

LSCO Celebrates Non-Profit of the Year at the Lethbridge Business Awards



The Lethbridge Senior Citizens Organization (LSCO) is honoured to announce that we have been awarded Non-Profit of the Year at the 2025 Lethbridge Business Awards, hosted by the Lethbridge Chamber of Commerce in partnership with Davidson & Williams LLP. The gala took place on Thursday, October 23 2025 at the Coast Lethbridge Hotel & Conference Centre, drawing the region's business and community-leaders for a celebration of achievement and impact in our city.

The event showcased the depth and diversity of excellence in the Lethbridge business community across 10 distinct categories, from Business Innovation and Employer of the Year to the Legacy of Excellence Award – and of course Non-Profit of the Year.

Being selected for this prestigious award is a tribute to all the people who bring LSCO's vision to life: an active, healthy community which is learning, growing and making a difference. We extend our sincere gratitude to our dedicated staff, volunteers, members and the many community partners whose collaboration helps us provide the programs and services older adults in our region rely on.

While this award recognises our organisation, it truly reflects a wider community effort. Thank you for believing in our work, for supporting connections across generations, and for helping build an inclusive, welcoming and vibrant environment for older adults. We look forward to continuing this journey together – stronger, bolder and more connected than ever.



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Executive Director

Kaitlynn Weaver

kweaver@lethseniors.com
ext. 304

Welcome to our many new members, returning members, and everyone who's dropped in for a meal, a program, or to visit with new or old friends. We see you, we welcome you, and we're so grateful you're here.

The LSCO has been buzzing with energy these past few months, the smiles, the laughter, and the sense of momentum are truly remarkable. Since joining nine months ago (time flies!), I've witnessed incredible growth in participation, enthusiasm, and community spirit. It's inspiring to see this place come alive every day.

We are overjoyed to share that the Lethbridge Senior Citizens Organization has been named Non-Profit of the Year at the Lethbridge Business Awards, hosted by the Lethbridge Chamber of Commerce. It is an incredible honour, especially to be recognized alongside ACFA Lethbridge and the Interfaith Food Bank, two remarkable orga-

Executive Director Message

nizations that make our community stronger every day.

This award belongs to our entire LSCO family, our dedicated staff, our amazing volunteers, our supportive Board of Directors, and every member who brings heart and purpose to our work. Together, we are building something special: a community where older adults feel valued, connected, and supported. From the bottom of our hearts, thank you for helping us make Lethbridge a better place for every generation.

Another cause for celebration is our 2nd Annual Twilight Soirée, supporting LSCO's Meals on Wheels program and other vital services for older adults. At the time of writing this, we are putting the finishing touches on the event, working hard to make it a memorable evening filled with connection, community, and fun. We hope you'll join us to celebrate, enjoy, and help us raise funds for programs that truly make a difference.

We're deeply grateful for our event sponsors: our presenting sponsor Lethbridge Hearing Centre, our entertainment partners Mosaic Music YQL, our media supporters CJOC 94.1, The Ranch 98.1, and MyLethbridgeNow, as well as Ultimate

Freedom Plus, Fox Denture Clinic, Cornerstone Funeral Home, Avail Chartered Professional Accountants, Bayshore HealthCare, and Westco Construction. Your generosity and advocacy mean so much to the LSCO and the many older adults who utilize our support services.

Speaking of support services, I'd like to recognize the incredible work of our Support Services team. They continue to go above and beyond, offering free system navigation and support to older adults in our community. Their dedication ensures that seniors get the help they need quickly, compassionately, and with care. If you haven't connected with them, please do so! They will be able to get you connected you with the community resources you need to thrive, provincial or federal benefits that you are entitled to, Meals on Wheels, volunteering opportunities at the LSCO, and really anything else that you need to live well as an older adult. Thank you so much to the Support Services team; you are truly appreciated.

With heartfelt appreciation,

Kaitlynn Weaver



Happy Retirement, Georgie!

After 10 incredible years of dedication, care, and commitment, we celebrate Georgie Mortimer as she embarks on a well-deserved retirement.

As many of you know, Georgie has been an integral part of the LSCO family, always bringing kindness, laughter, and heart to everything she does. Her contributions have touched countless lives and strengthened the sense of community that defines our organization. Whether bringing you your breakfast to your table, brightening your day, calling you 'darling', or lending a helping hand to colleagues, Georgie's presence has truly made a difference.

As Georgie begins this new chapter, we wish her endless joy, relaxation, and time to enjoy the people and passions she loves most. Thank you, Georgie, for 10 wonderful years of service and friendship. You will always be part of the LSCO story, and we look forward to seeing you enjoying our diner (and the many other wonderful things we do here at the LSCO).

To say thanks to Georgie, please feel free to attend our celebration on Wednesday, November 19th from 1-3 pm.

Congratulations on your retirement!



GROW SOMETHING GOOD



Hydroponic Garden Towers are coming to the LSCO!



Why Hydroponic Towers?

- *Growing produce to support Meals on Wheels!*
- *Reduce costs for produce.*
- *Year-round growth.*
- Increase knowledge on food security.
- Volunteer engagement.
- Efficient and easy to use.
- Plants in the LSCO will boost your mood!

We have many volunteer roles available!

- **Research Volunteers:** Help us figure out what plants grow best in the tower.
- **Green Thumb Volunteers:** Help us keep the tower going while it grows vegetables for our Meals on Wheels program.



Volunteer to be part of the LSCO Plant Club

SESSION #1:

FRIDAY, NOV 7

1:00 - 2:30 PM | STAGE AREA

To learn more, contact Madison!
volunteer@lethseniors.com | 403-320-2222

Hydroponics at the LSCO:

We are excited to announce that the LSCO will be the new home of three hydroponic grow towers that will help grow vegetables for the Meals on Wheels program! (Don't worry, there will be no fish. That's aquaponics. This one just uses water).

Funded by Credit Unions of Alberta - Alberta Central, we are working together to grow something good.



A MONTHLY PUBLICATION OF THE LETHBRIDGE SENIOR CITIZENS ORGANIZATION

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

Edited by Hannah Dupuis
Printed by Lethbridge Herald

Officers of the LSCO

2025 – 2026 LSCO Board

Executive

President: John Usher; Past President: Keith Sumner
Secretary: Veronica Panich; Treasurer: Neil Jorgensen

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Seniors System Navigator (SSN) – Diane Richard
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Seniors System Navigator Intake - Patty Erickson
intake@lethseniors.com 403-329-1544

Rural Seniors System Navigator (SSN) – Bonnie Jensen
bjensen@lethseniors.com 368-338-7147

Rural Link Worker– Kyra Corrigan
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Fitness Coordinator – Annabelle Darlow
fitness@lethseniors.comext. 104

Food Services Coordinator– Lachlan Dyer
ldyer@lethseniors.comext. 401

Assistant Food Services Coordinator– Travis Eakett

Food Services Cook– Yun “Carey” Luo

Food Service Cashier – Kaelynn Vervaas

LSCO Information

Phone403-320-2222
Fax403-320-2762
SSN Intake403-329-1544
Meals on Wheels.....403-327-7990
LEARN403-394-0306

www.lethseniors.com
@lethlsco on Facebook & Instagram

Hours of Operation

8:00 AM - 4:30 PM, Monday - Friday

LSCO 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!

