



# LSCO Times

A Publication of the Lethbridge Senior Citizens Organization

500 - 11th St. S., Lethbridge, AB T1J 4G7

BELONG CONNECT THRIVE

403-320-2222 | [www.lethseniors.com](http://www.lethseniors.com)

LSCO NEWS  
PAGES 1-3

LIFE AT THE LSCO  
PAGES 4-7

VIBRANT PROGRAMS  
PAGES 10-13

TRUSTED SUPPORT  
PAGES 14-16

## LSCO Annual Christmas Dinner A Success!

The Lethbridge Senior Citizens Organization (LSCO) once again opened its doors on Christmas Day to host its annual free Christmas Dinner, marking 56 years of bringing the community together around a warm meal and welcoming space. This long-standing tradition continues to provide connection, comfort, and care to those who may otherwise spend the holiday alone.

Just over 1000 meals were served or delivered on Christmas Day which was only made possible through the dedication of staff, volunteers, and generous community partners who worked behind the scenes to ensure every guest felt welcomed and valued.



Volunteers consistently shared how meaningful the experience was for them as well. "I have volunteered for years for this. A lot of fun with great people, and well organized. This event makes a lot of lonely people happy. I saw a lot of smiles as I helped serve food in the 'assembly line'" – Joanna

We are incredibly grateful for the generosity of our community, which helped raise just under \$20,000 and reach our fundraising goal in support of this year's Christmas Dinner!



Thank you to transportation sponsor 94 Cabs who gave free rides to and from the LSCO on Christmas Day!



Any additional funds raised will be used to support other food security and community connection initiatives at LSCO. This includes similar meal programs such as Meals on Wheels, supports for isolated seniors, and efforts to ensure older adults continue to have access to nutritious food and welcoming spaces throughout the year.

LSCO would like to extend heartfelt thanks to everyone who donated, volunteered, sponsored, cooked, delivered meals, or simply helped spread the word. Your support ensures this cherished Christmas tradition – and the sense of belonging it creates – continues for years to come.

 **Life Assure**  
Medical Alert Systems

Call Now Toll Free!  
**1-800-205-7878**

## ALBERTA'S BEST MEDICAL ALERT

- MONITORING ALL ACROSS CANADA
- WATER RESISTANT AND SHOWER SAFE
- FALL DETECTION CAPABILITIES
- NO FEES AND NO CONTRACTS



Google **HIGHLY RATED BY THOUSANDS OF CANADIANS**



Visit Our Website  
[www.lifeassure.com](http://www.lifeassure.com)



**NEW YEAR, NEW BRAND**  
**A Fresh Look for Our Vibrant Community!**

We're growing, and our look is growing with us! This month, we are thrilled to unveil a new brand identity for LSCO—a modern evolution that honors our 50-year legacy while embracing the energy of today's active older adults.



**LSCO**  
Lethbridge Senior Citizens Organization

This isn't just a new logo; it's our commitment to being your premier destination for belonging, learning, and independence in Southern Alberta.

Flip through these pages or take a deep dive into the meaning behind the new brand on page 6 and join us as we start this exciting new chapter together!

Read about our community impact, important updates and trusted partnerships.

# LSCO News



STAY CONNECTED  
[www.lethseniors.com](http://www.lethseniors.com)  
[@lethlSCO](https://www.facebook.com/lethlSCO)  
on Facebook & Instagram

## LEGACY & TRUST

The LSCO Times is printed by the Lethbridge Herald on the **last Friday of each month**.

**Advertising and Editorial inquiries** can be directed to Hannah Dupuis at [hdupuis@lethseniors.com](mailto:hdupuis@lethseniors.com)

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.

### 2025 – 2026 LSCO BOARD

#### Executive

President: John Usher

Past President: Keith Sumner

Secretary: Veronica Panich;

Treasurer: Neil Jorgensen



#### Directors:

Reg Dawson, Merri-Ann Ford, Linda Learn, Andy Beaudin, Austyn Anderson

## Fundraising Corner



Board Member Andy Beaudin and CEO of Select People Solutions Ryan Miller take a joyful photo with Santa at the kick off of the 23 Days of Christmas Campaign. This campaign, organized by the Select People Solutions Team, has raised over \$370,000 for Meals on Wheels over the last 17 years!

**Thank you to the Lethbridge Centennial Quilters Guild** who donated over 100 handmade placemats as a Christmas gift for Meals on Wheels Clients!



Thank you Juanita Lingard for her donation of Silent Auction Items for the Twilight Soiree



Our Board and staff would like to sincerely **thank the Tymko Family Fund** for their generous \$7,000 donation in support of LSCO's Meals on Wheels program.

We are also grateful to the Community Foundation of Lethbridge and Southwestern Alberta for stewarding funds that allow families to make a lasting impact in our community.

## Thank You Christmas Dinner Donors & Sponsors!

### 94 Cabs

Albert Graham & Linda Learn  
Alice Mehlhaff  
Allan Wilson  
ASW Accounting  
Asyma Solutions  
Atheist, Agnostic, Anglican, Baptist, Catholic Coalition  
Barry & Terry Bannerman  
BIPOC Foundation  
Blair & Karen Nyrose  
Brendan Coffey  
Bruno Brandt  
Charles Nickol  
Cherie Birch  
Cox Financial Group  
D & D Machine Works  
Dana Lynn-Humphrey  
Debi Sandul & Ruth Yeryk  
David Findlay

### Debra & Bill Glaister

Diane Rabchak  
Dianne Fulton  
Don Hadnagy  
Donald McMartin  
Donna and Doug James  
Elaine VandenBerg  
Ellen Carter  
Enercon Water Treatment  
Fran Schipper  
Garry Hatch  
Gerald Alkerton  
Gerry & Friends Coffee Group  
Gertie Cassidy  
Glenn & Liz Cook  
**Gordon Food Services**  
Grant Vanston  
**HearCANADA**  
Heather Newsham

### Henning Muendel

Hurrys & Rogmess Families  
Ila WingField  
Isobel Ursel  
James & Kathy Hegedes  
Jeanette Hryciuk  
Joanna Fraser  
Joanne Nay  
Joe Montgomery  
Johanna Barthel  
John Usher  
John Liska  
Jon Joyce  
Jonathan White  
Judy & John Lawson  
K String Media  
Karl Roesler  
Keith Sumner  
Lashia Jericho

### Laurie Schulz

Leona Jacobs  
Leslee Deacon-Rogers  
Leslie Lavers  
Loralee Burton  
Lorraine Paskuski  
Lorraine Bashforth  
Marianne Stevens  
Marlene Neher  
Marlene Roelofs  
Marlene Van Eden  
Martha Nance  
Mortgages with Marlee  
Nick Czibere  
Nordbridge Pharmacy  
Pat Filmer  
Patricia Filteau  
Penny Hanic  
**Pixelboom Media**

### Rick & Joanne Overn

Rob & Erin  
Robert Blake  
Robin Ricketts  
Roy Ermiter  
Russ & Gail Campbell  
Ryan, Winnie, Nolan & Elliot  
Sjoerd Schaafsma  
Tamara L'Hoost  
The Palmers  
Thelma Hoare  
Tomi Takeyasu  
Vanquished Construction  
Verner Scheu  
Verner Scheu  
Veronica Panich  
Wesbridge Construction  
Wicky & Adrian Uitbeyense  
Wayne Liddell  
Wei Ye

## LSCO COMMUNITY PARTNERS, SPONSORS, & MAJOR DONORS



## LSCO STAFF

## LSCO OPERATIONS

## Executive Director (ext. 304)

Kaitlynn Weaver ..... [kweaver@lethseniors.com](mailto:kweaver@lethseniors.com)

## Operations Manager (ext. 102)

Jodie McDonnell... [jmcdonnell@lethseniors.com](mailto:jmcdonnell@lethseniors.com)

## Accounting Technician (ext. 103)

Chris Toker ..... [finance@lethseniors.com](mailto:finance@lethseniors.com)

## Receptionist &amp; Admin Support (ext. 101)

Kari Martin..... [kmartin@lethseniors.com](mailto:kmartin@lethseniors.com)

## LIFE AT LSCO

## Events &amp; Marketing (ext. 302)

Hannah Dupuis ..... [hdupuis@lethseniors.com](mailto:hdupuis@lethseniors.com)

## Volunteer Coordinator (ext. 208)

Madison Gauthier... [volunteer@lethseniors.com](mailto:volunteer@lethseniors.com)

## Food Services Coordinator (ext. 401)

Lachlan Dyer ..... [ldyer@lethseniors.com](mailto:ldyer@lethseniors.com)

## Assistant Food Services Coordinator

Travis Eakett

## Food Service Cashier: Kaelynne

## TRUSTED SUPPORT

## Support Services Manager (ext. 205)

Amy Cook ..... [acook@lethseniors.com](mailto:acook@lethseniors.com)

## Senior System Navigator Team Lead (ext. 206)

Katie Harrold..... [kharrold@lethseniors.com](mailto:kharrold@lethseniors.com)

## SSN Intake (403-329-1544)

Patty Erickson..... [intake@lethseniors.com](mailto:intake@lethseniors.com)

## Rx Seniors System Navigator (403-715-0485)

Dannie Lien ..... [dlien@lethseniors.com](mailto:dlien@lethseniors.com)

## Rural SSN (368-338-7147)

Bonnie Jensen ..... [bjensen@lethseniors.com](mailto:bjensen@lethseniors.com)

## Rx Link Worker (ext. 204)

Kendra Sala..... [ksala@lethseniors.com](mailto:ksala@lethseniors.com)

## Rural Link Worker (368-338-7581)

Kyra Corrigan ..... [kcorrigan@lethseniors.com](mailto:kcorrigan@lethseniors.com)

## Rural Link Worker (368-338-7462)

Mya Brussee ..... [mbrussee@lethseniors.com](mailto:mbrussee@lethseniors.com)

