan  
kcorrigan@lethseniors.com ..... 368-338-7581  
**Rural Link Worker** – Tabitha Fehr  
tfehr@lethseniors.com ..... 368-338-7462  
**Meals on Wheels Client Coordinator**– Diane Legault  
dlegault@lethseniors.com .....ext. 201  
**Program Department Manager** – Andrea Clarke  
programs@lethseniors.com .....ext. 303  
**Fitness Coordinator** – Annabelle Darlow  
fitness@lethseniors.com .....ext. 104  
**Food Services Coordinator**– Lachlan Dyer  
ldyer@lethseniors.com .....ext. 401  
**Assistant Food Services Coordinator**– Travis Eakett  
**Food Services Cook**– Yun “Carey” Luo  
**Food Service Cashier** – Georgette Mortimer

**LSCO Information**  
Phone .....403-320-2222  
Fax .....403-320-2762  
SSN Intake .....403-329-1544  
Meals on Wheels.....403-327-7990  
LEARN .....403-394-0306  
www.lethseniors.com  
@lethlSCO on Facebook & Instagram  
**Hours of Operation**  
8:00 AM - 4:30 PM, Monday - Friday

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

# Welcome New Members

Jerry den Boon  
Daphane Bessendowski  
Japhet Olufemi Odumade  
Brenda Carmichael  
Darren Webb  
Barbara Sutherland  
Jane Cahoon  
Fred Guild  
Frances Evernden

Thomas Milsom  
Laurie Olsted  
Cathy Hann  
Abdellah Elhilali  
Paul Duplantis  
Millie Duplantis  
Rosemary Allan  
6 Anonymous


## We’re happy to have you!

July 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:

The LSCO will be **CLOSED for Heritage Day** on Monday, August 4.

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 starting August 5. 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.

Fall Class registration opens August 15 at 8 am online and in person.

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 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.



# Volunteer Opportunities

## Dishwashers

Weekdays, 8 - 11am or 11am - 2pm

We require dishwashers to facilitate Meals on Wheels and our daily LSCO diner needs. This job involves scrubbing pots, soaking coffee cups and cutlery and running everything through our commercial dishwasher.

## Kitchen Food Prep

Weekdays, 8 - 11am

We are looking for volunteers in our Kitchen for meal prep and packing the daily Meals on Wheels bags. You'll help our chefs prepare any veggies, desserts or other items for the diner! Volunteers are an important part of our kitchen team and help to keep the meals affordable at LSCO.

## Bingo

Thursdays 11 AM to 4 PM

Volunteers are needed to help at the Winners bingo hall - every Thursday afternoon. Activities range from selling bingo cards to counting money! You'll get your steps in if you work on the floor, selling bingo cards, and all volunteers are entitled to a free lunch! This program is vital to helping raise funds for the LSCO.

## MOW Delivery Drivers

Weekdays, 10am (flexible)

We are looking for extra couriers for the Meals on Wheels program. This involves delivering freshly made meals around lunch time, following a route list and bringing the meals to seniors homes. Drivers should have a valid license, proper insurance, and be willing to get a record check.

## Contact the Volunteer Team

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

Don't forget about the VolunTEAM meetings on the second Monday each month at 1pm to share your thoughts and connect with other volunteers

# Live Well Showcase

*continued from front page...* Coinciding with the 50th Anniversary of the LSCO, the Live Well Showcase is a vibrant gathering of more than 70 vendors offering a diverse range of products and services tailored to meet the unique needs and desires of seniors, including groceries, dentures, electric bicycles and support services. Presenters will deliver insights on topics integral to the aging community, through informative discussions and interactive sessions.

"It's amazing to see the participation here and everybody coming in, the sponsors, the volunteers, the board here to help things run so smoothly," said Lethbridge Mayor Blayne Hyggen, who helped cut to ribbon opening

# Reflections from the LSCO Archives

You may have noticed an increase in historical articles in the LSCO Times over the last few months. That's because, in preparation for our 50th anniversary, I've spent dozens of hours diving deep into the LSCO archives.

It's been a bit like assembling a giant puzzle—piecing together key dates, big changes, and meaningful moments. The process has been both eye-opening and inspiring.

What has struck me most is how much things have changed... and yet, how much they've stayed the same. Sure, our programs have evolved, membership fees have shifted a little, and there are new faces on staff—but the heart of LSCO remains unchanged.

Reading through five decades of articles, I kept coming across the same sentiments I hear in our building every day:

"LSCO is a great place for me to connect."

"LSCO helps me learn new skills."

"I love the friends I've made here."

"I appreciate being around people in the same phase of life as me."

It's beautiful to see that, even though we began in a church basement and have grown into a thriving organization, the LSCO has always been about community, connection, and care.



**Special Events & Marketing**  
**& LSCO Times Editor**

**Hannah Dupuis**  
hdupuis@lethseniors.com  
ext. 302

(And yes—some things truly never change... I found at least six articles over the past 30 years about parking complaints!)

This project wouldn't have been possible without the help of some incredible people. Huge thanks to Mary, Pat, Rosemary, Sharon, Brooklyn (from Catholic Central High School), and Southminster United Church for helping sort through decades of archive material.

When you're next at LSCO, I encourage you to take a moment to view the giant LSCO Timeline on display. It tells the story of who we are—from the hands-on renovations we did ourselves to the powerful community we've built together.

And while you reflect on our past, I invite you to imagine our future: **What kind of LSCO do you want to see 50 years from now? What legacy will we leave for the next generation of older adults?**

If you have an hour to spare and want to take a trip down memory lane, there's a whole room of old newsletters and photographs just waiting to be explored—just ask us. And keep your eyes on the Times—I'll be tucking little historical tidbits into every issue I can

Lethbridge Senior Citizens Organization

WHOOP UP DAYS

TUESDAY AUGUST 19

WANTED

FLATBED OR UTILITY TRAILER FOR FLOAT

We promise to treat it with respect and already have a truck to tow it. Sides not necessary

ALL WEEK! AUGUST 18-22

\$3

LSCO Diner

Parade FLOAT

We have a float this year!

Sign up to help decorate or walk with us in the parade.

REWARD

FREE DINER MEALS

FOR MORE INFORMATION

Please Call 403-320-2222

DUMBO EARS

Enjoy this fair classic!

Deep fried dough sprinkled with cinnamon sugar



this year's showcase. "It's just it's amazing to see. It's such an exciting event each and every year."

Rob Miyashiro, Lethbridge West MLA and former LSCO executive director, stopped by to visit the 12th version of the showcase.

"The good thing about this kind of venture was that it brings people from the community to LSCO," said Miyashiro. "It brings ser-

vices and supports and things that that seniors need all in one place.

He said that the inspiration for the Live Well Showcase came from a group of seniors who had been to a trade show at the Calgary Kirby Centre 14 years ago. They said the LSCO needed to do one of those here in Lethbridge. The LSCO gave the green light, and then the idea developed and into what the showcase is today.

"It's become a real tradition over the last 14 years. We (only) missed a couple because of COVID."

New for 2025 is a "passport" game, where attendees visit vendors to get their passports stamped to win various door prizes. Also new was an exhibitor mix-and-mingle at the conclusion of the first day.

*Article originally published in the Lethbridge Herald on June 6, 2025*



# What We've Been Up to in June & July

## World Elder Abuse Awareness Day: LEARN hosts 4th Annual Seniors' Talent Showcase

### June 15

As communities worldwide prepare to mark World Elder Abuse Awareness Day (WEAAD) **on June 15**, the Lethbridge Elder Abuse Response Network (LEARN) brought the message of prevention, support, and empowerment to centre stage, literally, at its 4th Annual Seniors' Talent Showcase, held at Nord-Bridge Seniors' Centre.

The Seniors' Talent Showcase, held on Friday, June 13, celebrated the creativity and vibrancy of Lethbridge's older adults. Seniors from across the city—including participants from both LSCO and Nord-Bridge—shared talents ranging from music to comedy.

While the event highlighted the joy and contributions of older adults, it also served as an important platform to raise awareness about elder abuse and the resources available through LEARN.

LEARN, a program led by the Lethbridge Senior Citizens Organization, is at the forefront of elder abuse prevention and response in Lethbridge and southern Alberta. The LEARN team provides free intervention,

safety planning, emotional support, and connections to vital community resources for older adults experiencing or at risk of abuse.

Through ongoing education, workshops, and outreach, LEARN empowers caregivers, professionals, and the public to recognize the signs of elder abuse and take meaningful action. Collaboration is key to LEARN's approach. Case Managers work closely with other senior-serving agencies—including the Lethbridge Police Service—to strengthen the network of support for older adults.

At the talent showcase, Cnst. Brent Brusse addressed the audience, emphasizing the importance of reaching out for support in cases of financial, emotional, or sexual abuse.

Other agencies that support the goal of elder abuse prevention were also in attendance, including Green Acres Foundation and Nord-bridge.

"Last year alone, LEARN investigated 179 reports of elder abuse, with nearly half involving financial abuse and over half involving a family member as the alleged abuser," says Amy Cook, Support Services Manager of LSCO. "Our work is about more than crisis response—it's about building a safer, more informed community where seniors are respected and empowered every day."

- Article originally published on June 15 by Lethbridge News Now



### July 17

We hosted a lunch and learn for the staff of Southern Alberta Community Living Association (SACLA). They learned about our entire organization, what we do, and how SACLA staff and clients can be a part of it, all while eating a delicious meal from the LSCO diner.

