



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 | 500 11th St. S, Lethbridge

More information on pages 6 & 7

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Nifty, Nifty, Look Who's 50!



LSCO celebrates 50 years of service with a good old-fashioned Block Party

By Joe Manio, Lethbridge Herald Reporter

To celebrate its 50 years of service to Lethbridge seniors and the community at large in grand style, the Lethbridge Senior Citizens Organization (LSCO) threw a 50th Anniversary Block Party at the Civic Centre Track, behind the LSCO facility Saturday.

"It feels really good to be able to celebrate the 50th anniversary, especially so new to the job," said LSCO executive director Kaitlynn Weaver, who's been at the helm for six months. "I feel like it creates this momentum of having new leadership, and to get to celebrate the last 50 years of how things have been. And then we get to look towards the future, to see what it's gonna be like and what the next 50 years holds."

Hundreds of Lethbridge residents showed up to celebrate, including members of other not-for-profit organizations and local officials. The all-day family- and Mobile petting zoo resident Boots the Goat greets guests at the Lethbridge Senior Citizens Organization (LSCO) 50th Anniversary Block Party. The pet-friendly event featured live music, a free community barbecue, family games and activities, a blacksmithing demonstration and more.

Founded on the concept of "a service to seniors by seniors," the LSCO was established as a society in July 1975, with the mission of being a community focal point offering services, activities, and social opportunities for older adults

...Article continued on page 12 along with pictures from the event.

2nd Annual

Twilight Soirée

GOLDEN ANNIVERSARY FUNDRAISER
benefitting Meals on Wheels and Supports for Seniors

SATURDAY November 1st AT 5:30 PM

LSCO, 500 11th St. S, Lethbridge

5 Course Meal | Silent Auction | Cash Bar | Dance Floor
Live Music by Hippodrome & Local Artists

TICKETS \$100 www.lethseniors.com/events
or in person at the LSCO
Tickets on sale early September






Executive Director

Kaitynn Weaver

kweaver@lethseniors.com
ext. 304

How is it already September? These last few months have completely flown by and I'm so excited for what's to come this fall.

When I was first hired as the Executive Director back in March, I was told that summer slows down significantly, but I don't actually feel like that was the case this year. As many of you know, we had our 50th anniversary celebration that took place on July 26th, which saw over 800 individuals come through to party like it was 1975. We had a fantastic time and I so appreciated the support of the volunteers, staff, and sponsors who helped make it a reality.

For Whoop Up Days, we hosted a Pancake Breakfast, created a beautiful float (shout out Jon Joyce for helping us out!!), and made 'Dumbo Ears' to sell at the diner. Of course all of these events were a hit, but went truly out of control (in the best way)

Executive Director Message

were the Dumbo Ears! Our social media post went viral with over 70 shares, 40 comments, and more than 200 likes on Facebook. Because of this, we had a huge increase in attendance at the diner for both the ears and for lunch. What a great way to promote the diner as it is such an important (and delicious) service in our community! Thank you to Tim for sharing the original elephant ears recipe and making this delicious treat.

It's been a truly momentous year for the LSCO, and it is one that is getting us noticed in the community! We can't wait for our upcoming events that will continue to raise awareness about the LSCO. This includes our Open House on Saturday, September 20th and our Twilight Soiree on November 1 Check out page 6 for more information.

Leading this organization (so far) has been both a real treat and a real challenge. The analogy I've been using to describe it is one that I heard from my previous boss. He said that when you lead an organization that isn't starting from scratch, it's like you're renovating a plane at 30,000 feet. Although the plane is operational and flying, you're patching the wings, refueling, and putting in new

landing gear. This is kind of what's happening here (although I'm grateful we're not actually in a plane because I hate flying).

While I observe the LSCO's departments, chat with members, and hear from volunteers I am beginning to piece all of this information together and decide what pieces need patching, what parts are solid, and how to create a plane that can keep us in the air for another 50+ years.

With all that in mind, I appreciate each and every one of your patience as we navigate through the transition from what was, what is, and what will be. Although change can be scary, just know that I will always have in mind the best interests of the organization and the individuals who utilize our services.

Before I close my message, I would like to remind you to keep us in your hearts when choosing a charity to support. At the LSCO, every act of giving is more than just a donation; it is an investment in people, in community, and in the values that connect us all. Your generosity makes it possible for us to continue creating a welcoming space where individuals can find support, friendship, resources, and opportunities to flourish.



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COMMUNITY PARTNERS



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

Your contribution is our lifeline!

Laughter is the best medicine...

On the first day of our marriage retreat, the instructor talked about the importance of knowing what matters to each other. "For example," he began, pointing to my husband, Karl, "Do you know your wife's favorite flower?" Karl answered, "Of course, it's Robin Hood All Purpose"



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Edited by Hannah Dupuis
Printed by Lethbridge Herald

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LSCO Information
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SSN Intake403-329-1544
Meals on Wheels.....403-327-7990
LEARN403-394-0306
www.lethseniors.com
@lethlSCO on Facebook & Instagram

Hours of Operation
8:00 AM - 4:30 PM, Monday - Friday

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

Welcome New Members

Luis Renteria

Norah Mubika

Corey Slattery

Will Slattery

Joanne Parkinson

Linda Tamaki

James Henry

Curtis Rosvold

Michele Ashbury

Gail Berkner

Gail Campbell

Don Hillyer

Donna Harty

Laura Graham

Lonnie Graham

Margaret Erickson

2 Anonymous

We’re happy to have you!
August 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

**SACPA**
Southern Alberta Council on Public Affairs



SEPTEMBER SCHEDULE
SACPA meets every Thursday from 12 - 1 pm at LSCO. Please arrive early to buy your lunch and eat with us in the Atrium.

Sept 4	Glenn Hole , Audiology First	What happens when hearing aids aren't enough? A dicussion on implantable hearing devices
Sept 11	Susan Cake , Athabasca University	What is the current state of childcare in Alberta?
Sept 18	Kaitte Aurora , Community Advocate	Being Trans Is Amazing! So Why All The Hate?
Sept 28	Dawn Leite , Allied Arts Council	What Happens When a Performing Arts Centre Becomes the Cornerstone of Community Growth?

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

Notices:

The LSCO will be **CLOSED for Labour Day** on Monday, September 1 and **CLOSED for Truth and Reconciliation Day** on Tuesday, September 30th (Pickleball still available in Gym 2 until 3 pm)

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.

The Fitness Centre is closed for floor replacement until mid 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.

<div><div><div><div>LSCO</div><div>DINER</div><div>SPECIALS</div></div></div><div><div>MENU ~ SEPTEMBER 2025</div><div>Breakfast served from 8:00 ~ 11:00 am • Lunch served from 11:00 am ~ 1:00 pm</div><div>*menu subject to change without notice</div></div><div><div>Soup & Salad Special</div><div>Changes Daily</div><div>See Menu Board in Dining Room</div></div></div>				
<div>Monday, September 1</div> <div>Tuesday, September 2</div> <div>Wednesday, September 3</div> <div>Thursday, September 4</div> <div>Friday, September 5</div>				
<div>Entree: Honey Garlic Pork</div> <div>Starch: Rice</div> <div>Veggie & Soup: Chef's Choice</div> <div>LSCO CLOSED</div> <div>MOW Delivered Friday Aug 29</div>	<div>Entree: Butter Chicken Meatballs</div> <div>Starch: Rice</div> <div>Veggie: Chef's Choice</div> <div>Soup: Chef's Choice</div>	<div>Entree: Beef Stew</div> <div>Starch: Mashed Potatoes</div> <div>Veggie: Chef's Choice</div> <div>Soup: Chef's Choice</div>	<div>Entree: Sausage</div> <div>Starch: Perogies</div> <div>Veggie: Chef's Choice</div> <div>Soup: Chef's Choice</div>	<div>Entree: Roast Beef</div> <div>Starch: Yorkshire Pudding, Mashed Potatoes</div> <div>Veggie: Chef's Choice</div> <div>Soup: Chef's Choice</div>
<div>Monday, September 8</div> <div>Tuesday, September 9</div> <div>Wednesday, September 10</div> <div>Thursday, September 11</div> <div>Friday, September 12</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: Rindsrouladen (Slow cooked stuffed beef)</div> <div>Starch: Spatzle</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: Beef Cannelloni</div> <div>Starch: Garlic Toast</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>
<div>Monday, September 15</div> <div>Tuesday, September 16</div> <div>Wednesday, September 17</div> <div>Thursday, September 18</div> <div>Friday, September 19</div>				
<div>Entree: Meatloaf</div> <div>Starch: Mashed Potatoes</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: Fiesta Chicken</div> <div>Starch: Rice</div> <div>Veggie: Chef's Choice</div> <div>Soup: Chef's Choice</div>	<div>Entree: Spaghetti & Meatballs</div> <div>Starch: Garlic Toast</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>Monday, September 22</div> <div>Tuesday, September 23</div> <div>Wednesday, September 24</div> <div>Thursday, September 25</div> <div>Friday, September 26</div>				
<div>Entree: Bangers</div> <div>Starch: Mashed Potatoes</div> <div>Veggie: Chef's Choice</div> <div>Soup: Chef's Choice</div>	<div>Entree: Chicken Dumplings</div> <div>Starch: Rice</div> <div>Veggie: Chef's Choice</div> <div>Soup: Chef's Choice</div>	<div>Entree: Pupusa (stuffed flatbread)</div> <div>Starch: Rice</div> <div>Veggie: Chef's Choice</div> <div>Soup: Chef's Choice</div>	<div>Entree: Beef & Macaroni Casserole</div> <div>Starch: Garlic Toast</div> <div>Veggie: Chef's Choice</div> <div>Soup: Chef's Choice</div>	<div>Entree: Beef Stroganoff</div> <div>Starch: Egg Noodles</div> <div>Veggie: Chef's Choice</div> <div>Soup: Chef's Choice</div>
<div>Monday, September 29</div> <div>Tuesday, September 30</div>				
<div>Entree: Sweet & Sour Chicken Balls</div> <div>Starch: Rice</div> <div>Veggie: Chef's Choice</div> <div>Soup: Chef's Choice</div>	<div>Entree: Penne Bolognese</div> <div>Starch: Garlic Toast</div> <div>Veggie & Soup: Chef's Choice</div> <div>LSCO CLOSED</div> <div>MOW Delivered Mon Sept 29</div>			
<div>View the menu online at www.lethseniors.com/menu</div>				

