



DECEMBER 2025

A publication of the **Lethbridge Senior Citizens Organization**

500 - 11 Street South, Lethbridge, AB T1J 4G7 • Phone: 403-320-2222 • www.lethseniors.com



Celebrate the season at the LSCO!

From the **Golden Giving Tree** to our **56th Annual Christmas Dinner**, the LSCO is spreading warmth, connection, and holiday cheer throughout December. Join us for festive activities including the **Christmas Social and 50/50**, delicious **Goodie Trays**, our Annual Christmas Dinner, and community donation events supporting Christmas Hope. You'll also find ways to get involved — attend, volunteer, or donate to make this season one to remember!

Find full details, dates, and volunteer opportunities on pages 6-7.





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Executive Director

Kaitlynn Weaver

kweaver@lethseniors.com ext. 304

Dear Friends and Supporters,

Another month, another Executive Director's message; are you tired of hearing from me yet?;)

It continues to be such an honour to serve as the Executive Director of the LSCO. Over the past 10 months, we've been busy spreading the word about everything the LSCO offers our community. From engaging presentations and articles in local papers to upbeat radio ads, we've made it our mission to shout from the rooftops about the value and impact of LSCO. Our efforts highlight the many programs and services we provide, including in-home support, Meals on Wheels, social opportunities, creative arts, fitness, educational workshops, and more, all designed to help seniors in Lethbridge stay healthy, independent, and connected.

With the festive season ahead, our hearts are full of excitement and gratitude for the incredible energy within our community. The success of our 2nd Annual Twilight Soiree was inspiring. Thank you to everyone who donated, attended, or gave their time. Your generosity has energized us for the busy season ahead.

And busy it is! December is packed with events and programs, all designed to support seniors and strengthen community ties. One highlight is our Golden Giving Tree, part of the Christmas Hope Campaign. This initiative unites the LSCO, Interfaith Food Bank, Lethbridge Food Bank, My City Care







Executive Director Message

Shop of Wonders, Salvation Army, Lethbridge Family Services Angel Tree, and Volunteer Lethbridge to ensure that no one is left behind this Christmas. Learn more about how you can help on pages 6 & 7.

We're also looking forward to our 56th Annual Free Christmas Dinner on Christmas Day! If that number made you pause and scratch your head, well so did we. While exploring our archives for our 50th anniversary celebrations, we discovered a 1979 newspaper featuring our 10th Annual Christmas Dinner and another tracing back to our very first in 1969. Somewhere along the way, a few dinners were missed in the count, so we're thrilled to celebrate number 56 this year!

This year's dinner brings a few exciting updates. Thanks to our Transportation Sponsor, 94 Cabs, up to 70 free round trips within the City limits will be available for individuals who would otherwise face barriers to attending. We're deeply grateful for their support, as well as the generous sponsorship of Hear Canada, Pixelboom Media, and all who have already contributed. For details on how you can make a donation,

please see page 6 or fill out the form on the bottom of page 12.

As we celebrate the season of giving, I invite you to keep the LSCO in mind when choosing where to direct your charitable support. Every gift, large or small, makes a genuine difference in helping us provide another 50 years (or more) of programs and services that bring warmth, hope, and joy to seniors throughout the year. We also have many ways to give, including the LSCO's Endowment Fund. Established by the Community Foundation of Lethbridge and Southwestern Alberta, this fund is designed to provide LSCO with long-term, sustainable income. Donations to the Endowment Fund are invested, and the annual earnings help ensure a stable future for our organization, smoothing out the financial ups and downs that come with grants and fundraising. By contributing to the Endowment, you create a legacy that will help LSCO support seniors for generations to come.

Thank you for your continued kindness, generosity, and belief in our mission. From all of us at the LSCO, may your holidays be filled with peace and community spirit.





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

Your contribution is our lifeline!

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A proprietary publication of the Lethbridge Senior Citizens Organziation. 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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LOCU IIIOMIANON	

LSCO information

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Fax	403-320-2762
SSN Intake	403-329-1544
Meals on Wheels	403-327-7990
LEARN	403-394-0306

www.lethseniors.com @lethlsco on Facebook & Instagram

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

LSCO 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!**

Penni Leigh Garry Withers Amy Stasiuk **Ted Richardson** Brian Wilson Maureen Wilson Colleen Dudley Stephanie Czibere

Sue Hurry Karl Hurry Carolina Campisi Salvafore Campisi Gerald Heibert Ron Ellis John Jensen Ron Axelson

Shannon McKay **Gerald Perry** Rosemarie De Clerck - Floate Kevin Floate Darlene Patterson Kathryn Berg 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)

Please bring prior year's 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 receive up to \$150 towards memberships or programs.

This program is only available for Lethbridge residents. Apply at City Hall.

For more information contact: feeassistance@lethbridge.ca or call 311.



Dec 11

Dec 11



DECEMBER 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.

Andrew Charles Wilcox 106.5 Dec 4 and 107.7 FM

Brent Sacucci, University of

Lethbridge

Michael Byers, UBC Special evening presentation 6:30 -

8 pm @ LSCO

Paige Rosner, Helen Schuler **Dec 18 Nature Centre**

Radio & the Changing Media Landscape

We Won't Cancel Us: How can we Discuss Gender and Sexuality Across the Liberal-Conservative Divide?

Elbows Up, Elbows Down? Donald Trump and the future of Canada

Best Front Forward: Creating diverse, resilient, and beautiful front yards in Lethbridge.

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

Wishing you a Merry Christmas & ppy New Year

LSCO Holiday Hours

Christmas Eve: 8 am - 2 pm Christmas Day: Closed except for the Christmas Dinner from 11 - 1 **Boxing Day: Closed** New Year's Eve: 8 am - 2 pm New Year's Day: Closed

The Fitness Centre will be closed Saturday, December 27 & January 3.

January edition of the LSCO Times will be printed on Friday, January 2, 2026 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.

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DECEMBER SPECIALS MENU

Breakfast: 8 - 11 am | Lunch: 11am - 1 pm | Coffee & Snacks: Until 3pm

Daily Soup, Salad & Sandwich Specials Open to anyone in the community

Friday, December 5

Beef Stew with Mashed

Potatoes & Biscuit

Chef's Choice of

Vegetable, Soup & Dessert

Friday, December 12 **Roast Beef with**

Yorkshire Pudding and

Mashed Potatoes

Chef's Choice of

Vegetable, Soup & Dessert

Friday, December 19

Baked Ham with

Scalloped Potatoes

Chef's Choice of

Vegetable, Soup & Dessert

Friday, December 26

Shepherd's Pie

Chef's Choice of

Vegetable, Soup & Dessert

LSCO Closed

Meal Delivered Wednesday

Monday, December 1 Honey Garlic Pork with Rice

Chef's Choice of Vegetable, Soup & Dessert

Monday, December 8

Toast Chef's Choice of Vegetable, Soup & Dessert

Lasagna with Garlic

Monday, December 15 Sweet and Sour **Chicken Balls with Rice**

Chef's Choice of Vegetable, Soup & Dessert

Monday, December 22

Teriyaki Pork with Rice

Chef's Choice of Vegetable, Soup & Dessert

Monday, December 29 Spaghetti & Meatballs with Garlic Toast

Chef's Choice of Vegetable, Soup & Dessert

Tuesday, December 2 Chicken Parmigiana with Spaghetti

Chef's Choice of Vegetable, Soup & Dessert

Tuesday, December 9 Tortiere with Mashed

Chef's Choice of Vegetable, Soup & Dessert

Potatoes

Tuesday, December 16 Beef & Bean Burrito with Rice

Chef's Choice of Vegetable, Soup & Dessert

Tuesday, December 23 Chicken Dumplings with

Chef's Choice of Vegetable, Soup & Dessert

Rice

Tuesday, December 30 Fiesta Chicken with Rice

Chef's Choice of Vegetable, Soup & Dessert View the menu online at www.lethseniors.com/menu

Wednesday, December 3 **Gypsy Schnitzel with** Spaetzle

Chef's Choice of Vegetable, Soup & Dessert

Wednesday, December 10

Chicken Alfredo Penne with Garlic Toast

Chef's Choice of Vegetable, Soup & Dessert

Wednesday, December 17 **Meatloaf with Roast Potatoes**

Chef's Choice of Vegetable, Soup & Dessert

Wednesday, December 24 Mac & Cheese Casserole with Roast

Chef's Choice of Vegetable, Soup & Dessert

Potatoes

Wednesday, December 31 Beef Ragu with Pappardelle (Noodles)

Chef's Choice of Vegetable, Soup & Dessert **Thursday, December 4 Butter Chicken with** Rice

Chef's Choice of Vegetable, Soup & Dessert **Thursday, December 11**

Fish & Chips

Chef's Choice of

Vegetable, Soup & Dessert

Thursday, December 18 Chicken Cordon Blue with Mashed Potatoes

Chef's Choice of Vegetable, Soup & Dessert

Thursday, December 25

LSCO Open for the Free In Person Turkey Dinner 11:00 am - 1:00 pm **RSVP** not required

Thursday, January 1

LSCO Closed Meal Delivered Wednesday Have a very merry Christmas and happy holiday season!

*Menu subject to change without notice



DECEMBER 2025 EXHIBITS, PROGRAMS & EVENTS

CLOSED Christmas Eve **Christmas Day Boxing Day** New Year's Day

EXHIBITS









CALL TO THE COMMUNITY:

Celebrate Lethbridge's brewing history! Share items from your Fritz Sicks beer collections to be featured in our upcoming exhibition A Smile in Every Bottle: Sick's Lethbridge Breweries. To contribute, send an email to tyler.stewart@galtmuseum.com.



