

2nd Annual
Twilight Soirée
GOLDEN ANNIVERSARY FUNDRAISER
benefitting Meals on Wheels and Supports for Seniors

SATURDAY November 1st AT 5:30 PM

Lethbridge Senior Citizens Organization, 500 11th St. S, Lethbridge

5 Course Meal | Silent Auction | Cash Bar | Dance Floor
Live Music by Hippodrome & Rayden and the Cool Cats

Presented by
Lethbridge
HEARING CENTRE

TICKETS \$100
www.lethseniors.com/events
or in person at the LSCO

ISCO MOSAIC MUSIC YQL

Twilight Soirée Returns

Let's Raise \$20,000!

Last year, LSCO's first-ever Twilight Soirée raised an incredible \$15,000 in support of Meals on Wheels and senior services. This year, we're aiming even higher with a goal of \$20,000—and we can't wait to celebrate with you.

The Soirée is not your typical gala. There won't be long speeches or hours of sitting at your table—it's a lively evening filled with great food, live music, dancing, and fun. As we like to say, it's "a night where fun shines long after sunset."

See a photo from last year's event and then turn to page 7 for this year's full menu, entertainment lineup, silent auction items, and how you can be part of the magic!

Info on LSCO's upcoming special events and support services on pages 5-7



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Executive Director

Kaitlynn Weaver

kweaver@lethseniors.com ext. 304

Oh my goodness. It seems like fall is zooming by with the unforgettable force of southern Albertan winds!

Contributing to this speed is how our staff and volunteers have been busy promoting the LSCO throughout the community, (re) introducing the organization to the area as a community resource hub for older adults. For example, we held our Open House event on September 20th, where over 300 individuals walked through our doors to explore all that the LSCO has to offer (and, of course, to try Tim and crew's delicious Dumbo Ears). We heard such positive feedback from the community about the energy that we are bringing to the LSCO and the hard work to make LSCO *the* place for fun, socializing, support services, and recreation for seniors and the community! (Photos on page 7)

As fall is in full swing and (unfortunately) winter is on the horizon, we very much look forward to the return of the giving season.

Executive Director Message

On page #12, you'll find a glimpse into our 2024 Annual Report, where we share a summary in numbers of the wonderful impact LSCO had last year, which was made possible by donors, volunteers, and, of course, LSCO patrons. On this page, we also explore the many different ways donors can give to LSCO programs and services that both suit your needs and align with a program close to your heart.

The LSCO works hard to make programs, memberships, and meals affordable for seniors, always well below what it costs to deliver them. While LSCO does collect modest fees from members, program participants, and the diner, these prices are intentionally set to remain accessible and reflect only a small portion of the real expense involved. This means LSCO relies on donations to bridge the gap, ensuring every senior can participate and benefit in the programs and services the LSCO has to offer. When accessing our programs or services, please reflect on how the LSCO has enriched your life and, if you're able, consider donating so that together we can keep building an inclusive, caring place for every older adult in Lethbridge. Supporting the LSCO means investing in the well-being,

independence, and quality of life for thousands of seniors in Lethbridge. Thank you for considering us as you make your charitable decisions.

With fundraising in mind, we look forward to our 2nd Annual Twilight Soiree on Saturday, November 1st, presented by the Lethbridge Hearing Centre. This event will feature a delicious five course meal cooked right here by our incredible LSCO Diner staff (aren't they amazing?!). This event will benefit LSCO's Meals on Wheels and senior support programs, important services that make a true difference in the lives of older adults. See Hannah's event's overview for more information. I can't wait to dance, dine, and donate to such an important cause!

If you or someone you know is seeking a meaningful charity to support, please do not hesitate to reach out and we can have a conversation over lunch (on me, of course). Please contact me at 403-320-2222 ext. 304 or kweaver@lethseniors.com, and I would be glad to share more about how donations to the LSCO make a real and lasting difference in the lives of seniors in our community.

OCTOBER 1

NATIONAL SENIORS DAY

Your Voice Matters. Your Actions Count.

Wishing you a Happy Seniors Day from everyone at the LSCO

ELECT

LETHBRIDGE CITY COUNCILLOR



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

Your contribution is our lifeline!



A MONTHLY PUBLICATION OF THE LETHBRIDGE SENIOR CITIZENS ORGANIZATION

A proprietary publication of the Lethbridge Senior Citizens Organization. Editorial or advertising inquiries should be directed to Hannah Dupuis at the LSCO.

Edited by Hannah Dupuis
Printed by Lethbridge Herald

Officers of the LSCO
2025 – 2026 LSCO Board

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Food Services Cook– Yun “Carey” Luo
Food Service Cashier – Georgette Mortimer

LSCO Information
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Fax403-320-2762
SSN Intake403-329-1544
Meals on Wheels.....403-327-7990
LEARN403-394-0306
www.lethseniors.com
@lethlSCO on Facebook & Instagram
Hours of Operation
8:00 AM - 4:30 PM, Monday - Friday
LSCO Membership
Ages 55+: \$60 | 35-54: \$90

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

Welcome New Members

Robert Tomkinson	Herbert Claxton	
Victoria Sanderson	Caitlin Hanrahan	
Wendy Morier	Lisa Mackey	
Lisa Jensen	Maria Fe Castrodes	Jennifer Thibodeau
Mike Jensen	Glenda Barwegen	Maryann Hindle
Maureen Lamarre	Doug Woodward	Carolyn Close
Lewis Callahan	Mary Ann Woodward	Jo-ann Wilson
Alba Rdrigues	Judy Headrick	Mignon Lundmark
John (Juan) Barrajon	Joe Gillett	Karen Smith
Sharon O'Sullivan	Donald Pylypow	Luciano Pizzingrilli
Jan Johnson	Phyllis Pylypow	Sandra Beckner
Lee Ann Johnson	Deb Rodda	6 Anonymous

We’re happy to have you!


FEE ASSISTANCE TO ACCESS LSCO




LSCO WELCOME POLICY
25% off Membership and Programs at the LSCO
Income Eligibility (Line 15000 of your 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



FEE ASSISTANCE PROGRAM
Another way is to apply for the City of Lethbridge Fee Assistance Program. You could recieve up to \$150 towards memberships or programs.
This program is only available for Lethbridge residents. Apply at City Hall
**For more information contact: feeassis-
tance@lethbridge.ca or call 311.**



SACPA
Southern Alberta Council on Public Affairs



OCTOBER 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.

Oct 2	Ian Olasov	“How We Moralize and Why It Matters”
Oct 9	Colin Chapdelaine	“Greenhouse production: Are US Tariffs impacting the Industry?”
Oct 16	Mike Bruised Head	“What may happen to the Indigenous land base should Alberta decide to separate from Canada?”
Oct 23	Susan Ginther	“Investment and estate planning: What are the issues?”

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

Notices:


The LSCO will be **CLOSED for Truth and Reconciliation Day** on Tuesday, September 30th (Pickleball still available in Gym 2 until 3 pm) and **CLOSED for Thanksgiving** on Monday, October 13

The Fitness Centre will also be CLOSED on September 29th to finish the carpets.

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

The Fitness Centre will be open on Saturday mornings following Thanksgiving weekend.

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.