Pat Boehm

Peggy Loescher

Curtis Uyesugi

Jack Hazelwood

Debi Roth

Joanne Vloedbeld

Tammy Winder

Debra Tarnava

Tim Jackson

Jean Wright

Frida Hawryluk

Maureen Weeks

Peter Stein

Helen Volk

Stan Volk

Steve Hirlehey

Ken Kerkhoff

4 Anonymous

We’re happy to have you!

October 2025

FEE ASSISTANCE TO ACCESS LSCO



LSCO WELCOME POLICY

25% off Membership and Programs at the LSCO

Income Eligibility (Line 15000 of your tax return)

- ▷ Single: Under \$30,00
- ▷ Couple: Under \$50,000

Please bring prior year income tax for verification.

For more information call 403-320-2222

FEE ASSISTANCE PROGRAM

Another way is to apply for the City of Lethbridge Fee Assistance Program. You could 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.





SACPA

Southern Alberta Council on Public Affairs



NOVEMBER 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.

Nov 6	Bill Ginther , Lethbridge Soup Kitchen	Poverty, Addiction, Homelessness, and Food Insecurity in Lethbridge
Nov 13	John Lafferty , Lethbridge Family Services	Immigration and Current Situation: Do we need immigrants?
Nov 20	Kaitlynn Weaver , LSCO	Redefining Age: Seniors' Centres in a Changing World
Nov 27	Robbin Gibb , University of Lethbridge	Ageing and Cognitive Decline

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

Notices:

The LSCO will be **CLOSED** for **Remembrance Day** on Tuesday, November 11.

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

More information on the woodshop renovation on page 13.



LEST WE FORGET

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.



We Will Remember Them



As November arrives and the air grows colder, we pause to reflect on a time of remembrance. Each year, Canadians come together to honour the courage, sacrifice, and resilience of those who served and continue to serve our country.

At the Lethbridge Senior Citizens Organization, we recognize that remembrance is not only about history, but about people and the stories that continue to shape our communities today. Many of our members, their families, and friends carry personal memories of service. Memories of loved ones who fought overseas, worked on the home front, or contributed to rebuilding communities in the years that followed.

These stories remind us of the strength and compassion that define our shared Canadian identity.

Remembrance Day gives us a moment to slow down, to listen, and to learn from those who came before us. It's a time to express gratitude to veterans and their families for the freedoms and opportunities we enjoy today. It's also a time to acknowledge the lasting impacts of war. The physical, emotional, and generational effects that many still live with.

In our work supporting older adults across Lethbridge and the surrounding rural communities, we see how remembrance lives on through everyday acts of care, connection, and community.



Rural Link Worker

Kyra Corrigan
kcorrigan@lethseniors.com
368-338-7147

Each story told, each memory shared, and each red poppy worn keeps the spirit of remembrance alive.

As we approach November 11th, let us remember together, not just for a day, but as a commitment to peace, kindness, and understanding in our lives and communities.

Lest we forget.



Healthy Aging Summit:

In early October, a few of our LSCO team members attended the Healthy Aging Alberta Summit: The Tapestry of Aging in Edmonton. The event brought together seniors-serving organizations and partners from across sectors to connect, collaborate, and share innovative ideas supporting older adults in our communities.

Each morning began with a moving welcome and ceremony led by Indigenous Elders, who invited participants to begin the day “in a good way.” In Cree culture, this idea—known as Mino-pimatisiwin—reflects living a life of balance, health, and connection. It calls for living with purpose and integrity, fostering relationships built on respect and reciprocity, and honouring the interconnectedness of people, nature, and spirit.

Other highlights included learning from peers across Alberta about the evolving needs of younger seniors, strategies to strengthen organizational sustainability, and the vital role seniors’ centres play in building community well-being.

Kaitlynn, Marissa, Katie, and Kyra found the four-day summit inspiring and enriching. It was an opportunity to learn, connect, and bring back fresh insights to help LSCO continue supporting healthy aging for all.

NOVEMBER 2025 SUPPORT SERVICES CALENDAR

**appointment / registration required*



403-320-2222



kmartin@lethseniors.com



November 4 1 st Tuesday	Community Connect Coffee Group 1:30 pm - 3:00 pm Room C/D	A opportunity to build connections, grow meaningful connections, and strengthen access to community supports. Drop-in style, no need to register, no cost.
November 4 1 st 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 flu vaccinations. Vaccinations require appointments.
November 5 1 st Wednesday	Service Canada & CRA Support Clinic 9:00 am - 12:00 pm Card Area	Free on-site Service Canada and CRA representatives available to answer your questions regarding federal benefits and programs, no appointment necessary.
November 12	Podiatrist On-Site* 8:30 - 12:30 Clinic Room	Nail clinic provided by Chinook Foot and Ankle Clinic. Must be members to book appointment. Each appointment costs \$20.
November 10 2 nd 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!
November 12 2 nd Wednesday	15 Minute Legal Consultations* 1:00 pm - 4:00 pm Quiet Room	15 MINUTE LEGAL CONSULTS CANCELLED THIS MONTH Appointments required
November 13 2 nd Thursday	Hearing Screening* 10:00 am - 12:00 pm Quiet Room	Lethbridge Hearing Centre can help you understand your hearing health at no cost. Appointment required!
November 13	Mobile Food Support 1:00 pm - 2:00 pm LSCO Parking Lot	The Lethbridge Food Bank will be at LSCO with their excess food for the community to help address food insecurity. No income testing open to everyone of all ages, at no cost. First come, first served.
November 18	Single Session Counselling* 12:30 pm -3:30 pm Quiet 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.
November 18	Energy Savings Workshop 1 pm -2:30 pm Quiet Room	Learn how your home uses energy and what you can do to reduce your energy bills and improve the efficiency of your home; how to read your utility bills; and iscover federal and provincial rebates, grants, and support programs that can help make home upgrades a more affordable choice.

SUPPORT GROUPS

November 20 3rd Thursday	Parkinson's Support Group 2:00-4:00pm Board Room Registration is encouraged. Call 1-800-561-1911.	November 1-29 Saturdays	AA Eye Opener 8:30-10:30am Room C/D	November 6-27 Thursdays	AA Sunset 7:00 - 9:00 pm Room C/D
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Stay up to date on these events on our event calendar www.lethseniors.com/events



Bingo
Thursdays 11 AM to 4 PM

Lunch Server & Food Runner
Weekdays, 11 am - 1 pm

Dishwashers
Weekdays, 8 - 11 am

MOW Delivery Drivers
Weekdays, 10 am - 12 pm

Community Connect Caller
Remote and flexible, 1hr/week

Drive Happiness Driver
Flexible on your schedule

Grow Something Good
Friday, November 7, 1 - 2:30

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

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

IN THE COMMUNITY

Celebrate Seniors' Day at the Stringam Christmas Tree Festival!
Monday, November 17 10 AM - 8 PM

Free Activities:

- High Tea - 2 seatings @ 1:30 PM & 3:00 PM. Registration required
- Photo Booth 1:00 - 5:00 PM

Santa's Workshop:

- Cyanotype Christmas Card Art Workshop with Southern Alberta Art Gallery: 1:00 - 4:00 PM
- Paint Night with Yellowdotco: 6:00 - 7:30 PM (\$10 - limited to 40 people)