PROGRAMS

Sat 06 | 12-2 PM **Pemmican Workshop** with Charlie Russell +

registration encouraged | held at Fort Whoop-Up

Sun 07 | 1:30-3 PM The Galt Presents: Stéphane Guevremont — CHRISTMAS AT THE FRONT **

Tue 09 | 10:30-11:30 AM **Creative Community ***

registration encouraged

Sat 20 | 1-3 PM **Blackfoot Language on the Land** with John Chief Calf +

registration encouraged | meet at Fort Whoop-Up

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

SPECIAL EVENTS

Wed 03 | 5-7 PM Holiday polymer clay earring workshop with Teacher Em

\$20/person, members free | materials included

Thu 04 | 5–6 PM

Curator Tours: Treasures and Curiosities, with Tyler Stewart and Camina Manychief **

registration encouraged

Wed 10 | 5-7:30 PM Felting a holiday ornament with Tyler Alexander

\$20/person, members free | materials included

DEC 20, 21 | 10-5 PM **Winter Traditions at the Fort:** Storytelling, Celebrations, and Survival **

at Fort Whoop-Up | carriage rides \$10/person [ages 6 and under ride free with an adult] | dress warmly | warm drinks by the fire await!

www.galtmuseum.com/calendar



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Sharing the Gift of Connection This Holiday Season

The holiday season often brings joy, celebration, and cherished traditions. However, it can also stir up feelings of loneliness and reflection for many people. Memories of loved ones who have passed or distance from family and friends, can make this time of year feel bittersweet. A study done by the National Institute on Ageing found that 41% of Canadians aged 50 and older are at risk of social isolation, and up to 58% have experienced loneliness before. These numbers serve as a reminder of the value of connection and impact that even the smallest action can have.

It does not have to be difficult to reach out. Warmth and a sense of belonging can be created by teaching a friend a family recipe, sharing a meal, or watching a favourite holiday film together. The season's well-known scents, sounds, and decorations have the unique ability to stir up pleasant memories and offer comfort. Bringing over a traditional holiday dish or simply spending time together can uplift our spirits and make the season feel a little brighter. Additionally, it is important that we maintain our connections in any way possible. For someone who may be feeling lonely, a phone call, video chat, or handwritten note can make all the difference. A simple visit to share a laugh or a story can brighten someone's day. Being genuinely interested and kind is a powerful act that is often the best gift we can give. As we celebrate this holiday season, let's prioritise connection. Every effort counts, whether it is reaching out to an old friend, checking in on a neighbour, or including someone new into your plans. By working together, we can make sure the holidays continue to be a season of coziness, belonging, and community. After all, the true magic of the holiday lies not in the decorations or presents, but in the kindness we show and the moments we share together.

- UofL Nursing Students





The LSCO Silver **Dragons** is going to be putting together a team again this year!

If you're interested, please stop by Andrea's office by the middle of January as team registration opens at the end of the month.

DECEMBER 2025 SUPPORT SERVICES CALENDAR

*appointment / registration required





December 2

1st Tuesday 1:30 pm - 3:00 pm | Room C/D

Community Connect Coffee Group A opportunity to build connections, grow meaningful connections, and strengthen access to community supports. Drop-in style, no need to register, no cost.

December 2 1st Tuesday

Prescribing Pharmacist On-Site* 10:00 am - 12:00 pm | Card Area

Medicine Shoppe pharmacist available for blood pressure checks, lab requisitions, med reviews, adjustments of dosing/changes to medication, strep throat testing, minor ailment prescribing, travel health consultations and Covid and flu vaccinations. Vaccinations require appointments.

December 2

Single Session Counselling* 12:30 pm -3:30 pm | Clinic Room

The single session counselling model provides an opportunity for individuals to try counselling at no cost. Sessions are 1 ½ hour in length. Book and appointment through SCSP Intake at 403-329-1544 or intake@lethseniors.com. Please note that appointments will be held in the Clinic Room for December.

December 3 1st Wednesday

Service Canada & CRA Support 9:00 am - 12:00 pm | Card Area

Free on-site Service Canada and CRA representatives available to answer your questions regarding federal benefits and programs, no appointment necessary.

December 8 2nd Monday

VolunTEAM Meetings

1:00 pm - 2:00 pm | Atrium

An opportunity for LSCO volunteers to come together, increase socialization by connect with one another and build friendships! Chaired by the Volunteer Coordinator, volunteers will also be able to provide feedback, ask questions and discuss upcoming volunteer opportunities. No RSVP required!

December 10

15 Minute Legal Consultations* 2nd Wednesday 1:00 pm - 4:00 pm | Clinic Room

Free 15 minute consultations with local lawyer, Austyn Anderson. Appointments required.

December 11 2nd Thursday

Hearing Screening* 10:00 am - 12:00 pm | Quiet Room Lethbridge Hearing Centre can help you understand your hearing health at no cost. Appointment required!

December 17

Eyeglass Adjustments 1:00 pm - 2:00 pm | Library

Free eyeglass adjustment, courtesy of Spec Savers, Park Place Mall.

December 25

Free Christmas Dinner 11:00 am - 2:00 pm | LSCO Diner A free Christmas Dinner for the community! Enjoy turkey and all the fixings! Open to everyone, first come first served.

SUPPORT GROUPS

December 18 3rd Thursday

Parkinson's Support Group 2:00-4:00pm | Board Room Registration is encouraged: 1-800-561-1911.

December 6-27 AA Eve Opener 8:30-10:30am | Room C/D Saturdays

December 4-18 AA Sunset 7:00 - 9:00 pm | Room C/D Thursdays

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

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Offical Launch of the Christmas Hope Partnership on November 17. Partners include Lethbridge Family Services, The Salvation Army in Lethbridge, Lethbridge Food Bank, Interfaith Food Bank Society of Lethbridge, MyCityCare Lethbridge, Volunteer Lethbridge, and Lethbridge Senior Citizens Organization!



Photo from the 10th Anniversary of the Christmas Dinner, and the first in our current building. December 25, 1979.

Last year, the LSCO celebrated what it believed to be its 40th Christmas Dinner. However, while exploring the LSCO archives for the organization's 50th anniversary this year, staff and volunteers discovered earlier newspaper articles mentioning Christmas dinners as far back as 1969, indicating that the tradition started much earlier than initially thought. This new information enriches the history of LSCO's Christmas celebrations and highlights a longer-standing community tradition than previously recognized.



Christmas at the LSCO

The Golden Giving Tree

The Golden Giving tree is a gift-giving program open for nominations (until December 1) of older adults (55+) who are isolated or facing financial hardship. Wish lists are placed on tags hung on special "Golden Giving Trees" at LSCO, the Nord-Bridge Seniors Centre, and the Local London Drugs. This program provides thoughtful gifts to seniors who may not otherwise receive anything during the holidays. This program is part of the **Christmas Hope Partnership** - a collaboration of seven agencies that work to ensure that less-fortunate members of our community get everything they need to feel hope and joy during the Christmas season.

How to get involved:

Nominate a senior by December 1st: Use the online nomination form on the LSCO Christmas page at www.lethseniors.com/Christmas. Submit details about a senior who might benefit.

Get a gift by Friday December 12: Choose a tag off the tree, then return the gifts together in a bag, unwrapped, with the gift tag to one of the Golden Giving Tree locations at LSCO, Nord-Bridge or London Drugs. These gifts will then be delivered close to Christmas to the seniors on the tags.

Volunteer to Deliver Gifts December 12 – 22 (flexible) - Volunteers will deliver these gifts directly to their doorsteps. Contact the LSCO Volunteer Coordinator to sign up at volunteer@lethseniors.com or 403-320-2222 ext. 208.

Donate: If you prefer, monetary or gift donations are welcomed — they help fulfill wish lists for the tags that were not filled.

LSCO 56th Annual Christmas Dinner Thursday, December 25 from 11 am - 1 pm

For 56 years, LSCO's volunteers and staff have dedicated themselves to serving a Christmas meal, free of charge, to anyone in the community seeking friendly company and a full belly on Christmas Day. Since the initiative began in 1969, LSCO has served over 40,000 meals to individuals in need.

LSCO's goal is to provide a warm, holiday meal that feels just like celebrating at home with family. In addition to the in-person dinner, the LSCO will continue meal delivery for home-bound individuals through Meals on Wheels, as well as provide meals to the Lethbridge Soup Kitchen, Woods Homes Youth Shelter, and on-duty police and firefighters.

Free transportation will be graciously provided by 94 Cabs. Please contact the LSCO before Monday, December 22 to arrange. Thank you to event sponsors, HearCANADA and PixelBoom Media.

How to get involved:

Attend: This dinner is open to anyone in the community, of all ages and incomes. No need to RSVP.

Volunteer: Many volunteers are needed on Christmas Day, generally between 10 am - 2 pm. Volunteers can help serve meals, wash dishes, clear tables, greet guests, and more. Delivery drivers are also needed to deliver meals to homebound individuals. Contact the LSCO Volunteer Coordinator to sign up at volunteer@lethseniors.com or 403-320-2222 ext. 208.

Donate: The free Christmas Dinner costs approximately \$10,000 to put on each year and serves approximately 1,000 people on Christmas Day. This event ensures that everyone who attends enjoys a full, festive turkey dinner complete with dessert. Your donation goes directly to covering the costs for this free event. One Meal: \$12.50 | Small Table: \$50 | Large Table: \$100 | 20 Meals: \$250 | or any amount you'd like!

How to Donate: Fill out the form at the bottom of page 12 and mail it in, donate in person at the admin desk, or scan the QR code on this page to donate online.

LSCO Christmas Social Friday, December 12 from 1:00 pm - 3:30 PM

Get in the Christmas spirit with your friends at our Christmas Social. It will feature \$7 Appetizers, Alcoholic/ Non alcoholic drinks, Christmas Crafts, 50/50 (starting Dec. 1), Letters for Isolated Seniors, and live entertainment including a special Christmas performance by the LSCO Line Dancing Group 'Two Left Feet' at 1pm.

How to get involved:

Attend: This event is free to attend and open to LSCO members and guests so bring your friends!

Volunteer: Volunteers can assist with setup, hospitality, and helping guests move comfortably through the activities such as ornament painting and card making. Contact the LSCO Volunteer Coordinator to sign up at volunteer@lethseniors.com or 403-320-2222 ext. 208.

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Other LSCO Christmas Initiatives

Christmas Cravings Goodie Tray Fundraiser

Bring home a Christmas Goodie tray featuring unique Homemade Christmas treats. Place your orders at the administration desk or by calling 403-320-2222. \$8 per half dozen or \$15 for a dozen. Orders starting December 1.

LSCO Christmas 50/50

Participate in our Christmas 50/50 with the draw taking place during the Christmas Social. You can get tickets through the admin desk or online at www.lethseniors.com/Christmas. Tickets are 1 for \$3 | 5 for \$10 | 20 for \$20. Scan the QR code to get your tickets



23 Days of Christmas

For over 15 years, Select People Solutions has organized the 23 Days of Christmas Campaign where organizations "sponsor" a day of meals during the month of December.

This fundraiser has raised more than \$350,000 for Meals on Wheels and we are incredibly grateful for their support.