		<h1>MENU ~ OCTOBER 2025</h1> <p>Breakfast served from 8:00 ~ 11:00 am • Lunch served from 11:00 am ~ 1:00 pm</p> <p>*menu subject to change without notice</p>			Soup & Salad Special Changes Daily See Menu Board in Dining Room
		Wednesday, October 1	Thursday, October 2	Friday, October 3	
		Entree: Honey Garlic Pork Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: Chicken Chow Mein Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: Roast Beef Starch: Yorkshire Pudding, Mashed Potatoes Veggie: Chef's Choice Soup: Chef's Choice	
Monday, October 6	Tuesday, October 7	Wednesday, October 8	Thursday, October 9	Friday, October 10	
Entree: Fiesta Chicken Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: Chili Pie Starch: Mashed Potatoes Veggie: Chef's Choice Soup: Chef's Choice	Entree: Cabbage Rolls Starch: Roasted Potatoes Veggie: Chef's Choice Soup: Chef's Choice	Entree: Spaghetti Bolognese Starch: Garlic Toast Veggie: Chef's Choice Soup: Chef's Choice	Entree: Turkey Dinner Starch: Stuffing & Mashed Potatoes Soup: Chef's Choice Veggie: Chef's Choice	
Monday, October 13	Tuesday, October 14	Wednesday, October 15	Thursday, October 16	Friday, October 17	
Entree: Teriyaki Pork Starch: Rice Veggie & Soup: Chef's Choice LSCO CLOSED MOW Delivered Friday Oct 10	Entree: Beef & Bean Burrito Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: Lasagna Starch: Garlic Toast Veggie: Chef's Choice Soup: Chef's Choice	Entree: Chicken Alfredo Starch: Penne Veggie: Chef's Choice Soup: Chef's Choice	Entree: Baked Ham Starch: Scalloped Potatoes Soup: Chef's Choice Veggie: Chef's Choice	
Monday, October 20	Tuesday, October 21	Wednesday, October 22	Thursday, October 23	Friday, October 24	
Entree: Sweet & Sour Chicken Balls Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: Meatloaf Starch: Roast Potatoes Veggie: Chef's Choice Soup: Chef's Choice	Entree: Gypsy Schnitzel Starch: Spaetzle Veggie: Chef's Choice Soup: Chef's Choice	Entree: Chicken Cordon Blue Starch: Mashed Potatoes Veggie: Chef's Choice Soup: Chef's Choice	Entree: Shepherds Pie Veggie: Chef's Choice Soup: Chef's Choice	
Monday, October 27	Tuesday, October 28	Wednesday, October 29	Thursday, October 30	Friday, October 31	
Entree: Spaghetti & Meatballs Starch: Garlic Toast Veggie: Chef's Choice Soup: Chef's Choice	Entree: Ginger Beef Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: Chicken Dumplings Starch: Rice Veggie: Chef's Choice Soup: Chef's Choice	Entree: Beef & Macaroni Casserole Starch: Roast Potatoes Veggie: Chef's Choice Soup: Chef's Choice	Entree: Chicken Parmigiana Starch: Spaghetti Veggie: Chef's Choice Soup: Chef's Choice	
View the menu online at www.lethseniors.com/menu					



OCTOBER 2025 EXHIBITS, PROGRAMS & EVENTS

EXHIBITS



TAKING ACTION
PEOPLE MAKING A DIFFERENCE
UNTIL OCT 05.25



Treasures and Curiosities
SEP 27.25–MAR 01.26



*A Role for Everyone:
The Playgoers of Lethbridge*
AUG 09.25–FEB 08.26



Treasures and Curiosities
OCT 11–APR 05
Youth Choice

PROGRAMS

Tue 07 | 10:30–11:30 AM
Creative Community *
registration encouraged

Fri 24 | 12–1 PM
Collections 101 Tour with Kevin MacLean **

Sat 25 | 1–3 PM
Blackfoot Language on the Land with John Chief Calf +
registration encouraged | meet at Fort Whoop-Up

Wed 29 | 9–10 AM
Toddler Time: Explore & Play *
toddlers with caregivers

Thu 30 | 5–7 PM
Recipes from the Archives: Halloween Special with JD Higinbotham cookbook
adults and seniors | pre-register: \$20 non-members, members free

SPECIAL EVENTS

Sun 05 | 6–10:30 PM
Legends Live!
Join Legends Live’s celebrity impersonators for music, charcuterie by Gather & Graze, and drinks. All bar proceeds support The Galt Museum & Archives’ community programming!
18+ | doors at 5:30 PM | Tickets online: galtmuseum.com/events/legends-live-2025

Sat 18 | 1–5 PM ++
Treasures & Curiosities Exhibit Launch Event: “What’s It Worth?”
Celebrate our newest exhibition featuring nearly 200 objects from our collection selected by community members! Also enjoy “What’s it Worth?”—an Antiques Roadshow-style event with a twist, featuring Canadian Pickers star Sheldon Smithens! What Treasures & Curiosities will you discover?

Fri 31 | 8–11 PM
The Rocky Horror Picture Show, in collaboration with Theatre Outré!
18+ | 8 PM doors, 9–11 PM screening | \$30/ ticket, includes all props handed out at event | prizes for best dressed | bar & popcorn



www.galtmuseum.com/calendar



Don't stay in your spot and go get the shot!

What is influenza and what does the vaccine do?

selves from this virus. It strengthens our body's immune systems' ability to fight the virus if we do come in contact with it, which helps prevent complications and keep us healthy during the flu season. By getting vaccinated, we are protecting not just ourselves, but also those around us. This helps curb the spread of the illness. With one simple step, we can look forward to enjoying the winter months and spending quality time with our loved ones, without having to worry about the flu! Flu shots are available at many locations in Lethbridge, for more information about vaccinations call Health Link at 811 or visit ahs.ca/immunize.

- Article by the UofL Nursing Students

FREE MASSAGE THERAPY

Be pampered by Lethbridge Polytechnic Massage Therapy Students. Appointment preferred, but drop-ins welcome.
Call 403-320-2222

DATE
Thursday October 30

TIME
10 am - 12 pm

LOCATION
LSCO Card Area
500 11th St. S, Lethbridge

Lethbridge Polytechnic

 **LSCO**
Lethbridge Senior Citizens Organization



***appointment/registration required**

403-320-2222 kmartin@lethseniors.com

October 1 1 st Wednesday	Service Canada & CRA Clinic 9:00am-12:00pm Card Area	FREE On-site Service Canada and CRA representatives available to answer your questions regarding federal benefits and programs, no appointment necessary.
October 7 1 st Tuesday	Community Connect Coffee Group 1:30pm - 3:00pm 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.
October 7 1 st Tuesday	Prescribing Pharmacist On-Site* 10:00am - 12:00pm Card Area	Medicine Shoppe pharmacist available for blood pressure checks, lab requisitions, med reviews, changes to medication, strep throat testing, minor ailment prescribing, travel health consultations and Covid/flu vaccinations. Vaccinations require appointments.
October 7	Single Session Counselling* 12:30pm -3:30pm Quiet Room	The single session counselling model provides an opportunity for individuals to explore counselling at no cost for 1.5 hours. Book an appointment through SCSP Intake at 403-329-1544 or intake@lethseniors.com.
October 8 2 nd Wednesday	15 Minute Legal Consultations* 1:00pm - 4:00pm Quiet Room	Free 15 minute consultations with local lawyer, Austyn Anderson, of Low Law.
October 9 2 nd Thursday	Hearing Screening* 10:00am - 12:00pm Quiet Room	Lethbridge Hearing Centre can help you understand your hearing health at no cost.
October 9	Mobile Food Support 1:00pm - 2:00pm LSCO Parking Lot	The Lethbridge Food Bank will be at LSCO with their excess food to better reach the community and help address food insecurity. No income testing open to everyone of all ages, at no cost.
October 16 - November 6 Thursdays	COMPASS for the Caregiver* 1:00pm - 3:30pm Board Room	COMPASS is a supportive facilitated workshop for anyone 55+ who identifies as a caregiver for a spouse, children, grandchildren, extended family, close friend or neighbor near or far. There is a \$25 registration fee.
October 20, 21, 23 & 24	Flu Shot Clinic 20 th & 21 st : 9:30am to 12:00pm 23 rd at 10:00am to 1:00pm 24 th at 10:00am to 3:00pm	Come get your flu shot from the Medicine Shoppe & Save on Foods, with the help of the University of Lethbridge Nursing students in the Card Area. Please wear a short sleeved shirt and bring your Alberta Health Care Card.
October 30	Polytechnic Massage Clinic 10:00am - 12:00pm Card Areas	Free neck and shoulder massages from the Lethbridge Polytechnic Massage Therapy Students. Appointments are encouraged but not required.