Entertainment Stage presented by LSCO

- 10:00 - 10:45 AM Bingo
- 11:00 - 11:45 AM Karaoke
- 12:00 - 12:45 PM: Live Music from Reid & Writes
- 1:00 - 1:45 PM Line Dancing with Gloria Rose Purveen
- 2:00 - 2:45 PM Holiday Crafts and Card Making
- 3:00 - 3:45 PM Bingo

Northern Nights Comedy Country Musical Dinner Theatre
November 5-9 This show is a Musical set in the wild west with all your classic Country Hits, it's also a Murder Mystery and an interactive Dinner Theatre all in one. The performers are right in the audience and not on a stage. All ticket holders receive a 3 Course meal along with the show. Seniors Price \$60

Chinook Regional Hospital Foundation Lights of Hope Campaign
December 1st - 31st. Donations made in memory of a loved one or a tribute to a healthcare provider. Keep exceptional healthcare close to home

Volunteer Message

As we move into the winter months, I want to bring some focus on two LSCO programs that keep going strong no matter the weather! Our weekly fundraiser at Winner's Bingo Hall plays a huge role in supporting LSCO. In fact, the portion of proceeds we receive from volunteering at Bingo each week contributes to more than half of the organization's essential building and operations budget, keeping our doors open and our programs running! Each Thursday from 11am-4pm, it takes a team of at least nine volunteers to staff the event, and lately, we've started to see a decrease in the number of helpers. Volunteers can assist with selling tickets, counting money, and calling out bingos. You can enjoy a free lunch as a thank-you for your time.

Another program that keeps trucking through rain or shine (and snow!) is Drive Happiness. This service provides assisted transportation for seniors who need help getting to appointments, running errands, or attending social outings. Our volunteer drivers make it possible for older adults to stay independent and connected to the community. The commitment is flexible, by using your own vehicle and choosing rides that work on your schedule, even a few hours a month can make a real difference to many of our riders. As the colder weather sets in, rides become even more important for those who may not have other ways to get around, and we're hoping to welcome a few more caring volunteer drivers to the team.

Both of these programs rely on the generosity and dedication of folks who give their time to help others, and in turn they make a huge impact on our community. Whether you're behind the wheel with Drive Happiness or behind the counter at Bingo, your contribution helps LSCO continue to serve and support seniors all year long.

All of our volunteers, in every capacity, play a vital role in helping LSCO programs and services run smoothly. If you've been thinking about volunteering, there's no better time to get involved. Contact the LSCO Volunteer Office at 403-320-2222 ext. 208 or email volunteer@lethseniors.com to learn more!

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

Energy Savings Workshop

To save energy and money, it's important to understand the relationship between energy consumption, our daily choices and habits, and the inner workings of our homes.

Our Energy Savings Workshop introduces you to basic practices that can lead to noticeable changes in the comfort and affordability of your home.

Topics

- Learn how your home uses energy and what you can do to reduce your energy bills and improve the efficiency of your home.
- Learn how to read your utility bills.
- Discover federal and provincial rebates, grants, and support programs that can help make home upgrades a more affordable choice.

WE'RE GRATEFUL TO OUR FUNDERS WHOSE ONGOING SUPPORT ENABLES US TO DRIVE IMPACT IN COMMUNITIES LIKE YOURS.

READY TO START CHAMPIONING HOME SAFETY PRACTICES IN YOUR OWN LIFE?

Sign up for our next available workshop:

DATE:

Tuesday, Nov 18
1pm to 2:30pm

LOCATION:

Lethbridge Senior Citizens Organization 500 11th St South, Lethbridge

SPEAKER:

Rene Michalak, Energy Mentor

Open to anyone 55+
call Hannah Dupuis at
403-320-2222 ext. 302 for more info!

FOR ENERGY SAVING TIPS AND TRICKS, VISIT
energychampion.org

November LSCO Weekly Schedule						
Schedule may change without notice.						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Day	LSCO Diner 8:00 am-3:00 pm Billiards 8:30 am-3:00 pm Boutique 10:00 am-3:00 pm Fitness Centre 8:00am - 4:30pm	LSCO Diner 8:00 am-3:00 pm Billiards 8:30 am-3:00 pm Boutique 10:00 am-3:00 pm Fitness Centre 8:00am - 4:30pm	LSCO Diner 8:00 am-3:00 pm Billiards 8:30 am-3:00 pm Boutique 10:00 am-3:00 pm Fitness Centre 8:00am - 4:30pm	LSCO Diner 8:00 am-3:00 pm Billiards 8:30 am-3:00 pm Boutique 10:00 am-3:00 pm Fitness Centre 8:00am - 4:30pm	LSCO Diner 8:00 am-3:00 pm Billiards 8:30 am-3:00 pm Boutique 10:00 am-3:00 pm Fitness Centre 8:00am - 4:30pm	
8:00	Cardio Strength 8:00 am-8:50 am @ Gym 2 Tai Chi Practice Group 8:15 am-9:15 am @ Stage Area Yovascia 8:30-9:30 am @ Room A/B	Pilates for Beginners 8:45 am-9:45 am @ Room A/B	Cardio to the Core 8:00 am-8:50 am @ Gym 2 Tai Chi Practice Group 8:15 am-9:15 am @ Stage Area	Vinyasa Yoga 8:00 am-8:50 am @ APR	Cycle For All Levels 8:00 am-8:45 am @ Gym 2 Tai Chi Practice Group 8:15 am-9:15 am @ Stage Area	Fitness Centre 9:00am - 12:00pm Flow Yoga 10:00-11:15 am @ Room A/B
9:00	Tabata 9:00 am-9:55 am @ Gym 1 Zumba (R) 9 am- 9:55 am @ Gym 2	Fit Ball 9:00 am-9:50 am @ Gym 1 Cycle Combo 9:00 am-9:55 am @ Gym 2	Amateur Radio 9am - 11am @ Radio Room Bike & More 9:00 am-9:55 am @ Gym 2 Fitness/Power Walking 9:00 am-9:55 am @ Gym 1 Core & Stretch (Full) 9:10 am-10:00 am @ APR	Fit Ball 9:00 am-9:50 am @ Gym 1 TRX Combo (Full) 9:00 am-9:55 am @ Gym 2 Chair Exercises 9:30-10:15 am @ Stage Area	Tabata 9:00 am-9:55 am @ Gym 1 Yoga Refresh (Full) 9:00 am-10:00am @ APR Paper Tole & Creative Arts 9 am -3 pm @ Craft Room	
10:00	Abs & Core 10:10 am-11:00 am @ APR Gentle Exercise (Full) 10:15 am-11 am @ Gym 1 Seniors Who Lift 10:15 am-11:10 am @ Gym 2 Heritage Blankets 10:00am-12:00pm @ Computer Lab <i>On Nov.24</i>	Gentle Yoga (Full) 10:00 am-11:00 am @ APR Spring Forest Qigong 10:00am-11:15am @ Stage Paint & Chat 1 pm -3 pm @ Craft Room <i>On Nov 18</i> Building Healthy Relationships 10am-12pm @ Board Room	Chair Yoga (Full) 10 -10:45 am @ Stage Area Genealogy 10 am-3 pm @ Board Room Lapidary 10 am-3 pm @ Lapidary Gentle Exercise 10:15 am-11:00 am @ Gym 1 Tai Chi 108 Yang Syle 10:15am-11:15am@ Gym 2	Gentle Yoga (Full) 10:00 am-11:00 am @ APR Pilates (Full) 10:15 am-11:30 am @ Room A/B Strength Circuit (Full) 10:15 am-11:15 am @ Fitness Centre Traditional Qigong 10:15am-11:15am@ Gym 2 Pathways & Trails 10:00am-12:00pm @ Craft Room <i>Nov.13-27</i>	Yoga For Seniors 10:15 am-11:15 am @ Room A/B Gentle Exercise 10:15 am-11:00 am @ Gym 1 Table Tennis 10:30 am-12:00 pm @ Room C/D	
Lunch	Pilates 11:15 am-12:30 pm @ APR Low Impact Barre 11:15am-12 pm @ Room A/B Functional Fitness 11:30 am-12:15 pm @ Stage Badminton 11:15am-12:45pm @ Gym 1	Essentrics (Full) 11:30 pm-12:15 pm @ Gym 2 Zumba Gold/Toning 11:15am-12:15pm @APR Quilting 12:00 pm-3:00 pm @ Stage	Badminton 11:15 am-12:45 pm @ Gym 1 Line Dancing - Experienced 11:30am-12:30pm @ Gym 2 Pound 11:00 - 11:45 @ APR	Badminton 10:15am -12 pm @ Gym 1 Yin Yoga 1:30pm -2:45pm @ Room A/B	Badminton 11:15 am-12:45 pm @ Gym 1 Yoga Nidra 11:30 am-12:30pm @ Room A/B	
Afternoon	Computer Club 1:00 pm-4:00 pm @ Computer Lab Yoga For Seniors 1:00 pm-2:00 pm @ Room A/B Table Tennis 2:30 pm-4:00 pm @ Room C/D	Karaoke 1:00 pm-3:30 pm @ Board Room Strength & Mobility (Full) 1:30 pm-2:30 pm @ Fitness Centre Cyber Smart Seniors 1 pm-3 pm @ Computer Lab <i>Ends December 3</i>	Line Dancing - Beginner 12:45 pm-1:45 pm @ Gym 2 Computer Club 1 pm-4pm @ Computer Lab Watercolour Group 1 pm -3 pm @ Craft Room Table Tennis 2:30 pm -4 pm @ Room C/D	Knitting & Crochet 1:00 pm-4:00 pm @ Atrium Drop In Crib 1:00-3:00 pm @ Card Area Strength & Mobility 1:30 pm-2:30 pm @ Fitness Centre Steady Moves 2:00-3:30pm @Stage Area <i>Ends Nov.20</i>	Computer Club 1 pm -4 pm @Computer Lab	
Evening		Flow Yoga 5:00 pm-6:00 pm @ Room A/B		Moving to Heal 4:00 pm-5:00 pm @ Room A/B Classic Nia 5:15 pm-6:15 pm @ Gym 2		
	For more information regarding programs contact the Administration Desk at 403-320-2222. Note: Some programs may be full. Ask about Drop In Classes					
	For information about LSCO programs go to www.lethseniors.com and register online.					

