



LSCO Times

January

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

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.



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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.

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!



EST 1975

LSCO

Lethbridge Senior
Citizens Organization

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

LSCO News



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LEGACY & TRUST

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

Advertising and Editorial inquires can be directed to Hannah Dupuis at 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

**LSCO**
Lethbridge Senior Citizens Organization

We are a vibrant community hub for older adults in Lethbridge to connect, stay active, and access support.



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!

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 South-western Alberta for stewarding funds that allow families to make a lasting impact in our community.

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



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 Ermtter 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 Uitbeye Wayne Liddell Wei Ye
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LSCO COMMUNITY PARTNERS, SPONSORS, & MAJOR DONORS







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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, & MAJOR DONORS



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

Life at LSCO



BELONGING & COMMUNITY

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.

member spotlight.



meet Linda

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

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

Welcome New Members

Brenda Wevers
Deborah Quesnelle
Wayne Tedder
Calvin Stewart
Penny Hanic
Brian Keith
Philip Roque
Caroline Davidson
Belinda Crowson
+4 Anonymous

Get Social

Guided Tour

1st Wednesday from 1 - 2

Led by an LSCO Member Volunteer

Second Friday Social

2nd Friday from 1 - 3 in the Atrium

A time to socialize and make new friends!



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BELONGING & COMMUNITY

		<h1>JANUARY SPECIALS MENU</h1> <p>Breakfast: 8 - 11 am Lunch: 11am - 1 pm Coffee & Snacks: Until 3pm Daily Soup, Salad & Sandwich Specials</p>		<p>Open to anyone in the community</p>	
<div>Wednesday December 31</div> <div>Thursday, January 1</div> <div>Friday, January 2</div>					
				<div>Perogies & Sausage</div> <div>Chef's Choice of Vegetable, Soup & Dessert</div> <div>LSCO Closed</div>	
				<div>Honey Garlic Pork with Rice</div> <div>Chef's Choice of Vegetable, Soup & Dessert</div>	
<div>Monday, January 5</div> <div>Tuesday, January 6</div> <div>Wednesday, January 7</div> <div>Thursday, January 8</div> <div>Friday, January 9</div>					
<div>Chicken Pot Pie with Roast Potatoes</div> <div>Chef's Choice of Vegetable, Soup & Dessert</div>		<div>Tortiere with Mashed Potatoes</div> <div>Chef's Choice of Vegetable, Soup & Dessert</div>		<div>Chicken Cordon Blue with Mashed Potatoes</div> <div>Chef's Choice of Vegetable, Soup & Dessert</div>	
				<div>Fish & Chips</div> <div>Chef's Choice of Vegetable, Soup & Dessert</div>	
				<div>Lasagna with Garlic Toast</div> <div>Chef's Choice of Vegetable, Soup & Dessert</div>	
<div>Monday, January 12</div> <div>Tuesday, January 13</div> <div>Wednesday, January 14</div> <div>Thursday, January 15</div> <div>Friday, January 16</div>					
<div>Chicken Chow Mein with Rice</div> <div>Chef's Choice of Vegetable, Soup & Dessert</div>		<div>Beef & Bean Burrito with Mexi Potato</div> <div>Chef's Choice of Vegetable, Soup & Dessert</div>		<div>Hunter Schnitzel with Spaetzle</div> <div>Chef's Choice of Vegetable, Soup & Dessert</div>	
				<div>Chicken Alfredo Penne & Garlic Toast</div> <div>Chef's Choice of Vegetable, Soup & Dessert</div>	
				<div>Beef Stew with Mashed Potatoes</div> <div>Chef's Choice of Vegetable, Soup & Dessert</div>	
<div>Monday, January 19</div> <div>Tuesday, January 20</div> <div>Wednesday, January 21</div> <div>Thursday, January 22</div> <div>Friday, January 23</div>					
<div>Chicken Dumpling with Rice</div> <div>Chef's Choice of Vegetable, Soup & Dessert</div>		<div>Teriyaki Pork with Rice</div> <div>Chef's Choice of Vegetable, Soup & Dessert</div>		<div>Ginger Beef with Rice</div> <div>Chef's Choice of Vegetable, Soup & Dessert</div>	
				<div>Chicken Tetrazzini with Roast Potatoes</div> <div>Chef's Choice of Vegetable, Soup & Dessert</div>	
				<div>Robbie Burns Day Special Roast Beef, Haggis, Yorkshire Pudding, Mashed Potatoes</div>	
<div>Monday, January 26</div> <div>Tuesday, January 27</div> <div>Wednesday, January 28</div> <div>Thursday, January 29</div> <div>Friday, January 30</div>					
<div>Sweet and Sour Chicken Balls</div> <div>Chef's Choice of Vegetable, Soup & Dessert</div>		<div>Pupusa with Rice</div> <div>Chef's Choice of Vegetable, Soup & Dessert</div>		<div>Beef & Macaroni with Roast Potatoes</div> <div>Chef's Choice of Vegetable, Soup & Dessert</div>	
				<div>Fiesta Chicken with Rice</div> <div>Chef's Choice of Vegetable, Soup & Dessert</div>	
				<div>Meatloaf with Roast Potatoes</div> <div>Chef's Choice of Vegetable, Soup & Dessert</div>	
<div>View the menu online at www.lethseniors.com/menu</div> <div>*Menu subject to change without notice</div>					