Money Matters consultations cancelled due to scheduling conflicts

2nd Annual Twilight Soirée

a night where fun shines long after sunset!

The LSCO is thrilled to bring back our Twilight Soirée on **Saturday, November 1st**. After last year’s smashing debut, we are moving into the big gym this year to welcome more guests and more fun. The Twilight Soirée is not a gala with long speeches—it’s a vibrant night of **eating, music, and dancing**. Supporting seniors is the bonus. So put on your dancing shoes and a nice button up shirt--together, we can reach our **goal of \$20,000** to keep Meals on Wheels and other LSCO services strong.

ENTERTAINMENT

The evening will begin with smooth jazz from **Rayden and the Cool Cats**, followed by the always-popular **Hippodrome** to keep the dance floor full until the end of the night.



MENU

Chef Lachlan has prepared a very special menu for the evening:

STARTER

Stuffed Heart of Palm with Mango Salsa

SOUP

Roasted Carrot and Ginger Soup

SALAD

Mediterranean Farro Salad

ENTREE

Choice of:

- Slow Roasted Moroccan Lamb Shank with Couscous
 - Prime Rib with Stuffed Potato
 - Pesto Cream Chese Stuffed Chicken with Roasted Red Pepper Rice Pilaf
 - Vegetarian Lasagna with Garlic Toast
- Served with a Carrot and Parsnip Torte

DESSERT

Orange Cheesecake

Lachlan is even pickling carrots and asparagus for our Caesars at the bar!

Speaking of which, we’ll have a great cash bar with some unique drinks this year so you can really have a night on the town!



SILENT AUCTION

The evening will also feature a lively silent auction. Some big-ticket auction items you could win include a:

- **Brand New Bike** from Bike Lane
- **Full accessory kit** from Wi-West Wireless
- **10 sessions of laser hair removal** from Re-Zen Medical Esthetics Clinic (valued at \$1,400+)
- **Beautiful quilts** from the LSCO Quilters
- **Birthday package** including Boots the Goat and a billboard on Mayor Magrath
- **Milwaukee Lithium-Ion tool kit** from Vanquished Construction

...and much more to come!

We are still actively collecting donations for the silent auction, and your help makes a huge difference**. Even dropping off a request letter at your favorite restaurant, salon, or shop can bring in items that make this fundraiser shine. Hannah has letters and a simple script ready for you — her office is across from the admin desk.

THANK YOU TO OUR SPONSORS

This event wouldn’t be possible without the support of our generous sponsors:

- Presenting Sponsor:
Lethbridge Hearing Centre
- Entertainment Sponsors:
CJOC, The Ranch, and My Lethbridge Now
- Photo Booth Sponsor:
Avail CPA
- Dessert Sponsor:
Fox Denture Clinic
- Volunteer Sponsor
Cornerstone Funeral Home
- Dance Floor Sponsor
Westco Construction

We also extend special thanks to Mosaic Music YQL for their partnership and support, and to our incredible kitchen staff and volunteers who help make this event possible.

Upcoming Special Events

Guided Tour & Meet Up
Wednesday, October 1, 1 - 2 pm

Coffee with the Chief
Friday, October 3, 10 - 11 am

Thanksgiving Lunch
Friday October 10 | 11 am - 1 pm

Candidate Meet & Greet
Wednesday October 15 | 11 am - 1 pm

Halloween Trunk or Treat
Friday, October 31 | 12 - 2 pm

Twilight Soiree
Saturday, November 1 | 5:30 - 10pm

Golden Giving Tree
Starting Mid November

More info on events
hdupuis@lethseniors.com
403-320-2222 ext. 302
www.lethseniors.com/events



VOLUNTEERS NEEDED

This event takes a community effort, and we have about **50 volunteer spots to fill**. Help is needed for:

- Putting up posters
- Sorting decorations, cutlery, and supplies
- Set-up (tablecloths, place settings, décor)
- Event-night roles: servers, bartenders, coat check, dishwashers, ticket check-in, and more
- Take-down on Sunday

Volunteers will be fed and are welcome to enjoy the festivities once their shift is complete. If you’d like to sign up, please contact Madison- her info is on the next page.

SCHEDULE

5:30 Doors, silent auction & bar opens

6:30 5 Course dinner begins; live music from Rayden and the Cool Cats

8:00 Dance Floor Opens; live music from Hippodrome

9:30 Silent Auction Closes

10:00 Event finished

TICKETS

Tickets are \$100 each, which includes a \$30 charitable tax receipt. A table of 8 can be purchased for \$750.

Tickets will be available online by QR code or in person through Kari at the LSCO front desk. Buying a table is recommended if you know a group who’d like to attend together.



Volunteer Opportunities

Bingo
Thursdays 11 AM to 4 PM

Lunch Server & Food Runner
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

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



Volunteer Coordinator

Madison Gauthier
volunteer@lethseniors.com
ext. 208

This month I would like to shift some focus onto our monthly VolunTEAM Meetings. These meet-ups are an important way to keep our volunteer team connected, as it gives us the chance to provide updates about upcoming events and celebrate the contributions and success of our programs. They're also a great opportunity to connect with one another, ask questions, and share feedback that helps us strengthen our work together. We will meet on the **2nd Monday of the month at 1pm** - with this month being an exception. LSCO will be closed on October 13th which means we will **meet the following week, on October 20th**. By meeting together regularly, we hope to ensure that everyone feels both heard and informed as part of the volunteer core that makes our incredible community possible.

KELTI BAIRD FOR CITY COUNCIL



Responsibility
Accessibility
Equality



VOTE KELTI BAIRD
OCT 8-20

HELLO@KELTIBAIRD.CA WWW.KELTIBAIRD.CA



Check out the awesome interview at www.bridgcitynews.ca/students-help-pre-prepare-lscos-50th-anniversary-celebration/

Our Open House was a huge success!!
Thank you to everyone who attended, volunteered, or spread the word!
Thank you to the students from Chamberlain Middle School and ATL High School for helping us decorate and prepare for the open house!



Attendees checking out the boutique



Mary giving one of eight packed tours



Amy & Madison sharing volunteer and senior supports information





CITY COUNCIL CANDIDATE MEET & GREET

This informal event is designed to let you **get to know the candidates** running in the Lethbridge Municipal Election. and **ask them questions** on the issues that matter most to you.