If your organization would be interested in a Lunch and Learn, please contact Kaitlynn Weaver at [kweaver@lethseniors.com](mailto:kweaver@lethseniors.com)



### On July 10,

the Alberta Elder Abuse Awareness Council came down to provide LEARN Coordinated Community Response Network members, and LSCO staff and board members with a bystander training on elder abuse and how to spot it among our neighbors, friends and family. LEARN and the Alberta Elder Abuse Awareness Council are always at work making our community a safer place for older adults!



**W**<sup>Ryan</sup>**WOLFE**

Ready to LEARN LISTEN AND LEAD!

 **VOTE WOLFE**  
VOTERYANWOLFE.CA

**Lethbridge City Council**

**Snag your very own**

**LSCO 50th anniversary T-Shirt for \$30!**

These will only be sold in 2025 for our 50th Anniversary so don't miss out!

Sizes S - 3xl, available in yellow or green. Purchase yours at the admin desk.

Thank you SoNormal Print for sponsoring these limited edition shirts!







LOCALLY OWNED

NATURAL GROCERIES

KNOWLEDGEABLE STAFF

HIGH QUALITY SUPPLEMENTS

**We are happy to help with your natural shopping needs.**

1120 2 Ave. S. Lethbridge  
purplecarrotlethbridge.ca • (403)-942-0896



**“Preserving Your Family’s Legacy”**

Don’t let your precious photos and videos be damaged due to elements, aging, or pests.

Digitize them today and share your life story with your family and friends.

403.382.1250  
info@shoebox-scanning.com  
www.shoebox-scanning.com



Mitchell Hall  
Owner




Owner/Operator

**Downsizing Dilemma? Need to move on?**

*We can help....*

Sorting • Organizing  
Packing • Arranging  
Movers • Unpacking  
Estate Home  
Clearouts/Sales

**Call Jody Johnson for your complimentary in-home consultation and free estimate**

**Cell: 403-330-8389**

**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





Like us on 

Lethbridge's trusted source for hearing solutions

#120, 2037 Mayor Magrath Dr. S.  
Lethbridge, AB T1K 2S2  
www.lethbridgehearing.ca

**403-320-6000**

LSCO Silver Dragons Make a Splash

*...continued from pg. 1* This marked the first time in many years that LSCO entered a team into the Dragon Boat Festival—and it won’t be the last. Everyone who participated had a blast, due in part to the amazing work put on by the festival organizers. “I was totally impressed with all the volunteers involved with the festival and with how much work it takes to put on this huge event. They should all be congratulated!” Shared Silver Dragon Member, Kendall Gibson.

**A special thank you goes out to Lethbridge Denture Clinic**, our generous sponsor, and to all those who came out to cheer on the Silver Dragons on June 28 and 29. We’re especially grateful that members of the Lethbridge Denture Clinic team didn’t just support us from the sidelines—they came up with the logo and paddled with us, too!

Kim from Lethbridge Denture Clinic shared more about their business and their involvement in this exciting weekend:

**Can you give us a brief overview of the Lethbridge Denture Clinic and the work that you do?**

“For two decades, Lethbridge Denture Clinic has been dedicated to restoring confidence and enhancing smiles with precision, artistry, and care. As Lethbridge’s only woman-owned and operated denture clinic, we take pride in providing exceptional service tailored to you. We are a full-service denture clinic, offering immediate surgical dentures, replacement dentures, implant-supported dentures, relines, adjustments, and same-day repairs\*.”

**Why was it important to LDC to support LSCO in this way?**

“We were so happy to support LSCO in this way as we have had a long lasting relationship with them. As a local business, we love to get involved in the community and help out where we can. Working with LSCO is extra special to us as many of our patients are members or utilize the programs they offer.”

**What was it like being part of the team?**

“Our administrators, Kaela and Grace had the opportunity to join the LSCO Silver Dragons. They had an absolute blast learning a new skill and loved getting to know the other members of the team. As first-time dragon boaters they were nervous to try it out—but everyone on the team, as well as our team manager, Andrea, were so accepting and supportive.”

**What was your favourite part of the weekend?**

“Grace’s favourite part of the weekend was seeing all of the friends and family of our team members who came to support us. We could hear so much cheering from the sidelines. She also loved watching the awakening of the dragon during the opening ceremonies. Kaela’s favourite part is the energy of the festival and the rose ceremony. It is so heartwarming to see the community come together in support of those living with or in remission of breast cancer. They had so much fun during the first race when we were supposed to be in position that no one could hear the marshalling over the announcers—and we spent the whole race giggling.”

Whether it was paddling for the first time, bonding over shared laughter, or soaking up the festival energy, the LSCO Silver Dragons had an unforgettable weekend—and we’re already looking forward to next year!



LSCO Silver Dragons Team Members in alphabetical particular order:

Andrea Clarke (LSCO), Alsean Aquino, Betty Adkins, Carol Darmody, Ella Viray, Eric Marshall- Steer, Grace Wilson (LDC), Haden Di, Ivan Ting, Kaela Hawker (LDC), Kari Martin (LSCO), Ken Moore, Kendall Gibson, Leona Jacobs, Leota Russell, Lori Anderson, Lynn Ambedian, Sharon Sandham, Sue Spenser,



# August is National Wellness Month!

At the LSCO, we’re celebrating National Wellness Month by encouraging simple ways to support your overall well-being — body, mind, and spirit. Wellness doesn’t have to mean big changes; small, daily habits can make a big difference.

Here are a few ways to focus on wellness this month:

### Move Your Body:

Gentle movement supports balance, energy, and mood. Try a short walk around the block, stretch while watching TV, or do a few light exercises in your chair. Even ten minutes a day can make a difference.

### Eat for Energy:

A balanced diet supports wellness at any age. Add more fruits, vegetables, and whole grains to your meals, and don’t forget to stay hydrated. Simple changes in your daily meals can improve how you feel.

### Connect with Others:


Social connection is key to emotional wellness. Call a friend, write a letter, or invite someone over for coffee. Staying connected can lift your spirits and reduce stress.

### Take Time for You:

Wellness includes rest and reflection. Try journaling, listening to music, doing a puzzle, or spending time outdoors. A quiet moment to yourself can go a long way.

This month, let’s support each other in trying something new — or building on what we already do well. Whether you go for a walk or take a moment to enjoy your favourite hobby, every small step counts.

Let’s make August a month to feel good — together!



### Seniors System Navigator

**Diane Richard**


[drichard@lethseniors.com](mailto:drichard@lethseniors.com)  
ext. 204

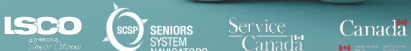
### SERVICE CANADA & CRA SUPPORT CLINIC

**WEDNESDAY JULY 30 | 9AM - 12PM**  
**LSCO CARD AREA, 500 11<sup>TH</sup> ST. S**

A Service Canada Community Liaison & CRA Representative will be at LSCO to answer your questions on Government of Canada Services such as:

- ✓ Canada Pension Plan (CPP)
- ✓ Old Age Security (OAS)
- ✓ Guaranteed Income Supplement (GIS)
- ✓ Employment Insurance (EI)
- ✓ Multigenerational Home Renovation Tax Credit
- ✓ My Service Canada Account & My CRA Account
- ✓ Home Accessibility Tax Credit
- ✓ Income Tax Preparation







### FREE EYEGLASSES ADJUSTMENTS

*Courtesy of Specsavers Park Place Mall*

**WEDNESDAY**  
**SEPTEMBER & DECEMBER 17**


**Drop In, No Apointment Necessary 1 - 2 PM | LSCO Library**






500 11th St. S Lethbridge | [www.lethseniors.com](http://www.lethseniors.com) | [intake@lethseniors.com](mailto:intake@lethseniors.com) | 403-329-1544

## AUGUST 2025 SUPPORT SERVICES CALENDAR

*\*appointment / registration required*

**403-320-2222**

**[kmartin@lethseniors.com](mailto:kmartin@lethseniors.com)**



<b>July 30</b>	<b>Service Canada &amp; CRA Support Clinic</b> 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.
<b>August 5</b>	<b>Single Session Counselling*</b> 12:30 pm -3:30 pm   Quiet Room	The single session counselling model provides an opportunity for individuals interested in exploring counselling to do so at no cost. Sessions are 1 ½ hour in length. Book appointment through SCSP Intake at 403-329-1544 or <a href="mailto:intake@lethseniors.com">intake@lethseniors.com</a> .
<b>August 5</b> 1 <sup>st</sup> Tuesday	<b>Community Connect Coffee Group</b> 1:30 pm - 3:00 pm   Room C/D	A opportunity to build connections, grow meaningful connections, and strengthen access to community supports. Drop-in style, no need to register, no cost.
<b>August 5</b> 1 <sup>st</sup> Tuesday	<b>Prescribing Pharmacist On-Site*</b> 10:00 am - 12:00 pm   Card Area	On-site pharmacist from Medicine Shoppe available for blood pressure checks, lab testing requisitions, medication reviews, adjustments of dosing/changes to medication, strep throat testing, minor ailment prescribing, travel health consultations and Covid and flu vaccinations. Vaccinations require appointments. Book an appointment through LSCO by calling 403-320-2222 or emailing <a href="mailto:kmartin@lethseniors.com">kmartin@lethseniors.com</a> .
<b>August 11</b> 2 <sup>nd</sup> Monday	<b>VolunTEAM Meetings</b> 1:00 pm - 2:00 pm   Atrium	An opportunity for LSCO volunteers to come together, increase socialization by connect with one another and build friendships! Chaired by the Volunteer Coordinator, volunteers will also be able to provide feedback, ask questions and discuss upcoming volunteer opportunities. No RSVP required!
<b>August 13</b> 2 <sup>nd</sup> Wednesday	<b>15 Minute Lawyer Consultations*</b> 1:00 pm - 4:00 pm   Quiet Room	An opportunity for a free 15 minute consultations with local lawyer, Austyn Anderson. Book an appointment through LSCO Admin at 403-320-2222 or <a href="mailto:kmartin@lethseniors.com">kmartin@lethseniors.com</a> .
<b>August 14</b> 2 <sup>nd</sup> Thursday	<b>Hearing Screening*</b> 10:00 am - 12:00 pm   Quiet Room	Hearing screenings from Lethbridge Hearing Centre to assist you in understanding your hearing health at no cost. Book an appointment through LSCO by calling 403-320-2222 or emailing <a href="mailto:kmartin@lethseniors.com">kmartin@lethseniors.com</a> .
<b>August 14</b>	<b>Mobile Food Support</b> 1:00 pm - 2:00 pm   LSCO Parking Lot	The Lethbridge Food Bank will be at LSCO with their excess food to better reach the community and help address food insecurity. No income testing open to everyone of all ages, at no cost. First come, first served.