Galt

MUSEUM & ARCHIVES

AKAISAMITOHKANA O'PA

BEHIND RACISM

CHALLENGING THE WAY WE THINK

UNTIL SEP 07.25

TAKING ACTION

PEOPLE MAKING A DIFFERENCE

UNTIL OCT 05.25

A Role for Everyone: The Playgoers of Lethbridge

AUG 09.25 – FEB 08.26

Treasures and Curiosities

SEP 27.25 – MAR 01.26

SEPTEMBER 2025 EXHIBITS, PROGRAMS & EVENTS

EXHIBITS

PROGRAMS

SPECIAL EVENTS

++ no registration | free to attend | all ages

+ registration required | free to attend | all ages

** no registration | museum admission applies | free to members | adults and seniors

* registration required | museum admission applies | free to members | adults and seniors

Tue 09 | 10:30–11:30 AM

Creative Community *

registration encouraged

Wed 10 | 2–3 PM

Thawing Samaritan History: A Journey, with John Thompson **

Thu 18 | 5–7 PM

News Blast from the Past: Community Presentation ++

Wed 24 | 9–10 AM

Toddler Time: Explore & Play *

toddlers with caregivers

Thu 25 | 2–3 PM

Blackfoot Genealogy in the Archives: Kinship *

all ages | registration encouraged

Thu 25 | 5–7 PM

Blackfoot Language on the Land with John Chief Calf +

registration encouraged | free | meet at Fort Whoop-Up

Fri 19 | 5–11 PM

Friends of Galt Present: Bridge & Brews

18+, ID required | tickets \$35, or \$50 with Commemorative Pint Glass | purchase online at friends.galtmuseum.com

Fri 26 | 6–8 PM

Earth, Memory, and Resistance: An Indigenous Climate Action Panel with SAAG ++

Sat 27 | 1–2 PM

Sustainable Fashion Design with Roberta Hibbert +

Sun 28 | 4–8 PM

Indigenous Fashion Show ++

funded by Alberta Culture Days

f

ig

yt

www.galtmuseum.com/calendar

Welcome Julie as LEARN Case Manager



Hi everyone!

My name is Julie Coleman and on Monday August 11th I joined the LSCO LEARN team. I am sincerely grateful to Kaitlynn and Amy for this opportunity, and to Marissa for leading me through an action packed, solution focussed first week of training.

I have been working in human services for over 25 years in a variety of roles across government and the nonprofit sector primarily in family violence prevention and intervention programs.

I want to thank everyone I have met so far for the warm welcome, and I look forward to getting to know all of you as I embark on this new work adventure!

- Julie



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

STEADY MOVES EDUCATION AND EXERCISE SERIES

Join us for Steady Moves, a **FREE** 8-week falls prevention series.

Each session includes a 30-minute expert-led talk on evidence-based falls prevention strategies, followed by a 1-hour strength and balance exercise class.

**Thursdays from 2:00 p.m. - 3:30 p.m.
October 3 - November 20**

at Lethbridge Senior Citizens Organization (LSCO)
500 11 St S, Lethbridge, AB

Registration required! To register, call LSCO (403) 320-2222

Additional Information:

This program is aimed at older adults who:

- Live independently (e.g., at home or a lodge).
- Walk independently without assistive devices (e.g., canes, walkers, wheelchairs).
- Are capable of exercising without assistance and can manage movements independently.

Educational topics may include:

Pharmacy, physiotherapy, exercise physiology, occupational therapy, nutrition, optometry, hearing, health promotion and community connection



Primary Care
Alberta



Healthy Lethbridge



LSCO
LETHBRIDGE
Senior Citizens
ORGANIZATION

SEPTEMBER 2025 SUPPORT SERVICES CALENDAR

***appointment/registration required**

📞 403-320-2222 ✉️ kmartin@lethseniors.com

September 2 1 st Tuesday	Community Connect Coffee Group 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.
September 2 1 st Tuesday	Prescribing Pharmacist On-Site* 10:00 am - 12:00 pm Card Area	Medicine Shoppe is available for blood pressure checks, lab requisitions, med reviews & prescribing, strep throat testing, consultations and Covid and flu vaccinations. Vaccinations require appointments.
September 3 1 st Wednesday	Service Canada & CRA Support Clinic 9:00 am - 12:00 pm Card Area	FREE On-site Service Canada and CRA representatives available to answer your questions regarding federal benefits and programs
September 8 2 nd Monday	VolunTEAM Meetings 1:00 pm - 2:00 pm Atrium	An opportunity for LSCO volunteers to come together! Chaired by the Volunteer Coordinator, volunteers will be able to provide feedback, ask questions and discuss volunteer opportunities.
September 10 2 nd Wednesday	15 Minute Lawyer Consultations* 1:00 pm - 4:00 pm Quiet Room	Free 15 minute consultations with local lawyer, Austyn Anderson.
September 11 2 nd Thursday	Hearing Screening* 10:00 am - 12:00 pm Quiet Room	Lethbridge Hearing Centre can help you understand your hearing health at no cost.
September 11	Mobile Food Support 1:00 pm - 2:00 pm LSCO Parking Lot	The Lethbridge Food Bank will be at LSCO with excess food for the community to help address food insecurity. No income testing open to everyone of all ages, at no cost. First come, first served.
September 16	Single Session Counselling* 12:30 pm -3:30 pm Quiet Room	This counselling model provides an opportunity for individuals to try counselling at no cost. Sessions are 1 ½ hour in length. Book an appointment through SCSP Intake at 403-329-1544 or intake@lethseniors.com.
September 16 - November 4 Every Tuesday	Building Healthy Relationships* 10:00 am -12:00 pm Board Room	Psycho-social group including topics on boundaries, communication, relationship challenges, addiction and mental health as well as elder abuse. Register by calling 403-394-0306.
September 17	Eye Glass Adjustments 1:00-2:00pm Library	Free eyeglass adjustment, courtesy of Spec Savers, Park Place Mall.
September 18	Polytechnic Massage Clinic 10:00 am - 12:00 pm Card Areas	Free neck and shoulder massages from the Lethbridge Polytechnic Massage Therapy Students.
September 25 Last Thursday	Money Matters Consultations* 11:00 am - 2:00 pm Quiet Room	Learn how to make money work for you. Book a 30-minute, no obligation financial review with licensed professional Dana-Lynn Humphrey to discuss your financial goals, dreams, and questions.
September 26	Be Fast Friends* 1:30 pm - 3:00 pm Quiet Room	This social connection event is designed to help people quickly meet and form new friendships in a casual way. Speed friending will be led by a social worker and recreational therapist. Register by calling Intake at 403-329-1544.