Wednesday
October 15



11 AM - 1 PM



LSCO Stage & Atrium

403-320-2222 | www.lethseniors.com | 500 11th St. S, Lethbridge



October 31

Trunk or Treat

12 - 2 around the LSCO

Everyone welcome!

Volunteers Needed

to dress up and hand out candy to children at a the "trunk" stations.
Contact Madison at volunteer@lethseniors.com

Candy generously donated by



Lethbridge Senior Citizens Organization:
Fritz Sick Building, 500 11th St. S., Lethbridge

Butternut Squash Soup

Ingredients(serves4-6)

- 3 lbs butternut squash, peeled and cubed
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 3 cups vegetable (or chicken) broth
- 1 apple (peeled, cored, diced) — optional for a sweet twist
- ¼ teaspoon ground cinnamon
- Pinch of nutmeg
- 1 tablespoon olive oil
- Salt & pepper to taste
- (Optional) Small swirl of plain yogurt or light cream

Directions

1. Prepare squash and other vegetables
Peel and cube the squash into bite-size pieces. Chop onion, mince garlic, and prepare apple if using.

2. Sauté the aromatics

In a large pot over medium heat, heat olive oil. Add onion and garlic, and sauté until soft and fragrant (2–4 minutes). If using the apple, add it here and sauté another minute

3. Simmer

Add the squash cubes and the broth. Stir in cinnamon, nutmeg, a bit of salt and pepper. Bring to a boil, then reduce heat, cover, and simmer ~20–25 minutes or until squash is tender.

4. Puree

Use an immersion blender to puree the soup until smooth. (Alternatively, transfer in batches to a countertop blender, then return to pot.) If you like a thinner consistency, you can add a little extra broth or water.

5. Adjust & serve

Taste and adjust seasoning. If desired, ladle into bowls and swirl a small amount of yogurt or light cream on top for extra richness.

Tips & Variations

Make ahead / freeze: This soup freezes well. Portion into single-serve containers for easy reheating.

Protein boost: Add cooked white beans or soft-cooked lentils (pureed) for a protein bump.

Texture adjustment: For slightly chunkier texture, reserve a small portion of squash before pureeing and stir back in.

Spice it gently: Add a pinch of ground ginger or cumin for warmth, but avoid strong spice if the senior has sensitive digestion.

Let us know if you'd like to see more recipes

Questions about this program??

The City of Lethbridge will be at the LSCO to answer any questions you have about Windrow Assistance on:

Thursday, October 2nd
11:30 – 1:30 p.m.

Friday, October 3rd
11:00 – 1:00 p.m.

Laughter is the best medicine... Did you hear about the invisible woman who married the invisible man? Their children were nothing to look at!

Snow Route WINDROW ASSISTANCE SERVICE

**Residents must confirm participation
before every winter season.**

To make sure you're signed up by the first snow fall, call 311 by the second Friday in October.

 **City of Lethbridge**



The City is piloting a new program open to residents who live on a snow route and experience challenges clearing windrows after plowing.

- Designed to support those facing challenges with mobility and accessibility related to navigating windrows, and who do not have an alternative solution.
- Provides an option that will create a parking-to-home access point for one vehicle per home, 24 to 72 hours after snow routes have been plowed.
- Residents are still responsible for clearing all other snow on their property and sidewalks.



For more information, scan this code, contact 311, or visit [Lethbridge.ca/snow](https://lethbridge.ca/snow)

October LSCO Weekly Schedule						
Schedule may change without notice.						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Day	LSCO Diner 8:00 am-3:00 pm Billiards 8:30 am-3:00 pm Boutique 10:00 am-3:00 pm Fitness Centre 8:00am - 4:30pm	LSCO Diner 8:00 am-3:00 pm Billiards 8:30 am-3:00 pm Boutique 10:00 am-3:00 pm Fitness Centre 8:00am - 4:30pm	LSCO Diner 8:00 am-3:00 pm Billiards 8:30 am-3:00 pm Boutique 10:00 am-3:00 pm Fitness Centre 8:00am - 4:30pm	LSCO Diner 8:00 am-3:00 pm Billiards 8:30 am-3:00 pm Boutique 10:00 am-3:00 pm Fitness Centre 8:00am - 4:30pm	LSCO Diner 8:00 am-3:00 pm Billiards 8:30 am-3:00 pm Boutique 10:00 am-3:00 pm Fitness Centre 8:00am - 4:30pm	
8:00	Cardio Strength 8:00 am-8:50 am @ Gym 2 Tai Chi Practice Group 8:15 am-9:15 am @ Stage Area Yovascia 8:30-9:30 am @ Room A/B	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	Vinyasa Yoga 8:00 am-8:50 am @ APR <i>Starts October 9</i>	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 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 9am - 11am @ 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 am -3 pm @ Craft Room	Fitness Centre 9:00am - 12:00pm <i>Starts Oct.18</i>
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 Heritage Blankets 10:00am-12:00pm @ Com-puter Lab <i>On Oct. 27</i>	Gentle Yoga 10:00 am-11:00 am @ APR Spring Forest Qigong 10:00am-11:15am @ Stage Leaf It To Me 10:00am-12:00pm @ Craft Room <i>Oct.14 - 28</i> Paint & Chat 1 pm -3 pm @ Craft Room <i>On Oct.14</i> Building Healthy Relationships 10am-12pm @ Board Room	Chair Yoga 10 -10:45 am @ Stage Area Genealogy 10 am-3 pm @ Board Room Lapidary 10 am-3 pm @ Lapidary Gentle Exercise 10:15 am-11:00 am @ Gym 1 Paper Zines 10:00am-12:00pm @ Craft Room <i>Oct. 8 & 22</i> 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 10:15am -12:00pm @ 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	Flow Yoga 10:00-11:15 am @ Room A/B <i>Starts Oct.25</i>
Lunch	Pilates 11:15 am-12:30 pm @ APR Low Impact Barre 11:15am-12 pm @ Room A/B <i>Starts October 6</i> Functional Fitness 11:30 am-12:15 pm @ Stage Badminton 11:15am-12:45pm @ Gym 1	Essentrics 11:30 pm-12:15 pm @ Gym 2 Zumba Gold/Toning 11:15am-12:15pm @APR <i>Starts October 7</i> Quilting 12:00 pm-3:00 pm @ Stage	Badminton 11:15 am-12:45 pm @ Gym 1 Line Dancing - Experienced 11:30am-12:30pm @ Gym 2 Pound 11:00 - 11:45 @ APR <i>Starts October 8</i>		Badminton 11:15 am-12:45 pm @ Gym 1 Yoga Nidra 11:30 am-12:30pm @ Room A/B	
Afternoon	Computer Club 1:00 pm-4:00 pm @ Com-puter 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 Cyber Smart Seniors 1 pm-3 pm @ Computer Lab <i>Starts October 7</i>	Line Dancing - Beginner 12:45 pm-1:45 pm @ Gym 2 Computer Club 1 pm-4pm @ Computer Lab Watercolour Group 1 pm -3 pm @ Craft Room Table Tennis 2:30 pm -4 pm @ Room C/D	Knitting & Crochet 1:00 pm-4:00 pm @ Atrium Drop In Crib 1:00-3:00 pm @ Card Area Strength & Mobility 1:30 pm-2:30 pm @ Fitness Centre Steady Moves 2:00-3:30pm @Stage Area <i>Starts October 7</i>	Computer Club 1 pm -4 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 may be 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.