## Meals on Wheels Client Coordinator (ext. 201)

Diane Legault..... [dlegault@lethseniors.com](mailto:dlegault@lethseniors.com)

## LEARN Case Manager (ext. 301)

Julie Coleman ..... [jcoleman@lethseniors.com](mailto:jcoleman@lethseniors.com)

## LEARN Case Manager (ext. 305)

Marissa Hardy ..... [mhardy@lethseniors.com](mailto:mhardy@lethseniors.com)

## VIBRANT PROGRAMS

## Program Manager (ext. 303)

Stephanie Girodat... [programs@lethseniors.com](mailto:programs@lethseniors.com)

## Program Coordinator (ext. 104)

Andrea Clarke..... [fitness@lethseniors.com](mailto:fitness@lethseniors.com)

## IMPORTANT NUMBERS

LSCO General Phone..... 403-320-2222

LSCO Fax ..... 403-320-2762

SSN Intake ..... 403-329-1544

Meals on Wheels..... 403-327-7990

LEARN ..... 403-394-0306

## EXECUTIVE DIRECTOR'S MESSAGE

## A Year in Review

As we close the chapter on 2025, we're excited to welcome a new year brimming with possibilities and fresh momentum. This year, we're unveiling a refreshed look that truly reflects the spirit of the LSCO: bright, welcoming, sunny, and approachable. Huge thanks to our friends at Grizzly Media for helping us bring this vision to life. You'll begin seeing our new logo and brand slowly roll out across the building, online, and right here in the refreshed LSCO Times.

December was a whirlwind! On a personal note, I got married on December 4th, which was a truly magical day (see photo right). Meanwhile, our dedicated staff and volunteers were busy making the season merry by coordinating the Golden Giving Tree, working towards our free Christmas dinner, running the 23 Days of Christmas Meals on Wheels fundraiser with Select People Solutions, all while keeping up with their daily responsibilities. It was a wonderful display of community spirit, compassion, and teamwork. I truly could not have asked for a better team!

Looking ahead, our full 2025 annual report will come in March, but I want to share a few highlights I'm especially proud of. My three priorities this year were strengthening LSCO's reputation, refining our systems for staff, volunteers, and members, and boosting our financial sustainability. While these goals are ongoing, we've made thoughtful, steady progress, building the foundation of an organization we can proudly carry forward for the next 50 years and beyond.

## HERE ARE SOME KEY ACHIEVEMENTS FROM 2025:

- Launched the LSCO Endowment Fund with the Community Foundation of Lethbridge and Southwestern Alberta - thank you to all our generous donors!
- Applied for 17 grants, securing 9 awards with 4 still pending.
- Revealed our new brand identity. (See more on page 6)
- Rolled out a user-friendly online booking system for LSCO programs (thanks for your patience as we continue learning and improving it).
- Celebrated our 50th Anniversary with a lively event attended by over 800 people.
- Launching of the Westco Woodshop



These efforts have yielded both significant and modest improvements across the organization and in our community impact compared to last year:

- ↗ 35% increase in donations (Thank you!!)
- ↗ 2% growth in program revenue
- ↗ 7% rise in cafeteria sales
- ↗ 1.5% increase in LSCO memberships
- ↗ 59% surge in social media followers (adding 271 new friends!)
- ↗ 219% jump in social media engagement (likes, comments, shares)
- ↗ 140% boost in website traffic (27,000 users in 2025 versus 12,000 in 2024).

We were also honored to receive the Non-Profit of the Year Award from the Lethbridge Chamber of Commerce, recognizing the meaningful impact we have on this community.

While the statistics are turning towards an upward trend, I think the best sign of progress is hearing from all of you. This includes your positive feedback, constructive suggestions, and ideas for the future.

*I appreciate your passion for this organization and your commitment to making this a welcoming and inclusive community for all older adults.*

It is a true privilege to serve as your Executive Director. Thank you for your trust, support, and ongoing collaboration as we continue this exciting journey together.

- Kaitlynn Weaver

## LSCO COMMUNITY PARTNERS, SPONSORS, &amp; MAJOR DONORS



Meadowlands  
An OPTIMA LIVING Community

LOW & COMPANY  
LAWYERS

United Way  
Lethbridge &  
South Western Alberta

SELECT  
PEOPLE SOLUTIONS

Your place to find friendship, purpose, and genuine connection with neighbors and fellow older adults.

# Life at LSCO

BELONGING & COMMUNITY



## member spotlight.



### Welcome New Members

Brenda Wevers

Deborah Quesnelle

Wayne Tedder

Calvin Stewart

Penny Hanic

Brian Keith

Philip Roque

Caroline Davidson

Belinda Crowson

+4 Anonymous

## Member Spotlight: Linda Learn

Current Board Member Linda Learn was born in SW Ontario on a large dairy farm. The farm supported four families, including Linda's. The farm managed upwards of 120 machine-milked cows, but it was sold about 25 years ago and is now more of a market garden. Linda remembers doing all the usual farm chores, like milking the cows, feeding their chickens and goats, and cleaning the barn. Although there were plenty of chores, she also recalls a large dumptruck of sand being delivered to the farm every year for the children's sandbox. The girls in the family were taught to cook and sew as her mother was a homemaker, but she also took an active part in the farm and was its bookkeeper.

Linda and her parents were Canadian born, but a great grandfather was U.K. born and a great grandmother was U.S. born. Linda was the eldest of six children in her family; three of her siblings were adopted. Linda was raised attending the local Baptist Church.

All of the dairy farm's young children attended a two-room public schoolhouse about 1 1/2 miles away; they walked to school. The pupils were divided by Grades 1-4 in one room and 5-8 in the other. High school was one hour on a bus to the large school in Ingersoll. Linda loved school and describes herself as an average student; she especially enjoyed arts & science, Home Ec, and music. She played the violin in the school orchestra and was an avid reader; she thinks that she may have read "every book in the library". Her parents were readers and she fondly remembers the family regularly going to the Ingersoll Library.

After high school, Linda enrolled at McMaster University in Hamilton, Ontario. She worked summer jobs so that she could attend university. One of her university practicum placements was at an adult minimum security correctional institution. Interestingly, once she got accidentally locked in a room with inmates; a bit unnerving at the time, but no harm came to her. At another practicum, Linda worked with women at a community centre. She completed a 4 year combined degree in Psychology & Social Work in 1975. She later went on to obtain her Masters of Social Work at the University of Toronto in 1990.

Linda met her future husband, Albert, on an invitation of a friend to play cards; she says her and Albert have not played cards since. Linda and Albert married in 1981 in Ingersoll; they have three sons. Their eldest son was in the Canadian military, but he was killed in Afghanistan due to 'friendly fire' 19 years ago. Another son lives in Guelph, Ontario and their youngest son is in Lethbridge. Altogether, Linda and Albert have four grandchildren.

In her career, Linda worked at a residential Big Sisters' Group Home. She worked there for about 8 years and says it was a good learning experience. Linda then went on to work at a Sexual Assault Centre for about 5 years. After

## Join Our Community

SENIOR (55+)  
MEMBERSHIPS  
\$60 / Year

ADULT (35+)  
MEMBERSHIPS  
\$90 / Year

Everyone has a place at LSCO.  
We offer 25% off memberships and programs  
for low income individuals.

she obtained her Masters degree, she provided counselling services at Catholic Family Services for about 10 years (e.g. she worked with female sexual abuse survivors; worked with abusive men to help them take responsibility for their actions). Linda also worked at the Juravinski Cancer Centre, for about 15 years, in the outpatient clinic, with a focus on women with breast cancer; they did conferences and she started a Wellness Program for women recovering from breast cancer. Linda formally retired in 2016. Currently, Linda volunteers with the Hamilton Wellwood Cancer Support Centre; usually a monthly Zoom commitment.

Linda & Albert lived in Hamilton, Ontario for all of their married life. They still have family in Ontario and usually manage to visit every other year; they are quite used to the Calgary-Hamilton flights. They have been here about 5 years, but their Hamilton friends were very disappointed that they left. Linda and Albert were retired and ready to downsize, so they came to Lethbridge during the pandemic to help their son's family with child care support. They were used to cold and snow, so Lethbridge was not a huge leap from Hamilton.

Linda's comfort food is plain low-salt rippled chips. She enjoys the music of Broadway musicals. Linda enjoys Grey's Anatomy, the new Matlock, and the Outlander. Linda is still an avid reader and admits to reading almost anything, even "trash", but mostly novels.

Linda enjoys quilting and designing her own projects. She is a sourdough baker. Linda enjoys gardening, especially roses, but most especially red tea roses on a single long stem. She also belongs to the Harambe Grandmothers Group, which is an affiliate of the Stephen Lewis Foundation that supports grandmothers in Africa who are raising children orphaned by AIDS.

Linda's autobiography should be titled: Taking Care of Others. She is very aware of the necessity for self-care for workers and caregivers. Linda continues to be passionate about caring for vulnerable people. She is proud of her career as a social worker and her children. As her Lethbridge grandchildren are growing up now, Linda and Albert are able to joyfully grandparent them on a weekly basis.

Linda's experience with the LSCO began in 2021 at the fitness centre, as she has a back issue. Then she began taking classes (e.g. gentle exercise, pound, low-impact barre, yoga) and became quite accustomed to the Centre. Linda joined the LSCO Board in 2025 and says it is not an onerous job. She has realized the complexity of the organization, but has found the board meetings are organized, with no fuss, no dramatics, and a "nice" group of members. She also got involved with LEARN by way of a relationship group and workshops. Linda appears as a gentle, reserved, thoughtful person; we are very pleased to have her in our midst and believe that she can mindfully help steer this organization.

BY CAROL SEKIYA



### PAULA'S PRISTINE CLEANING SERVICE

Residential & Commercial

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

Move in, move out.

Licensed and Insured!