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

Mark Your Calendars!

Hello everyone!

It's crazy to me that we are already moving into the fall time! I feel like it was just the Live Well Showcase and that was already over 3 months ago!

Kaitlynn gave a great recap of our 50th Celebration and Whoop Up Days so I want to look forward instead. But, know that I am so deeply appreciative of everyone that helped with both events - these were huge undertakings and we could not have done them without our volunteers and members stepping up. If you want to see photos - check out the spread on page 12.

LSCO Open House Saturday, Sept. 20th, 10am - 2 pm

Mark your calendars! The LSCO will be holding an Open House on Friday, September 20 from 10:00 AM – 2:00 PM. This is a great opportunity for the community to explore everything LSCO has to offer.

Guests can enjoy free 30-minute trial classes at 10:15, 11:15, 12:15, and 1:15, along with guided facility tours every 30 minutes. By popular demand, our famous Dumbo Ears will also be available for purchase during the event.

A special treat—our LSCO Diner will be open during the Open House! This is a rare chance to enjoy the diner on a weekend, so it's the perfect time to bring a friend you've been meaning to invite and share a meal while discovering all that LSCO has to offer.

Visitors will have the chance to learn about our wide range of classes, programs, clubs, and support services, and see firsthand the many ways to get involved, stay active, and connect with others in their golden years.

We are also inviting all LSCO groups and clubs to participate. Members are asked to spend time in their usual meeting spaces, ready to share information, answer questions, and showcase what makes their group unique. This is a fantastic chance to recruit new members and grow participation.

We will also need volunteers in the diner (dishwashers, bussers, servers etc), greeters, and maybe even a tour guide or two! All volunteers (including those from LSCO groups) can track volunteer hours for this event towards their membership discount, so please sign up with Madison at volunteer@lethseniors.com if you plan on being there.



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

Hannah Dupuis
hdupuis@lethseniors.com
ext. 302

2nd Annual Twilight Soiree Saturday, November 1st, 5:30

The LSCO's Twilight Soirée is back on Saturday, November 1st, and we couldn't be more excited to bring this special evening to our community once again.

Guests will enjoy a brand-new menu, an incredible opening act, and of course—Hippodrome will be returning to keep the dance floor full all night long. With last year's event receiving so much positive feedback, we expect tickets to go fast again this year. If you're planning to attend with a group, we recommend purchasing a table to ensure you can all sit together. Tickets will go on sale in mid-September and will be \$100 with a discount on tables of 8.

Like last year, this event wouldn't be possible without the help of many dedicated volunteers. If you would like to volunteer at the event or for set up or takedown, please connect with Madison. We're also looking for support in building a strong silent auction, which plays a huge role in the success of the fundraiser. If you'd like to donate an item—or help us connect with businesses who might be interested—please reach out to me. And as always, if you are interested in sponsoring the event, or know a business who would be interested, please let me know.

We're grateful for the overwhelming support this event received last year, raising over \$15,000 and I'd love to hear from you if you have suggestions to make this year's Soirée even better!

New LSCO Event Calendar



WHAT INFO CAN YOU FIND?

You can now see what is going on at LSCO every day in real time! Click on the events in the calendar for more details about them. It will be updated to show cancellations, room adjustments etc.
This calendar doesn't include fitness programs requiring registration.

FACILITY UPDATES	Anything you would want to know if visiting the LSCO: Holiday Closures, Member Meetings, Tours, Construction etc
SUPPORT SERVICES	Monthly or one time supports available: Lawyer appointments, Hearing Clinic, Glasses adjustments etc.
EVENTS	All events or that the LSCO may be part of : Holiday Specials, Live Well Showcase, Fundraisers, LSCO Groups, Community Booths etc.

ONLINE



www.lethseniors.com/events



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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 | intake@lethseniors.com | 403-329-1544

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!














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

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

 **Second Monday each month**

 **1PM - 2PM**

 **LSCO Atrium**

Come for coffee, connection and updates!

403-320-2222 ext. 208

volunteer@lethseniors.com



Volunteer Opportunities

Bingo
Thursdays 11 AM to 4 PM

Lunch Server
Weekdays, 11 am - 1 pm

Dishwashers
Weekdays, 8 - 11 am

MOW Delivery Drivers
Weekdays, 10 am - 12 pm

Community Connect Caller
Remote and flexible, 1hr/week

Drive Happiness Driver
Flexible on your schedule

Newspaper Delivery Driver
Last Friday of the month, 1-2 hrs

Friday Music Program
Fridays, 8 - 11am

LSCO Open House
Saturday, September 20th, 10 am - 2 pm


Can't commit to a specific day of the week? Sign up to be relief for other volunteers who aren't able to make it to their regular shift.

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!

A campaign graphic for Kelti Baird for City Council. The background is a solid teal color. At the top, the text "KELTI BAIRD" is written in a large, bold, white sans-serif font, with "FOR CITY COUNCIL" in a slightly smaller, bold, white sans-serif font directly below it. To the left of the text is a white graphic consisting of a large square divided into four quadrants by a horizontal and vertical line. The top-left quadrant contains a white line-art icon of a man and a woman smiling. The top-right quadrant contains a white line-art icon of a bus inside a circle. The bottom-left quadrant contains a white line-art icon of two hands holding a heart with a cross inside. The bottom-right quadrant contains a white line-art icon of a house with a heart inside, and three people (two adults and one child) standing in front of it. To the right of the graphic, the words "Responsibility", "Accessibility", and "Equality" are stacked vertically in a large, white, sans-serif font. Below these words is a white rectangular box containing the text "VOTE KELTI BAIRD" in a bold, white, sans-serif font, with "OCT 8-20" in a slightly smaller, white, sans-serif font below it. At the bottom of the graphic, the text "HELLO@KELTIBAIRD.CA" is written in a white, sans-serif font on the left, and "WWW.KELTIBAIRD.CA" is written in a white, sans-serif font on the right.

University of
Lethbridge



WANT TO LEARN ABOUT HOW YOU FORM MEMORIES?

**You are invited to participate in our study: ‘Real-life recall:
An fMRI exploration of episodic memory in the real-world’**

What’s the Study About?

We’re exploring how people remember real-world events-like scenes from everyday life- using brain imaging (fMRI). You will help us understand how memories form in real life, not just in the lab!

What Will You Do?

- 2 sessions (2 hours each), seven days apart
- Watch short scenes and remember them while we scan your brain
- Complete questionnaires and behavioural tests
- Earn \$100 for your time

Who can participate?

- 55-75 years olds
- People with normal or corrected vision
- Can comfortably lie still and complete a short walking tour


Where?

3T MRI Centre,
University of Lethbridge

Interested? Get in Touch!

PI: Dr. Chelsea Ekstrand
Email: ekstrandneurolab@gmail.com
Phone: (403) 332-4582

This study has been reviewed and approved by the University of Alberta Ethics Office (Pro00144671)




Benefits of Massage Therapy for Seniors

Massage therapy can improve circulation, which is crucial since diminished blood flow can lead to various health problems such as muscle stiffness and pain, particularly in older adults. Improved circulation can boost the delivery of oxygen and nutrients to tissues, promoting faster recovery and better functioning of body systems. For seniors dealing with chronic pain conditions like arthritis, massage therapy can be particularly beneficial. Gentle techniques can significantly reduce pain, improve joint flexibility, and decrease inflammation.


As you age, you may encounter different health issues that need to be considered during a massage therapy session. Understanding these conditions is crucial for both you and your massage therapist. Here are some common health considerations:


- **Arthritis:** If you have arthritis, gentle techniques such as Swedish massage therapy can help reduce pain and improve joint mobility.
- **Osteoporosis:** Fragile bones require a softer touch to prevent injury. Light, gentle pressure is key.
- **Diabetes:** If you have diabetes, special care must be taken with foot massages due to potential sensitivity and poor circulation.
- **High Blood Pressure:** Some massage techniques can be beneficial for lowering blood pressure, but it’s crucial to communicate your condition to the therapist.
- **Chronic Pain:** Techniques like trigger point massage therapy can be adapted to address chronic pain without causing additional discomfort.

The Lethbridge Polytechnic Massage Therapy students will be at the LSCO on Thursday, September 18th from 10-12 in the card area to offer FREE neck and shoulder massages (first come first served)



622 13TH STREET NORTH

 **OPEN AT 9:00 AM**
MONDAY - SATURDAY


 **403-593-8974**

Lethbridge’s newest Flower Shop offering:

- Custom Florals for all Occasions
- Select Plants and Giftware
- Flower Subscriptions
- Workshops
- Weddings and Event Florals
- Shop Dog Cuddles
- Locally Owned and Operated

Proud supporter of the LSCO. Bring this ad for 10% savings on your next in-store purchase.