This paper shows classes that are available for registration or drop in. Classes not listed are full.

Fitness Centre

A variety of exercise machines, cardio equipment, free weights are available for individuals of all fitness levels to get a fantastic workout! For your safety, it is recommended that you schedule a free orientation to ensure you use the machines properly.

1 Month and 4 Month Passes

- \$25 LSCO M; / month
- \$40 Non-Member / month (30 Days from Date of Purchase)

Drop In

- \$8 LSCO M; \$10 NM

The Fitness Centre will be open Saturdays 9 am - 12pm starting October 18

IN THE COMMUNITY

To Fran, With Love - A tribute concert in memory of Fran Rude

October 3-4, 2025 at 7:30 pm
Yates Memorial Centre

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

October Session:

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

November Session:

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

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

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.

October Session:

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

November Session:

When: Tuesday, Nov. 18
Time: 1:00 - 3:00 pm
Fee: \$55 LSCO M; \$65 NM
Register by: Thursday, November 13
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

REFLEXOLOGY

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

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

and more!

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mariasfootworks@gmail.com

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

GOLDEN Giving Tree

SENIOR'S SECRET SANTA

The Golden Giving Tree hosts gift lists of local seniors who are isolated and/or face financial struggles.

Each gift sends the message that the senior is **remembered, valued, and important.**

Nominate a senior by December 1st

COFFEE WITH THE CHIEF

FRIDAY, OCTOBER 3

10 - 11 AM

LSCO will be hosting LPS Chief Shahin Mehdizadeh for an informal coffee and chat in our diner & atrium.

LSCO 50th Anniversary **LSCO** **Lethbridge Police Service**

LSCO, 500 11th St. S, Lethbridge

ON OCTOBER 20, 2025

RE-ELECT Belinda CROWSON

COUNCILLOR CITY OF LETHBRIDGE

Belinda4Council mcrowson@telus.net

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!

CELEBRATING

50

YEARS

1975

2025

LETHBRIDGE SENIOR CITIZENS ORGANIZATION

Our impact in 2024

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

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

1,525

MEMBERS

489

VOLUNTEERS

48,845

DINER ITEMS SOLD

23,032

HOURS OF PROGRAMMING

22,118

MEALS DELIVERED

2,053

SENIORS ACCESSING SUPPORT SERVICES

Read more about our impact at www.lethseniors.com/annualreports

How to Give

Online Donations

Donations can be made directly through our website at www.lethseniors.com/donate or the QR code on this page. Tax receipts are issued instantly or you can get a yearly summary to your inbox.

In Person Giving & Cheques

Via the front desk you can donate with cash, card, or cheque. Or you can mail in a cheque and will receive a tax receipt back in the mail or email.

Electronic Funds Transfer (E-transfer)

Send your e-transfer to finance@lethseniors.com. In the memo, please include "Donation to..." as well as your name and address if you would like a tax receipt.

Legacy Gifts & Endowment

The LSCO now has an Endowment Fund, ensuring our legacy continues for another 50 years (and more!) This fund is managed by the Community Foundation of Lethbridge and Southwestern Alberta, which invests the donated capital and then the earnings are used to support the organization.

Donations can be made payable to the Community Foundation or the LSCO, specify "LSCO Endowment Fund" in the memo line.

Through the Community Foundation, you can make a gift or a future gift to the LSCO Endowment Fund through Publicly Listed Securities, bequests, life insurance policies, or by designating the LSCO Endowment Fund as the recipient of your RRSP.

Customize your giving

Choose where you'd like your donation to be used

Select Endowment, General, Meals on Wheels, Programs, or Support Services when making your donation or let us know in even more detail with a private message. When we have campaigns throughout the year like Christmas Dinner, those forms will also be online.

Choose the frequency

One time and monthly options are available

Choose the recognition

You can choose to make your donation anonymous or in memory of someone.

Any contribution to any of the LSCO's important services is extremely valuable.
Thank you for supporting us as we continue to make an incredible impact in Lethbridge!

Yes! I want to support seniors in Lethbridge!

Name: _____

Address: _____

City: _____ Postal Code: _____

Phone: _____

Email: _____

- I would like my tax receipt ☐ mailed ☐ emailed or
- ☐ Make my donation Anonymous
- ☐ Sign me up to receive email updates from the LSCO

Charity Number: 119242014 RR0001

Amount: _____

☐ I have enclosed a cheque

☐ I sent an e-transfer. Reference # _____

☐ Please Charge my Credit card

Card # _____

Expiry ____/____/____ Phone _____

I would like my donation to go towards:

- ☐ Endowment ☐ Programs
- ☐ General ☐ Support Services
- ☐ Meals on Wheels ☐ Other _____

Donate online with this QR code or at www.lethseniors.com/donate

Lethbridge Senior Citizens Organization
500 11th Street South
Lethbridge, AB T1J 4G7
403-320-2222
www.lethseniors.com



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403-320-6000

Happy Thanksgiving



Lunch

Friday, October 10

Turkey & Gravy
Mashed Potatoes,
Stuffing
Vegetables

\$11
11 am - 1 pm
(or until supplies last)

LSCO Diner 500 11th St. S



Open to anyone in the community!

LSCO will be closed Monday, October 13

Vote

RAJKO DODIC

For Lethbridge City Council



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
Drop in: \$9 LSCO M; \$10 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
Drop-In: \$9 LSCO M; \$10 NM
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
Drop In: \$8 LSCO M; \$10 NM
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
Drop-In: \$6 LSCO M; \$8 NM
Instructor: Gloria-Rose Puurveen
Location: Gym 2

EXPERIENCED BEGINNER LINE DANCING

This class is intended for those who have taken a beginner dance class, and/or have some line dance experience and are comfortable dancing to faster music. Less time will be spent on reviewing and more dancing will occur. Come dance like no one is watching!! Guys are welcome too! Space is limited, register early.

When: Wednesdays, Sept.10 - Dec. 10
Time: 11:30 – 12:30pm
Drop-In: \$6 LSCO M; \$8 NM
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
Drop-In: \$15 LSCO M; \$20 NM
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
Drop-In: \$15 LSCO M; \$20 NM
Instructor: Lise Shulze
Location: Room A/B

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Fitness - Intermediate/Advanced Levels

Classes for Intermediate/ Advanced Levels are right for you if:
You know you aren't new to fitness any-more, 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
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
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
Drop in: \$8 LSCO M; \$10 NM
Instructor: Jamie Hillier
Location: Gym 1

LOW IMPACT BARRE
Enjoy resistance training in a new way! In this 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
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
Drop in: \$9 LSCO M; \$10 NM
Instructor: June Dow
Location: All Purpose Room

SENIORS WHO LIFT
You will use Bars & Plates, and a variety of other resistance equipment 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
Drop in: \$8 LSCO M; \$10 NM
Instructor: Annabelle Darlow
Location: Gym 2
Session 2
When: Mondays, Nov.3 - Dec.22
Time: 10:15 - 11:10 am
Fee: \$49 LSCO M; \$63 NM
Register by: Thursday, October 30
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
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
Drop in: \$8 LSCO M; \$10 NM
Instructor: Tracy Simons
Location: Gym 1

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Fitness - All Levels

Classes for All Fitness Levels are right for you if:

If it has been a while since you have exercised, are recovering from an injury, may have health/medical conditions, one or more of the classes listed in this category may be beneficial for you. If you aren't sure what class to try please ask our Fitness Staff.