If you want to get involved, you can purchase a \$25.00 Christmas card gift certificate for Cuppers Coffee & Tea, which sponsors Meals on Wheels' cost for one hot meal.

Touque and Teddy Toss

Join the Lethbridge Hurricanes on **December 5th from 7 - 9:30** pm for the Canadian Tire Toque and Teddy Toss. Bring your toques and teddies wrapped in plastic to throw out on the ice when the Hurricanes score their first goal!

Charity Checkstop

Stop for the cops on **Saturday, December 6th between noon and 4:00 pm**. as the Lethbridge Police host their 6th Annual Charity Checkstop

While doing your Christmas shopping, you can bring unwrapped gifts, non-perishable food items, and monetary donations through the drive-through located at the Park Place Mall west parking lot. All donations support local Christmas Hope campaigns including the LSCO Golden Giving Tree. Help us make the holidays shine for families in need!



Holiday Bus

Returning for a second year, the Holiday Bus will be at five community events to collect donations for Christmas Hope campaigns including the LSCO Golden Giving Tree.. Visitors are encouraged to bring non-perishable food items and unwrapped new toys to go to families in need.

Wrapped in tinsel, lights and decorations, the Holiday Bus will make stops at:

- Lethbridge Hurricanes vs. Calgary Hitmen at the VisitLethbridge.com Arena | December 6, 5 to 8 p.m.
- Stuff-a-Bus Campaign at Save-On-Foods North | December 13, 5 to 9 p.m.
- Winter Light Festival at Nikka Yuko Japanese Garden | December 18, 5 to 9 p.m.





LSCO had the pleasure of organizing the entertainment on Seniors Day for the Stringam Christmas Tree Festival. Lots of Christmas Cheer was spread to all who attended. Thank you to the LSCO Line Dancing Group 'Two Left Feet (right), LSCO Karaoke Club (above), and Reid & Writes (right top) for performing!



Volunteer Coordinator Madison Gauthier volunteer@lethseniors.com ext. 208

Why Holiday Volunteering Matters

The holiday season is a time of connection, generosity, and community. Volunteering is one of the most meaningful ways to share that spirit. For many seniors and vulnerable community members, December can be a lonely or financially stressful month. A friendly face, a delivered meal, or a joyful event can make all the difference. Even if you just have some extra time to give or fill in for our volunteering regulars who might be taking a much deserved break during the holidays, there are many ways to get involved at LSCO.

Our December calendar is full of opportunities for volunteers to brighten someone's season. You can find the opportunites listed under each event on these two pages.

For volunteers, it's also incredibly rewarding. You can meet new people, make memories, and experience the spirit of the season. Whether you have a few hours or a full day to give, your time has a lasting impact. Let's make the holiday season brighter for all

If you are interested in volunteering for any of the Christmas events, please contact me or fill out the online form at www.lethseniors. com/volunteer





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Ultimate Freedom Plus

HOME MEDICAL EQUIPMENT











THANK YOU SILENT AUCTION DONORS

Mad Butcher, WiWest Wireless, Re-Zen Medical Esthetics Clinic, Vanguished Construction Ltd., Bike Lane, Move With Care Yoga, Bobby Gathercole-Grassroots Realty, Opal Apparel and Style, Douglas McArthur, Ken Moore, Kendall Gibson, Charmed Jewllery, Studio of Illumination, Lo Cost Propane, Lola the Clown, Afterlight Studio, Honkers Pub, Moores Clothing, South Country Co-op, Kaitlynn Weaver, Lethbridge Hurricanes Hockey Club, Huckvale LLP, The Kitchen Centre Ltd., Analog Books, Elate Salon & Spa, Hannahmade With Love, Express Entertainers, Savvy Detailing, Optical Studio, LSCO Quilting Group, Marilyn Martens, Martha Nance, Linda Learn, The Bridge Sports Therapy and Training, Sandman Signature -Lethbridge Lodge, Lethbridge Herald, Boots the Goat, Go West Marketing

Thank you for making the 2nd Annual Twilight Soirée a success!

Because of you, this event raised \$13,500, complemented by \$8,000 of in-kind contributions, covering essential goods and services and \$13,000 worth of Silent Auction item donations!

THANK YOU VOLUNTEERS

Annie R., Bobbi H., Brenda L., Brett B., Carla, Cat I., Christine S., Cindy M., Cindy P., Crystal P., Darlene D., Darlene W., Denise W., Dirk G., Dixie K., Erin B., Grace A., Harold W., Jan L., Jayden S., Judy H., Kathy C., Ken H., Kevin M, Lesley W., Libby J., Linda C., Lori D., Louise H., Lyn N., Lynn G., Maria C., Marie G., Marissa H., Mary L., Merri-Ann F., Michelle A., Mike H., Mike M, Moasic Music YQL, Nandi B., Nataliia D., Old Navy Staff, Patricia J., Pat F., Phil S., Rick G., Richard W., Rosemary H., Ruth C., Sandy W., Saphira F., Sherry K., Susan E., UofL Rotaract Club, Wendy, Zabi S. -Apologies to any names missing from this list.

A special thank you to Jodie's husband who came in very early Saturday morning to fix our ceiling set up and the City Maintenance staff for going above and beyond (Andrea, Adolfo, Cypress, Lawrence, Mark), and all the LSCO staff for putting in so many extra hours to make this event successful.





All the photos from the event can be seen on our website at www.lethseniors.com/2nd-annual-twilight-soiree

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December 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 8:00 am - 4:30 pm	LSCO Diner 8:00 am-3:00 pm Billiards 8:30 am-3:00 pm Boutique 10:00 am-3:00 pm Fitness Centre 8:00 am - 4:30 pm	LSCO Diner 8:00 am-3:00 pm Billiards 8:30 am-3:00 pm Boutique 10:00 am-3:00 pm Fitness Centre 8:00 am - 4:30 pm	LSCO Diner 8:00 am-3:00 pm Billiards 8:30 am-3:00 pm Boutique 10:00 am-3:00 pm Fitness Centre 8:00a m - 4:30 pm	LSCO Diner 8:00 am-3:00 pm Billiards 8:30 am-3:00 pm Boutique 10:00 am-3:00 pm Fitness Centre 8:00 am - 4:30 pm	
8:00	Cardio Strength 8:00 am-8:50 am @ Gym 2 Ends Dec.15 Tai Chi Practice Group 8:15-9:15 am @ Stage Area Yovascia 8:30-9:30 am @ Room A/B Ends Dec.15	Pilates for Beginners 8:45 am-9:45 am @ Room A/B Ends Dec.16	Cardio to the Core 8:00 am-8:50 am @ Gym 2 Ends Dec.17 Tai Chi Practice Group 8:15 am-9:15 am @ Stage Area Ends Dec.10	Vinyasa Yoga 8:00 am-8:50 am @ APR Ends Dec.18	Cycle For All Levels 8:00 am-8:45 am @ Gym 2 Ends Dec.12 Tai Chi Practice Group 8:15 am-9:15 am @ Stage Area	
00:6	Tabata 9:00 am-9:55 am @ Gym 1 Ends Dec.15 Zumba (R) 9 am- 9:55 am @ Gym 2 Ends Dec.15	Fit Ball 9:00 am-9:50 am @ Gym 1 Ends Dec.16 Cycle Combo 9:00 am-9:55 am @ Gym 2 Ends Dec.16	Amateur Radio 9am - 11am @ Radio Room Bike & More 9:00 am-9:55 am @ Gym 2 Ends Dec.17 Fitness/Power Walking 9:00 am-9:55 am @ Gym 1 Ends Dec.17 Core & Stretch (Full 9:10 am-10:00 am @ APR Ends Dec.10	Fit Ball 9:00 am-9:50 am @ Gym 1 Ends Dec.18 TRX Combo (Full) 9:00 am-9:55 am @ Gym 2 Ends Dec.18 Chair Exercises 9:30 am -10:15 am @ Stage Area Ends Dec.18	Tabata 9:00 am-9:55 am @ Gym 1 Ends Dec.12 Yoga Refresh (Full) 9:00 am-10:00 am @ APR Ends Dec.19 Paper Tole & Creative Arts 9 am -3 pm @ Craft Room	Fitness Centre 9:00am - 12:00pm Ends Dec.22 Flow Yoga 10:00-11:15 am @ Room
10:00	Abs & Core 10:10 am-11:00 am @ APR Ends Dec.8 Gentle Exercise (Full) 10:15 am-11 am @ Gym 1 Ends Dec.15 Seniors Who Lift 10:15 am-11:10 am @ Gym 2 Ends Dec.22	Gentle Yoga (Full) 10:00 am-11:00 am @ APR Ends Dec.16 Paint & Chat 1 pm -3 pm @ Craft Room On Dec.9 Building Healthy Relationships 10am-12pm @ Board Room	Chair Yoga (Full) 10 -10:45 am @ Stage Area Ends Dec.17 Genealogy 10 am-3 pm @ Board Room Lapidary 10 am-3 pm @ Lapidary Gentle Exercise 10:15 am-11:00 am @ Gym 1 Ends Dec.17 Tai Chi 108 Yang Syle 10:15am-11:15am@ Gym 2	Gentle Yoga (Full) 10:00 am-11:00 am @ APR Ends Dec.18 Pilates (Full) 10:15 am-11:30 am @ Room A/B Ends Dec.18 Strength Circuit (Full) 10:15 am-11:15 am @ Fitness Centre Ends Dec.18 Traditional Qigong 10:15 - 11:15 am@ Gym 2 Ends Dec.18	Yoga For Seniors 10:15 am-11:15 am @ Room A/B Ends Dec.19 Gentle Exercise 10:15 am-11:00 am @ Gym 1 Ends Dec.19 Table Tennis 10:30 am-12:00 pm @ Room C/D	A/B Ends- Dec.13
Lunch	Pilates 11:15 am-12:30 pm @ APR Ends Dec.22 Low Impact Barre 11:15 am-12 pm @ Room A/B Ends Dec.15 Functional Fitness 11:30 am-12:15 pm @ Stage Ends Dec.15 Badminton 11:15am-12:45pm @ Gym 1	Essentrics (Full) 11:30 pm-12:15 pm @ Gym 2 Ends Dec.16 Zumba Gold/Toning 11:15 am-12:15 pm @APR Ends Dec.9 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 Ends Dec.10 Pound 11:00 - 11:45 am @ APR Ends Dec.10	Badminton 10:15am -12 pm @ Gym 1	Badminton 11:15 am-12:45 pm @ Gym 1 Yoga Nidra 11:30 am-12:30pm @ Room A/B Ends Dec.19	
Afternoon	Computer Club 1:00 pm-4:00 pm @ Computer Lab Yoga For Seniors 1:00 pm-2:00 pm @ Room A/B Ends Dec.15 Table Tennis 2:30 pm-4:00 pm @ Room C/D	Karaoke 1:00 pm-3:30 pm @ Board Room Strength & Mobility (Full) 1:30 pm-2:30 pm @ Fitness Centre Ends Dec.16	Line Dancing - Beginner 12:45 pm-1:45 pm @ Gym 2 Ends Dec.10 Computer Club 1:00 - 4:00 pm @ 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 (Full) 1:30 pm-2:30 pm @ Fitness Centre Ends Dec.18	Computer Club 1 pm -4 pm @Computer Lab	
Evening		Flow Yoga 5:00 pm-6:00 pm @ Room A/B Ends Dec.15	programs contact		- Deels -1 (07 700	2222

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.