Code: LSCOFS25



September LSCO Weekly Schedule					
Schedule may change without notice.					
	Monday	Tuesday	Wednesday	Thursday	Friday
All Day	LSCO Administration 8:00 am-4:30 pm LSCO Diner 8:00 am-3:00 pm Billiards 8:30 am-3:00 pm Carpentry/Woodworking 8:30 am-4:00 pm Boutique 10:00 am-3:00 pm	LSCO Administration 8:00 am-4:30 pm LSCO Diner 8:00 am-3:00 pm Billiards 8:30 am-3:00 pm Carpentry/Woodworking 8:30 am-4:00 pm Boutique 10:00 am-3:00 pm	LSCO Administration 8:00 am-4:30 pm LSCO Diner 8:00 am-3:00 pm Billiards 8:30 am-3:00 pm Carpentry/Woodworking 8:30 am-4:00 pm Boutique 10:00 am-3:00 pm	LSCO Administration 8:00 am-4:30 pm LSCO Diner 8:00 am-3:00 pm Billiards 8:30 am-3:00 pm Carpentry/Woodworking 8:30 am-3:00 pm Boutique 10:00 am-3:00 pm	LSCO Administration 8:00 am-4:30 pm LSCO Diner 8:00 am-3:00 pm Billiards 8:30 am-3:00 pm Carpentry/Woodworking 8:30 am-4:00 pm Boutique 10:00 am-3:00 pm
8:00	Cardio Strength 8:00 am-8:50 am @ Gym 2 Tai Chi Practice Group 8:15 am-9:15 am @ Stage Area	Pilates for Beginners 8:45 am-9:45 am @ Room A/B	Cardio to the Core 8:00 am-8:50 am @ Gym 2 Tai Chi Practice Group 8:15 am-9:15 am @ Stage Area		Cycle For All Levels 8:00 am-8:45 am @ Gym 2 Tai Chi Practice Group 8:15 am-9:15 am @ Stage Area
9:00	Tabata 9:00 am-9:55 am @ Gym 1 Zumba (R) 9:00 am- 9:55 am @ Gym 2	Fit Ball 9:00 am-9:50 am @ Gym 1 Cycle Combo 9:00 am-9:55 am @ Gym 2	Amateur Radio 9:00 am-11:00 am @ Radio Room Bike & More 9:00 am-9:55 am @ Gym 2 Fitness/Power Walking 9:00 am-9:55 am @ Gym 1 Core & Stretch 9:10 am-10:00 am @ APR	Fit Ball 9:00 am-9:50 am @ Gym 1 TRX Combo 9:00 am-9:55 am @ Gym 2 Chair Exercises 9:30-10:15 am @ Stage Area	Tabata 9:00 am-9:55 am @ Gym 1 Yoga Refresh 9:00 am-10:00am @ APR Paper Tole & Creative Arts 9:00 am-3:00 pm @ Arts & Crafts Room
10:00	Abs & Core 10:10 am-11:00 am @ APR Gentle Exercise 10:15 am-11:00 am @ Gym 1 Seniors Who Lift 10:15 am-11:10 am @ Gym 2	Gentle Yoga 10:00 am-11:00 am @ APR Spring Forest Qigong 10:00am-11:15am @ Stage	Chair Yoga 10:00-10:45 am @ Stage Area Genealogy 10:00 am-3:00 pm @ Board Room Lapidary 10:00 am-3:00 pm @ Lapidary Gentle Exercise 10:15 am-11:00 am @ Gym 1 Tai Chi 108 Yang Syle 10:15am-11:15am@ Gym 2	Gentle Yoga 10:00 am-11:00 am @ APR Pilates 10:15 am-11:30 am @ Room A/B Strength Circuit 10:15 am-11:15 am @ Fitness Centre Badminton 10:15 am-12:00 pm @ Gym 1 Traditional Qigong 10:15am-11:15am@ Gym 2	Yoga For Seniors 10:15 am-11:15 am @ Room A/B Gentle Exercise 10:15 am-11:00 am @ Gym 1 Table Tennis 10:30 am-12:00 pm @ Room C/D Yoga Nidra 11:30 am-12:30pm @ Room A/B
Lunch	Pilates 11:15 am-12:30 pm @ APR Functional Fitness 11:30 am-12:15 pm @ Stage Badminton 11:15 am-12:45 pm @ Gym 1	Essentrics 11:30 pm-12:15 pm @ Gym 2 Quilting 12:00 pm-3:00 pm @ Stage	Badminton 11:15 am-12:45 pm @ Gym 1 Line Dancing - Experienced 11:30 am-12:30 pm @ Gym 2		Badminton 11:15 am-12:45 pm @ Gym 1
Afternoon	Computer Club 1:00 pm-4:00 pm @ Computer Lab Yoga For Seniors 1:00 pm-2:00 pm @ Room A/B Table Tennis 2:30 pm-4:00 pm @ Room C/D	Karaoke 1:00 pm-3:30 pm @ Board Room Strength & Mobility 1:30 pm-2:30 pm @ Fitness Centre	Line Dancing - Beginner 12:45 pm-1:45 pm @ Gym 2 Computer Club 1:00 pm-4:00 pm @ Computer Lab Watercolour Group 1:00 pm-3:00 pm @ Art & Craft Room Table Tennis 2:30 pm-4:00 pm @ Room C/D	Knitting, Crochet & More 1:00 pm-4:00 pm @ Dining Room Drop In Crib 1:00-3:00 pm @ Card Area Strength & Mobility 1:30 pm-2:30 pm @ Fitness Centre	Computer Club 1:00 pm-4:00 pm@ Computer Lab
Evening		Flow Yoga 5:00 pm-6:00 pm @ Room A/B		Moving to Heal 4:00 pm-5:00 pm @ Room A/B Classic Nia 5:15 pm-6:15 pm @ Gym 2	
	For more information regarding programs contact the Administration Desk at 403-320-2222. Note: Some programs are Full. Ask about Drop In Classes				
	For information about LSCO programs go to www.lethseniors.com and register online.				

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. 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.

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

RETIREEES WANTED

No experience, no problem, just a desire to entertain seniors in their care facilities and independent living condos. Engage with seniors on the small stage in comedy skits and make a positive impact on the lives of seniors. Be part of a supportive and fun volunteer team.

Contact: couleeplayers@gmail.com

Look forward to hearing from you

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.

Do you have a community event you’d like to promote? Contact Hannah at hdupuis@lethseniors.com to learn more!



TRY OUT OUR 50’s STYLE DINER

Open to everyone | Daily Specials

8:00 am - 1:00 pm

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.

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).

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.
- UFM are sold seasonally (January-April, May-August, September-December) but may be prorated if purchased mid-season.
- No refunds available for UFM; if you are unable to use your membership for an extended period of time please contact the program manager to discuss (email programs@lethseniors.com or call LSCO at 403-320-2222).

Creative Arts

HERITAGE BLANKETS

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

All Sessions:

Time: 10:00 am – 12:00 pm
Fee: \$110 LSCO M; \$125 NM
Instructor: Marcelle Velve
Location: Computer Room

Session 1:

When: Monday, Sept. 29
Register by: Wednesday, September 24

Session 2:

When: Monday, Oct. 27
Register by: Wednesday, October 22

Session 3:

When: Monday, Nov. 24
Register by: Wednesday, November 19

FALL INTO LINE

In this class we will explore line drawings. Learn how to see edges of forms and shapes with a simple line drawing. Contour lines, gestural lines, cross contours, descriptive lines, and exploratory lines, are all important when learning how to draw. Great for any level of learning. Ask for a supply list when registering.

When: Mondays, Sept. 8 - 29
Time: 10:00 am – 12:00 pm
Fee: \$100 LSCO M; \$120 NM
Register by: Wednesday, September 3
Instructor: Donna Gallant
Location: Arts & Crafts Room

LEAF IT TO ME

This class will consist of line (pen) and wash (watercolour). Learn how to combine these two medias to create unique paintings of our glorious fall leaves. We may work from life at times. No experience necessary. Ask for a supply list when registering.