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
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
Drop in: \$8 LSCO M; \$10 NM
Instructor: Nancy Purkis
Location: Gym 2

CHAIR EXERCISES

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

Session 1:
When: Thursdays, Sept. 4 - Oct. 23
Time: 9:30 - 10:15 am
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
Register by: 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
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
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
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
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

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
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
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

STRENGTH & MOBILITY

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

When: Tuesday/Thursdays, Nov.4-Dec.18
Time: 1:30 - 2:30 pm
Fee: \$65 LSCO M; \$91 NM
Register by: Thursday October 30
Instructor: Annabelle Darlow
Location: Fitness Centre

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.



LSCO Groups

AMATEUR RADIO

The purpose of the LSCO Seniors Amateur Radio Group is to advance Amateur radio interests and where necessary, to provide emergency and community communications support. Newcomers are welcome to visit the Radio Room on the second floor at the LSCO and view our collection of “bygone days and current” amateur radio equipment. Anyone wishing to join the group or use the equipment with a member present, must have an amateur radio license. If someone would like to obtain their “ham” license, we do have volunteers who may help you with the licensing process at no cost except for the training manual. If you are interested in seeing what this is all about you are very welcome to pop in sometime for a visit and orientation.

When: Wednesdays
Time: 9:00 – 11:00 am (or longer on request and with notice).
Fee: \$29/year & LSCO Membership
Location: Radio Room

BILLIARDS

Members are welcome to play pool daily. The tables are located on the second floor and are accessible by the elevator or stairs. If you are new to the game it is important for you to let us know so that arrangements can be made for you to receive some instructions. Members & non-members may drop in provided they are accompanied by a billiard member.

When: Monday – Friday
Time: 8:30 am – 3:00 pm
Fee: \$55/year & LSCO Membership
Drop In Fee: \$6 M; \$7 NM.
Location: Billiards Room

COMPUTERS

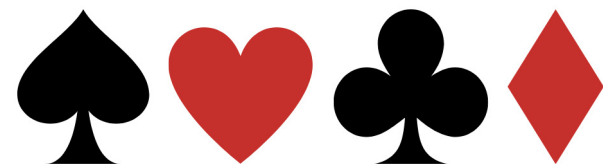
Individuals interested in attending workshops, volunteering in the Computer Lab, and sharing their technical knowledge are encouraged to join. A variety of information sessions and workshops are offered throughout the year. Non-members can pay \$5 to attend workshops and are very welcome. The Lab is available for members 3 afternoons. Note: At times the lab may be used for classes. Notices will be posted.

When: Mondays, Wednesdays, Fridays
Time: 1:00 – 4:00 pm
Fee: \$21/year & LSCO Membership
Location: Computer Lab

Cyber Smart Seniors new

This initiative was created to bridge the digital divide and reduce social isolation among older 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
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!



Update on Our Woodshop Rennovation

Over the past couple of months, the LSCO staff and our dedicated woodshop volunteers have been on quite a journey together. It's been a mix of hard work, learning, and a lot of heart as we've rolled up our sleeves to breathe new life into the woodshop. Along the way we've put our trust in some outstanding local companies, people who didn't just show up with tools and trucks, but with generosity, patience, and a genuine belief in what this space means to our community. At the very centre of it all has been the incredible team at Westco Construction.

So much has already been accomplished. Old equipment and debris have been cleared out, woodshop tools and supplies carefully stored in sea cans courtesy of Big Steel Box Ltd., and fresh coats of paint by Derochie Painting have given the space a whole new glow. Thanks to the generosity of the late John Unrau's estate, we've welcomed brand new equipment from Windsor Plywood. Westco even tackled a huge blockage in the dust collection system, teaming up with Air Tech Heating and Air Conditioning to ensure our woodshop will be safer and easier to maintain for years to come.

Now we are on the final stretch: building benches and shelving. Soon, we'll be gathering our woodshop members for a special day (or maybe two) of building, learning, and sharing skills with one another, which is exactly what the woodshop is all about. We'll send details as soon as materials are in place, and we can't wait to see many of you there.

To our volunteers: your patience, your long hours, and your deep care for this space have been nothing short of inspiring. To our sponsors and supporters—especially Westco Construction—your commitment has turned what seemed like a daunting project into a true labour of love. Watching your staff and our members swap knowledge and laughter has been the best reminder of why this community is so strong.

We are almost ready to welcome you back, and when we do, it won't just be the re-opening of a woodshop, it will be a celebration of resilience, generosity, and the spirit of community that makes Lethbridge what it is.

What's still to come in the woodshop

- We are waiting for supplies to build the benches.
- Woodshop members will be invited to help build the benches and the shelving out of the supplies.
- Westco is providing us with new ducting to attach to the dust collector.
- We are in the process of building a new metal wood storage unit.



Thank you



Our Team at BigSteelBox is proud to support the Lethbridge Senior Citizens Organi-

zation and their woodworking shop project by supplying a couple of containers to help bring the initiative to life. This partnership means more to us than simply delivering containers - it represents the chance to contribute to a community hub where seniors can connect, create, and share their skills.

We recognize the values of spaces like the woodworking shop, which foster not only

creativity and craftsmanship but also friendship, mentorship, and belonging. Having the opportunity to play a small part in making that possible is truly meaningful to us.

At BigSteelBox, we believe in building connections that go beyond storage and logistics. Supporting LSCO's vision reflects our commitment to strengthening the communities we serve, and we're grateful to have been included in such an inspiring project

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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

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

Tai Chi & QiGong

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
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

How to Protect Your Back While Raking and Doing Fall Yard Work

When the leaves start to carpet the yard in autumn, many of us spend hours raking, hauling, and tidying. But that repetitive motion and bending can put serious strain on the back, shoulders, and joints. Below are expert tips to help you get the job done without paying for it later.

Why Leaf Cleanup Can Hurt

Raking isn't a light chore: it involves repeating reaching, twisting, lifting, and pushing motions. Over time, these actions can irritate muscles, strain discs, or trigger flare-ups in vulnerable areas of the spine.

Smart Strategies to Prevent Back Pain

1. Warm up first

Spend 5–10 minutes walking or gently stretching your arms, back, hamstrings, and legs before grabbing the rake. Doing so increases blood flow and loosens your muscles, making injury less likely.

2. Maintain good posture & body mechanics

- Keep your back straight (neutral spine), don't slouch
- Bend at the knees, not from the waist, when picking up leaves or lifting bags.
- Keep the rake handle close to your

body to reduce leverage strain.

- Avoid twisting your torso as much as possible. Instead, shift your feet or step to reposition.

3. Use your legs, hips, and core

Let your whole body help—don't rely solely on arms and back. Use your hips to rotate, and let leg muscles assist in the pushing and pulling motion.

4. Alternate sides & switch hands

Don't always rake from the same position. Switch which hand is on top of the rake and which side you're working from to spread the load evenly.

5. Take breaks frequently

Work in intervals (for example, 20–30 minutes) then pause for rest, stretching, or sipping water. Repetitive motion is a big risk factor for overuse injuries.

6. Use the right tools

- Choose a rake that's the correct length (so you don't reach too far).
- Use ergonomic or lightweight versions if possible.
- Use wheelbarrows, tarps, or wagons to move heavy piles, rather than carrying heavy loads.