Fall 2025 Programs

IMPORTANT THINGS TO KNOW

- Please do not arrive more than 15 minutes prior to the start of your class. Give class participants time to exit before entering.
- Dress in layers as the temperature in rooms may vary
- At the end of class please gather your belongings and exit so the room can be prepared for the next class.
- Please complete an Exercise/Fitness Waiver from your instructor or at the reception desk

HOW DO I REGISTER?

- **IN PERSON** 8:15 – 4:00 pm Monday – Friday
- **ONLINE** at www.lethseniors.com. Find the Programs & Fitness tab at the top of the page and click. Additional tabs will be visible for you to review. You can also click “register online”. **Some classes may not be available to register online.
- **PHONE IN**, by calling 403-320-2222.

REGISTRATION INFORMATION

- If a program says Out of Stock feel free to give us a call as space may be available or to put your name on a waiting list. If you are **registering for someone else online**, please **include their name in the notes or give us a call**.
- LSCO Members = (LSCO M); Non-Member = (NM)
- If the instructor is unavailable to teach due to illness or unforeseen circumstances, we will do our best to contact you prior to your class.
- When weather or other unforeseen circumstances, cause LSCO to cancel classes or close the facility, unfortunately we will not be able to make up the classes, give credits or refunds.

CREDITS & REFUNDS

- **Please ensure you are registering for the correct class. Due to the popularity of many of the classes, refunds cannot be given after the register by date.**
- Participants canceling out of a class prior to start date are subject to a \$10 Administration Fee (must be with more than 49 hours-notice). Participants withdrawing within 48 hours or less, will not be given a credit or refund.
- If requesting a refund or credit due to medical reasons contact the Administration Desk as soon as possible. A Doctor’s note is preferred however a request can be made to the Program Department Manager. Participants will be subject to a \$10 Administration Fee after the class has started.
- Credits/Refunds will be prorated for any classes attended. If there was a waiting list for the class a refund/credit will not be given.
- Refunds will be given if LSCO cancels a course. Participants also have the option of taking credit. Credits must be used in 12 months from the date given.
- At times programs may be canceled due to meetings, holidays, low attendance, special events, etc. Please watch for notices.



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

Fitness Centre

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

1 Month and 4 Month Passes

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

Drop In

- \$8 LSCO M; \$10 NM

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

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.

When: Monday, Nov. 24
Time: 10:00 am – 12:00 pm
Fee: \$110 LSCO M; \$125 NM
Instructor: Marcelle Velve
Register by: Wednesday, November 19
Location: Computer Room

PATHWAYS AND TRAILS - PAINTINGS IN ACRYLIC

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

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



PAPER ARTS-ZIG ZAG FOLDED OLD FASHIONED CARDS,

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

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

PAINT & CHAT

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

November Session:

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

December Session:

When: Tuesday, Dec.9
Time: 1:00 - 3:00 pm
Fee: \$55 LSCO M; \$65 NM
Register by: Thursday, December 5
Location: Arts & Crafts Room

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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 class.

When: Wednesdays, Sept. 10 - Dec. 10
Time: 12:45 – 1:45 pm
Drop-In: \$6 LSCO M; \$8 NM
Instructor: Gloria-Rose Puurveen
Location: Gym 2

EXPERIENCED BEGINNER LINE DANCING

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

When: Wednesdays, Sept. 10 - Dec. 10
Time: 11:30 – 12:30pm
Drop-In: \$6 LSCO M; \$8 NM
Instructor: Gloria-Rose Puurveen
Location: Gym 2

POUND

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

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

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CLASSIC NIA

Join, Lise LeMoine, Nia Teacher and Trainer, as she takes you on a movement journey in Your Body's Way. Classic Nia is a 1-hour movement practice inclusive of dance, martial arts and healing arts. To soul stirring music I will take you on a ride of joy, play, contrast, agility, balance, and life affirming joy. Coordination, balance, agility and ease are a few of the by-products. Nia is movement medicine for the body and soul. **(Not included in Ultimate Fitness Membership).**

When: Thursdays, Sept. 11- Nov. 27
Time: 5:15 – 6:15 pm
Drop-In: \$15 LSCO M; \$20 NM
Instructor: Lise Schulze
Location: Gym 2

MOVING TO HEAL

Join Lise Schulze, Nia Teacher and Trainer for Moving to Heal in a 1-hour movement practice focusing on healing and balancing in the body and mind. Using a chair for stability we will move to music and help the body find its way into ease and joy. Healing, balance and conditioning are by products. Moving to Heal is a derivative of The Nia Technique. **(Not included in Ultimate Fitness Membership).**

When: Thursdays, Sept. 11- Nov. 27
Time: 4:00 – 5:00 pm
Drop-In: \$15 LSCO M; \$20 NM
Instructor: Lise Shulze
Location: Room A/B

ZUMBA GOLD/ZUMBA GOLD TONING

This class combines the best of both Zumba Gold (dance fitness without weights) for half of the class and Zumba Gold Toning, the other half of the class where we will use handheld toning sticks to focus on muscle toning and conditioning, to help increase your strength and bone density. Truly exercise in disguise!! Wear comfortable clothes, footwear and bring a water bottle.