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December Drop In Classes



ABS AND CORE

When: Mondays, until Dec. 8
Time: 10:10 - 11:00 am
Drop in: \$8 LSCO M; \$10 NM
Instructor: Tracy Simons
Location: All purpose Room

BIKE & MORE

When: Wednesdays, until Dec.17
Time: 9:00 – 10:00 am
Drop in: \$8 LSCO M; \$10 NM
Instructor: Nancy Purkis
Location: Gym 2

CARDIO TO THE CORE

When: Wednesdays, until Dec. 17
Time: 8:00 – 8:50 am
Drop in: \$8 LSCO M; \$10 NM
Instructor: Deb Palmer
Location: Gym 2

CARDIO STRENGTH

When: Mondays, until Dec.15
Time: 8:00 – 8:50 am
Drop in: \$8 LSCO M; \$10 NM
Instructor: Gabrielle Dumont

Location: Gym 2

CHAIR EXERCISES

When: Thursdays, until Dec.18
Time: 9:30 - 10:15 am
Drop in: \$6 LSCO M; \$8 NM
Instructor: Andrea Clarke
Location: Stage Area

CYCLE FOR ALL LEVELS

When: Fridays, until 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

When: Tuesdays, until Dec. 16
Time: 9:00 - 9:50 am
Drop in: \$8 LSCO M; \$10 NM
Instructor: Gabrielle Dumont

Location: Gym 1

When: Thursdays, until Dec.18
Time: 9:00 - 9:50 am
Drop in: \$8 LSCO M; \$10 NM
Instructor: Gabrielle Dumont

Location: Gym 1

FITNESS/POWER WALKING

When: Wednesdays, until Dec. 17
Time: 9:00 - 9:55 am
Drop in: \$8 LSCO M; \$10 NM
Instructor: Jamie Hillier

Location: Gym 1

FUNCTIONAL FITNESS

When: Mondays, until Dec.15
Time: 11:30 am - 12:15 pm
Drop in: \$6 LSCO M; \$8 NM
Instructor: Andrea Clarke
Location: Stage Area

LOW IMPACT BARRE

When: Mondays, until Dec. 15
Time: 11:15am - 12:00 pm
Drop in: \$8 LSCO M; \$10 NM
Instructor: Sheila Mulgrew
Location: All Purpose Room

GENTLE EXERCISE

When: Wednesdays, until Dec. 17
Time: 10:15 – 11:00 am
Drop in: \$8 LSCO M; \$10 NM
Instructor: Donna Teifenbach

Location: Gym 1

When: Friday, until Dec. 19
Time: 10:15 – 11:00 am
Drop in: \$8 LSCO M; \$10 NM
Instructor: Andrea Clarke
Location: Gym 1

PILATES FOR BEGINNERS

When: Tuesdays, until Dec.16
Time: 8:45 - 9:45 am
Drop in: \$8 LSCO M; \$10 NM

Instructor: June Dow Location: Room A/B

SENIORS WHO LIFT

When: Mondays, until Dec.22
Time: 10:15 - 11:10 am
Fee: \$49 LSCO M; \$63 NM
Drop in: \$8 LSCO M; \$10 NM
Instructor: Annabelle Darlow

Location: Gym 2

TABATA

When: Mondays, until Dec.15
Time: 9:00 – 9:55 am
Drop in: \$8 LSCO M; \$10 NM
Instructor: Jamie Hillier

Location: Gym 1
When: Fridays

When: Fridays, until Dec.12
Time: 9:00 – 9:55 am
Drop in: \$8 LSCO M; \$10 NM
Instructor: Tracy Simons
Location: Gym 1



BEGINNER LINE DANCING

When: Wednesdays, until 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

When: Wednesdays, until Dec. 10
Time: 11:30 – 12:30pm
Drop-In: \$6 LSCO M; \$8 NM
Instructor: Gloria-Rose Puurveen

Location: Gym 2

POUND

When: Wednesdays, until Dec.10
Time 11:00 - 11:45 am
Drop-In: \$8 LSCO M; \$ 10 NM
Instructor: Sheila Mulgrew
Location: All Purpose Room

ZUMBA GOLD/GOLD TONING

When: Tuesdays, until Dec. 9
Time 11:15 am – 12:15 pm
Drop-In: \$10 LSCO M; \$ 11 NM
Instructor: Sheila Mulgrew
Location: All Purpose Room

ZUMBA ®

When: Mondays, until Dec. 15
Time 9:00 – 9:55 am
Drop-In: \$8 LSCO M; \$10 NM
Instructor: Gabrielle Dumont

Location: Gym 2

FITNESS CENTRE

Will be closed December 25 - 28 and Saturday, January 3.

Pop Up Classes

Drop In Fee: \$8 LSCO M: \$10 NM Instructor: Andrea Clarke

Location: Gym 2

Time: 9:00 - 10:00 am

CARDIO STRENGTH

When: Monday, December 22

12 DAYS OF FITNESS

When: Tuesday, December 23

CYCLE & STRETCH

When: Wednesday, December 24

TRX PLUS WORKOUT

When: Monday, December 29

WORK-IT-CIRCUIT

When: Tuesday, December 30

CORE & STRETCH

When: Wednesday, December 31



YOGA FOR SENIORS

Session - Mondays

When: Mondays, until Dec. 15
Time: 1:00 - 2:00 pm
Drop in: \$8 LSCO M; \$10 NM
Instructor: Corrine Myers
Location: Room A/B

Session - Fridays

When: Fridays, until Dec.19
Time: 10:15 - 11:15 am
Drop in: \$8 LSCO M; \$10 NM
Instructor: Corrine Myers
Location: All Purpose Room

YOGA NIDRA

When: Fridays, until Dec.19
Time: 11:30 am - 12:30 pm
Drop in: \$8 LSCO M; \$10 NM
Instructor: Corrine Myers
Location: Room A/B

TUESDAY EVENING FLOW YOGA

When: Tuesdays, until Dec. 15
Time: 5:00 - 6:00 pm
Drop in: \$10 LSCO M; \$15 NM
Instructor: Donna Tiefenbach
Location: Room A/B

SATURDAY FLOW YOGA

When: Saturdays, until Dec.13
Time: 10:00 - 11:15 am
Drop in: \$8 LSCO M; \$10 NM
Instructor: Rumi Graham
Location: Room A/B

VINYASA YOGA

When: Thursdays, until Dec.18
Time: 8:00 - 8:55 am
Drop in: \$8 LSCO M; \$10 NM
Instructor: Melanie Hillaby
Location: All Purpose Room

YOVASCIA

When: Mondays, until Dec. 15 Time: 8:30 - 9:30 am

Drop-in: \$ LSCO 10 M; \$15 NM:

Instructor: Elaine Jagielski Location: Room A/B LSCO TIMES Page 11 • December 2025



LSCO Online registration is changing.

See page 23 for more details.

Program Information

IMPORTANT THINGS TO KNOW

At times programs may be canceled due to meetings, holidays, low attendance, special events, etc. Please watch for notices. 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.

There is a 15 minute transition time scheduled between all programs. Please allow participants to clean up and exit the space before the you enter. If your class has just finished, please gather your belongings and exit so the room can be prepared for the next class.

Dress in layers as the temperature in rooms may vary.

REGISTRATION INFORMATION

LSCO Members = (LSCO M); Non-Member = (NM)

- REGISTER IN PERSON 8:00 4:00 pm Monday Friday
- REGISTER ONLINE at www.lethseniors.com. Click "register now" and create a MyActiveCentre Account. See page 23 for more info.
- DROP IN. Check space availability with the insructor prior to the class. Pay for your drop in at the font desk and show receipt to the instructor.

Please complete an Exercise/Fitness Waiver from your instructor or administration desk if you have not filled one out in the last 12 months

This newspaper lists classes open for registration or drop in. If a class was listed in a previous month and is no longer, the class is either full or cancelled.

CREDITS & REFUNDS

Please ensure you are registering for the correct class. Refunds cannot be given after the register by date.

Participants withdrawing from a class after the register by date has passed will be subject to a \$10 Administration Fee.

If withdrawing due to medical reasons contact the Program Manager as soon as possible. A Doctor's note is preferred to issue a credit/refund.

- Credits/Refunds will be prorated for any classes attended.
- Credits/Refunds will be given if LSCO cancels a course.
- Credits must be used in 12 months from the date given.

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.

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

January Session:

When: Monday, January 26 Register by: Wednesday, January 21

February Session:

When: Monday, February 23 Register by: Wednesday, February 18

March Session:

When: Monday, March 30 Register by: Wednesday, March 25

April Session:

When: Monday, April 27 Register by: Wednesday, April 22

NAKED TREES IN LINE AND WASH

In this 3 week class, we will draw then paint our winter trees. Some trees still have remnants of their fall leaves so the colour is subtle which watercolour will portray. But the beautiful barks and lacey branches will be our focal point and no better way than with pen and ink. **Ask for a**

supply list when registering.

When: Mondays, Mar. 16-30
Time: 10:00 am – 12:00 pm
Fee: \$75 LSCO M; \$90 NM
Register by: Monday, March 9
Instructor: Donna Gallant
Location: Arts & Crafts Room

PEN AND INK FOR BEGINNERS

The most dynamic and eye catching types of drawing is a pen and ink. Because of its strong dark and light contrast and textural qualities, they are very attractive drawings.