7. Be mindful when

lifting

When you do pick up a heavy bag or pile:

- Squat with knees bent, keep back neutral, and lift with the legs.
- Hold objects close to your body.

8. Don't overdo it—pace yourself

It's better to split yard work over several days than push yourself to finish in a single session. Fatigue is a big contributor to poor form and injury.

9. Stay hydrated & stay comfortable

Even in cooler weather, working outdoors can dehydrate you. Take water breaks. Also, wear supportive shoes, gloves, and layers to keep muscles relaxed.

When to Stop & Seek Help

If you feel sharp pain, tingling, numbness, or weakness during or after yard work, stop immediately. Persistent symptoms may need evaluation by a health professional.

By being thoughtful in how you approach fall yard chores—warming up, using proper mechanics, pacing yourself, and selecting the right tools—you can enjoy the seasonal cleanup without a sore back.

Happy fall everyone!

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Yoga

CHAIR YOGA

Perform yoga poses and breathing exercises with the aid of a chair. This gentle class may help you increase strength, flexibility, range of motion for joints, and stress reduction. Chair yoga is suitable for all fitness levels and conditions.

Session 1:

When: Wednesdays, Sept. 10 - Oct. 29
Time: 10:00 - 10:45 am
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

Vinyasa Yoga *new*

Melanie has been teaching vinyasa yoga for over 20 years. This gentle style of yoga integrates the importance of breath and movement. Strengthening the body as the breath guides us safely into our flow of movements. This adaptable moving meditation style class caters to all ages and abilities. We leave the Ego outside and learn to listen to our body’s as we stabilize joints, regain mobility and build a renewed body awareness. Start your day with this fun, relaxing class full of warm welcoming smiles.

Blocks and straps are encouraged. Please bring a mat and a water bottle.

When: Thursdays, Oct.9 - Dec.18
Time: 8:00 - 8:55 am
Fee: \$77 LSCO M; \$99 NM
Register by: Monday,October 6
Instructor: Melanie Hillaby
Location: All Purpose Room

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

SATURDAY FLOW YOGA *new*

Energize the start of your weekend with this moderately paced flow class. Guided by breath,our practice will explore asanas to build stability, mobility and balance, and calm and centre the mind. Bring your mat, water bottle, and dress in layers, as the room temperature can vary

When: Saturdays, Oct.25 - Dec.13
Time: 10:00 - 11:15 am
Fee: \$64 LSCO M; \$80 NM
Register by: Wednesday,October 22
Instructor: Rumi Graham
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
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
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

YOGA NIDRA

Yoga Nidra is a method that is intended to induce full body relaxation, bringing about an incredible calmness, quietness, and clarity to the physical body and mind. It is also known as “yogic sleep”. It is a deep meditation that uses a variety of techniques including guided imagery and body scanning to aid relaxation. Participants can expect to leave the practice feeling restored and rejuvenated. Please bring a yoga mat and any blankets or cushions you might need to feel comfortable.

When: Fridays, Sept. 12- Oct. 31
Time: 11:30 am - 12:30 pm
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

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 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

FALL
FITNESS TIP

Shoe Support
Wear shoes with good arch support when walking on wet leaves — slippery surfaces and poor footing can lead to slips or back strain

Work Small Areas
Break yard work into smaller zones (e.g. front lawn today, back tomorrow) to avoid fatigue and overexertion.

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more info on page 11



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Computer Corner

By Sjoerd Schaafsma

Speech Recognition - Voice to Text

I do a fair bit of typing. One of the most practical courses I took in school was typing. My point is that I have

usually been able to type as fast or faster on a regular keyboard than speech recognition, plus, it gives me time to think. One of our upcoming computer club sessions is titled, “Voice to Text: Why type when you can talk to your computer?” which will deal with the hands on experience. Speech recognition has come a long way since its beginnings. If you are a hunt and peck, two finger typist or have mobility issues, speech recognition can be a great tool.

Here are the basic requirements:

- Microphone
 - Computer / Device
 - A quiet space
 - **Software:**
- A speech recognition Engine either Cloud based which requires internet access
- Google Speech-to-Text,
 - Microsoft Azure Speech
 - Amazon Transcribe
 - Apple Speech framework (macOS/iOS
- Or local/offline
- Vosk
 - CMU Sphinx or just Sphinx
 - Whisper by OpenAI (modern, multilingual, high accuracy)

Operating system Support

- Windows – built in or Dragon Naturally Speaking (paid program)
- MacOS/iOS – Built in dictation and Siri Speech recognition
- Linux – Open source (free) engines like Vosk or DeepSpeech
- Android – Version 5 (Lollipop) or higher Google Speech to Text

What you use will depend on your needs and the type of device you have.

I use or have used the built in software on Windows, iOS (iPhone or iPad) and Android with mixed results in various languages. On mobile devices with small onscreen keyboards, I find speech recognition much faster than typing. It’s especially useful for chats; e.g., Apple messages, Facebook messenger, Google Chat and more.

With training, and predictive text, speech recognition improves, and the people you chat with learn to know that you meant to say “wall” not “well” or “wheel”.

Links: If you are reading the paper version of the computer corner do an internet search for the items listed. Fear not, using the speech recognition tools is much less complicated than the links might have you thinking.

Google - [Get started with Voice Access spoken commands](#)
[VOSK](#) – Supports over 20 languages and works on your device without internet access
[DeepSpeech](#) - DeepSpeech is a free open source embedded (offline, on-device) speech-to-text engine which can run in real time on devices ranging from a Raspberry Pi 4 to high power GPU servers.

Monthly Computer Jargon: “Clickbait”

Something (such as a headline) designed to make readers want to click on a hyperlink especially when the link leads to content of dubious value or interest. Think! Scams! Is this a true news story or article? Is it too good to be true? Will I really feel 20 years younger if I follow this advice? Should I waste my time clicking on this link?

That’s all for now, take care and stay aware!

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.

October

Movie Day in the Lab on the first Monday of the month. **THIS IS OPEN TO ALL LSCO MEMBERS!!** Seating is limited to 25. Email computerclub@lethseniors.com if you are interested or sign up in the lab. *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


October 6, 8, 10, 17, 20, 24, 27, 29, 31

Connecting your Devices to each other, from smart phones to speakers to TVs
Presented by London Drugs
Wednesday, October 15 | 1-3pm

Memoirs, photo organization, digitizing films, videos
Presented by Mitch Hall – Shoebox Scanning
Wednesday, October 22 | 1-3pm

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



FRIDAY MUSIC SCHEDULE

OCT 10	Don Robb	A variety of Jazz Hits
OCT 17	Gordon Dixon	Folk, Country, and Western
OCT 24	Nimesh Vyas & Hussain	Indian/Hindi music performed to accompaniment
OCT 31	Lev Zeinchuk (11 - 12)	Mount Royal University Music Conservatory Piano

*schedule is subject to change **11AM to 1PM (Flexible) | Fridays | LSCO Stage Area**



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Member Spotlight



Deb & Dave Scotland

Debra “Deb” Neu Scotland (nee Bain) was born in Swift Current, Saskatchewan, and moved with her family to Lethbridge when she was nine months old. She grew up with one older brother and three younger sisters. Deb attended Mrs. Smith’s kindergarten program—rare at the time, which she credits for preparing her well. She and some classmates were accelerated, and graduated high school at 16. Her father’s job with International Harvester meant the family moved often, including to Red Deer, Pincher Creek, and back again. Her maternal grandmother purchased a second-hand piano, and while all the siblings took lessons, Deb excelled and achieved Grade 9 certification from the Toronto Conservatory of Music. Deb recalls being active in childhood with skating, swimming, biking, being a “Brownie” and spending long hours outdoors with games like “scrub” (a modified softball game).