EXCELLENT SERVICE, REFERENCES AVAILABLE

CALL 403-331-8892

paulaspristine@gmail.com

### MARIA'S FOOTWORKS AND HEALTH SOLUTIONS

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

- Pain
- Depression & Anxiety
- Circulation
- Migraines & Regular Headaches
- Insomnia
- Neuropathy & Nerve Pain
- Stress Release
- and more!

BOOK NOW

403-715-4642

mariasfootworks@gmail.com



BELONGING & COMMUNITY



# JANUARY SPECIALS MENU

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

Daily Soup, Salad & Sandwich Specials

Open to anyone in  
the community

Wednesday December 31

Thursday, January 1

Friday, January 2

			Perogies & Sausage Chef's Choice of Vegetable, Soup & Dessert LSCO Closed	Honey Garlic Pork with Rice Chef's Choice of Vegetable, Soup & Dessert
Monday, January 5	Tuesday, January 6	Wednesday, January 7	Thursday, January 8	Friday, January 9
Chicken Pot Pie with Roast Potatoes Chef's Choice of Vegetable, Soup & Dessert	Tortiere with Mashed Potatoes Chef's Choice of Vegetable, Soup & Dessert	Chicken Cordon Blue with Mashed Potatoes Chef's Choice of Vegetable, Soup & Dessert	Fish & Chips Chef's Choice of Vegetable, Soup & Dessert	Lasagna with Garlic Toast Chef's Choice of Vegetable, Soup & Dessert
Monday, January 12	Tuesday, January 13	Wednesday, January 14	Thursday, January 15	Friday, January 16
Chicken Chow Mein with Rice Chef's Choice of Vegetable, Soup & Dessert	Beef & Bean Burrito with Mexi Potato Chef's Choice of Vegetable, Soup & Dessert	Hunter Schnitzel with Spaetzle Chef's Choice of Vegetable, Soup & Dessert	Chicken Alfredo Penne & Garlic Toast Chef's Choice of Vegetable, Soup & Dessert	Beef Stew with Mashed Potatoes Chef's Choice of Vegetable, Soup & Dessert
Monday, January 19	Tuesday, January 20	Wednesday, January 21	Thursday, January 22	Friday, January 23
Chicken Dumpling with Rice Chef's Choice of Vegetable, Soup & Dessert	Teriyaki Pork with Rice Chef's Choice of Vegetable, Soup & Dessert	Ginger Beef with Rice Chef's Choice of Vegetable, Soup & Dessert	Chicken Tetrazzini with Roast Potatoes Chef's Choice of Vegetable, Soup & Dessert	Robbie Burns Day Special Roast Beef, Haggis, Yorkshire Pudding, Mashed Potatoes
Monday, January 26	Tuesday, January 27	Wednesday, January 28	Thursday, January 29	Friday, January 30
Sweet and Sour Chicken Balls Chef's Choice of Vegetable, Soup & Dessert	Pupusa with Rice Chef's Choice of Vegetable, Soup & Dessert	Beef & Macaroni with Roast Potatoes Chef's Choice of Vegetable, Soup & Dessert	Fiesta Chicken with Rice Chef's Choice of Vegetable, Soup & Dessert	Meatloaf with Roast Potatoes Chef's Choice of Vegetable, Soup & Dessert

View the menu online at [www.lethseniors.com/menu](http://www.lethseniors.com/menu)

\*Menu subject to change without notice



## JANUARY 2026 EXHIBITS, PROGRAMS & EVENTS

### HOLIDAY HOURS

JAN 01: closed  
Tue–Sat: 10–5pm  
Sundays: 1–5pm  
Mondays: closed

### 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](mailto:tyler.stewart@galtmuseum.com).



### PROGRAMS

Tue 06 | 10:30–11:30 AM  
Creative Community \*  
A Role for Everyone:  
The Playgoers of Lethbridge  
registration encouraged

Wed 28 | 9–10 AM  
Toddler Time: Explore & Play \*  
toddlers with caregivers

### MEMBERSHIPS

Become a member of the Galt Museum & Archives and take advantage of the exclusive benefits! Learn more: [www.galtmuseum.com/memberships](http://www.galtmuseum.com/memberships)

### SPECIAL EVENTS

Tue 13 | 5:30–8 PM  
The Playgoers of Lethbridge:  
Sneak Peek–Rehearsal of *Burn* +  
registration encouraged

Thu 22 | 5–6 PM  
Curator Tours: Treasures and Curiosities, with Tyler Stewart and Camina Manychief \*  
registration encouraged

Fri 23 | 1–3 PM  
The Art of Line with Carla Beres \*  
all ages

Sat 31 | 7–9 PM  
Galt Film Series Presents –  
LIFF x Dean Demento:  
Paris is Burning \*

18+ event | admission applies, members free

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

[www.galtmuseum.com/calendar](http://www.galtmuseum.com/calendar)





# New Year, New Brand



**The Sun:** A symbol of vitality and optimism, the sun reflects the bright spirit of our members and the warmth of the sunny Lethbridge community we call home.

**The Horizon Lines:** Inspired by the rolling beauty of the coulees, these curves represent a smile and the strong foundation of belonging found at LSCO.

## Our Roadmap: The Four Pillars

### Vitality & Active Living

Programs to keep you moving, creating, learning and growing.



### Support & Independence

Steady support for life's changing seasons.



### Belonging & Community

A vibrant place to belong at every age and stage.



### Legacy & Trust

Rooted for 50 years, serving the community of Lethbridge & area.



### TO IMPROVE CLARITY & AWARENESS

We are evolving from a traditional senior centre into a vibrant modern hub for older adults where every stage of aging is full of purpose, connection, and opportunities to thrive.

### TO ATTRACT YOUNGER SENIORS (55+)

Position LSCO as the go-to place for recently retired or active older adults seeking fitness, hobbies, and social connection.

Thank you to the team at Grizzly Media for undertaking the LSCO's rebrand!



## Why did we rebrand?

### TO REFRESH COMMUNITY PERCEPTION

We are simplifying our message so the community knows who LSCO is, what we offer, and who we serve.

### TO BUILD TRUST & SUPPORT

A polished, professional brand with clear storytelling and consistent visuals will build confidence that LSCO is a trustworthy, impactful place to invest time, money, and care.

**LIBRARY CORNER**  
**To read or not to read?**  
**Now that is a silly question.**

# Lethbridge HEARING CENTRE

We help people hear life better.

- Locally owned & family operated
  - Full Hearing Evaluations
  - AADL, DVA & WCB Vendor
  - Battery Savings Club
- Most up-to-date digital technology
- All make/model cleaning & repairs
- Free parking & wheelchair accessible

Book an appointment for your **FREE Hearing Screening** on the 2<sup>nd</sup> Thursday every month at the LSCO.



Candice Elliott-Boldt Jake Boldt  
NBC-HIS Registered Hearing Aid Practitioners

#120 2037 Mayor Magrath Dr S  
Lethbridge, AB T1K 2S2  
Like us on 403-320-6000

Call us to hear for yourself what we can do to help.

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

403-320-6000



### JANUARY SCHEDULE

Jan 8	Scott Sakatch Editor, Lethbridge Herald	Radio & the Changing Media Landscape
Tuesday Jan 13	Kayla Podrasky Lethbridge Housing Authority	Tour of Nokoowaayi "My Home" Supportive Housing Complex <b>Special Event @ 2:30 - 461 Stafford Drive North</b>
Jan 15	Rene Plaizier, Inclusion Lethbridge	Bill 12: What can vulnerable Albertans expect?
Jan 22	Sheri Monk, Snakes on a Plain	Fear and loathing in Alberta - how do we overcome it to save the prairie rattlesnake?
Jan 29	Trevor Lewington, Chair, Board of Directors, University of Lethbridge Business Corporation	South Campus: How can we Plan for Tomorrow, Together?

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

# LOW & COMPANY

— LAWYERS —



**Austyn L. Anderson, JD**

**ALA@LOWLAW.CA | 403-380-2499**

**REAL ESTATE**  
**ESTATE LAW**

**FAMILY LAW**  
**BUSINESS LAW**

**BELONGING & COMMUNITY**

## Our Brand Personality



### SUNNY & WELCOMING

Optimistic and approachable; uses warm colors and bold accents to create a professional sense of belonging.

### MODERN & PROFESSIONAL:

Polished and consistent; balances our 50-year legacy with clean typography and a bold, forward-looking feel.

### VERSATILE & COHESIVE:

A unified, flexible system that allows every program to have its own identity while always tying back to the LSCO family.

### HUMAN & LIVELY

Authentic and energetic; features real, diverse members in candid moments to showcase a vibrant community hub full of life.

## Christmas Shenanigans

### LSCO Christmas Social

Thank you to everyone who attended our Second Friday Christmas Social. We had a wonderful presentation from the LSCO Line Dancers and live music from a new band! An extra congratulations to Denise Pare-Watson for winning the Christmas 50/50 and taking home over \$175 big ones!



### Staff Door Decorating Contest

The LSCO Staff social committee spread a lot of cheer in December and one of the ways was through the staff door decorating contest. If you hurry, you may be able to still see some up in all their glory! Thank you to members Linda, Ray, Mike, Carol, Ken, Phyllis, Jim, and Ellen for putting on their judges cap for the day!



While prepping for the Christmas Dinner (read about it on pg 1), the Diner also sold **30 Dozen Goodie trays!**

A big shout out to the Kitchen Staff and Volunteer Denise for baking all those delicious goodies.

## TAX RETURN ASSISTANCE

Free assistance for simple tax situations.



## SEEKING VOLUNTEERS

for tax season  
March & April 2026



### TAX INTAKE

Ensure completion of tax intake forms and confirm eligibility of clients

### TAX PREPARER

Prepare simple tax returns for community members on your own schedule.

No experience necessary.

Contact Madison for more information!