### SUPPORT GROUPS

<b>August 21</b> 3 <sup>rd</sup> Thursday	<b>Parkinsons Support Group</b> 2:00-4:00pm   Board Room Registration for Parkinson’s Group is encouraged. Call 1-800-561-1911.	<b>August 2-31</b> Saturdays	<b>AA Eye Opener</b> 8:30 - 10:30 am   Room C/D
		<b>August 7-28</b> Thursdays	<b>AA Sunset</b> 7:00 - 9:00 pm   Room C/D

Stay up to date on these events on our event calendar [www.lethseniors.com/events](http://www.lethseniors.com/events)



# Summer Drop In Classes

## 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: Thursdays, August 7 - 28  
Time: 9:00 – 9:55 am  
Fee: \$28 LSCO M; \$ 36 NM  
Drop in: \$8 LSCO M; \$10 NM  
Register by: Friday, August 1  
Instructor: Annabelle Darlow  
Location: Room A/B

## 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  
Drop in: \$8 LSCO M; \$10 NM  
Instructor: Andrea Clarke  
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, July 3 - August 14  
Time: 9:30 - 10:15 am  
Drop in: \$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, July 2 - August 20  
Time: 10:00 - 10:45 am  
Drop in: \$6 LSCO M; \$8 NM  
Instructor: Corrine Myers  
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  
Drop-In: \$6 LSCO M; \$8 NM  
Instructor: Andrea Clarke  
Location: Stage Area

## FULL BODY WORKOUT

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

When: Wednesdays, August 6 - 27  
Time: 9:00 - 9:55 am  
Fee: \$28 LSCO M; \$36 NM  
Drop in: \$8 LSCO M; \$10 NM  
Register by: Friday, August 1  
Instructor: Annabelle  
Location: Room APR

## 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  
Drop in: \$8 LSCO M; \$10 NM  
Register by: Wednesday July 2  
Instructor: June Dow/Andrea  
Location: Room A/B (August)

### Wednesday Session

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

## 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  
Drop in: \$8 LSCO M; \$10 NM  
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  
Instructor: Donna Tiefenbach  
Location: APR

## LINE DANCE FUN DANCE SESSION

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  
Drop-In: Free LSCO M; \$8 NM  
Instructor: Gloria-Rose Puurveen  
Location: APR

## SENIORS WHO LIFT

Bars & Plates, and a variety of other resistance equipment will be used by participants to perform movements such as lunges, presses, curls, and squats. Stretching to follow. This challenging class is beneficial to increase muscle strength and endurance. **Participants should have some exercise experience.**

When: Mondays, August 11 - August 25  
Time: 9:00 - 9:55 am  
Fee: \$21 LSCO M; \$30 NM  
Drop in: \$8 LSCO M; \$10 NM  
Register by: Thursday July 3  
Instructor: Annabelle Darlow  
Location: APR

## 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

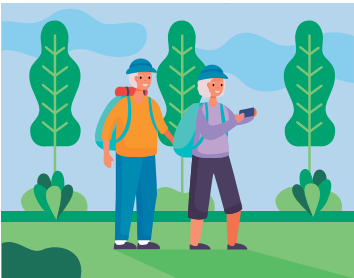
When: Tuesday, August 5  
Time: 10:00 am - 11:15 am  
Fee: Free LSCO M; \$ 5 NM  
Register by: Thursday, July 30  
Instructor: Roxy Wright  
Location: Stage Area

## 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.**

### Tuesdays

When: Tuesdays, August 5- August 26  
Time: 9:00 – 9:55 am  
Fee: \$28 LSCO M; \$36 NM  
Drop in: \$8 LSCO M; \$10 NM  
Register By: Thursday, July 31  
Instructor: Annabelle  
Location: APR



## 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



August LSCO Weekly Schedule					
Schedule may change without notice.					
	Monday	Tuesday	Wednesday	Thursday	Friday
All Day	<b>LSCO Administration</b> 8:00 am-4:30 pm <b>LSCO Diner</b> 8:00 am-3:00 pm <b>Billiards</b> 8:30 am-3:00 pm <b>Boutique</b> 10:00 am-3:00 pm	<b>LSCO Administration</b> 8:00 am-4:30 pm <b>LSCO Diner</b> 8:00 am-3:00 pm <b>Billiards</b> 8:30 am-3:00 pm <b>Boutique</b> 10:00 am-3:00 pm	<b>LSCO Administration</b> 8:00 am-4:30 pm <b>LSCO Diner</b> 8:00 am-3:00 pm <b>Billiards</b> 8:30 am-3:00 pm <b>Boutique</b> 10:00 am-3:00 pm	<b>LSCO Administration</b> 8:00 am-4:30 pm <b>LSCO Diner</b> 8:00 am-3:00 pm <b>Billiards</b> 8:30 am-3:00 pm <b>Boutique</b> 10:00 am-3:00 pm	<b>LSCO Administration</b> 8:00 am-4:30 pm <b>LSCO Diner</b> 8:00 am-3:00 pm <b>Billiards</b> 8:30 am-3:00 pm <b>Boutique</b> 10:00 am-3:00 pm
8:00			<b>Cardio to the Core</b> 8:00 am-8:50 am @ Gym 2		
9:00	<b>Seniors Who Lift</b> 9:00 am-9:55 am @ APR	<b>Tabata</b> 9:00 am-9:55 am @ APR	<b>Amateur Radio</b> 9:00 am-11:00 am @ Radio Room <b>Fullbody Workout</b> 9:00 am-9:55 am @ APR	<b>Cardio Strength</b> 9:00 am-9:55 am @ APR <b>Chair Exercises</b> 9:30-10:15 am @ Stage Area	<b>Core &amp; Stretch</b> 9:00 am-9:55 am @ APR <b>Paper Tole &amp; Creative Arts</b> 9:00 am-3:00 pm @ Arts & Crafts Room
10:00	<b>Gentle Exercise</b> 10:15 am-11:00 am @ Room A/B	<b>Gentle Yoga</b> 10:00 am-11:00 am @ APR <b>Spring Forest Qigong</b> 10:00am-11:15am @ Stage <i>Pop up August 5</i>	<b>Chair Yoga</b> 10:00-10:45 am @ Stage Area <b>Lapidary</b> 10:00 am-3:00 pm @ Lapidary <b>Gentle Exercise</b> 10:15 am-11:00 am @ Room A/B	<b>Gentle Yoga</b> 10:00 am-11:00 am @ APR	<b>Yoga For Seniors</b> 10:15 am-11:15 am @ Room A/B <b>Table Tennis</b> 10:30 am-12:00 pm @ Room C/D
Lunch	<b>Pilates</b> 11:15 am-12:30 pm @ APR <b>Functional Fitness</b> 11:30 am-12:15 pm @ Stage	<b>Quilting</b> 12:00 pm-3:00 pm @ Stage	<b>Line Dancing - Fun Session</b> 11:30 am-12:30 pm @ APR <i>July 23 - August 13</i>		<b>Badminton</b> 11:15 am-12:45 pm @ Gym 1
Afternoon	<b>Computer Club</b> 1:00 pm-4:00 pm @ Computer Lab <b>Yoga For Seniors</b> 1:00 pm-2:00 pm @ Room A/B <b>Table Tennis</b> 2:30 pm-4:00 pm @ Room C/D	<b>Karaoke</b> 1:00 pm-3:30 pm @ Board Room <b>Strength &amp; Mobility</b> 1:30 pm-2:30 pm @ Fitness Centre	<b>Computer Club</b> 1:00 pm-4:00 pm @ Computer Lab <b>Watercolour Group</b> 1:00 pm-3:00 pm @ Art & Craft Room <b>Table Tennis</b> 2:30 pm-4:00 pm @ Room C/D	<b>Knitting, Crochet &amp; More</b> 1:00 pm-4:00 pm @ Dining Room <b>Drop In Crib</b> 1:00-3:00 pm @ Card Area <b>Strength &amp; Mobility</b> 1:30 pm-2:30 pm @ Fitness Centre	<b>Computer Club</b> 1:00 pm-4:00 pm@ Computer Lab
	<b>For more information regarding programs contact the Administration Desk at 403-320-2222.</b> Note: Some programs are Full. Ask about Drop In Classes				
	For information about LSCO programs go to <a href="http://www.lethseniors.com">www.lethseniors.com</a> and register online.				