When: Tuesdays, Oct. 14 - 28
Time: 10:00 am – 12:00 pm
Fee: \$75 LSCO M; \$90 NM
Register by: Wednesday, October 8
Instructor: Donna Gallant
Location: Arts & Crafts Room

PATHWAYS AND TRAILS - PAINTINGS IN ACRYLIC

Don't you love a fall walk with beautiful colours and dancing leaves. In this 3 week class we will capture these moments. You will also learn about perspective and atmospheric effects on the landscape. This class will be suited for students with some previous knowledge in painting with acrylics. Ask for a supply list when registering.

When: Thursdays, Nov. 13 - 27
Time: 10:00 am – 12:00 pm
Fee: \$75 LSCO M; \$90 NM
Register by: Monday, November 10
Instructor: Donna Gallant
Location: Arts & Crafts Room

MAKING DECORATIVE PAPERS

Rosemary, new to LSCO as an instructor, is an artist who works with papers of all types, and with several paper processes from paper making through to paper decoration. In her paper decorating class, we will learn simple paper decorating techniques to create papers for making small "chap" books. We will learn a simple book binding technique (stab binding) to allow for multiple decorated pages to be bound together. At the end of our two sessions we will have bound our own papers into a book which will guide our paper decorating practice.

When: Wednesdays, Sept. 17 & 24
Time: 10:00 am – 12:00 pm
Fee: \$50 LSCO M; \$60 NM
Register by: Friday, September 12
Instructor: Rosemary Allen
Location: Arts & Crafts Room

PAPER ARTS, ZINES, AND TELLING STORIES

In this class we will learn how to decorate paper and create a simple eight folded page book from one piece of paper called a "zine". Using different sizes of paper to get different zine page sizes, we will create some zines using only words, only images, or using both words and images. Bring some stories of grand kids and their special days, first days like school, anniversaries, birthdays, or first days home. We will create a zine in each paper size to carry these stories.

When: Wednesday, Oct. 8 & 22
Time: 10:00 am – 12:00 pm
Fee: \$50 LSCO M; \$60 NM
Register by: Friday, October 3
Instructor: Rosemary Allen
Location: Arts & Crafts Room



PAPER ARTS-ZIG ZAG FOLDED OLD FASHIONED CARDS,

In this class we will learn how to create a special seasonal card with a zig zag fold technique and lay out some words. We will create a one of a kind card in time for the holiday. Zig Zag folded small books could house photos across the seasons of past year(s). Bring duplicate photos which could be glued into your zig zag book of months, or seasons. At the end of the two sessions we will have a zig zag book unique to our story to keep or to give.

When: Wednesdays, Dec. 3 & 10
Time: 10:00 am – 12:00 pm
Fee: \$50 LSCO M; \$60 NM
Register by: Friday, November 28
Instructor: Rosemary Allen
Location: Arts & Crafts Room

PAINT & CHAT

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

Session 2:

When: Tuesday, Sept. 16
Time: 1:00 - 3:00 pm
Fee: \$55 LSCO M; \$65 NM
Register by: Thursday, September 11
Instructor: Donna Bilyk
Location: Arts & Crafts Room

Session 3:

When: Tuesday, Oct. 14
Time: 1:00 - 3:00 pm
Fee: \$55 LSCO M; \$65 NM
Register by: Thursday, October 9
Instructor: Donna Bilyk
Location: Arts & Crafts Room

REFLEXOLOGY

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

- Pain
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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 Madison

volunteer@lethseniors.com | 403-320-2222

www.lethseniors.com/volunteer

Article continued from page 1..City council member and former mayor Rajko Dodic has been coming to the LSCO for years.

“LSCO over the years has done a fantastic job,” said Dodic. “My connection with them goes back to around 2010. I started coming every Friday with a group of friends to the LSCO and that’s continued to this date. So for 15 years, every Friday I come to enjoy the companionship that LSCO offers. But of course they have other services.

“It’s pretty well open to anyone. My wife herself goes and does some programming here. You’ve got swimming, you’ve got pickleball...there’s a host of activities and services available to the community. I would encourage everyone to at the very least, come in, walk around and have lunch.”

Rob Miyashiro, Lethbridge West MLA and former executive director of the LSCO, was on hand to celebrate and to present a certificate acknowledging the LSCO’s milestone. Miyashiro served the LSCO for 17 years before stepping down after winning the Lethbridge-West by-election in December.

“I spent about 27 per cent of my life and about 40 per cent of my working life at LSCO,” he told the crowd. “Seeing an event like this with all the community engaged with the people here brings me great pleasure. Greetings and congratulations to the Board of Directors, the members and especially the staff who are here today, who certainly made my job as executive director so much easier. Thank you for all the work you have done.”

The LSCO’s multipurpose, 56,200 square foot building is centrally located just behind the Sterndale Bennett Theatre. Lethbridge’s oldest swimming pool, Fritz Sick Pool, is a part of the facility and offers open swims,



Dumbo Ears were a big hit for Whoop Up Days! Thank you to Tim for the original recipe and the volunteers who worked tirelessly to make over 1500 Dumbo Ears!!

Missed the action? We’ll be selling them at our open house on Saturday, September 20th from 10 - 2



GOLDEN ANNIVERSARY BLOCK PARTY

aqua-fit and senior programs; programs that are especially important to members of the LSCO. (Though the swimming pool is run by the City of Lethbridge).

The LSCO’s history is marked by growth and expansion since its inception; and the organization has become one of the largest senior organizations in Canada.

“I’m so grateful that we’ve got the opportunity to be here today,” said Lethbridge Mayor Blaine Hyggen. “To everybody, the volunteers and all of those have put this together ...thank you very much for everything you do for our community, making it more vibrant.”

Like almost all not-for-profit organizations, the LSCO depends on two things to continue its mission; the continual help from its volunteers and the continuous quest for funding. LSCO is working with Community Foundation to build an endowment fund.

This article was originally published on the front page of the Lethbridge Herald on July 29, 2025



Scan this QR code to see all the photos from the 50th event

You don’t need a Facebook account, just close the pop up to view

Congratulations to our 50/50 winner Jerry (#35) who took home \$1920!

Congratulations to our Lifetime Membership Raffle Winners (raising \$1130) Carol(#23), Linda (#165), Cory (#174)



Thank you Dilinna, Eniola (CCH High School Volunteers) for painting the 70’s bus that Dave from the LSCO woodshop painstakingly cut out.



Thank you to Pat for all the help decorating the float and Nita for riding in the Whoop Up days parade

Darlene Dahl won the prize for best outfit at the 70s fashion show!



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Jake Boldt
BC-HIS
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Candice Elliott-Boldt
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Office: 403-394-3301
www.expediacruises.ca/VictorGannon

ELECT

LETHBRIDGE CITY COUNCILLOR



MARGARET (Magie) MATULIC

BRIDGEBUILDER2025.COM

B.F.F! Be Fast Friends



This social connection event is designed to help people quickly meet and form new friendships in a casual way.

'Speed-friending' will be led by a social worker and a recreation therapist!

Ideal for those who:

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

SEPTEMBER 26 | 1:30 - 3 PM

LSCO Stage Area | 500 11 St. S Doors open at 1

Register at 403-329-1544 or intake@lethseniors.com



Dance & Movement

POUND

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

When: Wednesdays, 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 where we will use 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: \$98 LSCO M; \$ 126 NM
Register by: Thursday, September 4
Instructor: Gabrielle Dumont
Location: Gym 2

BEGINNER LINE DANCING

If you love music and dancing but 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, Lise LeMoine, Nia Teacher and Trainer, as she takes 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. **(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 Lise Schulze, Nia Teacher and Trainer for Moving to Heal in a 1-hour movement practice focusing 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 Shulze
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 and 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
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 and 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
Drop in: \$8 LSCO M; \$10 NM
Instructor: Gabrielle Dumont
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 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
Drop in: \$8 LSCO M; \$10 NM
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 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
Drop in: \$8 LSCO M; \$10 NM
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
Drop in: \$9 LSCO M; \$10 NM
Instructor: June Dow
Location: All Purpose Room

SENIORS WHO LIFT
Bars & Plates, and a variety of other resistance equipment will be used by participants to perform movements such as lunges, presses, curls, and squats. Stretching to follow. This challenging class is beneficial to increase muscle strength and endurance. **Participants should have some exercise experience.**
When: Mondays, Sept. 8 - Oct. 27
Time: 10:15 - 11:10 am
Fee: \$49 LSCO M; \$63 NM
Drop in: \$8 LSCO M; \$10 NM
Instructor: Annabelle Darlow
Location: Gym 2



TABATA
This high energy fitness class is designed to give you an exhilarating work out! Participants will perform a variety of timed exercises that will be challenging (20 seconds of work at maximum effort, followed by 10 seconds of rest; 8 times). Wear comfortable exercise clothes, indoor shoes and bring a mat and water bottle. **Intermediate to Advanced Fitness Levels. Class held in Gym 1.**
Mondays
When: Mondays, Sept. 8 - Dec.15
No Class Oct.13
Time: 9:00 – 9:55 am
Fee: \$98 LSCO M; \$126
Drop in: \$8 LSCO M; \$10 NM
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
Drop in: \$8 LSCO M; \$10 NM
Instructor: Tracy Simons
Location: Gym 1

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.