L

ethbridge

Senior

Citizens

Organization

3

Organization

P: 403-320-2222 ext. 208 E: volunteer@lethseniors.com

## Shoebox Scanning: Thank-You & Farewell

Service Ending December 31, 2025

For years I've had the privilege of helping families preserve their memories. As Shoebox Scanning closes, thank you for trusting me with your photos, film, and stories. It's been an honour, and these experiences have shaped how I understand legacy, community, and what matters most.

### Helpful Resources Going Forward

#### Local & Regional Options

- Galt Museum & Archives – historical guidance and preservation insight,
- Cogo Productions – professional video/media transfers,
- London Drugs Photo Centre – prints/enlargements/scanning (scanning done off-site),
- Staples Print & Copy – prints/enlargements/scanning (some scanning done on-site),
- Independent digitizers – search locally for updated options.

#### Mail-In Services

- Legacybox and similar services (USA-based).

#### Do-It-Yourself Tools I Personally Recommend

- Scanning Equipment:
  - Epson Perfection V600 – high-quality photo/slide/negative scanning,
  - ScanSnap iX1500 – fast batch photo/document scanning,
  - Elgato Video Capture (white) – stable VHS/camcorder digitizing,
  - UCEC Capture Adapter – affordable video & audio conversion.
- Video Editing Software (Free & Paid)
  - GOM Player Video Editor PRO – fast, beginner-friendly,
  - DaVinci Resolve (Free/Paid) – full professional suite,
  - Shotcut (Free) – lightweight, open-source editor,
  - Adobe Premiere Elements (Paid) – for quick home edits.

#### Important Tip: Protect Your Digital Files

Cloud storage is the most reliable long-term backup, because your files stay safe even if your devices fail. Add an external drive if you want a second layer of protection.

#### Gift Certificates & Vouchers

##### Shoebox-Issued Gift Certificates

If you purchased a gift certificate directly from Shoebox Scanning, please contact me before December 31, 2025 to use it. Contact listed below (available until January 30, 2026.)

##### Half Price Deals Vouchers

Half Price Deals vouchers must be handled through [deals@myhalfpricedealsnow.com](mailto:deals@myhalfpricedealsnow.com). Shoebox Scanning cannot redeem them after December 31, 2025.

#### My Next Chapter

I'm shifting into work focused on building systems that help people preserve their stories and navigate their lives with more clarity — work inspired by the thousands of memories I've handled over the years. Thank you for allowing me to be part of your family history.

Mitchell Hall

Owner, Shoebox Scanning / [www.shoebox-scanning.com](http://www.shoebox-scanning.com) / (403) 382-1250 / [mitch@shoebox-scanning.com](mailto:mitch@shoebox-scanning.com)

**HAPPY  
New Year**



RACHAEL THOMAS  
MEMBER OF PARLIAMENT



RachaelThomas.ca | Rachael.Thomas@parl.gc.ca | 403-320-0070



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>5</b>  8:15-9:15: Tai Chi Practice 8-8:50am : Cardio Strength 8:30am-3:30pm: Billiards 9-9:55am: Tabata 9-9:55am: Zumba 10-10:45am: Chair Yoga 10am-12pm: Winter Skies in Acrylic 10:15-11am: Gentle Exercise 11:15am-12:30pm: Pilates 11:15-12:45pm: Badminton 11:30am-12:15pm: Functional Fitness 1-2pm: Yoga For Seniors 2:30-4pm: Table Tennis	<b>6</b>  8:15-9:15: Tai Chi Practice 8:30am-3:30pm: Billiards 8:45-9:45am : Beginner Pilates 9-9:55am: Cycle Combo 9-9:55am: Cardio & Balance 10am-12pm: Prescribing Pharmacist 10-11am- Gentle Yoga 11:30am-12:15pm: Escentrics 12-3pm: Quilting 1:30-2:30pm: Strength & Mobility 1-3:30pm: Karaoke 1:30-3:00: Community Connect Coffee Group	<b>7</b>  8:15-9:15: Tai Chi Practice 8:30am-3:30pm: Billiards 9-9:55am : Bike & More 9-9:55am: Power Walking 9:30-11 am: Amateur Radio 10am-3 pm: Lapidary 10am-3 pm: Genealogy 10-10:45am: Chair Yoga 10:15-11am: Gentle Exercise 10:15-11:15: Tai Chi 108 Yang Style 10:15-11:30am: Yin Yoga 11:15-12:45pm: Badminton 11:30am-12:30: Experienced Line Dancing 12:45-1:45pm: Beginner Line Dancing 1-3pm: Watercolor 1:00-2:30pm: What does it take to make Your Computer Work? 1-2pm: LSCO Guided Tour 2:30-4pm: Table Tennis	<b>8</b>  8:30am-3:30pm: Billiards 9-9:55am: Cycle Combo 9-9:50am: Strength & Balance 9am-1pm: Bayshore Home Health 9:30-10:15am: Chair Exercise 10-11am: Gentle Yoga 10am-12pm: Hearing Screenings 10:15-11:30am: Pilates 10:15-11:15am: Strength Circuit 10:15-11:15am: Traditional Qigong 10:15-12:00pm: Badminton 12 - 1pm: SACPA 1-3pm:Crib 1-4pm: Knitting & Crochet 1:30-2:30pm: Strength & Mobility 4-5pm: Moving to Heal 5:15-6:15pm: Classic Nia 7-9pm: AA Sunset	<b>9</b>  8:15-9:15: Tai Chi Practice 8:30am-3:30pm: Billiards 9am-3pm: Paper Tole 9-9:55am: Tabata 9-10am: Yoga Refresh 10:15-11am: Gentle Exercise 10:15-11:15am: Yoga for Seniors 10:30am-12pm: Table Tennis 11:30am-12:30pm: Yoga Nidra 11:15-12:45pm: Badminton 1-4pm: Computer Club
<b>SPECIAL PROGRAMS &amp; GROUPS</b>  <b>SESSIONAL PROGRAMS &amp; FITNESS</b>	<b>EVENTS &amp; VOLUNTEERING</b>  <b>SUPPORT SERVICES</b>			<b>10</b>  8:30-10:30am: AA Eye Opener 9am-12pm: Fitness Centre 10-11:15am: Saturday Flow Yoga
<b>12</b>  8-8:50am: Cardio Strength 8:15-9:15: Tai Chi Practice 8:30am-3:30pm: Billiards 8:30-9:30am: Yovascia 9-9:55am: Tabata 9-9:55am: Zumba 9-9:55am: TRX Plus 10-10:45am: Chair Yoga 10am-12pm: Winter Skies in Acrylic 10:15-11am: Gentle Exercise 11:15am-12:30pm: Pilates 11:15am-12pm: Low Impact Barre 11:15-12:45pm: Badminton 11:30am-12:15pm: Functional Fitness 1-2pm: Yoga For Seniors 1-4pm: Computer Club 1-2pm: VolunteAM Team Meeting 2:30-4pm: Table Tennis	<b>13</b>  8:30am-3:30pm: Billiards 8:45-9:45am: Beginner Pilates 9-9:55am: Cycle Combo 9-9:50am: Cardio & Balance 10-11am: Gentle Yoga 10-11:15am: Spring Forest Qigong 11:15am-12:15pm: Zumba Gold/Toning 11:30am-12:15pm: Escentrics 12pm-3pm: Quilting 1-3pm: Paint & Chat 1:30-2:30pm: Strength & Mobility 1pm-3:30pm: Karaoke 5-6pm: Evening Flow Yoga	<b>14</b>  8:00-8:50am: Cardio to the Core 8:15-9:15: Tai Chi Practice 8:30am-3:30pm: Billiards 9-9:55am: Bike & More 9-9:55am: Power Walking 9-11am: Amateur Radio 10am-3pm: Lapidary 10am-3pm: Genealogy 10-11:30 am: Strengthening the Aging Brain 10-10:45am: Chair Yoga 10:15-11am: Gentle Exercise 10:15-11:30am: Yin Yoga 10:15-11:15: Tai Chi 108 Yang Style 11am-11:45am: Pound 11:30am-12:30pm: Experienced Line Dancing 12:45-1:45pm: Beginner Line Dancing 1-4pm: Computer Club 1-3pm: Watercolor 1:00-4:00: 15 Minute Legal Consultations 2:30-4pm: Table Tennis	<b>15</b>  8:30am-3:30pm: Billiards 9-9:55am: Cycle Combo 9-9:50am: Strength & Balance 9:30-10:15am: Chair Exercise 10-11:00am: Gentle Yoga 10am-12pm Advanced Doubles Badminton Competition 10:15-11:30am: Pilates 10:15-11:15am: Strength Circuit 10:15-11:15am: Traditional Qigong 12 - 1pm: SACPA 1-3pm: Crib 1-4pm: Knitting & Crochet 1:30-2:30pm: Strength & Mobility 2-4pm: Parkinson's Support Group 4pm-5pm: Moving to Heal 5:15-6:15pm: Classic Nia 7-9pm: AA Sunset	<b>16</b>  8:15-9:15: Tai Chi Practice 8:30am-3:30pm: Billiards 9am-3pm: Paper Tole 9-9:55am: Tabata 9-10am: Yoga Refresh 10:15-11am: Gentle Exercise 10:15-11:15am: Yoga for Seniors 10:30am-12pm: Table Tennis 11:30am-12:30pm: Yoga Nidra 11:15-12:45pm: Badminton 1-4pm: Computer Club 1-3pm: Second Friday Social
<b>19</b>  8-8:50am: Cardio Strength 8:15-9:15: Tai Chi Practice 8:30am-3:30pm: Billiards 8:30-9:30am: Yovascia 9-9:55am: Tabata 9-9:55am: Zumba 9-9:55am: TRX Plus 10-10:45am: Chair Yoga 10am-12pm: Winter Skies in Acrylic 10:10-11am: Core & Stretch 10:15-11am: Gentle Exercise 11:15am-12:30pm: Pilates 11:15am-12pm: Low Impact Barre 11:15-12:45pm: Badminton 11:30am-12:15pm: Functional Fitness 1-2pm: Yoga For Seniors 1-4pm: Computer Club 2:30-4pm: Table Tennis	<b>20</b>  8:30am-3:30pm: Billiards 8:45-9:45am: Beginner Pilates 9-9:55am: Cycle Combo 9-9:50am: Cardio & Balance 10-11am: Gentle Yoga 10-11:15am: Spring Forest Qigong 11:15am-12:15pm: Zumba Gold/Toning 11:30am-12:15pm: Escentrics 12pm-3pm: Quilting 12:30-2:00: Single Session Counselling 1:30-2:30pm: Strength & Mobility 1pm-3:30pm: Karaoke 5-6pm: Evening Flow Yoga	<b>21</b>  8:00-8:50am: Cardio to the Core 8:15-9:15: Tai Chi Practice 8:30am-3:30pm: Billiards 9-9:55am: Bike & More 9-9:55am: Power Walking 9-11am: Amateur Radio 9:10-10am: Core & Stretch 10am-3pm: Lapidary 10am-3pm: Genealogy 10-11:30 am: Strengthening the Aging Brain 10-10:45am: Chair Yoga 10:15-11am: Gentle Exercise 10:15-11:30am: Yin Yoga 10:15-11:15: Tai Chi 108 Yang Style 11am-11:45am: Pound 11:30am-12:30pm: Experienced Line Dancing 12:45-1:45pm: Beginner Line Dancing 1-2:30pm: Computer Club: Windows Quirks 1-3pm: Watercolor 2:30-4pm: Table Tennis	<b>22</b>  8:30am-3:30pm: Billiards 9-9:55am: Cycle Combo 9-9:50am: Strength & Balance 9:30-10:15am: Chair Exercise 10-11:00am: Gentle Yoga 10:15-11:30am: Pilates 10:15-11:15am: Strength Circuit 10:15-11:15am: Traditional Qigong 12 - 1pm: SACPA 1:30pm: Westco Woodshop Ribbon Cutting 1-3pm: Crib 1-4pm: Knitting & Crochet 1:30-2:30pm: Strength & Mobility 4-5pm: Moving to Heal 5:15-6:15pm: Classic Nia 7-9pm: AA Sunset	<b>23</b>  8:15-9:15: Tai Chi Practice 8:30am-3:30pm: Billiards 9am-3pm: Paper Tole 9-9:55am: Tabata 9-10am: Yoga Refresh 10:15-11am: Gentle Exercise 10:15-11:15am: Yoga for Seniors 10:30am-12pm: Table Tennis 11am-1pm: Robbie Burns Lunch 11:30am-12:30pm: Yoga Nidra 11:15-12:45pm: Badminton 1-4pm: Computer Club
<b>26</b>  8-8:50am: Cardio Strength 8:15-9:15: Tai Chi Practice 8:30am-3:30pm: Billiards 8:30-9:30am: Yovascia 9-9:55am: Tabata 9-9:55am: Zumba 9-9:55am: TRX Plus 10-10:45am: Chair Yoga 10am-12pm: Heritage Blankets 10am-12pm: Winter Skies in Acrylic 10:10-11am: Core & Stretch 10:15-11am: Gentle Exercise 11:15am-12:30pm: Pilates 11:15am-12pm: Low Impact Barre 11:15-12:45pm: Badminton 11:30am-12:15pm: Functional Fitness 1-2pm: Yoga For Seniors 1-4pm: Computer Club 2:30-4pm: Table Tennis	<b>27</b>  8:30am-3:30pm: Billiards 8:45-9:45am: Beginner Pilates 9-9:55am: Cycle Combo 9-9:50am: Cardio & Balance 10-11am: Gentle Yoga 10-11:15am: Spring Forest Qigong 11:15am-12:15pm: Zumba Gold/Toning 11:30am-12:15pm: Escentrics 12pm-3pm: Quilting 1:30-2:30pm: Strength & Mobility 1pm-3:30pm: Karaoke 5-6pm: Evening Flow Yoga	<b>28</b>  8:00-8:50am: Cardio to the Core 8:15-9:15: Tai Chi Practice 8:30am-3:30pm: Billiards 9-9:55am: Bike & More 9-9:55am: Power Walking 9-11am: Amateur Radio 9:10-10am: Core & Stretch 10am-3pm: Lapidary 10am-3pm: Genealogy 10-11:30 am: Strengthening the Aging Brain 10-10:45am: Chair Yoga 10:15-11am: Gentle Exercise 10:15-11:30am: Yin Yoga 10:15-11:15: Tai Chi 108 Yang Style 11am-11:45am: Pound 11:30am-12:30pm: Experienced Line Dancing 12:45-1:45pm: Beginner Line Dancing 1-4pm: Computer Club 1-3pm: Watercolor 2:30-4pm: Table Tennis	<b>29</b>  8:30am-3:30pm: Billiards 9-9:55am: Cycle Combo 9-9:50am: Strength & Balance 9:30-10:15am: Chair Exercise 10-11:00am: Gentle Yoga 10:15-11:30am: Pilates 10:15-11:15am: Strength Circuit 10:15-11:15am: Traditional Qigong 12 - 1pm: SACPA 1-3pm: Crib 1-4pm: Knitting & Crochet 1:30-2:30pm: Strength & Mobility 4-5pm: Moving to Heal 5:15-6:15pm: Classic Nia 7-9pm: AA Sunset	<b>30</b>  8:15-9:15: Tai Chi Practice 8:30am-3:30pm: Billiards 9am-3pm: Paper Tole 9-9:55am: Tabata 9-10am: Yoga Refresh 10:15-11am: Gentle Exercise 10:15-11:15am: Yoga for Seniors 10:30am-12pm: Table Tennis 11:30am-12:30pm: Yoga Nidra 11:15-12:45pm: Badminton 1-4pm: Computer Club
				<b>1</b>  8:30-10:30am: AA Eye Opener 9am-12pm: Fitness Centre 10-11:15am: Saturday Flow Yoga