<div><div><div>LSCO</div><div>DINER</div><div>SPECIALS</div></div></div> <div><div>MENU ~ AUGUST 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 &amp; Salad Special</div><div>Changes Daily</div><div>See Menu Board in Dining Room</div></div>				
Friday, August 1				
				<div>Entree: Roast Beef</div> <div>Starch: Yorkshire Pudding, Mashed Potatoes</div> <div>Veggie: Chef's Choice</div> <div>Soup: Chef's Choice</div>
Monday, August 4	Tuesday, August 5	Wednesday, August 6	Thursday, August 7	Friday, August 8
<div>Entree: Honey Garlic Pork</div> <div>Starch: Rice</div> <div>Veggie &amp; Soup: Chef's Choice</div> <div>LSCO CLOSED</div> <div>MOW Delivered Friday Aug 1</div>	<div>Entree: Chicken Chow Mein</div> <div>Starch: Rice</div> <div>Veggie: Chef's Choice</div> <div>Soup: Chef's Choice</div>	<div>Entree: Ginger Beef</div> <div>Starch: Rice</div> <div>Veggie: Chef's Choice</div> <div>Soup: Chef's Choice</div>	<div>Entree: Chicken Alfredo</div> <div>Starch: Fettuccini</div> <div>Veggie: Chef's Choice</div> <div>Soup: Chef's Choice</div>	<div>Entree: Baked Ham</div> <div>Starch: Scalloped Potatoes</div> <div>Soup: Chef's Choice</div> <div>Veggie: Chef's Choice</div>
Monday, August 11	Tuesday, August 12	Wednesday, August 13	Thursday, August 14	Friday, August 15
<div>Entree: Tortiere</div> <div>Starch: Roast Potatoes</div> <div>Veggie: Chef's Choice</div> <div>Soup: Chef's Choice</div>	<div>Entree: Chicken Parmigiana</div> <div>Starch: Spaghetti</div> <div>Veggie: Chef's Choice</div> <div>Soup: Chef's Choice</div>	<div>Entree: Hunter Schnitzel</div> <div>Starch: Spatzle</div> <div>Veggie: Chef's Choice</div> <div>Soup: Chef's Choice</div>	<div>Entree: Chicken Pot Pie</div> <div>Starch: Roast Potatoes</div> <div>Veggie: Chef's Choice</div> <div>Soup: Chef's Choice</div>	<div>Entree: Lasagna</div> <div>Starch: Garlic Toast</div> <div>Veggie: Chef's Choice</div> <div>Soup: Chef's Choice</div>
Monday, August 18	Tuesday, August 19	Wednesday, August 20	Thursday, August 21	Friday, August 22
<div>Entree: Spaghetti &amp; Meatballs</div> <div>Starch: Garlic Toast</div> <div>Veggie: Chef's Choice</div> <div>Soup: Chef's Choice</div>	<div>Entree: Tascadi Manzo Rotini (Risoto wrapped with beef &amp; braised)</div> <div>Starch: Garlic Toast</div> <div>Veggie: Chef's Choice</div> <div>Soup: Chef's Choice</div>	<div>Entree: Cabbage Rolls</div> <div>Starch: Roast Potato</div> <div>Veggie: Chef's Choice</div> <div>Soup: Chef's Choice</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>Entree: Shepherd's Pie</div> <div>Veggie: Chef's Choice</div> <div>Soup: Chef's Choice</div>
Monday, August 25	Tuesday, August 26	Wednesday, August 27	Thursday, August 28	Friday, August 29
<div>Entree: Sweet &amp; Sour Chicken Balls</div> <div>Starch: Rice</div> <div>Veggie: Chef's Choice</div> <div>Soup: Chef's Choice</div>	<div>Entree: Chili Pie (corn bread crust pot pie)</div> <div>Starch: Mashed Potatoes</div> <div>Veggie: Chef's Choice</div> <div>Soup: Chef's Choice</div>	<div>Entree: Stuffed Bell Peppers</div> <div>Starch: Egg Noodles</div> <div>Veggie: Chef's Choice</div> <div>Soup: Chef's Choice</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>Entree: Meatloaf</div> <div>Starch: Mashed Potatoes</div> <div>Veggie: Chef's Choice</div> <div>Soup: Chef's Choice</div>

Galt

MUSEUM & ARCHIVES

AKAISAMITOHKANA O'PA

AUGUST 2025 EXHIBITS, EVENTS & PROGRAMS

AUGUST HOURS

Monday: 1 - 5pm

Tues - Sat: 10 - 5pm

Sunday: 1 - 5pm

Holidays: 1 - 5pm

EXHIBITS

LENA & THOMAS GUSHUL: LIFE IN FRONT AND BEHIND THE CAMERA

FEB 15—AUG 04.25

BEHIND RACISM CHALLENGING THE WAY WE THINK

MAR 25—SEP 07.25

TAKING ACTION PEOPLE MAKING A DIFFERENCE

APR 12—OCT 05.25

A Role for Everyone: The Playgoers of Lethbridge

AUG 09.25—FEB 08.26

++ 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

SPECIAL EVENTS

AUG 07 | 11 am–1 pm

Kids Carnival

all ages welcome | children to attend with caregiver | registration not required | museum admission applies

AUG 21 | 5:30 pm

Exhibition Launch: A Role for Everyone: The Playgoers of Lethbridge

free entry | refreshments | curator tour | Q&A

AUG 29 | 6–8 pm

Renaissance Faire~An Evening of Medieval Dining & Dancing

With the Lethbridge Medieval Club and musician Jon Helm | held at the Galt | 18+ | 6 PM dancing | 7 PM dinner | pre-register | 50 tickets @ \$65/person | dress to impress

AUG 30 | 12–5 pm

Renaissance Faire at Fort Whoop-Up ++

From noble lords to curious knaves, all ages shall find delight in this grand celebration of historical times past! Fort admission applies & grants thee passage—no extra coin required.

PROGRAMS

AUG 06 | 6–7 pm

Move & Flow at the Museum

Yoga with Aisha Johnson ++

An evening of fun instruction | bring yourself, your friends and family, and a water bottle!

AUG 16 | 10–11:30 am

Land Based Learning with Sandra Atwood ++

all ages welcome | children with caregiver | registration not required | no cost to attend | meet at Fort Whoop Up

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



# Fall 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](http://www.lethseniors.com). Find the Programs & Fitness tab at the top of the page and click. Additional tabs will be visible for you to review. You can also click “register online”. \*\*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.



## LSCO Ultimate Fitness Membership (UFM)

### Membership Benefits

1. **Members have unlimited access to the Fitness Centre** during hours of operation.
2. **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. Classes included in the Ultimate Fitness Membership may change without notice.** Ask at the Administration Desk.
3. **Members can drop in to classes that are included** in the UFM, without additional charges, 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!** For now, UFM 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.

### 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](mailto: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 (page 3).



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 Bring an exercise mat and water bottle. **All Fitness Levels welcome.**

When: Mondays, Sept. 8 - Dec. 8  
Time: 10:10 - 11:00 am  
Fee: \$90 LSCO M, \$117 NM  
Register by: Wednesday, September 3  
Instructor: Tracy Simons  
Location: All purpose Room

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 equipemnt from dumbbells to resistance bands. Bring a water bottle and clean indoor shoes.

When: Wednesday, Sept. 10- Dec.17  
Time: 9:00 – 10:00 am  
Fee: \$105 LSCO M, \$135NM  
Register by: Friday, September 5  
Instructor: Nancy Purkis  
Location: Gym 2

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, Sept.10 - Dec.10  
Time: 9:00 – 9:50 am  
Fee: \$98 LSCO M; \$126 NM  
Register by: Friday, September 5  
Instructor: Tracy Simons  
Location: All Purpose Room

CHAIR EXERCISES

This chair class will include stretching, exercise to help you increase strength, flexibility, range of motion for joints and stress reduction. Many options are given making it suitable for all fitness levels.

Session 1:

When: Thursdays, Sept. 4 - Oct. 23  
Time: 9:30 - 10:15 am  
Fee: \$40 LSCO M; \$56 NM  
Drop in: Friday, August 29  
Instructor: Andrea Clarke  
Location: Stage Area

Session 2:

When: Thursdays, Oct.30- Dec.18  
Time: 9:30 - 10:15 am  
Fee: \$40 LSCO M; \$56 NM  
Drop in: Monday, October 27  
Instructor: Andrea Clarke  
Location: Stage Area

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 cardio fitness. Participants can ride at their own pace. Stretching to follow.

When: Fridays, Sept. 12 - Dec.12  
Time: 8:00 – 8:45 am  
Fee: \$98 LSCO M; \$126 NM  
Register By: Tuesday, September 9  
Instructor: Tracy Simons  
Location: Gym 2

ESSENTRICS

The goal of the Essentrics Workout is to create a balanced body such that the strength in your muscles doesn't inhibit your movement, and your mobility is enhanced by your strength. Essentrics dynamically combines strengthening and stretching to develop a strong, toned body with the complete ability of moving each joint and muscle freely and with full range of motion.\***Not included in Ultimate Fitness Membership**

When: Tuesdays, Sept. 16 - Dec. 9  
(No Class Sept. 30 & Nov.11)  
Time: 11:30 am - 12:15 pm  
Fee: \$108 LSCO M; \$132 NM  
Register by: Wednesday, September 10  
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.

When: Tuesdays, Sept. 9- Dec. 16  
(No Class Sept.30 & Nov.11)  
Time: 9:00 - 9:50 am  
Fee: \$90 LSCO M; \$116 NM  
Register by: Wednesday, September 3  
Instructor: Gabrielle Dumont  
Location: Gym 1

When: Thursdays, Sept.11- Dec.18  
Time: 9:00 - 9:50 am  
Fee: \$105 LSCO M; \$135 NM  
Drop in: Monday, September 8  
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.