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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 body weight, bands, tubing and other exercise equipment. Followed by a stretch. Modifications are given. Dress in comfortable workout clothing and indoor footwear. Bring an exercise mat and your water bottle. **All fitness levels welcome.**

When: Mondays, Sept. 8 - Dec. 8
Time: 10:10 - 11:00 am
Fee: \$90 LSCO M, \$117 NM
Drop in: \$8 LSCO M; \$10 NM
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 off 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
Drop in: \$8 LSCO M; \$10 NM
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: 9:10 – 9:50 am
Fee: \$98 LSCO M; \$126 NM
Drop in: \$8 LSCO M; \$10 NM
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: \$6 LSCO M; \$8 NM
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 cardiovascular 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
Drop in: \$8 LSCO M; \$10 NM
Instructor: Tracy Simons
Location: Gym 2

FITBALL FOR BALANCE & STRENGTH

This class will focus on balance exercises to help improve stability & coordination to reduce the risk of falls. Participants will also use many different exercise tools to increase strength and mobility. Cardiovascular fitness may improve by participating in this class. Wear comfortable clothing, indoor footwear, bring a water bottle. If you have a yoga/exercise mat please bring it as floor work may be included.

Tuesdays
When: Tuesdays, Sept. 9- Dec. 16
(No Class Sept. 30 & Nov. 11)
Time: 9:00 - 9:50 am
Fee: \$90 LSCO M; \$116 NM
Drop in: \$8 LSCO M; \$10 NM
Instructor: Gabrielle Dumont
Location: Gym 1

Thursdays
When: Thursdays, Sept.11- Dec.18
Time: 9:00 - 9:50 am
Fee: \$105 LSCO M; \$135 NM
Drop in: \$8 LSCO M; \$10 NM
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
Drop in: \$6 LSCO M; \$8 NM
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.**

Wednesdays

When: Wednesdays, Sept. 3 - Dec. 17
Time: 10:15 – 11:00 am
Fee: \$112 LSCO M, \$144NM
Drop in: \$8 LSCO M; \$10 NM
Instructor: Donna Teifenbach
Location: Gym 1

Fridays

When: Friday, Sept. 5 - Dec. 19
Time: 10:15 – 11:00 am
Fee: \$112 LSCO M, \$144NM
Drop in: \$8 LSCO M; \$10 NM
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
Drop in: \$8 LSCO M; \$10 NM
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, October 30
Instructor: June Dow
Location: Room A/B



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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: Billards Room

COMPUTERS

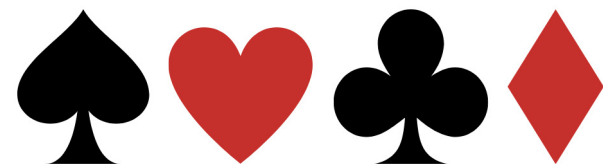
Individuals interested in attending workshops, volunteering in the Computer Lab, and sharing their technical knowledge are encouraged to join. A variety of information sessions and workshops are offered throughout the year. Non-members can pay \$5 to attend workshops and are very welcome. The Lab is 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

CYBER SMART SENIORS NEW

This initiative was created to bridge the digital divide and reduce social isolation amongolder adults by equipping them with essential technology skills. Participants will learn how to use smartphones and tablets, access online services, communicate through messaging apps, protect themselves from scams, and explore online banking tools all in a safe and supportive environment. Registration required, open to anyone in the community.

When: Tuesdays, Oct 7-Dec.2
Time: 1:00 pm – 3:00 pm
Fee: No cost
Instructor: Settle Ease Canada
Location: Computer Lab



CRIB

If you enjoy playing crib join in on the fun every week. Newcomers are welcome.

When: Thursdays
Time: 1:00 – 3:00 pm
Fee: LSCO membership
Drop In Fee: \$2
Location: Card Area

NOTE: LSCO Members are welcome to play cards and other board games throughout the day provided tables are available. Players must provide their own cards, game boards, etc. Gather some friends and see you soon!

DIGITAL PHOTOGRAPHY

If you love to take photos and have a desire to improve your picture taking skills register at the Administration Desk. You do not have to be an expert as the group members vary in levels and interests. Some like to photograph landscapes; others photograph food, birds and many other objects. Some participants in this group have more experience take photos and others are not as advanced. At times we take trips outside of LSCO.

If you would like more information, leave your name and phone number with Andrea and we will contact you.

GENEALOGY

Weekly, members spend time researching their family history. LSCO provides a desktop computer for use however, it is recommended that you bring along your laptop if you have one. Members range from beginners to those with 5+ plus years of experience with the club. Group members share their genealogy expertise with each other, sharing tips on accessing web sites containing document sources such as immigration/passenger lists, birth, marriage and death records, etc. Please purchase an LSCO Membership at the Administration Desk before registering for this group. ***Note: the group does not meet in the summer**

When: Wednesdays 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 Woodshop will continue to be closed for construction until mid-October (final date TBD). Westco is leading the renovation work alongside Derochie Painting Ltd, Big Steel Box, and support from the Kitchen Centre. Thank you to these companies who are generously donating their time and services to update our woodshop!

We appreciate your patience as these improvements are made to create a better space for all woodshop users.

Attention LSCO Groups

Please participate in our open house on September 20th!

We are asking that you show up and spend time with your group in the room that you would normally meet in and be prepared to answer questions about your group.

If you plan on attending, this counts as volunteer hours so please sign up with Madison at volunteer@lethseniors.com

Hello from the University of Lethbridge Nursing Students!

We’re excited to be joining the LSCO community for our Community Health rotation. From September 18 to December 5, you’ll see us around LSCO on most Thursdays and Fridays. We will be hanging out in the Atrium, but as part of our learning experience, we’ll be taking part in various activities and programs as well. We’re looking forward to getting to know everyone and becoming involved in the vibrant LSCO community!

We’ll be wearing name tags so you can easily recognize us—please feel free to stop and say hello anytime!

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TRADITIONAL QIGONG

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When: Thursday, Sept. 25 - Dec.18
Time: 10:15 am - 11:15 am
Fee: \$91 LSCO M; \$ 117 NM
Register by: Monday, September 22
Instructor: Adrian Tomei
Location: Stage Area

TAI CHI PRACTICE GROUP

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

When: Mondays, Wednesdays & Fridays
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
Location: Gym 2

SPRING FOREST QIGONG

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

Session 1:
When: Tuesday, Sept. 9 - Oct. 28
Time: 10:00 am - 11:15 am
Fee: \$56 LSCO M; \$ 63 NM
Drop in: \$8 LSCO M; \$10 NM
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

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 hand-eye 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 am – 12:00 pm
Fee: \$44/year & LSCO Membership

PICKLEBALL

Applications for the Fall Pickleball season is now Closed.

NOTE: Completing an application does not guarantee registration into the LSCO Pickleball program.

Those that applied for the Fall season will be notified during the first week of September 2025 as to whether or not you may register for the Fall pickleball session.

If you have any questions contact Andrea Clarke at programs@lethseniors.com. or ext. 303.

Tutorials on Pickle Planner can be found at pickleplanner.com/videos



PARKING LOT NOTICE

The LSCO lot is being regularly monitored and tickets are being issued for those parking beyond the 2 hour limit.

If you have a LSCO parking pass, you can park beyond the 2 hour limit. Please ensure it is displayed in your vehicle to avoid tickets

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Laughter is the best medicine...

“An abstract noun,” the teacher said, “is something you can think of but can’t touch. Can you give me an example of one?”

“Sure,” a teenage boy replied. “My dad’s car.”



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Hi! My name is Dana-Lynn Humphrey and I've been with World Financial Group for 19 years. With WFG's incredible platform behind me, I am thrilled to help you take charge of your financial journey with confidence, enthusiasm and most likely a cup of coffee, walking you through the 6 steps towards financial independence. And probably a few of those diner scones too from Georgie too...