Discover new opportunities to keep you moving, creating, learning, and growing in your golden years.

# Vibrant Programs



## VITALITY & ACTIVE LIVING



### LSCO Badminton Club Crowns Champions

The LSCO Badminton Club is celebrating a landmark month of competition and a significant milestone in club growth.

#### Inaugural Women's Doubles Tournament

The LSCO badminton club is proud to inform you that our women participation in badminton has increased significantly.



### 2025 Intermediate Doubles Championship

The competitive spirit continued on December 18 and 19, 2025, with the Intermediate Doubles Tournament. Fourteen club members battled through a round-robin draw for the championship title.

The finals saw the undefeated duo of Turner and Oseen face off against He and Rodzinyak. Despite a strong run, Turner was hampered by a leg injury during the match. He and Rodzinyak capitalized on the opening, securing the championship in two straight games with scores of 15-11 and 15-12.

**Congratulations to our 2025 Intermediate Doubles Champions: Zhi-hui He and Bob Rodzinyak!**

BY MILTON IWAASA

**A year ago, we were lucky if we had 4 women show up but now we have 14 women!**

On December 4, 2025, LSCO hosted our first ever Women's only tournament for women doubles. 5 teams competed for the coveted gold and silver medals with the following results:

**• Gold Medalists:**

Zhihui He & Peggy Turner;

**• Silver Medalists:**

for Kathy Iwaasa & Esther Rodzinyak

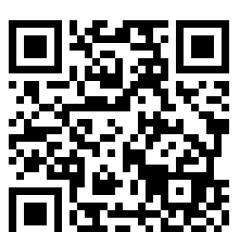
The LSCO Badminton Club thank all those who participated and supported this tournament. Special thanks to Mohsen Seyed Mahmoud, Kathy Iwaasa, Esther Rodzinyak, and New Oriental Restaurant for their contributions.



**Check out our New Winter Program Guide!**

Your comprehensive guide to every program at the LSCO, registration tips & more!

Available online or printed at the front desk.



added another 4 hours.

Subsequently we also participated in the Open House in September repeating the same format but with a remote station in the dining room so attendees could also see and hear what was happening in the radio room upstairs.

The event was quite a success and generated interest all across North America. The number of contacts and resultant QSL cards is summarized below:



**114 Total contacts made:**

**22 Duplicate contacts (checked in more than one day)**

**= 94 QSL cards sent:**

**8 Canadian | 86 American**

When we first began the project we did not realize the effort that would be involved; the total number of recorded volunteer man hours was in excess of 150, not includ-

ing the ones Hannah (Events & Marketing Coordinator) put in, creating and putting the cards together with the appropriate information on them and the address labels based on files provided by the Club, included is a outdoor picture of the Saturday event taken and provided by Marilyn Brown of the "Rock Club" and the unique QSL card designed by Larry, VE6WL.

Operators of the Club Station were Don, VA6FH, Larry, VE6WL, VE6BGL, Steve, VE6S-CL (guest), Wayne VE6WEK and finally Peter VE6ARI a guest from the SAARC Radio Club in Southern Alberta.

Additionally we would also like to thank Bobbi (a guest) who did a tremendous job in straightening out the mess we found ourselves in matching cards to envelopes. And the list would not be complete if we didn't thank the LSCO members who helped throughout the process; Hannah, Madison, Andrea and Kaitlan as well as the administrative staff.

The LSCO Amateur Radio Club is always interested in giving tours to anyone who has an interest in coming to our room on the second floor and answering any questions that you might have. We have quite a collection of museum-worthy older equipment on display dating back to the 1930's.