Session 1:

When: Mondays, Sept.8 - Oct. 27  
(No Class Oct. 13)  
Time: 11:30 am - 12:15 pm  
Fee: \$35 LSCO M; \$45 NM  
Register by: Thursday, September 4  
Instructor: Andrea Clarke  
Location: Stage Area

Session 2:

When: Mondays, Nov. 3 - Dec.15  
Time: 11:30 am - 12:15 pm  
Fee: \$35 LSCO M; \$45 NM  
Register by: Thursday, October 30  
Instructor: Andrea Clarke  
Location: Stage Area



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.

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, Sept. 8 - Dec.15  
(No class Oct.13)  
Time: 10:15 – 11:00 am  
Fee: \$98 LSCO M, \$126 NM  
Register by: Wednesday, September 3  
Instructor: June Dow  
Location: Gym 1

Wednesday Session

When: Wednesdays, Sept. 3 - Dec.17  
Time: 10:15 – 11:00 am  
Fee: \$112 LSCO M, \$144NM  
Register by: Friday, August 29  
Instructor: Donna Teifenbach  
Location: Gym 1

Friday Session

When: Friday, Sept. 5 - Dec. 19  
Time: 10:15 – 11:00 am  
Fee: \$112 LSCO M, \$144NM  
Register by: Wednesday, September 3  
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.**

Session 1:

When: Tuesdays, Sept. 9 - Oct. 28  
(No Class Sept. 30)  
Time: 8:45 - 9:45 am  
Fee: \$49 LSCO M; \$63 NM  
Register by: Thursday, September 4  
Instructor: June Dow  
Location: Room A/B

Session 2:

When: Tuesdays, Nov. 4 - Dec.16  
(No Class Nov. 11)  
Time: 8:45 - 9:45 am  
Fee: \$49 LSCO M; \$63 NM  
Register by: Thursday, September 4  
Instructor: June Dow  
Location: Room A/B



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, Sept. 10 - Dec. 17  
Time: 8:00 – 8:50 am  
Fee: \$56 LSCO M; \$ 72 NM  
Drop in: \$8 LSCO M; \$10 NM  
Register by: Thursday, September 4  
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, Sept. 8 - Dec.15  
**(No Class Oct.13)**  
Time: 8:00 – 8:50 am  
Fee: \$98 LSCO M; \$ 126 NM  
Register by: Thursday, September 4  
Instructor: Gabrielle Dumont  
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.

When: Tuesdays, Sept. 2 - Dec.16  
**(No Class Sept. 30 & Nov. 11)**  
Time: 9:00 – 9:55 am  
Fee: \$98LSCO M; \$ 126 NM  
Register by: Thursday, September 4  
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, Sept. 3 - Dec. 17  
Time: 9:00 - 9:55 am  
Fee: \$112 LSCO M; \$144 NM  
Register by: Thursday, August 28  
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, Oct. 6 - Dec. 8  
**(No Class Oct.13)**  
Time: 10:15 - 11:00 am  
Fee: \$64 LSCO M; \$80 NM  
Register by: Wednesday, October 1  
Instructor: Sheila Mulgrew  
Location: All Purpose Room

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, Sept. 8 - Dec. 15  
**(No Class Oct.13)**  
Time: 11:15 am - 12:30 pm  
Fee: \$98 LSCO M; \$126 NM  
Register by: Wednesday, September 3  
Instructor: June Dow  
Location: All Purpose Room

**Thursdays**  
When: Thursdays, Sept.11 - Dec.18  
Time: 10:15- 11: 30 am  
Fee: \$105 LSCO M; \$135 NM  
Drop-In: Monday, September 8  
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, Sept. 8 - Oct. 27  
Time: 10:15 - 11:10 am  
Fee: \$49 LSCO M; \$63 NM  
Register by: Thursday September 4  
Instructor: Annabelle Darlow  
Location: Gym 2

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

When: Thursdays, Sept. 4 - Dec. 18  
Time: 10:15 – 11:15 am  
Fee: \$112 LSCO M; \$144 NM  
Register by: Friday, August 29  
Instructor: Jamie Hillier  
Location: Fitness Centre

STRENGTH & MOBILITY

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

When: Tues/Thurs, Sept. 2 - Oct. 28  
**(No Class Sept. 30)**  
Time: 9:00 – 9:55 am  
Fee: \$80 LSCO M; \$100  
Register by: Thursday, August 28  
Instructor: Annabelle Darlow  
Location: Fitness Centre

TABATA

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

**Mondays**  
When: Mondays, Sept. 8 - Dec.15  
**(No Class Oct.13)**  
Time: 9:00 – 9:55 am  
Fee: \$98 LSCO M; \$126  
Register by: Thursday, September 4  
Instructor: Jamie Hillier  
Location: Gym 1

**Fridays**  
When: Fridays, Sept. 12 - Dec.12  
Time: 9:00 – 9:55 am  
Fee: \$98 LSCO M; \$126 NM  
Register By: Tuesday, September 9  
Instructor: Tracy Simons  
Location: All Purpose Room

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, Sept. 4 - Dec.18  
Time: 9:00 - 9:55am  
Fee: \$112 LSCO M; \$144NM  
Instructor: Jamie Hillier  
Location: Gym 2

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.



# GOLDEN ANNIVERSARY BLOCK PARTY

Presenting Sponsor



# HearingLife

Entertainment Sponsor



MEDICINE HAT  
**Meadowlands**  
An OPTIMA LIVING Community

Media Sponsors **Herald**



Music & Sound by:



**COYOTE  
JUNCTION**



Volunteer  
Bénévoles  
Canada



Costumes & Prizes by:



**Honkers** Pub & Eatery

Other Entertainment by



Crow & Clog



Boots the Goat  
Mademoiselle Caramel, the Mime  
Line Dance Demo by Gloria Rose Purveen



Delicious Lunch by



Popcorn Machine  
provided by Green Acres

T-Shirt Sponsor



Bike  
Racks by



Tents Provided By

Sandman Signature, BikeLane, Rhino Security, Neighbourhood YQL,  
Green Acres, Real Estate Centre.

Volunteers

CCH High School Students , LSCO volunteers, Brokerlink Insurance,  
BikeLane, Rose and Thistle Flower Shop, Rhino Security



# THANK YOU!

## Event Sponsors & Partners







## 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.**

### 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 renovation!**

**WESTCO**  
CONSTRUCTION

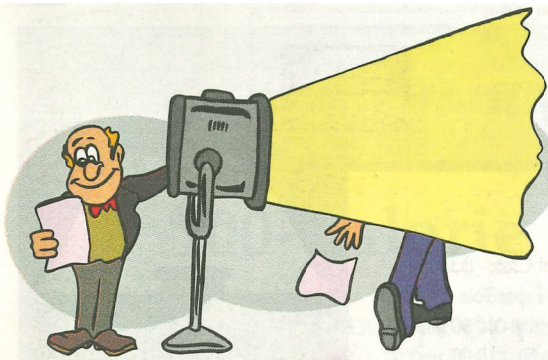
**To join one of our groups you must be a current member of LSCO and pay applicable fee for the group.**

**If you are interested in checking out a group please contact**

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

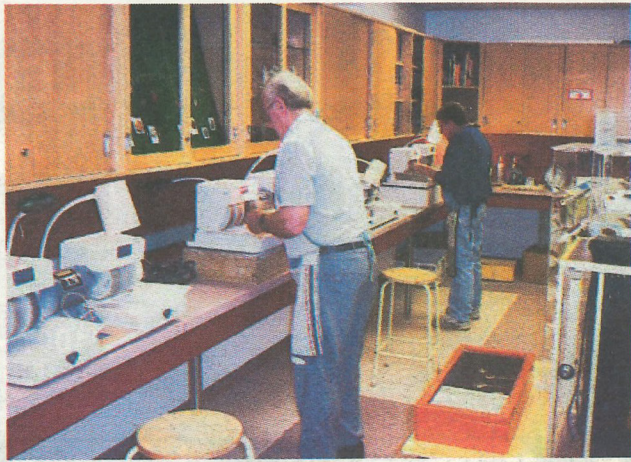
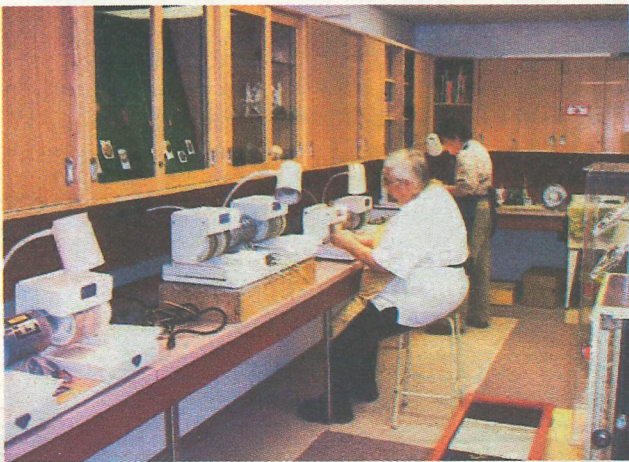






# Spotlight on . . . THE LSCO LAPIDARY CLUB

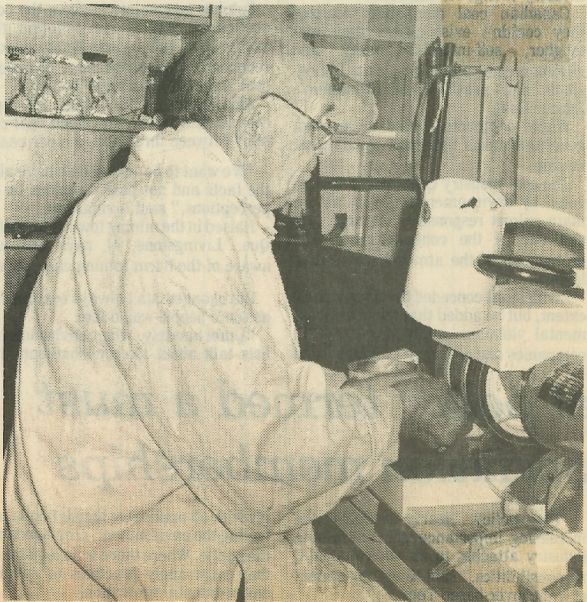
The LSCO stone crafters really enjoy cutting, shaping and polishing rocks and seeing a beautiful stone emerge. We then set it in a purchased setting, or make a setting of our own with gold or silver wire. We also make wire trees with little polished rocks or beads for leaves. We make bookends, and a few of our members do faceting -which produces beautiful gems for earrings and pendants. At present, we have about 30 members but are always interested in introducing new people to our wonderful hobby, so come and visit us in the lapidary room upstairs. You can see members working on their craft from 10:00 am to 12:00 pm and 1:00 to 3:00 pm most days.