AKAISAMITOHKANA O'PA

JANUARY 2026 EXHIBITS, PROGRAMS & EVENTS

EXHIBITS



AUG 09.25-FEB 08.26



SEP 27.25-MAR 01.26



OCT 11-APR 05
Youth Choice



Discover the rich history of the Galt Hospital and School of Nursing at our new permanent exhibition.

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







PROGRAMS

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

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

SPECIAL EVENTS

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

www.galtmuseum.com/calendar

BELONGING & COMMUNITY

EST 1975

LSCO

Lethbridge Senior Citizens Organization

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 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.

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.

Why did we rebrand?

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.

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.

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

LIBRARY CORNER

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

Lethbridge HEARING CENTRE

We help people hear life better.

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- Battery Savings Club
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NBC-HIS Registered Hearing Aid Practitioners

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SACPA

Southern Alberta Council on Public Affairs

JANUARY SCHEDULE

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

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 Special Event @ 2:30 - 461 Stafford Drive North
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?

LOW & COMPANY

LAWYERS

Austyn L. Anderson, JD
ALA@LOWLAW.CA | 403-380-2499

REAL ESTATE

ESTATE LAW

FAMILY LAW

BUSINESS LAW

Christmas Shenanagins

LSCO Christmas Social

Thank you to everyone who attended our 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.

Canada Revenue Agency

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!

LSCO Lethbridge Senior Citizens Organization P: 403-320-2222 ext. 208 E: volunteer@lethseniors.com

HAPPY New Year

RACHAEL THOMAS

MEMBER OF PARLIAMENT

@RachaelThomas.ab

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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. 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 / (403) 382-1250 / mitch@shoebox-scanning.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>5</div> <div>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</div>	<div>6</div> <div>8:15–9:15: Tai Chi Practice 8:30am–3:30pm: Billiards 8:45–9:45am : Beginner Pilates 9–9:55am: Cycle Combo 9–9:50am: Cardio & Balance 10am–12pm: Prescribing Pharmacist 10–11am– Gentle Yoga 11:30am–12:15pm: Essentrics 12–3pm: Quilting 1:30–2:30pm: Strength & Mobility 1–3:30pm: Karaoke 1:30–3:00: Community Connect Coffee Group</div>	<div>7</div> <div>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</div>	<div>8</div> <div>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</div>	<div>9</div> <div>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</div> <div>10</div> <div>8:30–10:30am: AA Eye Opener 9am–12pm: Fitness Centre 10–11:15am: Saturday Flow Yoga</div>
<div>12</div> <div>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 Meeting 2:30–4pm: Table Tennis</div>	<div>13</div> <div>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: Essentrics 12pm–3pm: Quilting 1–3pm: Paint & Chat 1:30–2:30pm: Strength & Mobility 1pm–3:30pm: Karaoke 5–6pm: Evening Flow Yoga</div>	<div>14</div> <div>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</div>	<div>15</div> <div>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</div>	<div>16</div> <div>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</div> <div>17</div> <div>8:30–10:30am: AA Eye Opener 9am–12pm: Fitness Centre 10–11:15am: Saturday Flow Yoga</div>
<div>19</div> <div>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</div>	<div>20</div> <div>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: Essentrics 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</div>	<div>21</div> <div>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</div>	<div>22</div> <div>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</div>	<div>23</div> <div>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</div> <div>24</div> <div>8:30–10:30am: AA Eye Opener 9am–12pm: Fitness Centre 10–11:15am: Saturday Flow Yoga</div>
<div>26</div> <div>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</div>	<div>27</div> <div>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: Essentrics 12pm–3pm: Quilting 1:30–2:30pm: Strength & Mobility 1pm–3:30pm: Karaoke 5–6pm: Evening Flow Yoga</div>	<div>28</div> <div>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</div>	<div>29</div> <div>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</div>	<div>30</div> <div>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</div> <div>1</div> <div>8:30–10:30am: AA Eye Opener 9am–12pm: Fitness Centre 10–11:15am: Saturday Flow Yoga</div>

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.

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.



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: Zhihui He and Bob Rodzinyak!