BY DON PLUNKETT - VA6FH

## VITALITY & ACTIVE LIVING

## Fitness & Movement

● For All Fitness & Mobility Levels   ● For Average Fitness & Mobility Levels   ● For Advanced Fitness & Mobility Levels

Member Price (Non Member Price)

Program	Session	Time	Cost	Drop-In	Room	Instructor
Bike & More	Wednesdays, Jan. 7 – Apr. 29	9:00 – 10:00 am	\$119 (\$153)	\$8 (\$10)	Gym 2	Nancy Purkis
Cardio & Balance	Tuesdays, Jan. 6 – Apr. 28	9:00 – 9:50 am	\$119 (\$153)	\$8 (\$10)	Gym 1	Gabrielle Dumont
Cardio Strength	Mondays, Jan. 5 – Apr. 27	8:00 – 8:50 am	\$105 (\$135)	\$8 (\$10)	Gym 2	Gabrielle Dumont
Cardio to the Core	Wednesdays, Jan. 14 – Apr. 29	8:00 – 8:50 am	\$112 (\$128)	\$8 (\$10)	Gym 2	Deb Palmer
Chair Exercises	S1: Thursdays, Jan. 8 – Feb. 26 S2: Thursdays, Mar. 5 – Apr. 30	9:30 – 10:15 am	\$40 (\$56) \$45 (\$63)	\$6 (\$8)	Stage	Andrea Clarke
Core & Stretch	Mondays, Jan. 19 – Apr. 27 Wednesdays, Jan. 21 – Apr. 29	10:10 – 11:00 am 9:10 – 10:00 am	\$104 (\$117) \$120 (\$135)	\$8 (\$10) <b>FULL</b>	APR	Tracy Simons
Cycle Combo	Tuesdays, Jan. 6 – Apr. 28 Thursdays, Jan. 8 – Apr. 30	9:00 – 9:55 am	\$119 (\$153)	\$8 (\$10)	Gym 2	Andrea Clarke Stephanie Girodat
Cycle For All Levels	Fridays, Feb. 6 – Apr. 24	8:00 – 8:45 am	\$88 (\$99)	\$8 (\$10)	Gym 2	Tracy Simons
Essentrics	Tuesdays, Jan. 13 – Apr. 28 (No Class Apr 7),	11:30 am – 12:15 pm	\$126 (\$154)	<b>FULL</b>	Gym 2	Lindsay Anderson
Fitness/Power Walking	Wednesdays, Jan. 7 – Apr. 29	9:00 – 9:55 am	\$119 (\$153)	\$8 (\$10)	Gym 1	Andrea Clarke
Functional Fitness	S1: Mondays, Jan. 5 – Feb. 23 S2: Mondays, Mar. 2 – Apr. 27	11:30 am – 12:15 pm	\$35 (\$45) \$40 (\$56)	\$6 (\$8)	Stage	Andrea Clarke
Gentle Exercise	Mondays, Jan. 5 – Apr. 27 Wednesdays, Jan. 7 – Apr. 29 Fridays, Jan. 9 – Apr. 24	10:15 – 11:00 am	\$105 (\$135) \$119 (\$153) \$105 (\$135)	<b>FULL</b> \$8 (\$10)	Gym 1	June Dow Donna Teifenbach Andrea Clarke
Line Dancing - Beginner	Wednesdays, Jan. 7 – Apr. 29	12:45 – 1:45 pm	\$85 (\$119)	\$6 (\$8)	Gym 2	Gloria-Rose Puurveen
Line Dancing - Experienced Beginner	Wednesdays, Jan. 7 – Apr. 29	11:30 am – 12:30 pm	\$85 (\$119)	\$6 (\$8)	Gym 2	Gloria-Rose Puurveen
Low Impact Barre	Mondays, Jan. 12 – Apr. 27	11:15 am – 12:00 pm	\$112 (\$126)	\$8 (\$10)	A/B	Sheila Mulgrew
Pilates	Mondays, Jan. 5 – Apr. 27 Thursdays, Jan. 8 – Apr. 30	11:15 am – 12:30 pm 10:15 am – 11:30 pm	\$120 (\$135) \$136 (\$153)	<b>Both</b> <b>FULL</b>	APR A/B	June Dow
Pilates For Beginners	S1: Tuesdays, Jan. 6 – Feb. 24 S2: Tuesdays, Mar. 3 – Apr. 28	8:45 – 9:45 am	\$49 (\$63)	\$8 (\$10)	A/B	June Dow
Pound	Wednesdays, Jan. 14 – Apr. 29,	11:00 – 11:45 am	\$128 (\$144)	\$9 (\$10)	APR	Sheila Mulgrew
Strength & Mobility	S1: Tues & Thurs, Jan. 13 – Mar. 5, S2: Tues & Thurs, Mar. 10 – Apr. 30	1:30 – 2:30 pm	\$80 (\$112)	<b>FULL</b>	Fitness Centre	Andrea Clarke
Strength and Balance	Thursdays, Jan. 8 – Apr. 30	9:00 – 9:50 am	\$119 (\$153)	\$8 (\$10)	Gym 1	Gabrielle Dumont
Strength Circuit	Thursdays, Jan. 8 – Apr. 30	10:15 – 11:15 am	\$119 (\$153)	<b>FULL</b>	Fitness Centre	Instructor TBD
Tabata	Mondays, Jan. 5 – Apr. 27 Fridays Jan. 9 – Apr. 24	9:00 – 9:55 am	\$120 (\$135)	\$8 (\$10)	Gym 1	Stephanie Girodat Tracy Simons
TRX Plus	Monday, Jan. 12 – Apr. 27	9:00 – 9:50 am	\$119 (\$153)	<b>FULL</b>	Gym 2	Andrea Clarke
Zumba ®	Mondays, Jan. 5 – Apr. 27	9:00 – 9:55 am	\$105 (\$135)	\$8 (\$10)	APR	Gabrielle Dumont
Zumba Gold/Toning	Tuesdays, Jan. 13 – Apr. 28	11:15 am – 12:15 pm	\$128 (\$144)	\$9 (\$10)	APR	Sheila Mulgrew



**FOX DENTURE CLINIC**  
& IMPLANT CENTER

Satisfaction Guaranteed Since 1922

4th Generation in Lethbridge

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

**Tatem Anderson DD**  
Denture Specialist

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

**FREE CONSULTATION**

**403.327.6565**

**NEW LOCATION!**

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

www.foxdentureclinic.ca

VISA   MasterCard    

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



403-327-9405  
honkerspub.com  
2808 5 Ave N, Lethbridge

Starting September 8th  
**Every Monday is Seniors Day in the Pub!**

Enjoy **10% off everything all day!**  
Open 11 am - 8pm. Excludes any promotional offers.  
\*Seniors are on the north side of 60

**2 Private/Event Rooms Available**  
for special celebrations, anniversaries, celebrations of life & more! Minors welcome in the Nest

Contact Kimberly for Bookings  
403-327-9405   office@honkerspub.com

**nest**  
EVENTS & MEETING ROOMS  
nestevents.ca

Thanks for supporting our local business for over 28+ years  
Open Mon-Sat with Live Music

**Mind-Body & Yoga**

● For All Fitness &amp; Mobility Levels   ● For Average Fitness &amp; Mobility Levels

Member Price (Non Member Price)

Program	Session	Time	Cost	Drop-In	Room	Instructor
Chair Yoga	S1: Mondays, Jan. 5 – Feb. 23 S2: Mondays, Mar. 2 – Apr. 27 S1: Wednesdays, Jan. 7 – Feb. 28 S2: Wednesdays, Mar. 4 – Apr. 29	10:00 – 10:45 am	\$45 (\$63) \$40 (\$56) \$40 (\$56) \$45 (\$63)	\$6 (\$8)	Stage	Corrine Myers
Classic Nia	Thursdays, Jan. 8 – Apr. 30	5:15 – 6:15 pm	\$200 (\$220)	\$15 (\$20)	Gym 2	Lise Schulze
Gentle Yoga	Tuesdays, Jan. 6 – Apr. 28 Thursdays, Jan. 8 – Apr. 30	10:00 – 11:00 am	\$119 (\$153)	<b>FULL</b>	APR	Donna Teifenbach
Moving To Heal	Thursdays, Jan. 8 – Apr. 30	4:00 – 5:00 pm	\$200 (\$220)	\$15 (\$20)	A/B	Lise Schulze
Saturday Flow Yoga	Saturdays, Jan. 10 – Apr. 25	10:00 – 11:15 am	\$120 (\$150)	\$8 (\$10)	A/B	Rumi Graham
Spring Forest Qigong	S1: Tuesdays, Jan. 13 – Feb. 24 S2: Tuesdays, Mar. 10 – Apr. 28	10:00 – 11:15 am	\$48 (\$54) \$64 (\$72)	\$8 (\$10)	Stage	Roxy Wright
Tai Chi 108 Yang Style Form Practice	Wednesdays, Jan. 7 – Apr. 29	10:15 – 11:15 am	\$35 (\$55)	N/A	Gym 2	
Traditional Qigong	Thursdays, Jan. 8 – Apr. 30	10:15 – 11:15 am	\$119 (\$153)	N/A	Gym 2	Adrian Tomei
Tuesday Evening Flow Yoga	Tuesdays, Jan. 13 – Apr. 28	5:00 – 6:00 pm	\$112 (\$144)	\$8 (\$10)	A/B	Donna Teifenbach
Vinyasa Yoga	Tuesdays, Feb. 3 – Apr. 28 Thursdays, Feb. 5 – Apr. 30	8:00 – 8:55 am	\$91 (\$117)	N/A	APR	Melanie Hillaby
Yin Yoga	Wednesdays, Jan. 7 – Jan. 28	10:15 – 11:30 am	\$36 (\$48)	\$10 (\$15)	A/B	Shawn Hamilton
Yoga For Seniors	S1: Mondays, Jan. 5 – Feb. 23 S2: Mondays, Mar. 2 – Apr. 27 S1: Fridays, Jan. 9 – Feb. 27 S2: Fridays, Mar. 6 – Apr. 24	1:00 – 2:00 pm 10:15 – 11:15 am	\$49 (\$56) \$56 (\$63) \$49 (\$56) \$49 (\$63)	\$8 (\$10) FRI FULL	A/B (Mon) APR (Fri)	Corrine Myers
Yoga Nidra	S1: Fridays, Jan. 9 – Feb. 27 S2: Fridays, Mar. 6 – Apr. 24	11:30 am – 12:30 pm	\$56 (\$63) \$49 (\$63)	\$8 (\$10)	A/B	Corrine Myers
Yoga Refresh	Fridays, Jan. 9 – Apr. 24	9:00 – 10:00 am	\$105 (\$135)	\$8 (\$10)	APR	Shawn Hamilton. & Stephanie Girodat.
Yovascia: Mobility, Balance, Rejuvenation	S1: Mondays, Jan. 12 – Feb. 9 S2: Mondays, Feb. 23 – Mar. 30 S3: Mondays, Apr. 13 – May 11	8:30 – 9:30 am	\$45 (\$50) \$54 (\$60) \$45 (\$50)	\$8 (\$10)	A/B	Elaine Jagielski



**Check out our New Winter Program Guide!** Your comprehensive guide to every program at the LSCO, registration tips & more!