When: Tuesdays, Oct. 7 - Dec. 9
Time: 11:15 am – 12:15 pm
Drop-In: \$10 LSCO M; \$11 NM
Instructor: Sheila Mulgrew
Location: All Purpose Room

ZUMBA ®

Come ready to sweat, smile, and lose yourself in the music - Zumba ® is a Latin Dance based fitness class that will give you a cardiovascular workout disguised as a dance party! All fitness levels are welcome.

When: Mondays, Sept. 8 - Dec. 15
Time: 9:00 – 9:55 am
Drop-In: \$8 LSCO M; \$10 NM
Instructor: Gabrielle Dumont
Location: Gym 2



Nominate a senior:



Golden Giving Tree is a Senior's Secret Santa where gifts are provided to vulnerable and isolated older adults. Recipients of these gifts must be 55 years old or older, facing isolation and/or financial hardship during the holiday season, and reside in Lethbridge or the nominator must make arrangements for the gifts to be delivered out of the city. Nominations close December 1 or until supplies last.

Donation: Trees with tags can be found at LSCO, London Drugs, and Nord-Bridge Seniors Centre. Individuals can select one or multiple seniors from the tree and purchase the specified items. Gifts will then be brought back to the tree in a gift bag for pick-up by the Lethbridge Senior Citizens Organization. General gift donations or **Donate to the program** monetary donations can be made at LSCO.



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Fitness - All Levels

ABS AND CORE

This class will get you where it counts! Core strength stabilizing exercises targeted at the entire core and the back. During this class you will be using your body weight, bands, tubing and other exercise equipment, followed by a stretch. Modifications are given. Dress in comfortable workout clothing and indoor footwear. Bring an exercise mat and your water bottle. All fitness levels welcome.

When: Mondays, Sept. 8 - Dec. 8

Time: 10:10 - 11:00 am

Drop in: \$8 LSCO M; \$10 NM

Instructor: Tracy Simons

Location: All purpose Room

BIKE & MORE

Let the music guide your cadence as you get your heart pumping in this cardio combo class. Participants will be guided through a cycle workout before getting off the bike for some resistance training using a range of equipemnt from dumbbells to resistance bands. Bring a water bottle and clean indoor shoes.

When: Wednesday, Sept. 10- Dec.17

Time: 9:00 – 10:00 am

Drop in: \$8 LSCO M; \$10 NM

Instructor: Nancy Purkis

Location: Gym 2

CHAIR EXERCISES

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

When: Thursdays, Oct. 30 - 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 you can't get outdoors to ride, come cycle with us! The instructor will lead the class through an energetic, low impact ride on a stationary bike to improve cardiovascular fitness. Participants can ride at their own pace. Stretching to follow.

When: Fridays, Sept. 12 - Dec.12

Time: 8:00 – 8:45 am

Drop in: \$8 LSCO M; \$10 NM

Instructor: Tracy Simons

Location: Gym 2

FUNCTIONAL FITNESS

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

When: Mondays, Nov. 3 - Dec.15

Time: 11:30 am - 12:15 pm

Fee: \$35 LSCO M; \$45 NM

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

Instructor: Andrea Clarke

Location: Stage Area

Classes for All Fitness Levels are right for you if:

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

FITBALL FOR BALANCE & STRENGTH

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

Tuesdays

When: Tuesdays, Sept. 9- Dec. 16 (No Class Nov. 11)

Time: 9:00 - 9:50 am

Drop in: \$8 LSCO M; \$10 NM

Instructor: Gabrielle Dumont

Location: Gym 1

Thursdays

When: Thursdays, Sept.11- Dec.18

Time: 9:00 - 9:50 am

Drop in: \$8 LSCO M; \$10 NM

Instructor: Gabrielle Dumont

Location: Gym 1

GENTLE EXERCISE

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

Wednesdays

When: Wednesdays, Sept. 3 - Dec. 17

Time: 10:15 – 11:00 am

Drop in: \$8 LSCO M; \$10 NM

Instructor: Donna Teifenbach

Location: Gym 1

Fridays

When: Friday, Sept. 5 - Dec. 19

Time: 10:15 – 11:00 am

Drop in: \$8 LSCO M; \$10 NM

Instructor: Andrea Clarke

Location: Gym 1

PILATES FOR BEGINNERS

This class is a starting point for those who may be new to Pilates or would like to continue to build a firm foundation before progressing to the standard Pilates class. Our instructor will guide you from the ground up and make sure you are challenged but successful in each class. Please bring a yoga mat, water bottle, and a towel to use as a prop for class.

When: Tuesdays, Nov. 4 - Dec.16 (No Class Nov. 11)

Time: 8:45 - 9:45 am

Fee: \$49 LSCO M; \$63 NM

Drop in: \$8 LSCO M; \$10 NM

Instructor: June Dow

Location: Room A/B

Fitness - Intermediate/Advanced Levels

Sports

Intermediate/ Advanced Levels are right for you if:

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

CARDIO TO THE CORE

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

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

CARDIO STRENGTH

Start your week out right with this mixed cardio and strength workout. Participants will use many different pieces of fitness equipment and are encouraged to exercise at their own level. Wear comfortable workout clothes and indoor runners. Bring a water bottle. **Intermediate to advanced fitness level.**

When: Mondays, Sept. 8 - Dec.15
Time: 8:00 – 8:50 am
Drop in: \$8 LSCO M; \$10 NM
Instructor: Gabrielle Dumont
Location: Gym 2

FITNESS/POWER WALKING

Participants will walk at a self-selected pace to improve cardiovascular fitness. The instructor will incorporate both high and low intensity options to increase overall body strength. You will be using all types of exercise equipment in this challenging class. Wear comfortable clothing, indoor footwear and bring a water bottle. **Intermediate to advanced fitness levels.**

When: Wednesdays, Sept. 3 - Dec. 17
Time: 9:00 - 9:55 am
Drop in: \$8 LSCO M; \$10 NM
Instructor: Jamie Hillier
Location: Gym 1

LOW IMPACT BARRE

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

When: Mondays, Oct. 6 - Dec. 8
Time: 11:15am - 12:00 pm
Drop in: \$8 LSCO M; \$10 NM
Instructor: Sheila Mulgrew
Location: All Purpose Room



PILATES

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

When: Mondays, Sept. 8 - Dec. 15
Time: 11:15 am - 12:30 pm
Drop in: \$9 LSCO M; \$10 NM
Instructor: June Dow
Location: All Purpose Room

SENIORS WHO LIFT

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

When: Mondays, Sept. 8 - Oct. 27
Time: 10:15 - 11:10 am
Drop in: \$8 LSCO M; \$10 NM
Instructor: Annabelle Darlow
Location: Gym 2

Session: 2

When: Mondays, Nov.3 - Dec.22
Time: 10:15 - 11:10 am
Fee: \$49 LSCO M; \$63 NM
Drop in: \$8 LSCO M; \$10 NM
Instructor: Annabelle Darlow
Location: Gym 2

TABATA

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

Mondays

When: Mondays, Sept. 8 - Dec.15
Time: 9:00 – 9:55 am
Drop in: \$8 LSCO M; \$10 NM
Instructor: Jamie Hillier
Location: Gym 1

Fridays

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

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.