BY MILTON IWAASA



LSCO RADIO CLUB

50th Anniversary Project

In the late Spring of 2025, when the LSCO – Radio Club heard that there were several events scheduled to help celebrate 50th anniversary of the LSCO, the Club decided to put together a unique project to celebrate the milestone. We set aside 3 days, July 23 –25 for four hours per day to broadcast over the “air” from the Club station at the LSCO asking for anyone (amateur radio operators only) who would like to sign in with us and if they did, we would send them a Club Commemorative QSL card, designed by a member of the Club specifically for the event. We later extended the broadcast to Saturday the 26th and set up a station in the field behind the LSCO and

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, VE6SCL (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	10:10 – 11:00 am	\$104 (\$117)	\$8 (\$10)	APR	Tracy Simons
	Wednesdays, Jan. 21 – Apr. 29	9:10 – 10:00 am	\$120 (\$135)	FULL		
Cycle Combo	Tuesdays, Jan. 6 – Apr. 28	9:00 – 9:55 am	\$119 (\$153)	\$8 (\$10)	Gym 2	Andrea Clarke
	Thursdays, Jan. 8 – Apr. 30					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)	FULL	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	11:30 am – 12:15 pm	\$35 (\$45)	\$6 (\$8)	Stage	Andrea Clarke
	S2: Mondays, Mar. 2 – Apr. 27		\$40 (\$56)			
Gentle Exercise	Mondays, Jan. 5 – Apr. 27	10:15 – 11:00 am	\$105 (\$135)	FULL	Gym 1	June Dow
	Wednesdays, Jan. 7 – Apr. 29		\$119 (\$153)	\$8 (\$10)		Donna Teifenbach
	Fridays, Jan. 9 – Apr. 24		\$105 (\$135)			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	11:15 am – 12:30 pm	\$120 (\$135)	Both FULL	APR	June Dow
	Thursdays, Jan. 8 – Apr. 30	10:15 am – 11:30 pm	\$136 (\$153)		A/B	
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)	FULL	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)	FULL	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)	FULL	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



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*Seniors are on the north side of 60

10% OFF

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EVENTS & MEETING ROOMS


VITALITY & ACTIVE LIVING

Mind-Body & Yoga

● For All Fitness & Mobility Levels

● For Average Fitness & 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)	FULL	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 Tiefenbach
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)

Pen and Ink for Beginners	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. Ask for a supply list upon registration.					
Naked Trees in Line & Wash	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 lacey branches, while subtle watercolor will portray remnants of fall leaves. Ask for a supply list upon registration.					
Heritage Blankets	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 transfer-ring images from other devices.					
Winter Skies in Acrylic	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 con-trasted with the lighter, reflective earth. While prior experience with acrylics is helpful, it is not required. Ask for a supply list upon registration.					
How to Use Watercolor Pen-cils, Crayons & Brushes	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). Ask for a supply list upon registration					
Paint & Chat	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.					

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 ses-sions. 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 shar-ing their knowledge are encouraged to join the Computer Club. A variety of infor-mation 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 learn-ing 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 dona-tions 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 in-dividuals 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 sched-uled 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 individu-als 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:
Cruft & Bloat

the New abbreviated, after
Christmas, Happy New Year Edition



BY SJOERD SCHAAFSMA

Cruft is a word for anything that is left over, redundant and getting in the way. It is used particularly for defective, supersed-ed, useless, superfluous, or dysfunctional elements in computer software.

Bloat – Software bloat is a process where-by successive versions of a comput-er 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 com-puter 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.



LSCO

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BADMINTON

COMPETITION

JANUARY 15, 2026

10 am - noon

REGISTRATION DEADLINE:
JAN. 10, 2026

REGISTRATION FEE: \$5

MORE INFORMATION
Milton Iwaasa: 403-308-8335
Esther Rodzinyak: 403-915-1046



Grand Opening of the New Westco Woodshop
1:30 on Thursday, January 22 @LSCO

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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.



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 hygienic 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!



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SUPPORT & INDEPENDENCE



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Lethbridge Senior Citizens Organization



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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

 60 slots available

FREE TO ATTEND!

RSVP to Kari from the LSCO 403-320-2222







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



EST 1975

Lethbridge Senior Citizens Organization

January 6 1 st 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 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.
January 8 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!
January 20 3 rd 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 ½ hour in length. Book an appointment through SCSP Intake at 403-329-1544 or intake@lethseniors.com .
January 7 1 st Wednesday	SERVICE CANADA & CRA CLINIC CANCELLED, RESUMING IN MARCH	
January 12 2 nd 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 nd 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

SUPPORT GROUPS

January 15
3rd 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

Stay up to date on these events on our event calendar 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.

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