Available online or printed at the front desk.

**Creative Arts**

Member Price (Non Member Price)

<b>Pen and Ink for Beginners</b>	Donna Gallant	Mondays, Feb. 2-23	10 am – 12 pm	\$100 (\$120)	Arts & Crafts Room
Pen and ink drawings are dynamic and eye-catching due to their strong dark/light contrast and textural qualities. In this four-week class, you will learn different pen strokes and how to create realistic textures. You will also learn to analyze images to create good compositions and drawings. <u>Ask for a supply list upon registration.</u>					
<b>Naked Trees in Line &amp; Wash</b>	Donna Gallant	Mondays, Mar. 16-30	10 am – 12 pm	\$75 (\$90)	Arts & Crafts Room
In this three-week class, you will learn to draw and then paint winter trees using a line and wash technique. Pen and ink will be used to focus on the beautiful barks and lacy branches, while subtle watercolor will portray remnants of fall leaves. <u>Ask for a supply list upon registration.</u>					
<b>Heritage Blankets</b>	Marcelle Velve	S1: Mon. Jan. 26 S2: Feb. 23 S3: Mon. Mar. 30 S4: Apr. 27	10 am – 12 pm	\$110 (\$125)	Arts & Crafts Room
Join Marcelle for a fun, creative workshop to transform your photos into a beautiful, personalized 50x60 inch keepsake blanket. You will select a template and insert your images to create a unique gift or addition to your home. Marcelle will assist with scanning physical photos or transferring images from other devices.					
<b>Winter Skies in Acrylic</b>	Donna Gallant	Mondays, Jan. 5 – 26	10 am – 12 pm	\$100 (\$120)	Arts & Crafts Room
In this class, you will study different winter skies and the effects of snowy landscapes on sky colors. We will explore creating darker skies contrasted with the lighter, reflective earth. While prior experience with acrylics is helpful, it is not required. <u>Ask for a supply list upon registration.</u>					
<b>How to Use Watercolor Pencils, Crayons &amp; Brushes</b>	Donna Gallant	Mondays, Apr. 13-27	10 am – 12 pm	\$75 (\$90)	Arts & Crafts Room
In this three-week class, you will learn to use various watercolor substitutes, including watercolor pencils, crayons, and brush pens. Each medium has unique characteristics that can enhance your painting and can be mixed with traditional watercolor or other media. You are only required to bring one of the specified materials (pencils, crayons, or brush pens). <u>Ask for a supply list upon registration</u>					
<b>Paint &amp; Chat</b>	Donna Gallant	S1: Tues. Jan. 13 S2: Feb. 10 S3: Tues. Mar. 10 S4: Apr. 14	1 pm – 3 pm	\$55 (\$65)	Arts & Crafts Room
Join Donna as she guides both beginner and advanced painters through techniques and tricks to complete an acrylic painting. She provides all the necessary supplies for the session. All you need to bring is a willingness to learn and have fun with this experienced Southern Alberta artist.					

**VITALITY & ACTIVE LIVING**

## Special Interest Groups

See the monthly calendar for meeting times.

### Amateur Radio: \$29/Year + LSCO Membership

The LSCO Amateur Radio Group advances amateur radio interests and provides emergency and community communications support. Newcomers are welcome to visit the Radio Room to view the collection of bygone and current equipment. Any-one wishing to join must have an amateur radio license, and volunteers are available to help you with the licensing process at no cost.

### Badminton: \$68/Year + LSCO Membership

Everyone of all skill levels is welcome to play badminton during the scheduled sessions. Thursdays are specifically a good day to focus on working and improving your skills. Please check the etiquette and protocols before playing.

### Billiards: \$55/Year + LSCO Membership, \$6 (\$7NM) Drop In

Members are welcome to play pool daily in the second-floor Billiards Room. New players should notify staff to arrange for instructions. Non-members may drop in provided they are accompanied by a billiard member.

### Computers: \$21/Year + LSCO Membership

Individuals interested in attending workshops, learning about technology, and sharing their knowledge are encouraged to join the Computer Club. A variety of information sessions and workshops are offered throughout the year, with a small fee for non-members attending workshops.

### Crib: LSCO Membership, \$2 Drop in

If you enjoy playing crib, you are welcome to join the fun every week, and newcomers are always welcome. LSCO Members may also play cards and other board games throughout the day provided tables are available, but players must provide their own cards or game boards.

### Genealogy: \$21/Year + LSCO Membership

Members of this group meet weekly to research their family history, sharing tips on accessing document sources like immigration lists and birth records. Members range from beginners to those with extensive experience. It is recommended to bring your own laptop for research.

### Karaoke: \$30/Year + LSCO Membership, \$2 Drop in

If you love to sing and enjoy socializing, join the LSCO Karaoke singers on Tuesday afternoons. Non-members are welcome to attend for a small drop-in fee. Please consider bringing your own microphone.

### Knitting, Crochet & More \$11/Year + LSCO Membership

Whether you knit, crochet, or enjoy other needlework, consider joining this weekly group to work on projects, socialize, laugh, and share ideas. Those who are still learning are very welcome to join. If you don't have supplies, some are available to loan.

### Lapidary (Stonecrafters) \$36/Year + LSCO Membership

If you are interested in making jewelry or art using rocks and fine gems, experienced stonecrafters will help you safely learn how to use the machines and complete your projects. For safety, a minimum of two people must be present in the room at all times. Supply costs are extra.

### Paper Tole & Creative Arts \$23/Year + LSCO Membership

If you are familiar with the art of paper tole, come talk to this group to work on your projects while socializing. Painters, knitters, and other crafters are also welcome to join to work on their respective projects. Supply costs are extra.

### Quilting: LSCO Membership

If you have basic quilting skills, consider joining this group to socialize, help, and share ideas while completing your own projects. They also create items for donations and raffles. Participants must bring their own supplies.

### Table Tennis \$44/Year + LSCO Membership

Table Tennis is a great, active game for developing hand-eye coordination, and individuals of all skill levels are welcome. If you require instruction, simply let us know, and arrangements can be made to assist you. Bring your own paddle for the scheduled sessions.

### Tai Chi Practice Group \$20/Year + LSCO Membership, \$2 Drop in

This is a dedicated practice group intended for advanced Tai Chi practitioners. The sessions are not a formal structured class but offer space for experienced individuals to practice. Participants must have an LSCO membership and pay a small annual fee or drop-in fee.

### Watercolor \$52/Year + LSCO Membership

Join this 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. All skill levels are welcome.

### Wood Working/Carpentry \$250/Year (\$25/month) + LSCO Membership

The Westco woodshop is open to both men and women interested in woodworking. All new members must attend a shop orientation and evaluation to ensure the safe operation of machinery. Beginner and intermediate courses are offered for those looking to learn new skills in this safe and supportive environment.

## COMPUTER CORNER

### Computer Jargon: Crust & Bloat

the New abbreviated, after Christmas, Happy New Year Edition

BY SJOERD SCHAAFSMA

**Crust** is a word for anything that is left over, redundant and getting in the way. It is used particularly for defective, superseded, useless, superfluous, or dysfunctional elements in computer software.

**Bloat** – Software bloat is a process whereby successive versions of a computer program or operating system become perceptibly slower, use more memory, disk space or processing power.

Why you'd want to know this: New devices are often loaded with stuff you don't want or need, and you might want to remove it from your computer. Search for "How do I get rid of the extra stuff I don't want on my device" without the quotes.

## Computer Club Events

Wednesday January 7 @ 1 pm

### Hardware videos

Just what does it take to make your computer do its work?

Wednesday January 21 @ 1 pm

### Windows Quirks

Dealing with all those annoying little things that stop you from getting around to doing what you want to do on your PC.

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.



## Grand Opening of the New Westco Woodshop

1:30 on Thursday, January 22 @LSCO

VITALITY & ACTIVE LIVING

**WESTCO**  
CONSTRUCTION



Find the safe, professional services and resources you and your family can rely on to maintain independence and peace of mind.

# Trusted Support



## SUPPORT & INDEPENDENCE

Welcome Mya



My name is Mya Brussee and I am so excited to be a part of the LSCO team as a new Rural Link Worker. I fell in love with working with seniors in my second last year of high school and that passion has continued to grow over the past 4 years where I have worked in various roles within seniors' facilities!

I hold a diploma in Therapeutic Recreation with a major in Gerontology and I am deeply passionate about making meaningful connections and person centered experiences for older adults. These things will always drive my work. This role has already become my favorite position to date and I am so grateful to be a part of such a welcoming community. I look forward to being a part of all the things that make LSCO so special. If you see me, don't hesitate to say hi. I would love to meet you and hear your stories.

position to date and I am so grateful to be a part of such a welcoming community. I look forward to being a part of all the things that make LSCO so special. If you see me, don't hesitate to say hi. I would love to meet you and hear your stories.