In this 4 week class you will learn different pen strokes, how to create realistic textures, how to analyze and pick out the important aspects of an image to create a good composition and drawing. **Ask for a supply list when registering.**

When: Mondays, Feb. 2 - 23
Time: 10:00 am - 12:00 pm
Fee: \$100 LSCO M; \$120 NM
Register by: Monday , January 26
Instructor: Donna Gallant
Location: Arts & Crafts Room

HOW TO USE WATERCOLOUR PENCILS, CRAYONS AND BRUSH PENS

In this three week class we will learn to use these watercolour substitutes; watercolour pencils watercolour crayons and watercolour pens or brush pens.

Don't feel you have to go and buy each set of the materials, just make sure you have one so either have the watercolour pencils or the watercolour crayons or the watercolour felt pens. They are fun to use and each medium has its own unique characteristics which will enhance your painting. They can be mixed with watercolour or mixed media. **Ask for a supply list when you register.**

When: Mondays, Apr. 13 - 27
Time: 10:00 am - 12:00 pm
Fee: \$75 LSCO M; \$90 NM
Register by: Monday, April 6
Instructor: Donna Gallant
Location: Arts & Crafts Room



WINTER SKIES IN ACRYLIC

In winter, the sky isn't always blue. In this class we will study the different skies and the effects of snowy landscapes on the sky colours. Inside of light skies and dark earth, we may have darker skies and the lighter, reflective earth. It will be to your advantage if you have some experience working with acrylics and mixing paint colours but not necessary. **Ask for a supply list when registering.**

When: Mondays, Jan. 5-26
Time: 10:00 am – 12:00 pm
Fee: \$100 LSCO M; \$120 NM
Register by: Monday , December 29
Instructor: Donna Gallant
Location: Arts & Crafts Room

PAINT & CHAT

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

All Sessions

Time: 1:00 - 3:00 pm
Fee: \$55 LSCO M; \$65 NM
Instructor: Donna Gallant
Location: Arts & Crafts Room

January Session:

When: Tuesday, Jan.13
Register by: Thursday, January 8

February Session:

When: Tuesday, Feb. 10 Register by: Thursday, February 5

March Session:

When: Tuesday, Mar. 10 Register by: Thursday, February 5

April Session:

When: Tuesday, Apr. 14
Register by: Thursday, February 5

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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!	Lethbrid	ge Senior Citizens Organization
Name:	Amount:	500 11th Street South Lethbridge, AB T1J 4G7 403-320-2222
Address:	☐ I have enclosed a cheque☐ I sent an e-transfer. Reference #	www.lethseniors.com
City:Postal Code: Phone:	☐ Please Charge my Credit card Card #	Expiry/
	I would like my donation to Christmas Dinner Write below if you want something other than the default message on meal table of "Merry Christmas from YOUR NAME"	□ Endowment□ General□ Meals on Wheels□ Programs□ Support Services
Charity Number: 119242014 RR0001		☐ Other

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Go to **keithpushor.ca** for a "Hands-On Approach" to Real Estate

TAI CHI & QIGONG

TRADITIONAL QIGONG

Learn how to make your life feel amazing! Join Adrian for an embodied exploration of ancient "mindful movement" techniques. This class will explore a series of traditional Qi Gong exercises. We will focus on cultivating healing energy through proper external and internal movement principles.

*NOTE :Participants should be able to stand for the duration of the class.

When: Thursdays, Jan. 8- Apr. 30 Time: 10:15 am - 11:15 am Fee: \$119 LSCO M; \$ 153 NM Register by: Wednesday, December 31

Instructor: Adrian Tomei 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.

Session1:

Tuesdays, Jan. 13 - Feb. 24 When: 10:00 am - 11:15 am Time: \$48 LSCO M; \$54 NM Fee: Register by: Thursday, January 8 Instructor: **Roxy Wright** Location: Stage Area

Session 2:

When: Tuesdays, Mar. 10 - Apr. 28 Time: 10:00 am - 11:15 am Fee: \$64 LSCO M; \$ 72 NM Register by: Thursday, March 5 Instructor: Roxy Wright Location: Stage Area

TAI CHI PRACTICE GROUP

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

When: 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, January 7- April 29

Time: 10:15 - 11:15 am

\$35 LSCO Members; \$55 NM Fee:

Location: Gym 2

DANCE & MOVEMENT

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

When: Wednesdays, Jan. 7- Apr. 29

12:45 – 1:45 pm Time: \$85 LSCO M; \$119 NM Fee: Register by: Tuesday, December 30 Gloria-Rose Puurveen Instructor:

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, Jan. 7- Apr. 29

11:30 - 12:30pm Time: Fee: \$85 LSCO M; \$119 NM Register by: Tuesday, December 30 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, Jan. 8 - Apr. 30

5:15 - 6:15 pm Time:

\$200 LSCO M; \$220 NM Drop-In:

Instructor: Lise Schulze Gym 2 Location:

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.

Thursdays, Jan. 8 - Apr. 30 When:

Time: 4:00 – 5:00 pm \$200 LSCO M; \$220 NM Fee:

Instructor: Lise Shulze Location: Room A/B

POUND

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

Wednesdays, Jan. 14 - Apr. 29 When:

Time 11:00 - 11:45 am \$128 LSCO M: \$ 144 NM Drop-In:

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, Jan. 13 - Apr. 28 Time 11:15 am - 12:15 pm Fee: \$128 LSCO M; \$ 144 NM

Sheila Mulgrew Instructor: 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, Jan. 5 - Apr. 27

Time 9:00 – 9:55 am

\$105 LSCO M; \$135 NM Fee: Register by: Monday, December 29 Gabrielle Dumont Instructor: Location: All Purpose Room





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FITNESS - ALL LEVELS - REGISTRATION OPENS DEC. 11

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

When: Wednesdays, Jan. 7 - Apr. 29

Time: 9:00 – 10:00 am
Fee: \$119 LSCO M; \$153 NM
Register by: Wednesday ,December 31

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, Jan. 5 - Feb. 23

Time: 9:30 - 10:15 am
Fee: \$40 LSCO M; \$56 NM
Register by: Wednesday, December 31

Instructor: Andrea Clarke Location: Stage Area

Session 2:

When: Thursdays, Mar. 5 - Apr. 30

Time: 9:30 - 10:15 am
Fee: \$45 LSCO M; \$63 NM
Register by: Monday, March 2
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, Feb. 6 - Apr. 24
Time: 8:00 - 8:45 am
Fee: \$88 LSCO M; \$99 NM

Instructor: Tracy Simons Location: Gym 2

CARDIO & BALANCE

This is a joint friendly class for all levels. The first half of the class will focus on cardio movements, improving cardiac health, while the second half would focus on balance training to improve overall fitness and reduce the risk of falls. With fun music and using a variety of equipment each week, we will work to keep our hearts healthy and strong, and improve our balance.

When: Tuesdays, Jan. 6 - Apr. 28

Time: 9:00 - 9:50 am
Fee: \$119 LSCO M; \$153 NM
Register by: Tuesday, December 30
Instructor: Gabrielle Dumont

Location: Gym 1

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

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

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, Jan. 5 - Feb. 23 Time: 11:30 am - 12:15 pm Fee: \$35 LSCO M; \$45 NM Register by: Wednesday, Decmeber 31

Instructor: Andrea Clarke Location: Stage Area

Session 2:

When: Mondays, Mar. 2 - Apr. 24
Time: 11:30 am - 12:15 pm
Fee: \$40 LSCO M; \$56 NM
Register by: Wednesday, February 25

Instructor: Andrea Clarke Location: Stage Area

ESSENTRICS

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

When: Tuesdays, Jan. 13 - Apr. 28

(No class April 7)
Time: 11:30 am - 12:15 pm
Fee: \$126 LSCO M; \$154 NM
Drop in: Wednesday, January 7
Instructor: Lindsay Anderson

Location: Gym 2

GENTLE EXERCISE

The class will include low impact moves to increase your heart rate, use of resistance equipment to strengthen your muscles and stretches to help keep you limber. Chairs and a variety of exercise equipment will be used. Wear inside shoes and comfortable clothes to move freely in. Bring a water bottle too! Individuals of all skill levels and abilities are encouraged to attend.

Monday Session

When: Mondays, Jan. 5 - Apr. 27 Time: 10:15 - 11:00 am Fee: \$105 LSCO M; \$ 135 NM Register by: Tuesday, December 30

Instructor: June Dow Location: Gym 1 Wednesday Session

When: Wednesdays, Jan. 7- April 29

Time: 10:15 – 11:00 am
Fee: \$119 LSCO M; \$153 NM
Register by: Tuesday, December 30
Instructor: Donna Teifenbach

Location: Gym 1

Friday Session

Instructor:

When: Friday, Jan. 9 - Apr. 24
Time: 10:15 - 11:00 am
Fee: \$105 LSCO M; \$135 NM
Register by: Monday, January 5

Andrea Clarke

Location: Gym 1

These classes 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.

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, Jan. 6 - Feb. 24

Time: 8:45 - 9:45 am
Fee: \$49 LSCO M; \$63 NM
Register by: Wednesday, December 31

Instructor: June Dow Location: Room A/B

Session 2:

When: Tuesdays, Mar. 3 - Apr. 28

Time: 8:45 - 9:45 am
Fee: \$49 LSCO M; \$63 NM
Register by: Wednesday, February 25

Instructor: June Dow Location: Room A/B

STRENGTH & MOBILITY

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

Session 1:

When: Tuesdays & Thursdays,

Jan.13 - Mar. 5
Time: 1:30 pm - 2:30 pm
Fee: \$80 LSCO M; \$112 NM
Register by: Wednesday, January 7
Instructor: Andrea Clarke

Fitness Centre

Location: **Session 2:**

When: Tuesdays & Thursdays,

Mar. 10 - Apr. 30
Time: 1:30 pm - 2:30 pm
Fee: \$80 LSCO M; \$112 NM
Register by: Wednesday, March 5
Instructor: Andrea Clarke

Location: Andrea Clarke
Fitness Centre

STRENGTH AND BALANCE

This is a joint friendly class for all levels. Using a variety of equipment we will focus on whole body strength, and balance to improve overall fitness and reduce the risk of falls.