BADMINTON

Everyone of all skill levels are welcome to play badminton. Thursdays are a great day to come if you would like to work on your skills. Arrive no earlier than 10 minutes prior to start time. For Badminton Etiquette/Protocols see the Bulletin Board outside Gym 2 and on our website.

When: Mondays, Wednesdays & Fridays
Time: 11:15 am – 12:45 pm
When: Thursdays
Time: 10:15 – 12:15 pm
Fee: \$68 & LSCO membership

TABLE TENNIS

A great active game for hand-eye coordination and individuals of all skill levels. Let us know if you need instruction and arrangements will be made. Bring your own paddle. Held in Room C/D.

When: Mondays, Wednesdays
Time: 2:30 – 4:00 pm
When: Fridays
Time: 10:30 am – 12:00 pm
Fee: \$44/year & LSCO Membership

PICKLEBALL

Applications for the Winter Pickleball season will Open in December 1-15,2025
Contact Andrea Clarke if you have any questions.



Tai Chi & QiGong

SPRING FOREST QIGONG

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

When: Tuesday, Nov.4 - Dec. 16
Time: 10:00 am - 11:15 am
Fee: 48 LSCO M; \$ 54 NM
Drop in: \$8 LSCO M; \$10 NM
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, Sept.10 - Dec.10
Time: 10:15 – 11:15 am
Fee: \$30 LSCO Members; \$50 NM
Location: Gym 2

LSCO Groups

AMATEUR RADIO

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

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

BILLIARDS

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

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

COMPUTERS

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

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

CRIB

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

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

NOTE: LSCO Members are welcome to play cards and other board games throughout the day provided tables are available. Gather some friends and see you soon!

DIGITAL PHOTOGRAPHY

This group is for those who love to take photos and have a desire to improve their picture taking skills. You do not have to be an expert as the group members vary in levels and interests. Some like to photograph landscapes; others photograph food, birds and many other objects. Some participants in this group have more experience take photos and others are not as advanced. If you would like more information, leave your name and phone number with Andrea and we will contact you.

GENEALOGY

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.

When: Wednesdays
Time: 10:00 am – 3:00 pm
Fee: \$21/year & LSCO Membership
Location: Board Room

KARAOKE

If you love to sing and enjoy socializing join the LSCO Karaoke singers Tuesday afternoons. It would be appreciated if you brought your own microphone. Non-members of LSCO are welcome to come for \$2 drop in per week.

When: Tuesdays
Time: 1:00 – 3:30 pm
Fee: \$30/year & LSCO Membership;
Drop In Fee: \$2
Location: Board Room

KNITTING, CROCHET & MORE

Whether you knit, crochet, or do other needlework consider joining us weekly. We work on projects socialize, laugh, share ideas and enjoy a coffee. If you have supplies bring them, if not we do have some to loan. Those learning are very welcome.

When: Thursdays
Time: 1:00 – 4:00 pm
Fee: \$11/year & LSCO Membership
Location: Atrium

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. 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.

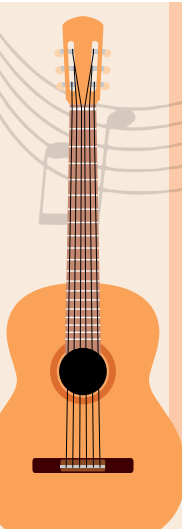
When: Tuesdays
Time: 12:00 – 3:00 pm
Fee: LSCO membership
Location: Stage

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





FRIDAY MUSIC SCHEDULE

NOV 14

Faye Stevens

Faye Stevens is a singer, guitar player, and recording artist who performs all around southern AB. Accompanied by Henry, this duo even takes requests!

NOV 21

Fred Annabelle Bryce

Mix of polka, rock, and classics, played on accordion.

NOV 28

LSCO Karaoke Club

Join our LSCO Karaoke Club as they entertain us all!

*schedule is subject to change

11AM to 1PM (Flexible) | Fridays | LSCO Stage Area



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Yoga

YOGA NIDRA

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

When: Fridays, Nov. 7 - Dec.19
Time: 11:30 am - 12:30 pm
Fee: \$49 LSCO M; \$63 NM
Drop in: \$8 LSCO M; \$10 NM
Instructor: Corrine Myers
Location: Room A/B

YOGA FOR SENIORS

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

Session - Mondays

When: Mondays, Nov. 3 - Dec. 15
Time: 1:00 - 2:00pm
Fee: \$49 LSCO M; \$63 NM
Drop in: \$8 LSCO M; \$10 NM
Instructor: Corrine Myers
Location: Room A/B

Session - Fridays

When: Fridays, Nov. 7 - Dec.19
Time: 10:15 am - 11:15 am
Fee: \$49 LSCO M; \$63 NM
Drop in: \$8 LSCO M; \$10 NM
Instructor: Corrine Myers
Location: Room A/B

TUESDAY EVENING FLOW YOGA

If you are interested in ending your day releasing tension, and moving through a series of postures to help you enhance flexibility and build strength, you really should register for this class. Intended for all skill levels as modifications are offered. Bring a yoga mat & water bottle. Props are available however, if you have your own feel free to bring them. **This class is not included in the Ultimate Fitness Membership.**

When: Tuesdays, Sept. 9 - Dec. 15
(No class Nov. 11)
Time: 5:00 - 6:00 pm
Drop in: \$10 LSCO M; \$15 NM
Instructor: Donna Tiefenbach
Location: Room A/B

YOVASCIA

Create a greater sense of wellbeing in your life through a variety of gentle yoga, fascial, breathing and vagus nerve exercises. This will allow for a deep sense of relaxation, healing and cell rejuvenation. Dress in layers as the room temperature varies. Some props are available to use. Bring a pillowcase to cover LSCO bolsters. If you have your own props feel free to bring

them along with your yoga mat. ***Not included in Ultimate Fitness Membership.**

Session 1:

When: Mondays, Oct. 27 - Nov. 17
Time: 8:30 - 9:30 am
Fee: \$32 LSCO M; \$ 40 NM
Drop in: \$8 LSCO M; \$10 NM
Instructor: Elaine Jagielski
Location: Room A/B

Session 2:

When: Mondays, Nov. 24 - Dec. 15
Time: 8:30 - 9:30 am
Fee: \$32 LSCO M; \$ 40 NM:
Register by: Wednesday, November 12
Instructor: Elaine Jagielski
Location: Room A/B

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’s as we stabilize joints, regain mobility and build a renewed body awareness. Start your day with this fun, relaxing class full of warm welcoming smiles.