*This article was published in the LSCO Times in July 2005*

## LSCO Throwback

The Lapidary Club was offically started in 1989 after rennovating our building to include an upstairs. and still meets at the LSCO on Wednesdays from 10am - 3pm



CLYDE SHIELDS is hard at work grinding cabochon, a gemstone to be fashioned into bolo ties.



*This article was published in the Lethbridge Herald in 1989*



## Staff Service Anniversaries

Above..A HUGE congratulations goes out to Chris (left) and Georgie (right) for celebrating 10 years of service at the LSCO

# Rocks prove growing fascination

By LEONA FLIM  
Of The Herald

Among the rocks is a very pleasant place to be for Clyde Shields of Lethbridge.

In fact, he wishes he had more people there to join him.

Shields, president of the Lethbridge Senior Citizens Organization's lapidary club, says the group will hold a sign-up meeting for formal membership this summer.

The date has yet to be arranged, but it will be soon after a meeting later this month with Don Mayne, regional manager of the federal government's New Horizons Seniors Independence Program.

New Horizons has given about \$7,000 to the club, of which \$2,000 has been spent so far on equipment, says Shields.

Another \$3,000 will be spent shortly on more equipment and the remaining \$2,000 will be used for supplies.

"The stuff is all here for people to work on," says Shields. "If they're willing to learn there will be people who will help give them instruction."

"It can get a bit messy at times but there's nothing to it. It's an art anybody can learn if they want to apply themselves."

By joining the club, people can discover a great new hobby and make

"really beautiful ornamental jewelry," says Shields. He says some items are already available for sale.

Based in a room on the second floor of the Senior Centre, the club held an organizational meeting last November, says Shields. But he'd like to have about 25 members.

Four or five people can use the lapidary room at the same time according to pre-arranged schedule.

Days of use will be Monday to Friday and membership cost will be \$5 per year.

Members may choose to get their rock samples straight from the prairie or invest in rock purchases.

"Fifty dollars would give them a good start," says Shields.

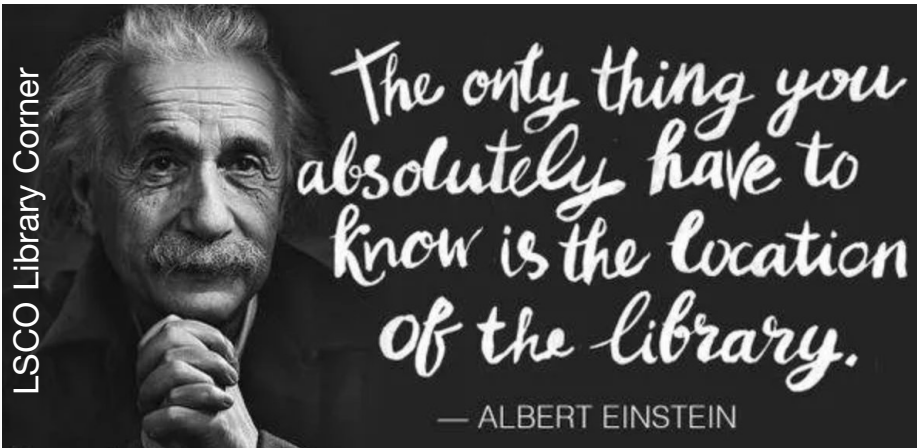
Equipment on hand includes a slabbing saw to make the first cut, a trim saw to cut the rock according to a template-based design, and a six-wheeled grinder for polishing.

A buffer wheel allows reshining of tarnished pieces.

Shields says another saw and grinder have yet to be acquired, along with a few more desperately-needed electrical outlets.

Shields, a retired farmer hailing appropriately from Diamond City, got into the lapidary habit about 15 years ago.

Below..And hats off to Jodie for a remarkable 30 years of service! She doesn't like to be in the spotlight but we couldn't help but sneak her in with this staff photo from June 2000 (25 years ago!)



LSCO Library Corner



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. Minimum 8 people run class.

When: Wednesdays, Sept.10 - Dec. 10  
Time: 12:45 – 1:45 pm  
Fee: \$98 LSCO M; \$126 NM  
Drop-In: Friday, September 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, Sept.10 - Dec. 10  
Time: 11:30 – 12:30pm  
Fee: \$98 LSCO M; \$126 NM  
Drop-In: Friday, September 5  
Instructor: Gloria-Rose Puurveen  
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, Sept.11- Nov. 27  
Time: 5:15 – 6:15 pm  
Fee: \$108 LSCO M; \$132 NM  
Register by: Friday, August 29  
Instructor: Lise Schulze  
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, Sept.11- Nov. 27  
Time: 4:00 – 5:00 pm  
Fee: \$108 LSCO M; \$132 NM  
Register by: Friday, August 29  
Instructor: Lise Schulze  
Location: Room A/B

POUND

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

When: Wednesdays, Oct.8 - Dec.10  
Time: 11:00 - 11:45 am  
Fee: \$80 LSCO M; \$ 100 NM  
Register by: Thursday, October 2  
Instructor: Sheila Mulgrew  
Location: All Purpose Room

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, Oct. 7 - Dec. 9  
Time: 11:15 am – 12:15 pm  
Fee: \$72 LSCO M; \$ 90 NM  
Register by: Thursday, October 2  
Instructor: Sheila 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, Sept. 8 - Dec. 15  
Time: 9:00 – 9:55 am  
Fee: \$98LSCO M; \$ 126 NM  
Register by: Thursday, September 4  
Instructor: Gabrielle Dumont  
Location: Gym 2

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

For the past two decades, Lethbridge Denture Clinic has been dedicated to restoring confidence and enhancing smiles with precision, artistry, and care. As Lethbridge's only woman-owned and operated denture clinic, we take pride in providing exceptional service tailored to you. Let us put that sparkle back in your smile!

**20 years**  
OF MAKING AN IMPRESSION

**BEST**  
DENTURE CLINIC  
2025

**LETHBRIDGE DENTURE CLINIC**

THANK YOU FOR 20 YEARS OF SUPPORT

We are a full-service denture clinic, offering:

- Immediate Surgical Dentures
- Replacement Dentures
- Implant-Supported Dentures
- Relines
- Adjustments
- Same-Day Repairs

Call us today for your **FREE** consultation!

2-1718 3rd Ave S. 403-381-4142  
[www.lethbridgedentureclinic.com](http://www.lethbridgedentureclinic.com)

CELEBRATING

50

YEARS

1975 - 2025

LSCO

LETHBRIDGE

Senior Citizens

ORGANIZATION

GYM 1 & 2 CLOSURE

for annual maintenance

AUGUST 2025

Starting August 5

The Fitness Centre will remain open in August

Monday - Friday | 8 am - 4 pm



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

PICKLEBALL

Now accepting applications for the new Pickleball season until August 15, 2025.

To apply\* go to:

www.lethseniors.com/programs/sports/

\*completing an application does not guarantee you will be accepted into the program.

If you have any questions, contact Andrea Clarke at programs@lethseniors.com



Photos of the LSCO Members doing Tai Chi outdoors in the Civic Centre Field behind LSCO



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.

Session 1:

When: Tuesday, Sept. 9 - Oct. 28  
Time: 10:00 am - 11:15 am  
Fee: \$56 LSCO M; \$ 63 NM  
Register by: Thursday, September 4  
Instructor: Roxy Wright  
Location: Stage Area

Session 2:

When: Tuesday, Nov.4 - Dec. 16  
Time: 10:00 am - 11:15 am  
Fee: 48 LSCO M; \$ 54 NM  
Register by: Thursday, October 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

TAI CHI 108 YANG STYLE FORM PRACTICE

Note: this is not a lesson. It is a practice for individuals with some experience in the 108 Yang Style Form.

When: Wednesdays, Sept.10 - Dec.10  
Time: 10:15 – 11:15 am  
Fee: \$30 LSCO Members; \$50 NM  
Register by: Friday, September 5  
Location: Gym 2

LSCO Badminton Club Brings Home Gold



Left to right: Warren Murray, Milton Iwaasa, Kathy Iwaasa, Lanna Pittman, Tony Barrett

The 2025 Southern Alberta Summer Games were held in Taber and Barnwell on July 4th and 5th. There was a record breaking 14 LSCO badminton club members competing with the best in southern Alberta. The competition was intense and LSCO successfully returned home with **13 medals: 4 Gold, 4 Silver, and 5 Bronze.**

- **Mark DeMeesters:** Gold (55+ Singles), Gold (55+ Men’s Doubles)
- **Ruel Veracruz:** Gold (55+ Mixed Doubles), Silver (55+ Men’s’ Doubles)
- **Kathryn Iwaasa:** Gold (55+ Mixed Doubles)
- **Milton Iwaasa:** Silver (55+ Mixed Doubles), Silver (55+ Men’s Doubles)
- **Lana Pittman:** Silver (55+ Mixed Doubles)
- **Warren Murray:** Bronze (55+ Singles), Bronze (55+ Men’s’ Doubles)
- **Noel Ferolino:** Bronze (55+ Men’s’ Doubles), Bronze (55+ Mixed)
- **Ingrid Oseen:** Bronze (55+ Mixed)

**Congratulations to the winners. You have made us proud!**



*Proud presenting sponsor of the LSCO Live Well Showcase.*

PREARRANGING PROVIDES  
*Peace of Mind*

**It's simple to do and it's a gift that spares family members from the burden of making emotional decisions during a difficult time.**

And many people aren't aware that you don't need to prepay when you prearrange. At Cornerstone Funeral Home, we're pleased to record your wishes and hold them on file at no charge. Our flexible payment options available over 1, 3, 5, 10, or 15 year terms make it affordable for everyone.