In 1969, Deb entered Red Deer College’s Education program, then transferred to the University of Alberta in Edmonton, graduating in 1973. That same year, she married. Tragedy struck when her first child, Kiersten, died in a car accident as an infant. Deb and her husband were also injured, but the loss was deeply felt and forever remembered. They later welcomed two more children: Anders and Erika. The family lived in several Alberta and B.C. communities for her husband’s education before settling permanently in Lethbridge in 1979. They spent many years in Moon River Estates, but Deb eventually moved after her 2001 divorce. With her children grown, the large yard and winter driving became too much.

Deb taught for 23 years at Senator Buchanan School and another 7 at Nicholas Sheran, retiring in 2011. Much of her career was spent teaching Grades 3 and 4 and serving as a music specialist. She joined LSCO the same year she retired.

Deb’s enjoys music from the 1960s and 70s, especially Gordon Lightfoot and Adele. A member of the Happy Bookers book club, she recommends *The Briar Club* by Kate Quinn. She has volunteered with Brownies, the Canadian Diabetes Association, Hills of Peace Lutheran Church as a pianist, and the Kiwanis Music Festival (now the Lethbridge & District Music and Speech Arts Festival). She is passionate about music, gardening, reading, and education. Deb even self-published her story in a hard-cover book, *My Life Story*, for close family and friends. Above all, she is most proud of her family and grandchildren.

Her advice: “Be prepared. Life is like a winding road. It is unpredictable and often bumpy. Wear good shoes and comfortable clothes which allow you to enjoy the journey.”

She also appreciates Ralph Waldo Emerson’s reminder: “Write it on your heart that every day is the best day of the year.”

David “Dave” Scotland was born in Edmonton but grew up mainly in Calgary as the middle of five children. His father was a landman for resource companies, while his mother was a homemaker. Not fond of team sports, Dave pursued TaeKwon-Do and ballroom dancing in high school. He also played hockey—earning the nickname “Killer”. To support his activities, he worked early jobs including driving a Zamboni. After high school, he completed a two-year Business Administration diploma at Mount Royal College.

Dave achieved his first Black Belt in TaeKwon-Do in 1980. In 1982, he traveled to Seoul, South Korea, on a cultural trip with other students. One of his most memorable experiences was attending the Montreal World TaeKwon-Do Championships in 1990. He earned international instructor certification in 1991 and his 5th degree Black Belt in 1995 from the International Federation of TaeKwon-Do.

In 1983, Dave married his first wife, Renee, in Calgary. They had two sons, Michael and Keith. The family moved to Medicine Hat, where Dave and Renee opened Scotland’s TaeKwon-Do studio, teaching children, adults, and women’s self-defense until 1998 when the studio was closed and sold.

Around 2000, looking for a less demanding pursuit, Dave turned to Tai Chi under teacher Lynne Hunter-Johnston and through extensive online learning. He became deeply engaged in its martial, philosophical, and wellness aspects.

Dave and Renee divorced in 2006 but remained friends, and Deb also considers Renee a friend and support.

Dave began teaching Tai Chi at the YMCA, then at LSCO in 2011 while still working at Canada Post. After retiring in 2015, he dedicated himself fully to teaching and practice. He learned 16 Tai Chi forms, including sword forms, and saw teaching as a way of helping others.

He enjoys a wide range of music, from The Beatles to contemporary pop and instrumentals. If he wrote an autobiography, it would center on TaeKwon-Do, Tai Chi, and Qigong as he is proud of his deep knowledge and experience in these disciplines.

Deb and Dave met at Nord-Bridge while taking social dance lessons and married in 2013. In 2017, they moved into their home

in Coaldale. Together, they’ve enjoyed ballroom and Latin dancing, traveling to Italy, Arizona, and the Maritimes, and spending time with their extended family, including five grandchildren. Quiet evenings watching TV are also a regular pastime.

In late 2022, Deb and the family noticed changes in Dave’s memory and ability to cope with changes. A referral to a geriatric specialist led to a diagnosis of mild cognitive impairment (MCI) in spring 2023, later revised to Alzheimer’s disease that fall.

Dave shared the news with his Tai Chi students and explained that Deb would gradually be taking over his classes. By 2024, she was handling most of the teaching, though not the self-defense components.

Deb connected with the local Alzheimer Society through an information booth at LSCO and found their support group invaluable. She describes it as compassionate, understanding, and a space for shared grieving. She stresses that Alzheimer’s can affect anyone, its causes are unknown, and it is a degenerative illness.

Dave takes medication to help slow progression. Deb says, “One step at a time is the best way to direct Dave in his daily life skills.” He enjoys lawn care and is proudly the “supervised lawnmower operator.”

Navigating Alberta Health Services has been challenging, but they now benefit from supports including a Home Care Nurse, the Bridges Program, the Adult Day Program, and private caregivers with some Blue Cross coverage.

Together, they attend LSCO Gentle Exercise classes, walk outdoors and at the Coaldale SHIFT Recreation Centre, and participate in the annual IG Wealth Management Walk for Alzheimer’s—and intend to do so for as long as possible.

Deb also maintains her own self-care through a second Gentle Exercise class, her book club, gardening, and walking. She believes Dave’s lifelong philosophy of helping others makes him more open to receiving the help he now needs.

This writer is very thankful and appreciative of Dave & Deb sharing their personally difficult story, which includes the very challenging path that Alzheimer’s Disease poses.

Alzheimer’s has brought difficult changes to their lives, but Deb and Dave’s willingness to share their story highlights both the challenges and the strength that come with facing them. Deb says, “Every individual’s experience with Alzheimer’s is unique and a very personal journey.”

Their openness serves as a reminder that many families walk this road, and by understanding and supporting one another, we can all make a difference.



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Happy October, everyone!

This month I want to highlight a very important topic that is recognized nationally. During the week of October 1–9, Canada observes Ageism Awareness Week, an initiative of the Canadian Coalition Against Ageism (CCAA). This observance aligns with the International Day of Older Persons and invites us to reflect on how our society views aging and to challenge the stereotypes that too often shape attitudes toward older adults.

Ageism—prejudice or discrimination based on age—can appear in subtle ways: assuming older people are “tech-challenged,” overlooking their contributions in the workplace, or using language that diminishes their independence. These attitudes can affect everything from health care to employment opportunities and social inclusion.

From a LEARN perspective, we often see firsthand how ageism and elder abuse are closely linked. When society treats older adults as less capable, less valuable, or a burden, it creates conditions where neglect, exploitation, and mistreatment can occur more easily. Stereotypes—such as assuming seniors are weak, confused, or dependent—can lead people to dismiss their

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opinions, ignore their rights, or overlook signs of harm. Challenging ageist attitudes is therefore a key step in preventing elder abuse: by respecting the dignity, autonomy, and worth of every person at every age, we strengthen protections and foster safer, more compassionate communities.

Everyone can help by choosing words thoughtfully, gently challenging ageist jokes or comments, and celebrating the skills, wisdom, and creativity that older adults bring to our community. The Canadian Coalition Against Ageism invites organizations and individuals across the country to host events, share stories, and spread the message that aging is living.

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