When: Thursdays, Jan. 8 - Apr. 30

Time: 9:00 - 9:50 am

Fee: \$119 LSCO M; \$153 NM Register by: Monday, January 5 Instructor: Gabrielle Dumont

Location: Gym 1

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FITNESS - INTERMEDIATE/ADVANCED LEVELS

These classes are right for you if:

You know you aren't new to fitness anymore, but you aren't an expert either. You have built up a base level of strength and endurance. By now, you've improved your work capacity, increased the intensity of your workouts, and learned proper techniques for most exercises.

CARDIO TO THE CORE

The instructor will lead you through a number of different moves and exercises to ensure you get that great workout you are looking for! Wear comfortable workout clothes and indoor sneakers. Bring a water bottle and yoga mat.

When: Wednesdays, Jan.14 - Apr. 29

Time: 8:00 – 8:50 am
Fee: \$112 LSCO M; \$128 NM
Register by: Thursday, January 8

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.

When: Mondays, Jan. 5 - Apr. 27

Time: 8:00 – 8:50 am
Fee: \$105 LSCO M; \$135 NM
Register by: Monday, December 29
Instructor: Gabrielle Dumont

Location: Gym 2

CORE & STRETCH

Challenge your core with both resistance training strategies and bodyweight exercises before winding down with a relaxing, deep stretch.

Monday Session

When: Mondays, Jan. 19 - Apr. 27
Time: 10:10 - 11:00 am
Fee: \$104 LSCO M; \$117 NM
Register by: Wednesday, January 28

Instructor: Tracy Simons Location: All purpose Room

Wednesday Session:

When: Wednesdays, Jan. 21- Apr. 29

Time: 9:10am - 10:00 am
Fee: \$120 LSCO M; \$135 NM
Register by: Friday, January 30
Instructor: Tracy Simons
Location: All purpose Room

CYCLE COMBO

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

When: Tuesday, Jan. 6 - Apr. 28
Time: 9:00 am - 9:55 am
Fee: \$119 LSCO M; \$153 NM
Register by:: Tuesday, Decemer 30

Instructor: Andrea Clarke

Location: Gym 2

When: Thursdays, Jan. 8 - Apr. 27
Time: 9:00 am - 9:55 am
Fee: \$119 LSCO M; \$153 NM
Register by: Monday, January 5
Instructor: Stephaine Girodat

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.

When: Wednesdays, Jan. 7- Apr. 29

Time: 9:00 - 9:55 am
Fee: \$119 LSCO M; \$153 NM
Register by: Wednesday, December 31

Instructor: TBD Location: Gym 1

LOW IMPACT BARRE

Enjoy resistance training in a new way! In Low Impact Barre class you will use ballet-inspired positioning along with various modalities including dumbbells, resistance bands, and gliding disks to challenge your strength, stability, and endurance. There will also be a segment dedicated to more traditional strength training. This is a great class to experience choreography if you enjoy moving to the music without any fancy footwork. Please bring a yoga mat and a water bottle.

When: Mondays, Jan. 12 - Apr. 27 Time: 11:15am - 12:00 pm Fee: \$112 LSCO M; \$1126 NM Register by: Wednesday, December 31

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

Monday Session

When: Mondays, Jan. 5 - Apr. 27
Time: 11:15 am - 12:30 pm
Fee: \$120 LSCO M; \$135 NM
Register by: Wednesday, January 31

Instructor: June Dow Location: All Purpose Room

Thursday Session

When: Thursdays, Jan. 8 - Apr. 30 Time: 11:15 am - 12:30 pm Fee: \$136 LSCO M; \$153 NM Register by: Monday, January 5

Instructor: June Dow Location: Room A/B



STRENGTH CIRCUIT

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

When: Thursdays, Jan. 8 - Apr. 30 Time: 9:00 am - 9:55 am Fee: \$119 LSCO M; \$153 NM

Register by: Monday, January 5

Instructor: TBD

Location: Fitness Centre

TABATA

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

Monday Session

When: Mondays, Jan. 5 - Apr. 27

Time: 9:00 – 9:55 am

Fee: \$120 LSCO M; \$135 NM Register by: Monday, December 29

Instructor: Stephanie Location: Gym 1

Friday Session

When: Fridays, Jan. 9- Apr. 24

Time: 9:00 – 9:55 am

Drop in: \$120 LSCO M; \$135 NM

Instructor: Tracy Simons Location: Gym 1

NEW TRX PLUS

TRX is a functional suspension training system that allows you to use gravity and bodyweight as resistance to build strength, balance, coordination, core, and joint stability. A variety of equipment will be used. All Fitness levels welcome.

When: Monday, Jan.12 - Apr. 30 Time: 9:00 am - 9:50 am Fee: \$119 LSCO M; \$153 NM Register by: Monday, January 5 Instructor: Andrea Clarke

Location: Gym 2

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LSCO GROUPS

AMATEUR RADIO

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

When: Wednesdays

Time: 9:00 – 11:00 am (or longer on

request and with notice).

Fee: \$29/year & LSCO Membership

Location: Radio Room

BILLIARDS

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

When Monday – Friday Time: 8:30 am – 3:00 pm

Fee: \$55/year & LSCO Membership

Drop In Fee: \$6 M; \$7 NM. Location: Billards Room

COMPUTERS

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

When: Mondays, Wednesdays, Fridays

Time: 1:00 – 4:00 pm

Fee: \$21/year & LSCO Membership

Location: Computer Lab

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 who 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

Board Room



If you're interested in starting a fishing group, contact Andrea 403–320–2222 ext. 104

STERLING INTERNATIONAL PRECIOUS METALS AND ANTIQUE JEWELLERS

GOLD & SILVER BUYING EVENTS

Friday, Dec. 5 | 10 am - 2 pm Tuesday, Dec. 9 | 12 - 4 pm Multicultural Centre LSCO - Room C/D

421 6th Ave. S., Lethbridge

500 11th St. S., Lethbridge WE PAY

TOP PRICES PAID FOR:

Unwanted gold and silver jewellery, pocket & wrist watches, gold and silver coins, dental gold, unwanted diamond engagement rings, sterling silver flatware and hollowware etc.

LSCO Member, Licensed by City of Lethbridge

BACK BY

POPULAR

For inquires call Jim 403-360-1718

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

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Welcome New Staff and Farewell to Old Ones



Welcome Patty

My name is Patty Erickson. I'll be sitting at the Senior System Navigation desk for the next 18 months. I came from Southern Ontario in 1990 to attend the Theatre Program at the University of Lethbridge, fell in love with the coulee's and never went home.

During the Covid 'life interruption,' I started working for the Green Acres Foundation and re-discovered my passion for working with seniors: at 14, I had volunteered to help seniors with odd jobs around their homes. My career has been diverse and rewarding in so many ways but I can honestly say working with our senior population has been the most rewarding. I look forward to meeting you at the 'Navigation desk.'





Welcome Kendra

My name is Kendra Sala. I am a Recreational Therapist with a decade of experience working in seniors housing. I am passionate about creating meaningful connections and enriching the lives of older adults. I am excited to start connecting with seniors in the community to help foster a sense of joy, purpose, and belonging. If you see me around, please don't hesitate to say hi and introduce yourself!



LSCO Members Carol and Veronica present Georgie with a giant retirement card signed by dozens of members

Welcome Kaelynne

My name is Kaelynne. I am the new cashier in the diner at LSCO. I came to Lethbridge in 2015 after graduation to pursue my Health Care Aid course at the Lethbridge College after graduating. I've always had a passion with working with people and seniors. I had my kids and became a stay at home mom. Then I found LSCO and I'm looking forward to meeting you all.

Farewell Annabelle

As many of you know, I am moving to the Dominican Republic in December to begin an exciting new chapter in my career. I am grateful for the support, feedback, and mentors that helped me grow into who I am today. Thank you everybody for the great experiences and memories at LSCO. I will miss all of you! - Annabelle

Farewell Georgie

It was standing room only at Georgie's Retirement party. So many members, friends, staff, and volunteers came to cele-

brate Georgie's retirement and the positive impact she's had on this organization (not to mention her incredible memory for names). In the last 10.5 years. Georgie has never forgotten a name and has always made you feel welcome. Thank you Georgie for all your years of service and for helping us create a culture of belonging.

We are so proud of you, Georgie, and we wish you well during this transition. We can't wait to see you at the LSCO as a member

The new Westco Woodshop will be open the first week of January! The offical ribbon cutting will be at 1:30 on Thursday, January 22.

WOOD WORKING FEE INCREASE

Beginning January 1, 2026, the annual woodshop membership fee will be increasing to \$250 per year, or \$25 per month.

For members who have already paid the previous annual fee of \$40, please note that this amount will be deducted from the balance of your new fee. This means you will only need to pay the remainder of the fee, \$210, if paying annually, or the adjusted monthly amount if paying monthly.

This fee increase allows LSCO to maintain equipment, improve safety standards, and offer valuable programs in the woodshop for all members.

If you have any questions or concerns, please contact the LSCO office. Thank you for your understanding and ongoing support of our woodshop community.

Thank you to Westco and the LSCO Woodshop members for all their support! Check out the *almost* finished woordshop to the right.







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Membership Benefits

- Memebers 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
- 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

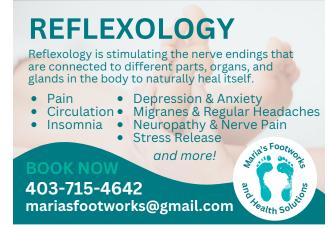
LSCO 12-month \$60 Membership is required prior to purchasing the UFM.

Tiered pricing is available to customize price points for members with different levels of usage:

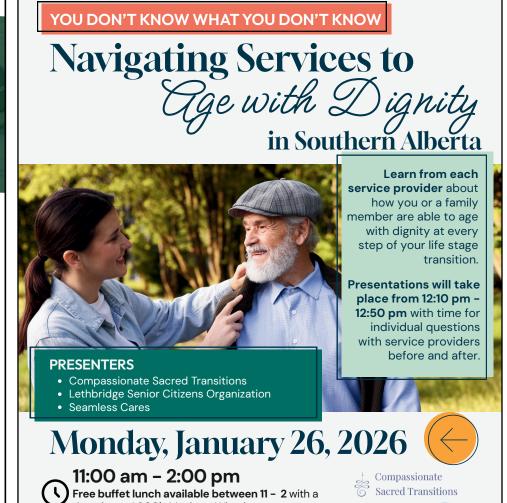
- 4 registered classes/week plus unlimited drop-ins\$280 (Approximately 33% discount; \$4.50 per class)
- 5 registered classes/week plus unlimited drop-ins......\$320 (Approximately 42% discount; \$4.00 per class)
- Entire 4-month membership must be paid in full at point of purchase. UFM and LSCO membership 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).