**“Here When You Need Us. 24 Hours a Day”**

**403-381-7777 (24/7)**

RECEPTION • CHAPEL • CREMATORIUM

2825 - 32 St. S, Lethbridge, AB T1K 7B1

**[www.cornerstonefuneralhome.com](http://www.cornerstonefuneralhome.com)**

Find us on Facebook @CornerstoneFuneralHome



## 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.

#### Session 1:

When: Wednesdays, Sept.10 - Oct. 29  
Time: 10:00 - 10:45 am  
Fee: \$40 LSCO M: \$56 NM  
Register by: Monday, September 8  
Instructor: Corrine Myers  
Location: Stage Area

#### Session 2:

When: Wednesdays, Nov. 5 - Dec. 17  
Time: 10:00 - 10:45 am  
Fee: \$35 LSCO M: \$ 49 NM  
Register by: Monday, November 3  
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, Sept. 2 - Dec. 16  
**(No class Sept. 30 & Nov. 11)**  
Time: 10:00am - 11:00am  
Fee: \$98 LSCO M; \$126 NM  
Register by: Thursday, August 28  
Instructor: Donna Tiefenbach  
Location: All purpose Room

#### Thursdays

When: Thursdays, Sept. 4 - Dec. 18  
Time: 10:00 - 11:00am  
Fee: \$112 LSCO M; \$144 NM  
Drop In: \$8 LSCO M; \$10 NM  
Register by: Monday, July 7  
Instructor: Donna Tiefenbach  
Location: All purpose Room

### 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.

#### Fridays

When: Fridays, Sept.12- Oct.31  
Time: 11:30 am - 12:30 pm  
Fee: \$56 LSCO M; \$72 NM  
Register by: Wednesday,September 10  
Instructor: Corrine Myers  
Location: Room A/B

#### Session 2

When: Fridays, Nov. 7 - Dec.19  
Time: 11:30 am - 12:30 pm  
Fee: \$49 LSCO M; \$63 NM  
Register by: Wednesday, November 5  
Instructor: Corrine Myers  
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.

#### Session 1 - Mondays

When: Mondays, Sept. 8 - Oct. 27  
Time: 1:00 - 2:00pm  
Fee: \$42 LSCO M; \$54 NM  
Register by: Wednesday,September 3  
Instructor: Corrine Myers  
Location: Room A/B

#### Session 2- Mondays

When: Mondays, Nov. 3 - Dec. 15  
Time: 1:00 - 2:00pm  
Fee: \$49 LSCO M; \$63 NM  
Register by: Wednesday, October 29  
Instructor: Corrine Myers  
Location: Room A/B

#### Session 1: - Fridays

When: Fridays, Sept.12 - Oct.31  
Time: 10:15 am - 11:15 am  
Fee: \$56 LSCO M; \$72 NM  
Register by: Wednesday, September 10  
Instructor: Corrine Myers  
Location: Room A/B

#### Session 2 - Fridays

When: Fridays, Nov. 7 - Dec.19  
Time: 10:15 am - 11:15 am  
Fee: \$49 LSCO M; \$63 NM  
Register by: Wednesday,November 5  
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. **This class is not included in the Ultimate Fitness Membership.**

When: Tuesdays, Sept. 9 - Dec. 15  
**(No class Sept. 30 & Nov. 11)**  
Time: 5:00 - 6:00 pm  
Fee: \$117 LSCO M; \$130 NM  
Register by: Thursday, September 4  
Instructor: Donna Tiefenbach  
Location: Room A/B

### Laughter is the best medicine...

On the way back from a Cub Scouts meeting, my grandson asked my son a question. “Dad, I know that babies come from mommies’ tummies but how do they get there in the first place?” he asked innocently. After my son hummed and hawed for a while, my grandson finally spoke up in disgust. “You don’t have to make something up, Dad. It’s okay if you don’t know the answer.”

### YOVASCIA

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

#### Session 1:

When: Mondays, Sept.15 - Oct. 6  
Time: 8:30 - 9:30 am  
Fee: \$32 LSCO M; \$ 40 NM  
Register by: Wednesday,September 10  
Instructor: Elaine Jagielski  
Location: Room A/B

#### Session 2:

When: Mondays, Oct. 20 - Nov. 10  
Time: 8:30 - 9:30 am  
Fee: \$32 LSCO M; \$ 40 NM  
Register by: Wednesday, October 15  
Instructor: Elaine Jagielski  
Location: Room A/B

#### Session 3:

When: Mondays, Nov. 17 - Dec. 8  
Time: 8:30 - 9:30 am  
Fee: \$32 LSCO M; \$ 40 NM:  
Register by: Wednesday, November 12  
Instructor: Elaine Jagielski  
Location: Room A/B

## 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.

## IN THE COMMUNITY

### Lethbridge Scottish Country Dance Club

Date: Join us for some FUN Wednesday Evenings starting September 3, 7-9 PM

Location: St. Andrews Presbyterian Church Hall 1818 5 Avenue South

Cost: \$30 September-May

Dance some traditional Jigs, Reels and Strathspeys to live music.

Learn specialized steps and formations that keep you active while having fun in our social group. No partner needed to join. No special clothing required.

NOT Highland Dancing.

For more information contact: Pam Vogt 403-332-1208

**Do you have a community event you’d like to promote? Contact Hannah at [hdupuis@lethseniors.com](mailto:hdupuis@lethseniors.com) to learn more!**





Computer Corner  
By Sjoerd Schaafsma

Scam Alerts

Sometimes I get asked questions about email warnings that don't have a simple answer, or the best answer involves showing someone what the email looks like, which in itself might send up a red flag. I don't want to create more anxiety when the original email may well be causing its own share.

Here's what came into my mailbox.----->

The "Your storage capacity is full!" Scam

**Notice!!** There is no mention of which storage capacity is full, or which 'cloud email' you are using. On a PC you can hover over the senders name to get the actual email address.

If you are really running low on storage space there is usually a warning from the cloud storage space provider;

Google, Yahoo, TELUS, Outlook, or Apple mail. It all depends on how your account is configured.

In a recent example of storage space actually being full, the user's Gmail space was already far over the allotted space. In this case Google still gave plenty of fair warning to make more space or pay for the extra storage.

Keep in mind, everything you have not deleted takes up space on your email server; text, videos, movies, pictures, and any files you've uploaded to your cloud storage space.

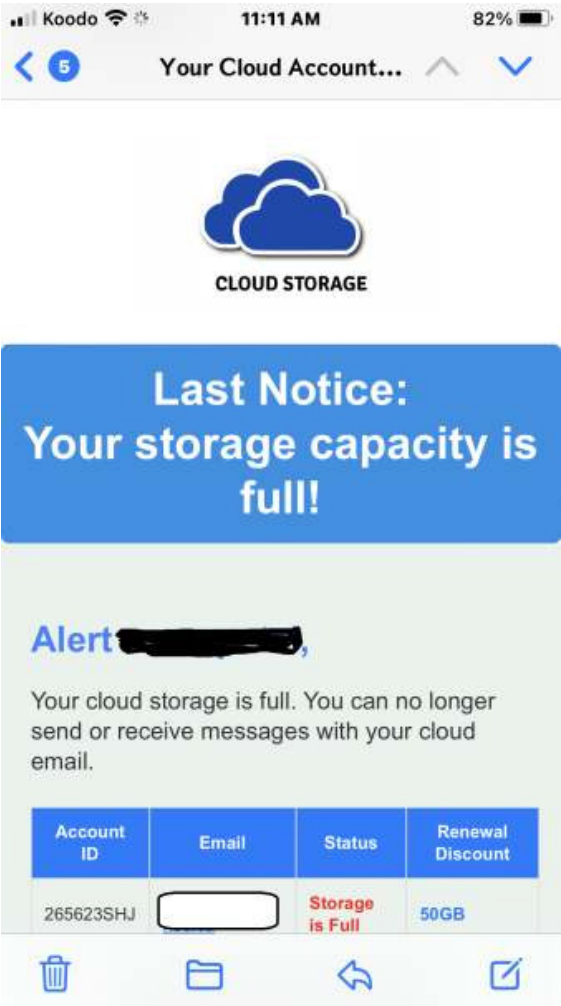
Do a Google Search for "My Gmail Is Full, and Google's Threatening to Stop My Email" to get a detailed explanation as it relates to Google. There are Ask Leo links with both text and video explanations.

Here are two links explaining the "your mailbox is almost full phishing scam" in more detail.

The first is from California State University Long Beach, the second is from the PCrisk website.