Let's Get Acquainted

Picture this: A friendly face, (I think? ... That's me!) who believes financial planning doesn't have to be intimidating, dull or complicated. With years of experience helping people just like you, I've built my career on making complex money matters simple, engaging, and yes, even a little fun. My mission? To empower people with their money. Why? Because our financial lives can't get better if the information is too overwhelming or complicated to act on. Everyone has an opinion; your adult children are saying one thing and Google is saying a thousand - that's where I come in.

It's been a privilege to be a licensed professional with World Financial Group. I started in May of 2006 and have never looked back. I've opened offices, I've trained and mentored countless agents, and I've been honoured to work with families all over Canada. I too have had bankers and investment advisors in my earlier years. I opened my first RRSP with my local bank the moment I turned 19. And that was great! Unfortunately, I left each institution with a false sense of security and confidence. Why? Because no one else around me was saving, and I was doing more than my peers or family, so I must be on track, right? Wrong! Looking back, I was so lucky to be referred to WFG. They didn't tell me this per se, but this is what I heard: I was going to be poor if I kept doing what I was doing. I needed to level up, immediately! I was only 26 at the time, and yet my WFG gal, Pauline was incredi-

ble. She was just what I needed at that time. She was a wise-cracking, Irish woman in her 60's with a nonprofit background like me, and I felt like I could trust her with me. She was kind, informative and helped me understand the impact of my financial decisions. From there on, I was smitten and dreamed of the impact I too could make. So, I became a client and changed careers, relocated, and opened my first office. And so, the journey began!

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I've got experience, and longevity you can count on. I'm not going anywhere. The truth is the financial access and education WFG has given me, has completely changed my family's fortune.

I'll share a quick story: My father worked his job for 30 years believing that he'd have a company pension. To everyone's dismay, at the age of 55 and only 6 months after I got started, him and all his colleagues received a letter that essentially said, "Sorry, there's no pension after all."

He was scared, but fortunately, my father is frugal, and now I was licensed in a new industry. Incredibly, we were able to create and build a retirement strategy for my dad, in just 10 years. A set of assets sizable enough, that allowed him to randomly call me and ask: "I'm taking Nancy on an Australian cruise this year. We'll be gone for a month. Can you get the funds ready?" To this day, he feels he has more than enough to live the way he wants to.

What Exactly Can I Do for You?

Let's start with 6 simple steps. Are you asking the right questions and making the right moves for you? Whether you're looking forward to retirement, dreaming of a vacation home, helping grandkids with education, or simply wanting to be rid of the debt once and for all, I'll walk you through the following steps and show you how to apply them in your own situation.



Dana-Lynn Humphrey
World Financial Group
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 - Manage expenses
2. Debt Management:
 - Consolidate debts
 - Strive to eliminate debts
3. Emergency Funds
 - Save at least 3-6 months of income
 - Prepare for unexpected expenses.
4. Proper Protection:
 - Protect against loss of income
 - Protect family assets
5. Build Wealth:
 - Outpace inflation and reduce taxes
6. Preserve Wealth:
 - Reduce taxation
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LSCO

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
Drop in: \$6 LSCO M; \$8 NM
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.

When: Tuesdays, Sept. 2 - Dec. 16
(No class Sept. 30 & Nov. 11)
Time: 10:00am - 11:00am
Fee: \$98 LSCO M; \$126 NM
Instructor: Donna Tiefenbach
Location: All purpose Room

YOGA NIDRA

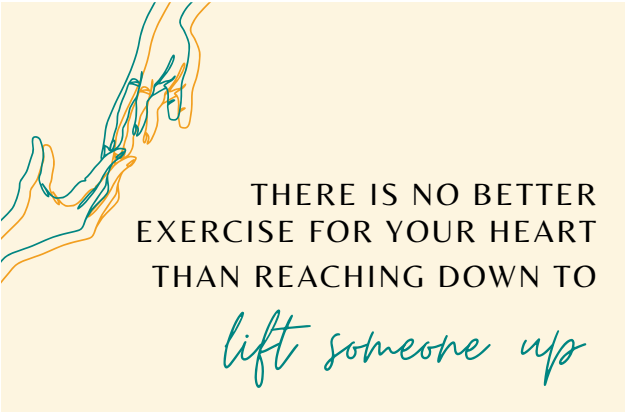
Yoga Nidra is a method that is intended to induce full body relaxation, bringing about an incredible calmness, quietness, and clarity to the physical body and mind. It is also known as "yogic sleep". It is a deep meditation that uses a variety of techniques including guided imagery and body scanning 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
Drop in: \$8 LSCO M; \$10 NM
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
Drop in: \$8 LSCO M; \$10 NM
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.

All Sessions

Instructor: Corrine Myers
Location: Room A/B

Session 1 - Mondays

When: Mondays, Sept. 8 - Oct. 27
Time: 1:00 - 2:00pm
Fee: \$42 LSCO M; \$54 NM
Drop in: \$8 LSCO M; \$10 NM

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

Session 1: - Fridays

When: Fridays, Sept.12 - Oct.31
Time: 10:15 am - 11:15 am
Fee: \$56 LSCO M; \$72 NM
Drop in: \$8 LSCO M; \$10 NM

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

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
Drop in: \$10 LSCO M; \$15 NM
Instructor: Donna Tiefenbach
Location: Room A/B

YOVASCIA

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

Session 1:

When: Mondays, Sept. 15 - Oct. 6
Time: 8:30 - 9:30 am
Fee: \$32 LSCO M; \$ 40 NM
Drop in: \$8 LSCO M; \$10 NM
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

YOGA REFRESH

Get ready for a happy body and a vibrant spirit! Join Adrian for a rejuvenating class full of interesting movement and playful exploration. This gentle yet exciting class will offer a great blend of nourishment, challenge, and creativity. Yoga practitioners of all skill levels will find themselves at home here.

When: Fridays, Sept.26- Dec.19
Time: 9:00 - 10:00 am
Fee: \$91 LSCO M; \$117 NM
Register by: Wednesday,September 10
Instructor: Adrian Tomei
Location: All Purpose Room

Laughter is the best medicine...

If genius is one percent inspriation and 99 percent perspiration, I'm aparently sharing elevators with a lot of bright people

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Computer Corner

By Sjoerd Schaafsma

Another Scam Alert

Welcome to another scam alert. This one hit a few people on several email lists that I'm on, so I was concerned that I might have been the source. The person whose name was used phoned me, she is real, but the return address is not hers. At least one of the people to receive this is not on any of my lists, so the source may remain a mystery. It's the Amazon gift card scam which I covered in the computer club corner a year ago. Here is a brief description.

A person pretending to be someone you know asks you to buy an Amazon gift card for them because for whatever reason they can't do it themselves. They say they'll pay you back, BUT OF COURSE IT'S NOT WHO YOU THINK IT IS. DON'T FALL FOR IT!

The original article from July 2024, can be read in the LSCO Times online files. <https://lethseniors.com/lscotimes>

The [Amazon Customer Service Page](#) goes into more detail on various types of Amazon scams and how to protect yourself. Or search for "the Amazon gift card scam" which should bring you to the Amazon customer service page.

Reflections

Compared to the amount of research and digging that went into the 50th anniversary LSCO Timeline (check it out it's in the lobby) finding a digital copy of my own article was an easy search. It helps when the articles are all indexed by year month and topic.

I've learned a lot since I started writing the Computer Corner in 2013. What started as a simple request from Ione Dergousoff president of the computer club, to take over from the previous authors of the column has lead me to chairing the computer club. The short early articles have sometimes turned into a full page, the subjects ranging from easy and useful for many, to more detailed niche topics, and of course my ramblings.

The LSCO computer club was formed in February 1990. Under the New Horizon's program, 4 computers, chairs, desks, and related supplies were obtained at a cost of 16,000 dollars. There were originally 32 members who each paid a \$5.00 yearly member's fee. Computer courses ran each morning from 9 - 11 am Tuesday through Friday incorporating up to eight students.

Early computer club memberships were in the hundreds, the past few years the membership has floated between 50 and 60. The club used to meet 4 days a week; we went down to two days and now the club meets Monday, Wednesday, and Friday from 1 - 3pm. There were reams of paper being printed on the lab printers, with detailed lesson plans. John Pinto used to teach lessons daily. At one time both the

photography club and advanced digital photography club were parts of the computer club. Printer maintenance and computer software updates were regular monthly events.

The club currently has 20 computers, mostly running Windows 10, and a couple of Macs. A single networked color laser printer has taken the place of a dozen inkjets. We expect to have some Linux computers and Windows 11 PCs running soon. The club has a website with useful links and a listing of club events.