Heather (above in Pink), brought us 150 homemade Christmas Cards to put in our Golden Giving Tree gifts!

## Golden Giving Tree Recap

**All 207 seniors were sponsored and every gift was fulfilled!** Those who donated money or items allowed us to ensure each package was beautifully wrapped and packed with extra hygiene items and winter gear (Thanks to the Teddy Bear Toss!). We were even able to accommodate late nominations, making sure every senior felt the holiday spirit. **Special thanks to the volunteers and support services staff** who spent dozens of hours sorting, wrapping, and delivering. You made this possible, and we are so grateful for your support!



**CORNERSTONE**  
FUNERAL HOME Ltd.

"Here When You Need Us. 24 Hours a Day"

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

RECEPTION • CHAPEL • CREMATORIUM

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

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

Find us on Facebook!  
@CornerstoneFuneralHome

PREARRANGING PROVIDES

*Peace of Mind*

It's simple, it's easy and spares family members from making emotional decisions that may not be consistent with your wishes.

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



**LETHBRIDGE**  
**DENTURE**  
**CLINIC**

We offer complete quality Denture care; a result of intention, effort and professional skill.

Kimberly Ankermann, DD  
Trisha Perverseff, DD

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

Helping seniors live to the fullest  
*at home*

- Companionship Care
- Personal Care *Funding Available*
- Respite Care
- Transportation Services
- Temporary Services
- 24-Hour Care
- Assisted Living Support

Contact Us

[CouleeHomeCare.ca](http://CouleeHomeCare.ca)  
[info@couleehomecare.ca](mailto:info@couleehomecare.ca)

**833.596.5483**

SUPPORT & INDEPENDENCE



New Lethbridge Location

740 4 Ave S, Lethbridge



**COULEE**  
HOME CARE

**WE FOCUS  
ON YOUR  
VISION**

Get an accurate eye test without the use of puffs or drops of any kind and walk out in comfort.



**Southern  
Optical**

1011 - 3rd Avenue South  
(2 blocks north of LSCO)  
**403-327-4145**



**BUILDING BRAINS TOGETHER**

Lethbridge Senior Citizens Organization  
EST 1975

# STRENGTHENING THE AGING BRAIN

LEARN HOW TO SUPPORT HEALTHY BRAIN FUNCTION AND MAINTAIN EXECUTIVE FUNCTION SKILLS AS WE AGE

WEEKLY ON WEDNESDAY JAN 14 - FEB 18 10:00-11:30AM **FREE** FOR ANYONE 55+

**BENEFITS**

- ✓ Learn new games
- ✓ Reduce stress
- ✓ Social connection
- ✓ Engage your mind
- ✓ Have fun!

**LSCO Board Room 2<sup>nd</sup> Floor**  
500 11 Street South  
Lethbridge

**TO REGISTER:**  
Call (403)320-2222

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



**YOU DON'T KNOW WHAT YOU DON'T KNOW**

## Navigating Services to Age with Dignity in Southern Alberta



Learn from each service provider about how you or a family member are able to age with dignity at every step of your life stage transition.

Presentations will take place from 12:10 pm - 12:50 pm with time for individual questions with service providers before and after.

**PRESENTERS**

- Compassionate Sacred Transitions
- Lethbridge Senior Citizens Organization
- Seamless Cares

**Monday, January 26, 2026**

**11:00 am - 2:00 pm**

**Free buffet lunch available between 11 - 2 with a donation to LSCO's Meals on Wheels program. Supported by Honkers Pub**

**Nest Events & Meeting Rooms**  
2806 5 Ave N, Lethbridge

**nest**  
EVENTS & MEETING ROOMS

60 slots available  
RSVP to Kari from the LSCO 403-320-2222

**FREE TO ATTEND!**







### Check Out all these events and everything else going on at the LSCO in January on our monthly calendar on page 8 + 9



## JANUARY 2026 SUPPORT SERVICES CALENDAR

\*appointment / registration required

403-320-2222 | [kmartin@lethseniors.com](mailto:kmartin@lethseniors.com)

**Lethbridge Senior Citizens Organization**

**January 6**  
1<sup>st</sup> Tuesday

**Community Connect Coffee Group**  
1:30 pm - 3:00 pm | Room C/D

An opportunity to build connections, grow meaningful connections, and strengthen access to community supports. Drop-in style at no cost.

**January 6**  
1<sup>st</sup> 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.

**January 8**  
2<sup>nd</sup> 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!

**January 20**  
3<sup>rd</sup> Tuesday,  
every other month

**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 1/2 hour in length. Book an appointment through SCSP Intake at 403-329-1544 or [intake@lethseniors.com](mailto:intake@lethseniors.com).

**January 7**  
1<sup>st</sup> Wednesday

**SERVICE CANADA & CRA CLINIC**  
9:00 am - 12:00 pm | Card Area

Free monthly Service Canada and CRA presentations available to answer your questions regarding federal benefits and programs, no appointment necessary.

**January 12**  
2<sup>nd</sup> Monday

**VolunTEAM Meetings**  
1:00 pm - 2:00 pm | Atrium

An opportunity for LSCO volunteers to come together, increase socialization and build friendships! Chaired by the Volunteer Coordinator, volunteers will also be able to provide feedback, ask questions and discuss upcoming volunteer opportunities.

**January 14**  
2<sup>nd</sup> Wednesday

**15 Minute Legal Consultations\***  
1:00 pm - 4:00 pm | Clinic Room

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

**January 14**  
Wednesdays until Feb. 18

**Strengthening the Aging Brain\***  
10:00 - 11:30 am | Board Room

Learn how to support Healthy Brain function and maintain executive function skills as we age. In partnership with Building Brains Together

**January 15**  
3<sup>rd</sup> Thursday

**Parkinson's Support Group**  
2:00-4:00pm | Board Room

Registration is encouraged: 1-800-561-1911.

**January 3-31**  
Saturdays

**AA Eye Opener**  
8:30-10:30Am | Room C/D

**January 1-29**  
Thursdays

**AA Sunset**  
7:00 - 9:00 pm | Room C/D

SUPPORT GROUPS

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

SUPPORT & INDEPENDENCE

# Beyond Memory Loss

## UNDERSTANDING THE 4 TYPES OF DEMENTIA

Dementia is an umbrella term describing a decline in mental ability severe enough to interfere with daily life. While many use "Dementia" and "Alzheimer's" interchangeably, they are not the same. Dementia is the symptom group, while Alzheimer's is a specific disease. Understanding the distinct types is crucial for proper care and treatment.

### The Four Major Types

#### Alzheimer's Disease (60–70% of cases)

The most prevalent form, Alzheimer's is characterized by the buildup of amyloid plaques and tau tangles in the brain.

**Common Symptoms:** Significant memory loss, language impairments (struggling for words), and declining visuo-spatial skills, such as getting lost in familiar areas.

#### Vascular Dementia (10–20% of cases)

This type results from injuries to the blood vessels leading to the brain, often following a stroke or chronic high blood pressure.

**Common Symptoms:** Unlike Alzheimer's, the first signs often involve impaired motor skills and poor judgment rather than simple forgetfulness.

#### Frontotemporal Dementia (~10% of cases)

This form involves the deterioration of the frontal and temporal lobes, which govern personality and behavior.

**Common Symptoms:** Dramatic shifts in personality, loss of social



inhibitions, and significant language difficulties.

#### Lewy Body Dementia (~5% of cases)

Caused by alpha-synuclein protein deposits (Lewy bodies) on nerve cells, this type shares traits with Parkinson's disease.

**Common Symptoms:** Vivid visual hallucinations, disordered sleep, and fluctuating levels of alertness or motor control.

### Supporting a Loved One

A diagnosis impacts the entire family. To provide effective support while maintaining your own well-being, focus on these essential strategies:

**Simplify Communication:** Use short, direct sentences. Offer "either/or" choices rather than open-ended questions to reduce their cognitive load.

**Maintain Routine:** Consistency is a powerful tool against anxiety. Keep mealtimes and sleep schedules as predictable as possible.

**Prioritize Safety:** Clear household clutter and improve lighting to prevent falls, especially for those

with motor-skill impairments.

**Validate Reality:** Avoid arguing or "correcting" a confused loved one. If they are distressed, focus on their feelings rather than the facts of their statement.

Early diagnosis allows families to plan for the future and access specialized therapies. If you or a loved one experiences persistent cognitive changes, consult a healthcare professional for a comprehensive evaluation.

January is Alzheimer's Awareness Month. Learn what that means and how you can get involved at [alzheimer.ca](http://alzheimer.ca).

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

## GET SMART. COME HEAR...

### EXPERIENCE COUNTS!

60 YEARS of SERVICE to Southern Alberta

**bernafon®**  
Your hearing • Our passion

**TV-EARS®**  
Dr. Recommended TV Listening Devices

**PHONAK**

**unitron**



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



[www.trinityhearinglethbridge.com](http://www.trinityhearinglethbridge.com)

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

#214-740-4 Ave. S. Professional Bldg.

(Downtown, next door to Post Office)



### Our Mission: Lethbridge Senior Citizens Organization

To provide older adults with:



Opportunities for community and social engagement



Services which enhance their quality of life



Activities which meet their physical, emotional and intellectual needs



Advocacy and voice at individual and systemic levels

## Home Care as Unique as Your Family

Experience reliable support in the comfort of your home!

- Personal Care
- Family Care Coordination
- Specialized Health Care
- Nursing Care
- Companionship
- Support with government funding

CONTACT US

**403-388-5132**

lethbridge-info@qualicare.com  
qualicare.com/lethbridge-medicine-hat-ab/

Scan me



## Qualicare® Home Care Lethbridge County



**roost**  **roost**  
LIMITED



Owner/Operator

### Downsizing Dilemma? Need to move on?

We can help....

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

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

**Cell: 403-330-8389**