FREE TO ATTEND!

RSVP to Kari from the LSCO 403-320-2222







donation to LSCO's Meals on Wheels program.

Nest Events & Meeting Rooms

Supported by Honkers Pub

2806 5 Ave N, Lethbridge

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Second Friday Social

Looking to meet new people, enjoy live music, or simply spend time in a warm and welcoming space? Join us for LSCO's Second Friday Social, happening every month on the second Friday from 1 - 3. These afternoons are all about community—whether you're a brand-new member or a long-time friend of LSCO.

Each social features live entertainment, light refreshments, and plenty of opportunities to connect with others. It's a friendly environment designed to support socialization, build friendships, and help new members feel at home.

These socials will replace our normal Friday music program as well as our holiday socials. But don't worry, we'll still be celebrating! Our very first "Second Friday Social" will be on December 12th celebrating Christmas! See more details about this on page 6 & 7.

Everyone is welcome to attend, and volunteers are always appreciated.



LEARN Safety Calendars are now available!

To support you through the year ahead, the annual LEARN Senior's Safety Calendar is now available! This helpful calendar includes community, monthly topics, and community information to support mental, physical, and emotional well-being and safety. Calendars are available for free pickup at LSCO and Nord-Bridge while supplies last!

We encourage you to explore each

topic, there is great information covered every month. December's topic in this year's calendar discusses grief and loss. As winter and the holidays approach, feelings of grief and loss can become stronger. Memories, traditions, and colder, quieter days may bring up emotions and that's okay. Grief looks different for everyone, and there is no "right" way to feel.

Taking small steps to care for yourself can help: stay connected with others, enjoy comforting routines, move your body when you can, and be gentle with yourself on harder days. If you need support, please reach out, community care makes a difference.









Open Mon-Sat with Live Music

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Owner/Operator

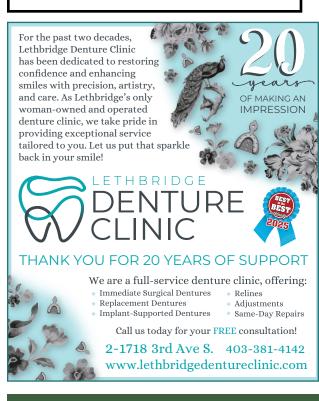
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Sorting • Organizing
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Call Jody Johnson for your complimentary in-home consultation and free estimate.

Cell: 403-330-8389



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.

Monday Session 1:

When: Monday, Jan. 5 - Feb. 23
Time: 10:00 am - 10:45 am
Fee: \$45 LSCO M; \$63 NM
Rregister by: Monday, December 29

Instructor: Corrine Myers Location: Stage Area

Monday Session 2:

When: Mondays, Mar. 2 - Apr. 27
Time: 10:00 am - 10:45 am
Fee: \$40 LSCO M; \$56 NM
Rregister by: Wednesday,February 25

Instructor: Corrine Myers Location: Stage Area

Wednesday Session 1:

When: Wednesdays, Jan. 7- Feb. 28
Time: 10:00 am - 10:45 am
Fee: \$40 LSCO M; \$56 NM
Rregister by: Wednesday, December 31

Instructor: Corrine Myers Location: Stage Area Wednesday Session 2:

When: Wednesdays, Mar. 4 - Apr. 29

Time: 10:00 am - 10:45 am
Fee: \$45 LSCO M; \$63 NM
Rregister by: Wednesday, February 25

Instructor: Corrine Myers Location: Stage Area





403-381-7777 (24/7)

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GENTLE YOGA

Gentle yoga classes are a great place to take it slower and experience the benefits of yoga. If you are new to yoga or haven't practiced yoga for a while this may be the class for you. Wear comfortable clothing; bring a mat, blanket and water bottle. Plan on practicing barefoot or wear nonslip socks.

Tuesday:

When: Tuesdays, Jan. 6 - Apr. 28
Time: 10:00 am - 11:00 am
Fee: \$119 LSCO M; \$153 NM
Rregister by: Tuesday, December 30
Instructor: Donna Teifenbach
Location: All Purpose Room

Thursday:

When: Thursdays, January 8 - April 30
Time: 10:00 am - 11:00 am
Fee: \$119 LSCO M; \$153 NM
Rregister by: Monday, January 5
Instructor: Donna Teifenbach
Location: All Purpose Room

YOGA NIDRA

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

Session 1:

When: Fridays, Jan. 9 - Feb. 27
Time: 11:30 am - 12:30 pm
Fee: \$56 LSCO M; \$63 NM
Register by: Monday, January 5
Instructor: Corrine Myers
Location: Room A/B

Session 2:

When: Fridays, Mar. 6- Apr. 24
Time: 11:30 am - 12:30 pm
Fee: \$49 LSCO M; \$63 NM
Register by: Monday, March 2
Instructor: Corrine Myers
Location: Room A/B

SATURDAY FLOW YOGA

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

When: Saturday, Jan.10 - Apr. 24
Time: 10:00 am - 11:15 am
Fee: \$120 LSCO M; \$150 NM

Instructor: Rumi Graham Location: Room A/B



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YOGA

YOGA FOR SENIORS

You're never too old to reap the rewards of yoga. For seniors who are looking for a safe, effective way to enhance their physical health and overall wellness, the stretching, breathing, and meditation practices of yoga can be a great solution. In fact, as you will see, doing yoga regularly can result in a host of benefits for older adults, from greater flexibility and improved balance to lower stress and better sleep. Wear comfortable clothing (layer up as some rooms vary in temperature), bring a yoga mat, water bottle and maybe even a blanket.

Monday Session 1:

When: Mondays, Jan. 5- Feb. 23

Time: 1:00 - 2:00pm \$49 LSCO M; \$63 NM Fee:

Register by: Monday, December 29 Instructor: Corrine Myers Location: Room A/B

Monday Session 2:

When: Mondays, Mar. 2 - Apr 27

Time: 1:00 - 2:00pm \$56 LSCO M; \$72 NM Fee: Register by: Wednesday, February 25

Instructor: Corrine Myers Room A/B Location:

Friday Session 1:

When: Fridays, Jan. 9- Feb. 27 10:15 am - 11:15 am Time: Fee: \$49 LSCO M; \$63 NM Register by: Monday, January 5 Instructor: Corrine Myers All Purpose Location:

Friday Session 2:

When: Fridays, Mar. 6- Apr. 24 Time: 10:15 am - 11:15 am \$49 LSCO M; \$63 NM Fee: Register by: Monday, March 2 Instructor: Corrine Myers Location: All Purpose

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, Jan. 13 - Apr. 28

5:00 - 6:00 pm Time:

\$105 LSCO M; \$160 NM Donna Tiefenbach Instructor:

Room A/B Location:

YOGA REFRESH

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

When: Friday, Jan. 9 - Apr. 24 9:00 am - 10:00 am Time: \$105 LSCO M; \$135 NM Fee: Register by: Monday, January 5 Instructor: Adrian Tomei All Purpose Room Location:

NEW YOVASCIA: MOBILITY, **BALANCE. REJUVENATION**

Experience a unique fusion of modern research and traditional practices designed to enhance mobility and activate the body's natural rejuvenation systems.

Yovascia focuses on the vital fascial network, vagus nerve stimulation, lymphatic flow, and mindful breathwork to support overall balance and vitality. Through guided techniques, you'll improve joint mobility, balance, muscular strength, and flexibility while fostering deep relaxation, better sleep, pain relief, and a renewed sense of well-being. *Not included in Ultimate Fitness Membership.

What to Bring:

- Dress in layers, as room temperature may vary
- Bring a pillowcase to cover LSCO bolsters
- Yoga mats and some props are available; but feel free to bring your own

Session 1:

When: Mondays, Jan. 12 - Feb. 9

Time: 8:30 - 9:30 am \$45 LSCO M; \$ 50 NM Fee: Register by: Wednesday, January 7 Instructor: Elaine Jagielski Location: Room A/B

Session 2:

When: Mondays, Feb. 23 - Mar. 30

Time: 8:30 - 9:30 am \$54 LSCO M; \$ 60 NM: Fee: Register by: Wednesday, February 18

Elaine Jagielski Instructor: Location: Room A/B

Session 3:

When: Mondays, Apr. 13 - May 11

Time: 8:30 - 9:30 am \$45 LSCO M; \$ 50 NM: Fee: Register by: Wednesday, April 8 Elaine Jagielski Instructor:

Room A/B Location:

VINYASA YOGA

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 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: Tuesday, Feb. 3 - Apr. 28

Time: 8:00 - 8:55 am \$91 LSCO M; \$117 NM Fee: Wednesday, January 28 Register by: Instructor: Melanie Hillaby Location: All Purpose Room

When: Thursdays, Feb. 5 - Apr. 30

8:00 - 8:55 am Time: \$91 LSCO M; \$117 NM Fee: Register by: Friday, January 30 Instructor: Melanie Hillaby All Purpose Room Location:





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 10:15 - 12:15 pm Time: 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 Winter Pickleball season will Open December 1-15 for those not currently enrolled. Current members must pay their fees by December 31.

Go to www.lethseniors.com/programs/sports to

Contact Andrea Clarke if you have any questions.

Pickleball Program Stats

In October, members played 2,658 hours!

On average, members are playing

15 hours per week

Each member can

play up to 20 hours per week.

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Computer Corner By Sjoerd Schaafsma

Configuring Windows to Work Your Way

Out of the box, a brand new installation of Windows, be it 10 or

11, is set up the way Microsoft thinks it should be. You might not even realize that you can change the way it works to be more compatible with your way of doing things. With many people now on windows 11, the same applies. You've probably become accustomed (or maybe not) to how Windows 10 is laid out and configured and now you have to get used to something new.

This month we're going to look at a few Windows settings you can change to hopefully better suit your way of using the computer.

1. Increase Text Size

Why: Easier reading across every app—without changing window layouts.
Windows 10 & 11:

- 1. Go to Settings ♦ >Accessibility (Ease of Access in Win10)
- 2. Text size
- 3. Move slider to increase text (120–150% recommended).
- 4. Click Apply.

2. Increase Display Scaling

(Icons, Buttons, Windows Larger)
If text alone isn't enough, scale everything.
Windows 10 & 11:

- 1. Settings > System > Display
- 2. Under Scale, choose 125% or 150%.