Currently the club tries to present workshops twice a month. Here's a list of what we have planned for the rest of 2025.

Fall Workshops

September, 10, 24: **Computer basics** presented by club members.

Oct. 15: **Connecting your Devices to each other, from smart phones to speakers to TVs** - Presented by London Drugs

Oct. 22: **Memoirs, photo organization, digitizing films, videos** - Presented by Mitch Hall - Shoebox Scanning

Nov. 5: **Voice to Text** - why type when you can talk to your computer or phone

Nov. 19, **Gadgets - you don't know what you're missing until you see that someone has just the right thing** - the yearly sharing session

December 3: **Word processing - Notepad, Ms Word, LibreOffice Writer, Google Docs**

Dec. 17, **Video editing** - tentatively

On Days with no scheduled event, the club has help and sharing sessions.

If you'd like to see more presentations, have an idea to share or would like to help maintain the club web page, send me an email or drop into the lab during one of our regular sharing and help days. The only thing stopping us from doing more presentations is available presenters.

Monthly Hint: To start a new Google Doc

Type doc.new in the address bar of a Chrome browser window

Address bar: The field where you type the URL of a website

CYBER SMART SENIORS

This initiative was created to bridge the digital divide and reduce social isolation amongolder adults by equipping them with essential technology skills. Participants will learn how to use smartphones and tablets, access online services, communicate through messaging apps, protect themselves from scams, and explore online banking tools all in a safe and supportive environment. Registration required, open to anyone in the community.

When: Tuesdays, Oct 7-Dec.2
Time: 1:00 pm - 3:00 pm
Fee: Free
Instructor: Settle Ease Canada
Location: Computer Lab

Computer Club Events

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

September

Movie Day in the Lab on the first Monday of the month - not confirmed yet. **THIS IS OPEN TO ALL LSCO MEMBERS!!** Seating is limited to 25. Email computerclub@lethseniors.com if you are interested. *If we don't get at least 5 replies there won't be a movie day.*

Help sessions will still be available by request if there is a member available to help. Kevin is planning to be in the lab.

Sharing & Help Sessions

Sept. 3, 5, 8, 12, 15, 17, 19, 22, 26, 29

Computer Basics Part 1

Monday, September 10

Computer Basics Part 2

Monday, September 24

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

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



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

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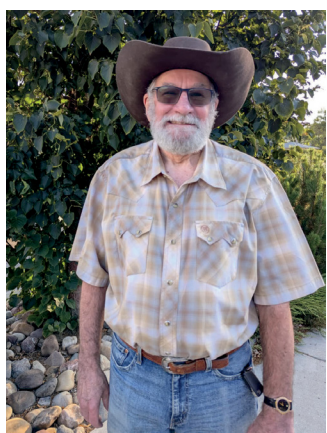
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Member Spotlight



John Usher

John is currently the President of the LSCO Board. He has come to us from a diverse background in education, work experience, and community volunteerism.

John was born in Grimsby, Lincolnshire, England. His father came to Oshawa, Canada to pave the way for the family’s move. John was nine months old when he arrived later with his mother and older brother.

John’s father served as a Staff Sargeant with the British Armed Forces during the War, and following the war, quickly gained employment at General Motors (GM) in a security role within the area of “Plant Protection.” After obtaining a diploma in drafting through correspondence-school, he later became a supervisor of university-educated engineers. Subsequently, he wanted his own sons to become credentialed in advanced education.

Growing up in Oshawa, John had a lot of freedom and recalls summers spent outdoors, swimming in Lake Ontario, fishing, and generally loving being in nature. In high school, he played football and was a long-distance runner whose specialty was the two-mile open.

After high school, John attended the General Motors Institute in Flint, Michigan, which housed a five-year program that alternated between academic intervals and on-the-job training stints at GM in Oshawa. The final months of his Bachelor of Industrial

Administration Degree required him to write a thesis on employee retention and turnover, which won him an award. After graduating in 1976 and until the mid-80s, John performed a variety of positions at GM from Labour & Personnel Relations, Production Management, Quality Assurance, and Strategic Management. His older brother, who still lives in Oshawa, had a full career with GM, eventually designing robots before he retired.

GM sponsored John’s Master’s in Business Administration at the University of Toronto in 1979. He then completed his PhD at the U. of T. in 1988 and defended his degree in 1990. By then, he and his wife & children had moved to Edmonton because the University of Alberta had offered him a position. John was there until 1994.

John then moved on to Memorial University in St. John’s Newfoundland, where he taught in the Baccalaureate and Masters Degree programs and served as Associate Dean.

In 2002, the Business School at the University of Lethbridge recruited him to the position of Dean. Over time, he became active with the Prentice Institute for Global Population & Economy. One of his most memorable teaching sessions abroad was during 2009-2010 when he gave a PhD seminar at the University of Lugano in Ticino, Switzerland. John also joined the Executive of the University of Lethbridge Faculty Association, on which he served once as Chief Negotiator and three times as President. John’s academic background and employment history should serve him well as he presides over the LSCO Board and Organization.

As for key volunteer roles, John served as President of the Lethbridge Food Bank and as Board President of Friends of the Helen Schuler Coulee Nature Centre. He was willingly brought to the LSCO Board by Keith Sumner and Rob Miyashiro; so far, he is enjoying his new volunteer role here and feels he is growing in it.

Now for some “fun facts”: at LSCO, John has taken Tai Chi and tried billiards. He says he’s not keen on TV sports but does enjoy golfing – and entering groovy LSCO fashion shows when the opportunity arises (sneak a photo of John in the LSCO’s fashion show on pg. 12)

John says he is passionate mostly about nature and politics, and that he is most proud of his “wife and kids.” He has one son, along with four grandchildren in Florida; one daughter in Edmonton; and one stepson in Calgary.

John and his wife Wendy got together about ten years ago. They both retired from the U. of L. in 2021. Between them, they have eleven grandchildren, three of whom reside in Lethbridge. John and Wendy rescued two sibling kittens from The Last Chance Cat Ranch a year ago and enjoy the shenanigans of Luke & Leia on a daily basis. As “foodies”, they make great use of their herb garden, and they’re presently busy with home renovations.

John’s favourite comfort food is Key lime pie from Browns Socialhouse, along with Wendy’s baking- e.g. choux pastry, pot pies, and bread- and her Indian cuisine.

John and Wendy enjoy music with John’s favourites including folkies David Francy, Gillian Welch, and everything from “Playing for Change.” He also enjoys live local music: at LSCO’s Twilight Soiree (he’s a Hippodrome fan), at LSCO’s 50th Anniversary, and on various occasions at The Owl Acoustic Lounge and The Empress Theatre in Fort Macleod. Indeed, his favourite piece of advice is musical: “Don’t Worry...Be Happy!”

If John had an autobiography, it would be titled An Entertaining, Instructive, Occasionally Challenging, but Mostly Fun Life.

John was getting ready for Whoop Up Days as of this writing by purchasing a cowboy hat & a western shirt which you can see in his photo above. No doubt he will be serving up pancakes to other members and friends of LSCO. Welcome to the LSCO, John!



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Truth and Reconciliation Efforts Gain Momentum Across Canada

Efforts to advance truth and reconciliation between Indigenous and non-Indigenous communities continue to grow nationwide, with new initiatives emerging in education, government policy, and cultural preservation. Marking nearly a decade since the Truth and Reconciliation Commission released its final report, Indigenous leaders and advocates say progress has been made — but the journey toward justice and healing is far from complete.

Recent developments include several provinces introducing mandatory Indigenous history curriculum in schools, aimed at educating young Canadians on the impacts of residential schools and colonization.

On September 30, the National Day for Truth and Reconciliation, communities across the country held marches, vigils, and cultural events to honour survivors and the children who never returned home from residential schools. Survivors shared powerful testimonies, reminding Canadians that truth-telling

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is a critical step toward rebuilding trust. The day also served as a call to action for individuals, urging them to move beyond symbolic gestures and commit to tangible change.

Advocates stress that reconciliation must be an ongoing process, not a one-time event. While there is no single path to reconciliation, many agree that listening, learning, and acting on the truths shared by Indigenous peoples remain essential steps toward a more equitable future.

September 23 marks the official start of Reconciliation Week in Lethbridge. To see the full list of events and activities for Reconciliation week here in Lethbridge please head to the Reconciliation Lethbridge Facebook page.

We encourage you to wear an orange shirt to the LSCO on September 29th.



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