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

When: Thursdays, Oct.9 - Dec.18
Time: 8:00 - 8:55 am
Drop in: \$8 LSCO M; \$10 NM
Instructor: Melanie Hillaby
Location: All Purpose Room

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: Saturdays, Oct.25 - Dec.13
Time: 10:00 - 11:15 am
Drop in: \$8 LSCO M; \$10 NM
Instructor: Rumi Graham
Location: Room A/B

YIN YOGA

Yin yoga is a meditative style of yoga that uses long, supported holds (using props) to release tension, improve flexibility and promote relaxation. The poses may be held for 3 to 5 minutes or longer to target deep connective tissues like fascia, ligaments and joints. Wear warm clothes, bring your yoga mat and a blanket. Some yoga experience is recommended.

When: Thursdays, Oct. 23 - Nov. 20
Time: 1:30 - 2:30 pm
Drop in: \$10 LSCO M; \$15 NM
Instructor: Shawn Hamilton
Location: Room A/B




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Woodshop Update

What renovation have you ever done that was completed on time??

Please note that the Woodshop remains closed for personal projects and is currently being upgraded by the LSCO Woodshop Volunteers (thank you!) The woodshop will be fully operational by January 2026. Thank you for your patience and understanding.

Thank you to these companies who are generously donating their time and services to update our woodshop! Westco is leading the renovation work alongside Derochie Painting Ltd, Big Steel Box, Mikado Electric and support from the Kitchen Centre.

Thank you Westco Construction

Westco Construction was proud to partner with the Lethbridge Senior Citizens Organization to refresh their woodshop—a space that inspires creativity, camaraderie, and craftsmanship among local seniors.

Members of our team rolled up our sleeves and donated some elbow grease, assisting with clearing out the space and safely storing equipment. We also worked alongside our local partners to spruce up the walls with a fresh coat of paint, giving the space a bright, renewed energy.

This project was an exciting opportunity to give back to a community that has given so much to the City of Lethbridge. Supporting LSCO in maintaining spaces that foster connection and purpose for our senior population aligns perfectly with Westco’s values of building relationships and investing in community well-being.

We’re thrilled to see the revitalized woodshop come to life and look forward to celebrating its grand opening—a wonderful gift for an organization that continues to enrich lives every day.





Computer Corner

By Sjoerd Schaafsma

Blasts from the Past - Computer Self Help Sources

I've been writing the computer corner for over 10 years and the stack of LSCO Times has reached the teetering stage. I suggested to my wife about a year ago that I trim the pile, but she said, "No keep them." Yes we are keepers. You may ask, "Why keep the papers don't you have the files on a hard Drive?" That was my reasoning too; I have all those old articles. They're filed by year and month in Computer Corner file folders, and there's a separate index file listing the topics. But yes, I am finally recycling the old LSCO Times.

Are you keeping notes? This is a much simpler process than what people often ask us in the computer club, "What do I do with my pictures, where do I start?", usually on a mobile device, but also photos either scanned or the originals." The idea is to start organizing and filing from the start. You need to take the time to go through your photos, organize them and perhaps give them meaningful names

I digress. While going through the old articles I ran across topics that are just as valid now as they were years ago, and worth repeating. One theme I've repeated over the years is: Computer Self Help. The April 2016 issue lists a number of sources for online help.

With a bit of help from ChatGPT and previous workshops, I've revised the old list: Some of the links have only changed from http: to https: which means the sites are more secure than they used to be, some have stayed the same but changed their name, and others have been swallowed up by larger entities.

There was no ChatGPT 9 years ago. Now questions entered into ChatGPT or other AI search engines, like Co-Pilot and Gemini, may give you all the help you need. BUT BEWARE; AI can give you incorrect answers, double check your information.

The more technical links and details, provided by ChatGPT have been omitted. To see the entire list, go to ChatGPT <https://chatgpt.com/> and enter, "A list of free email newsletters for help with windows, mac, ios, android and linux", or your choice of subject.

How to Use The List Below

- Pick 2-3 newsletters at first: e.g., one general (Ask Dave Taylor), one OS-specific (AppleInsider or Ask Leo) and one device-platform you use often (Android Authority if you have an Android phone or Rich Bowlin if you use an iPhone or iPad and like a video format).
- Subscribe and monitor for a month. Unsubscribe those that don't deliver value
- Use the platform focus column to match what you care about
- Keep an inbox folder (e.g., "Tech Newsletters") so they don't clog your main mailbox

#	Newsletter or Website	How Often	Platform/Focus	Website or Link
1	Ask Woody (formerly Windows Secrets)	Weekly	Windows/ Linux	Security, Words of wisdom, advice https://www.askwoody.com/
2	Ask Leo	Weekly	Windows	https://newsletter.askleo.com
3	How to Geek	Daily	All Platforms & Tablets	https://www.howtogeek.com
4	Tidbits	Weekly	Mac, Apple, iPad	https://tidbits.com/
5	Lifewire	Weekly	iPad	https://www.lifewire.com/ipad-4781331
6	Ask Dave Taylor	Weekly	Windows, Mac, Linux, Android, iOS	Broad user-tech help: how-to's https://www.askdave.taylor.com
7	AppleInsider Newsletter	Weekly	Mac / iOS / Apple	News, how-to's and insights for Apple users. https://appleinsider.com/news-letter
8	Android Authority	Weekly	Android / mobile platform	Android news, reviews, device tips. https://www.androidauthority.com
9	Rich Bowlin - Tech Tips for Seniors	Video	iPad and iPhone	https://www.youtube.com/@RichBowlin Easy to Follow videos

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Monthly Computer Jargon: “What is an OTP and auto delete?”

An OTP is a One Time Password sent by apps and websites when you try to log on. There is a setting that will delete these texts after 24 hours automatically as they just clutter up the feed. To see if your device will auto delete, try asking your AI of choice.

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.

Help sessions are available by request if there is a member available to help.

November

Sharing & Help Sessions

Nov. 3, 7, 10, 12, 14, 17, 21, 24, 26, 28

Voice to Text - Why type when you can talk to your computer or phone?

Wednesday, November 5 | 1-3pm

Gadgets – you don’t know what you’re missing until you see that someone has just the right thing

The Yearly Sharing Session
Wednesday, November 19 | 1-3pm

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

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

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



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Member Spotlight



Libby Jonas

Libby Jonas (nee: Ulmova) was born in Prerov, Moravia, Czechoslovakia in 1943 during WWII. Her father and grandfather owned and ran a small furniture factory, hiring family and non-family. The factory was started by her paternal grandfather. Libby has fond memories of her grandparents; especially weekly home-made meals of goose or duck, sauerkraut, and dumplings.

When the war ended in 1945, the country was devastated, but citizens were promised many things (e.g. food, things, a better life). By 1948, Communists were ruling the country and took over the family business. Libby was young, but even as a child she remembers being afraid of Communist sympathizing families. Her family had been labelled Capitalists and therefore, she was a ‘Capitalist’s daughter’. Libby does not recall her father ever speaking against the Communist regime, alas there was fear and acceptance required to survive.

Grade 1 (at age 6) to Grade 8 was considered compulsory education. Libby was a good student enjoying learning and achieving. However, she was discouraged from higher education by the authorities because of her family background. A neighbour advised her to participate in Czechoslovak-Soviet Friendship Organization meetings so she could build up her ‘Communist credibility’, and thereby obtain permission to attend Grades 9-11. Libby went on to achieve her Masters in Education at the University at Olomouc. She went on to teach English & Russian at an Institute for Nurses in the city of Hranice na Morave for three years.