IN THE COMMUNITY

*Seniors Housing Seniors – Free senior-run initiative connecting senior landlords with senior tenants: Offering peace, security, and emotional support for long term healthy living.

North-Side main floor suite. \$600/month all included. Private room in shared housing. Ladies only. Adapted for senior living (railings etc)

West-Side basement suite - \$1100/month all included. Nursing care on site.

Also seeking senior homeowners interested in becoming landlords to support safe, affordable senior housing.

Call Linda 403-359-4759.

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!

3. Simplify the Mouse & Cursor

Make mouse pointer larger:

- 1. Settings > Accessibility > Mouse pointer & touch
- 2. Choose a larger size
- 3. Change pointer color to high contrast (green or yellow) if helpful.

Make cursor (text blinking line) thicker:

- 1. Settings > Accessibility > Text cursor
- 2. Increase the thickness slider.

Change the cursor speed:

1. Additional Mouse settings > Change cursor speed > slide the cursor to adjust speed

4. Use High-Visibility Themes

Bright themes can be harsh. High-contrast or simple themes improve readability.

Windows 10: Settings> Personalization >Themes >High Contrast Themes

Windows 11: Settings > Accessibility > Contrast Themes

Try "Aquatic" or "Desert" for gentle contrast.

5. Enable Voice Typing & Dictation

Helps with arthritis or slow typing. You need a microphone; most modern laptops have one built in. Almost all modern webcams have a built in microphone. Unless you have specialized software, you need to be connected to the internet.

Windows 10 & 11: Windows key ⊞ + H > Voice typing overlay appears.

6. Simplify the Start Menu & Taskbar

Pin essential apps only:

- 1. Open Start.
- 2. Right-click unneeded items >Unpin.
- 3. Right-click favorite apps > Pin to Start

or Pin to taskbar.

Recommended items to pin:

 Email, Browser, Documents, Photos, Settings, Zoom / Messaging apps

7. Turn on "Show Desktop Icons" and Make Them Bigger

Larger desktop icons:

- 1. Right-click and empty space on the desktop
- 2. View > Large Icons

Don't clutter your desktop with too many items

8. Enable "Make Windows Easier to Use" Accessibility Tools

Windows 10: type Control Panel into the find field

Control Panel > Ease of Access Center Windows 11: Go to settings > Accessibility at the bottom of the left panel Useful options:

- "Make the mouse easier to use"
- "Make the keyboard easier to use"
- "Prevent windows from automatically arranging">right click on the desktop>view >uncheck Auto arrange icons

Have fun taking more control of your computer.

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.

December

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 (1 - 4 pm) December 1, 5, 8,10, 12, 15, 19, 22

Word Processing

Wednesday, December 3 | 1-3pm

Notepad, Ms Word, LibreOffice Writer, Google Docs, Pages .Effective editing, common keyboard short cuts, voice controls, saving files so you can find them

Video Editing

Wednesday, December 17 | 1-3pm
Presented by Allan Brown

Learn how to: Trim your favorite memory videos - Delete bloopers

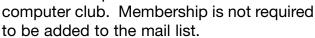
Add: a title page, captions, closing credits, Music

Focusing on Clipchamp software (included with Windows 11). Other free Video Editing software options will be available to try or save for your own use.

More Details and links are available on the LSCO Computer Club

Websitehttps://sites. google.com/view/lscocomputerclub

Email <u>computerclub@</u>
<u>lethseniors.com</u> to be added to the email list or to ask for help from the



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

Monthly Hint Disable ads in the Windows 11 Start Menu

Press Win+i to open the Settings app. Choose "Personalization" from the left sidebar, then select "Start" on the right. Turn off the toggle next to "Show recommended files in Start, recent files in File Explorer, and items in Jump Lists." After that, restart your system, and you'll see that the recommended section is gone from the Start menu.

From: https://www.howtogeek.com/windows-11-wont-show-any-ads-if-you-disable-these-settings/



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IMPORTANT LSCO UPDATE

New Online Registration System

We're excited to announce that LSCO is launching a new and improved online registration system!

Our old online registration platform did not connect to our in person system MySeniorCenter, which meant staff had to manually duplicate online registrations, verify memberships by hand, and limit what could be offered online. Our new system-MyActiveCenter-is fully connected to the system you already use when signing in at the centre.

What this means for you

- Your new online MyActiveCenter account is linked to your membership number (or guest account if you are not a member).
- You will see all the programs you're registered for, organized day-by-day, even if you didn't register for them online.
- When you sign in for a program at the LSCO, that class will now be highlighted for you on the sign-in

For this first registration period, you'll see the same programs that are usually available online (yoga, fitness, dance classes, etc.) but the process to register will look different.

You MUST Have an Account to Register Online

You can create your MyActiveCentre account anytime. Follow the instructions on the right or scan the QR code at the bottom.

We recommend you do this prior to registration on December 11th and testing it early.

- Once your account is created, please try registering for our TEST REGISTRATION CLASS through MyActiveCentre. This 'test' class is 'scheduled' on Saturday January 17 & 24.
- If you are a member, the class should appear as FREE. If it shows as \$5, your MyActiveCenter profile might not be linked correctly. If that happens, visit the admin desk so we can update your information.
- This class will open Monday, December 8th. If you see any other activities that you are able to register for, please let us know right away as they should not be available until 8am on December 11th.

A credit card is still required to register online.

Need Help Creating Your Account? Support is available.

- Sjoerd and Kevin in the Computer Lab will be available during December Sharing and Help Sessions (dates on the previous page). You can use the computers in the computer lab to set up your account.
- You can also stop by Andrea's office, located across from the sign-in computers

Information for Ultimate Fitness Members

We are actively working on a way for Ultimate Fitness members to register online for classes included in their membership.

For Winter Registration, Ultimate Fitness Members will still need to register in person. We want to make sure everything is working properly before adding additional layers to the system.

A Gentle Transition

We know this is a change, and we appreciate your patience as we move toward a system that will make it easier to belong, connect, and thrive at LSCO.

Coming soon, you will be able to renew your membership, register for programs, see which classes are full, and explore everything happening at LSCO from programs, to events, to support services—all in one place.

This first registration cycle is a "dry run" to give everyone-members and staff-time to set up accounts, test the basics, and ease into the transition. There is much more to come, but we want to make sure each step works well before moving forward.



TO CREATE A MYACTIVE CENTER ACCOUNT

Tell us a bit more about yourself.

Please fill in the form below with the required info

STEP 1: Go to www.myactivecenter.com/signup to create an account.

Select **Lethbridge** Select your Center Senior **Organization** then Continue (If we don't show up automatically, "Lethbridge" type where it says "Search by center name"

Citizens Please select the center that issued your MySeniorCenter Key Tag to continue. Your contact information on file with the center will be retrieved Lethbridge Senior Citizens Organization

STEP 2: Create your account.

For members, choose I have a key tag and fill in your member number (this is the little plastic keytag with the barcode on the back you use to sign in), as well as your phone number.

For non members, chose I dont have a

key tag and fill in your information,

Scroll down to fill in an email address you'd like to use as well as a password. Confirm the password, and then click Signup.

That's it! Account created!.

TO REGISTER FOR PROGRAMS



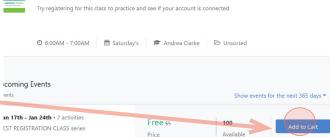
STEP 1: Go to www.myactivecenter.com and login Enter your login info in the blue section on the right.

STEP 2: Chose the activity you want to register for by clicking on it.

Classes with multiple sessions should appear when you select it.

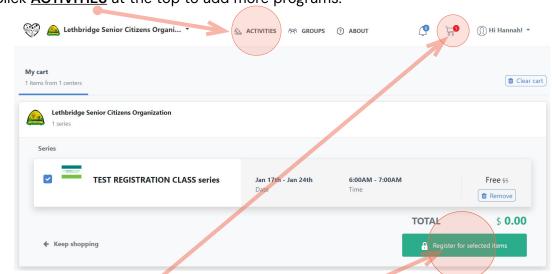
STEP 3: Add the program to ____ TEST REGISTRATION CLASS your cart.

If you are a member and your account is connected, you should see the member price (in this test, the price for members is coming Events



STEP 4: Check out when you EST REGISTRATION CLASS series have added all activities

Click **ACTIVITIES** at the top to add more programs.



If the cart preview isn't already open and you wish to navigate to your cart, you may open the cart-preview by clicking the little Cart icon in the upper right.)

STEP 5: Follow steps to pay

Choose register for selected items. If the event is free, you will automatically be registered. If it is not, you can enter your payment info to pay.

SUCCESS! You are now registered to everything in your cart. You can click View Schedule to see everything upcoming that you've signed up for, or Continue Browsing to go back to the LSCO's activities



Scan this QR code to view instructions online, watch a video, and get access to the help centre more details.

– LSCO Staff

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Lethbridge Abuse Response Network

learn@lethseniors.com 403-394-0306

Recognizing the Signs of Abuse in **Older Adults**

November was Family Violence Awareness Month, a time to reflect, learn, and take action to prevent abuse in all its forms. While we often think of family violence as something that happens among younger families, it can also deeply affect older adults. Abuse of older adults, sometimes called elder abuse, can take many forms: physical, emotional, financial, sexual, or neglect, and it occurs at the hands of someone the person knows and trusts.

As members of the community, we can all play a role in watching for signs that an older friend, neighbour, or loved one may be experiencing harm or distress.

Warning Signs to Watch For

Physical signs: Unexplained bruises, burns, or injuries; frequent "accidents."

Emotional signs: Withdrawal, fearfulness, anxiety around certain people, or sudden changes in mood or behaviour.

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

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(Downtown, next door to Post Office)

Financial signs: Sudden changes to banking patterns, missing belongings, unpaid bills, or new "friends" involved in finances.

Neglect: Poor hygiene, weight loss, lack of medical care, or unsafe living conditions.

Social isolation: A caregiver or family member who prevents visits, phone calls, or access to the senior.

How You Can Help

If something doesn't feel right, don't ignore your instincts. Checking in gently and offering support can make a big difference. You might say, "You seem a bit quieter lately, how are things going at home?"

If you suspect abuse, support is available. It's important to reach out. You can contact the LEARN at 403-394-0306 to speak with a case manager.

Family violence can happen to anyone, but no one should face it alone. By staying informed, watching for signs, and offering compassion, we can help make our communities safer and more supportive for older adults.

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