<https://www.pcrisk.com/removal-guides/20359-your-mailbox-is-full-email-scam>

If you want to do your own search do the following – be sure to include the quota-



tion marks.  
Google Search "your mailbox is almost full phishing scam"

The "I Changed My Number" Scam

Scammers send text messages that claim to be from a friend or relative who changed their number. The scammer pretends to be in trouble, pleading for a short-term loan or some emergency financial assistance. Don't believe it!

Here is a link with more details.

<https://www.howtogeek.com/i-changed-my-number-scam/>

Your Mid Summer Reminder:

It's summer time, and it never hurts to remember. DON'T LEAVE kids, pets, ice cream, or YOUR LAPTOPS OR PHONES IN HOT PLACES.

<https://www.howtogeek.com/psa-dont-leave-your-phone-in-your-car-this-summer>

Think You've Been Scammed?

Step 1 - IMMEDIATELY notify the proper organizations connected with the information the scammer took from you . Such as CRA, credit card company, etc.

Step 2 - As a victim of a scam, you are encouraged to contact the local authorities and report the scam. Call Lethbridge Police Services non emergent line at 403-328-4444.

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.

August

There has NOT been enough interest, to continue with **Movie Day in the Lab** on the first Monday of the month for August 11

**THIS WOULD HAVE BEEN OPEN TO ALL LSCO MEMBERS!!** Seating is limited to 25.

Go ahead.... Prove me wrong :) Email [computerclub@lethseniors.com](mailto: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/lscocomputer-club>

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

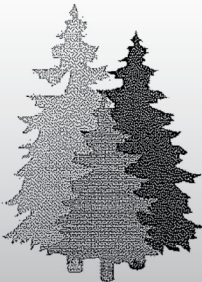


The Computer Corner and LSCO Times can be read online at: [www.lethseniors.com/lscotimes](http://www.lethseniors.com/lscotimes)

Monthly Hint

Reload or refresh a File Explorer or Web Page

(Not always, but usually) If a Windows file explorer page has been updated the F5 function key will restore the page listing to the order you had it in before it was modified. This also works on web pages in some browsers. In Chrome on a PC, Apple, or Android device, the circular arrow key will refresh the page.



EVERGREEN  
Cremation Services  
Because Cost is an Option

Phone: 403-329-4934  
[www.evergreenfh.ca](http://www.evergreenfh.ca)  
A division of the Caring Group Corp.  
*We Lessen the Expense  
~ Not the Care*





# FOX DENTURE CLINIC

& IMPLANT CENTER

Satisfaction Guaranteed Since 1922

4th Generation in Lethbridge

**Brett J. Fox DD**  
Denture Specialist, 4th Generation

**Tatem Anderson DD**  
Denture Specialist

- Implant Supported Dentures
- Full & Partial Dentures
- Relines / Repairs
- Sport Guards / Night Splints

**FREE CONSULTATION**

**NEW LOCATION!**

**403.327.6565**

Bay 30 - 4012 4th Ave S Lethbridge, Alberta T1J5M6

[www.foxdentureclinic.ca](http://www.foxdentureclinic.ca)

Member of the College of Alberta Denturists  
Member of the Denturist Association of Alberta  
Member of the National Denturist Association





**BINGO VOLUNTEERS NEEDED**

**Did you know?**  
The LSCO relies on Bingo Revenues to keep our other programming affordable.

**Winners Bingo**  
3307 3 Ave S, Lethbridge

**Thursdays, 11am - 4pm**  
Flexible commitment - Casual, weekly, monthly

**Activities Include**  
selling bingo cards, counting cash & more!

**Free lunch included!**

**Contact Kari** | [kmartin@lethseniors.com](mailto:kmartin@lethseniors.com) | 403-320-2222  
[www.lethseniors.com/volunteer](http://www.lethseniors.com/volunteer)





The LSCO has been nominated for  
**The 'Non-Profit of the Year' Award**

*Thank you to whoever nominated us!*



**LETHBRIDGE**  
CHAMBER of COMMERCE



**Eat anything you want... anytime, anywhere...**  
with the help of implant supported dentures.

Call us today for your complete denture care needs

**Hosack**  
DENTURE CLINIC LTD.

Giving you something to smile about!

604 - 6 Street South • Lethbridge  
(403) 327-7244 • Toll Free 1-877-467-2251



Grab a friend & join the Nature Centre, Nature Lethbridge, Lethbridge Senior Citizens Organization & Nord-Bridge for our

**S U M M E R**  
*Nature Walking Club*

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

**8:30am-10:30am**

Visit a new park each week!

**Free to attend!**

Bus pick up @  
Lethbridge Senior Citizens Organization & Nord-Bridge on  
June 10, 24 & August 5

**Call to register**  
**403.320.3064**

**PANCAKE BREAKFAST**

—\*\*\*—

**MONDAY, AUGUST 18, 2025**  
**PIP INTERNATIONAL**  
**4085 2 AVE S, LETHBRIDGE**  
**7:30-10:00AM**

**Free!**



 **RACHAEL THOMAS**  
LETHBRIDGE ALBERTA MP

 @RachaelThomas.ab

[RachaelThomas.ca](http://RachaelThomas.ca) | 403-320-0070



Service & Installs



4 SEASONS  
HOME COMFORT

Heating, Cooling, Fireplaces & Plumbing

www.4seasonshome.ca 403-320-9884

Expedia Cruises

Air, Land & Sea Vacations



Victor Gannon  
Vacation Consultant  
2037 Mayor Magrath Dr.  
Lethbridge, Alberta  
Cell: 403-929-5209  
Office: 403-394-3301  
www.expediacruises.ca/VictorGannon



PAULA'S PRISTINE  
CLEANING SERVICE

Residential & Commercial

We can do a little or a lot  
~ whatever your needs.

Move in, move out.  
Licensed and Insured!  
EXCELLENT SERVICE, REFERENCES AVAILABLE  
CALL 403-331-8892  
paulaspristine@gmail.com

LET US HELP WITH

ESTATE PLANNING &  
ADMINISTRATION.  
FATAL OR SERIOUS  
INJURY COLLISIONS.

► Call Travis for a free consultation

- Contributing editor to Alberta Wills and Estates Practice Manual.
- 4-year intensive farm succession seminars in Southern Alberta.
- Elected board and executive member of Alberta Civil Trial Lawyers Association.
- Elected board and section member of the Canadian Bar Association (wills and estates and personal injury)
- Over 30 group seminars on estates and fatal and serious collisions.



Travis Bissett  
403-328-5577  
tbissett@stringam.ca  
18+ Years of Experience.

stringam  
LAW

REFLEXOLOGY

Reflexology is stimulating the nerve endings that are connected to different parts, organs, and glands in the body to naturally heal itself.

- Pain
- Circulation
- Insomnia
- Depression & Anxiety
- Migranes & Regular Headaches
- Neuropathy & Nerve Pain
- Stress Release

and more!

BOOK NOW  
403-715-4642  
mariasfootworks@gmail.com



# Healthy Aging Starts With Connection

Continuing to invest in and uphold connections to your community, friends and family is a crucial aspect to maintaining your own wellness, especially with changes that may accompany aging – either expected or unexpected. Life changes like retirement, moving to a different location, mobility limitations, or the loss of a loved one, to name a few, can all lead to and exacerbate isolation. Isolation can also increase a senior's risk of becoming depressed, cognitive decline, and in some cases, an earlier death.

Remaining socially active also has you continuing to engage in different enriching activities that can prevent isolation from becoming an issue. Emotionally, the effort you put into your socialization will help to reduce feelings of loneliness, improve your overall mood, or even provide you with a sense of purpose. Socialization also protects your mental health by continuing to keep your brain active, which also lowers the risk of possible cognitive problems. Believe it or not, but continuing to seek out socialization has also been an effective way for seniors to maintain their own physical health, as it also encourages us to remain active, or continue to go to our regular check-in appointments with specialists.

Fortunately, continuing to stay connected with others does not require significant changes, and you can often see the results you desire with small changes. For example, becoming a member of your local senior centre, or another group, video calling with family, volunteering, or adopting a pet can all have a meaningful impact.



LEARN Case  
Manager

Tyler Andersen

learn@lethseniors.com  
403-394-0306

For those who are interested in exploring available socialization opportunities, LEARN will be hosting several different events during the Fall of 2025, which you can find more information on below:

- Building Healthy Relationships
- Who? YOU!
  - What? A multiple-week workshop around building and maintaining healthy relationships.
  - When? September 16th - November 4th, 2025.
  - Where? LSCO Boardroom.
  - Why? Because you deserve fulfilling relationships!

- Be Fast Friends
- Who? YOU!
  - What? A speed friending-style event where you meet new people.
  - When? September 26, 2025
  - Where? LSCO Stage Area
  - Why? Because you can never have enough good friends!

Remember that socialization is a key part to healthy aging, and by continuing to invest in this area, you will see a higher quality of life.



LEARN  
LETHBRIDGE ELDER ABUSE  
RESPONSE NETWORK

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

LETHBRIDGE FOOD BANK



MOBILE FOOD SUPPORT

FREE FOOD FOR ALL !

Working people welcome. No Income Testing.

WEDNESDAY, AUGUST 14  
BEGINS AT 1:00 PM

LSCO PARKING LOT 500 11th St. S, Lethbridge



LETHBRIDGE FOOD BANK  
FEED THE NEED.



Hearing Instruments Don't Make You Old, They Make You Smart.

GET SMART. COME HEAR...

EXPERIENCE COUNTS!

60 YEARS of SERVICE to Southern Alberta





Michael B. Golia, BC-HIS,  
RHAP-Alberta  
Beth Golia - Office Manager



www.trinityhearinglethbridge.com

403-327-3877 | Toll FREE: 1-888-327-7868

#214-740-4 Ave. S. Professional Bldg.  
(Downtown, next door to Post Office)