Libby married Svat Jonas in September 1968, a month after the Communist invasion of Czechoslovakia. After the invasion, an exodus of Czechs and Slovaks to many western countries began. Libby went on to teach at the School of Economy in Prague. In 1969, Libby and Svat took a belated “honeymoon” trip to the Netherlands where they visited Dutch friends. They encouraged Svat and Libby to move to the Netherlands and Svat was even offered a job in his field there, but he declined it and they returned to Czechoslovakia.

As a teacher, Libby was expected to join the Communist Party. She felt the pressure from her Principal at the School of Economy, but she resisted as long as she could; this was

about September 1969. Libby and Svat began to realize that they had to leave Czechoslovakia. With great sadness, their parents understood and encouraged the young couple to start afresh. They left Czechoslovakia in December 1969 under the guise of a winter holiday to Yugoslavia (without any documentation e.g. marriage certificate, degrees) to become political refugees. A police station receptionist in Prague, who had to give them paperwork to leave the country for a holiday, advised them to go through Austria to Yugoslavia, instead of the longer route from Hungary to Yugoslavia; this was a lucky moment for Libby & Svat because they had chosen the longer route to avoid scrutiny.

In Austria, Libby & Svat began the paperwork to go to Canada. Canada had a point system in which they both scored high because of their ages, education, professions, knowledge of English, and Libby’s maternal aunt who had already arrived in Canada in 1968. As a refugee at Christmastime, Libby fondly remembers a Christmas parcel from Norway which included sardines, canned ham, honey, cookies, instant milk, crackers, hot chocolate, and two small candles with matches; she learned “even a stranger can warm your heart.” They were in Austria for three months and did not feel safe.

Libby & Svat arrived in Canada in the Spring of 1970. They came to Edmonton, but the Canada Manpower office did not have much for them at the time. Their Czech documents were eventually smuggled to Canada and arrived while they were still in Edmonton. Libby & Svat relocated to Brooks and resided/worked there for about 1.5 years; Libby took on jobs at a bank, a potato factory, and a retail store where the employer referred to her as “the European lady who speaks several languages.” Then Libby worked as a secretary’s assistant at a Senior High School; this secretary Peggy and her husband became longstanding friends to Libby & Svat.

In 1972, Libby & Svat moved back to Edmonton, where they both attended the University of Alberta to work on receiving Canadian academic designations in their professions; Libby got her Masters in Slavic Linguistics and finished her thesis in 1976. Svat received his Masters of Agricultural Engineering in 1974; he obtained a job with Alberta Agriculture, so they moved to Lethbridge.

In Lethbridge, Libby began part-time work at Woodward’s department store. She also volunteered with immigrants and refugees. In 1980, she began working for the forerunner of the Lethbridge Immigrant Settlement

Association. Libby found this work very rewarding because of her knowledge of languages. She taught Orientation, Life Skills, and Citizenship classes. She was very immersed in the work in which she found great satisfaction for 19 years.

Libby & Svat had one child Atley, born in 1974, in Lethbridge. Atley’s name was specifically chosen to prevent any ethnic bias or prejudice. Atley was raised in a bilingual household: English and Czech. Libby has one grandchild who currently resides in Victoria with her parents.

Libby & Svat were very involved in the Czechoslovak-Canadian Cultural Society of Southern Alberta with the goal of teaching and maintaining Czech heritage. Libby’s parents were able to visit Canada several times after Libby & Svat moved here.

Libby lost Svat to Multiple Sclerosis in 2024 at the age of 81. He received this diagnosis after he retired and Libby became his caregiver and ‘loving rock’.

Libby states that she enjoys all kinds of foods and is an adventurous eater; she enjoys cooking, has a LOT of cookbooks and cut-out recipes, too. She says that she has become a better cook since coming to Canada.

Libby has been an LSCO member for 14 years so far. Initially, she and Svat joined to participate in the photography and computer clubs. Currently, Libby takes Tabata (high energy fitness class), Core & Stretch, Gentle Exercise, Yoga for Seniors, and even more computer club activities. She also volunteers at special LSCO events.

Libby says: “there is no life without hope; hope is like a motor that keeps our lives running.” She has a constant faith in her God as she conceives him to be. Libby says that she has come to really know and appreciate the value of “friends” in her life. Libby is passionate about her autobiography, her tabby cat MORI, cooking, crossword puzzles, playing games on her ipad, and classical music (Verdi).

Libby started writing her autobiography once she arrived in Canada; her purpose was to educate and help others by telling her story. She has an impressive, detailed manuscript and is making arrangements for editing. Her goal is to be published. So far, it is titled ‘Our Journey to Freedom.’

This writer was allowed to read and use some of her words in this narrative; with much appreciation and many thanks to Libby! What a delightful, insightful, educational conversation this has been for this writer!



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Snow Problem: Staying Safe and Steady This Season!

As the golden leaves fall and the crispy air settles in, Lethbridge prepares for its lingering snowy season. Whether you're a fan of the snow or not, winter can be a challenging season for many. Snow and ice can be a significant hurdle, as the risk for slips and falls increase. As third year nursing students, we recognize that promoting your safety this upcoming winter season is important.

Sidewalks that are slippery and driveways that are icy make it difficult to leave the house and get around safely. For the older adult, even a small fall can lead to severe injuries, affecting mobility and negatively impacting their quality of life. In fact, 87% of all fractures in older adults are due to falls (Comfort Keepers Canada, 2025).

Tread Carefully

For those who enjoy going for a stroll in the chilly weather, having the correct kind of footwear can reduce your chance of falling this winter. Finding a good-fitting pair of boots with a sturdy, nonslip sole will help you be safe and sound. Slow and steady may not always win the race, but it will keep you upright on the sidewalk!

For those who use mobility aids, remember, they need winter gear too. Adding rubber tips or ice grips onto your cane or walker can help with better traction and make you feel steadier on your feet. Putting a nonslip mat near your front door can also help keep you safe, as your wet boots make it easy to slip in your entryway.

Beat the Bite!

As the temperature starts to drop and the frigid winds pick up, the risk of frostbite and hypothermia increase. Frostbite can develop in as quickly as 30 minutes in moderate windchills (Health Canada, 2021).

Fight against frostbite this season by breaking out your trusty pair of gloves, your warm woolly scarves, and your coziest toques. Your fingers, cheeks, nose, and ears will thank you later!

Before leaving the house, a quick glance at the forecast is another good way to prevent falls and allows you to dress accordingly.

By creating awareness around the dangers that are associated with the colder months, we hope to prevent you from having your own winter "oops" moment.

Don't forget, staying connected this winter is just as important. LSCO will still offer weekly programming throughout the snowy season which will help bring you warmth and laughter during the cold weather conditions. We encourage you to grab your winter boots, gloves, scarves, toques, and get here safely!

- Submitted by the UofL Nursing Students

A big thank you to the LSCO
Quilters Club for their \$500
donation to Meals on Wheels!

COMMUNITY
TOWN HALL

An update from Ottawa and Open Q&A

November 12th | 7:00 PM

RSVP BY NOV. 7
403-320-0070

RACHAEL THOMAS
MEMBER OF PARLIAMENT

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