

BELONG  CONNECT  THRIVE



LSCO

Lethbridge
Senior Citizens
Organization

Program Guide

Winter: January - April 2026

Everything you need to live fully at the LSCO

Welcome to the Lethbridge Senior Citizens Organization!

A vibrant hub for older adults.

We are thrilled to have you here! Whether you are a long-time member or just starting to explore what we offer, we are confident you'll find a community that exceeds your expectations.

Since 1975, the heart of the LSCO has been our "service to seniors by seniors" philosophy. Today, we have grown into one of Canada's largest and most vibrant hubs for adults aged 55 and better. Located in the heart of Lethbridge, our Centre is more than just a building—it is a focal point for aging well, where individuals come together to learn, stay active, and make a difference.

On behalf of the Board of Directors, staff, and our thousands of members, welcome to our dynamic community. We can't wait to see you around the Centre!

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STAYING CONNECTED TO THE LSCO

We believe that staying informed is the first step toward thriving at every age. Whether you prefer the feel of a newspaper or the convenience of a smartphone, there are many ways to stay in the loop.

- **The LSCO Times Newspaper:** Our free monthly newspaper is published on the last Friday of every month. It is your "go-to" guide for upcoming events, program changes, and community stories. You can find paper copies at the Centre and over 100 locations across Lethbridge
- **Delivered to Your Inbox:** If you provide an email with your membership, we will send a digital copy of the LSCO Times directly to you each month. You can also sign up and read it online at www.lethseniors.com/newspaper.
- **Find Us Online:** Our website (www.lethseniors.com) is a live hub for everything happening at the Centre. Join our digital community on **Facebook & Instagram** (@lethlsco) for daily updates, photos, and stories

ONLINE TIP: You can click the headings to go to that section

Your Visit to the Centre

GETTING TO THE LSCO

Parking Passes

You can park in the City-owned lot adjacent to our building for up to two hours for free. For longer stays, members can purchase an Annual Parking Pass for \$10 (plus a one-time \$3 admin fee). These are available at the Administration Desk and allow for all-day parking in the lot. **The pass must be visible at all times.**

Go Friendly Shuttle

In partnership with Nord-Bridge, we offer a home-to-centre shuttle service Monday–Friday (8:00 am – 3:30 pm). Passes can be purchased at LSCO and Nord-Bridge.

- **10x Pass** is \$21.00 | **30 Day Pass** for \$28.00 | **Yearly Pass** for \$280.00
- [To Book](#), call Nord-Bridge Senior Centre at **403-329-3222** no later than 3:00pm the day before.

Drive Happiness

A volunteer-driven assisted transportation service for medical appointments, shopping, and more. **Tickets are \$10** and provide 1.5 hours or 40km of assistance. **Book 3 business days in advance at 1-888-336-4503.**

Acess-A-Ride

A City of Lethbridge door-to-door service for those unable to use regular public transit. You must register before booking at www.lifemarkworkhealth.ca/city-of-lethbridge-access-a-ride.

MAKING THE MOST OF YOUR DAY

Signing into the Building

When you arrive, please sign in on the touch screen monitors to the left of the main doors. Members can sign in with their key tag, and non members can choose "Guest".

Signing in helps us with vital statistics for funding and ensures we know who is in the building during an emergency. Volunteers can also track their hours here.

LSCO 50's Style Dining Room

Anyone can enjoy affordable breakfast, lunch, or snacks in a friendly, spacious atmosphere. The dining room is open to the public and no membership is required. **Seniors receive a 10% discount and members receive a 15% discount.** Daily specials also available in the LSCO Times and online at www.lethseniors.com/menu

Open Monday through Friday: 8:00 am – 3:00 pm

- Breakfast served: 8:00 am – 1:00 pm
- Lunch served 11:00 am – 1:00 pm

LSCO Boutique

Discover unique, handcrafted treasures created by over 40 member-consignees. Open Monday–Friday, 10:00 am – 3:00 pm.

LSCO Library

Our volunteer-run library operates on a "take a book, leave a book" policy. It is stocked entirely by community donations and features books, puzzles, and DVDs.

Join Our Community

MEMBERSHIP

Why Become a Member? Membership at the LSCO is more than just a pass—it's an invitation to belong. As a member, you are the heart of our organization, helping us remain a vibrant hub for all older adults in Lethbridge.

MEMBERSHIP BENEFITS

- Program Savings:** Receive significant discounts on all classes and fitness programs.
- Dining Discounts:** Enjoy a 15% discount every time you visit our 50's style diner.
- Health & Wellness:** Access free or reduced rates for essential services, including the Foot Doctor, Hearing Specialists, and legal advice.
- Special Interest Groups:** Join any of our year-round clubs, from woodworking to genealogy
- Exclusive Parking:** Eligibility to purchase our annual \$10 all-day parking pass.
- Voice & Vote:** You have voting privileges at our Annual General Meeting (AGM), helping shape the future of the LSCO.
- Advertising:** Receive discounts on classified and display ads in the LSCO Times.

MEMBERSHIP FEES

Your membership is valid for 365 days from the date of purchase. Please note that memberships are non-refundable

SENIOR (55+) MEMBERSHIPS
\$60 / Year

ADULT (35+) MEMBERSHIPS
\$90 / Year

EVERYONE HAS A PLACE AT LSCO

We are committed to ensuring that financial barriers never stand in the way of connection. We offer two primary ways to save on your membership and programs.

| LSCO Welcome Policy | City of Lethbridge Fee Assistance |
|---|---|
| <p>If you meet the income thresholds below, you can <u>receive 25% off</u> your membership and program fees.</p> <p>Income Eligibility Single: Under \$30,000 Couple: Under \$50,000</p> <p>To Apply: Bring your prior year's tax return (Line 15000) to the Administration Desk.</p> | <p>City residents may be eligible for <u>\$150 per season</u> (Jan–June and July–Dec) to use toward LSCO memberships and programs.</p> <p>Income Eligibility Single: Under \$27,478* Couple: Under \$34,206*</p> <p>To Apply: Visit City Hall or search "City of Lethbridge Fee Assistance" online.</p> |

Volunteer Discount

For every 50 hours of verifiable volunteer time worked, members receive \$10 off their annual membership fee. Volunteer hours must be entered in the MySeniorsCenter System.

Recruit a Friend to Join Discount

Get a non-member friend to join the LSCO and get \$5 off your next years membership. In fact, we'll give you \$5 off EVERY non-member you get to join to a maximum of \$50.

VOLUNTEERING

Service to Seniors by Seniors Since 1974, our community has thrived because of the generous hearts of our volunteers. Whether you have an hour a month or a day a week, there is a place for you to belong and grow at the LSCO.

WHY VOLUNTEER AT THE LSCO?

Earn as You Give: For every 50 volunteer hours you receive \$10 off your annual membership fee.

Build Connections: Meet new friends and stay active in a supportive environment.

Direct Impact: Your time directly helps keep the cost of meals, programs, and services affordable for everyone.

FIND YOUR PERFECT FIT

To keep our programs affordable and our community strong, we invite you to explore these roles. We've organized opportunities based on interests and skills.

The “Social Butterfly”

If you enjoy building community and connection:

- **Greeters:** Be the first friendly face! Help folks sign in and ensure everyone feels they belong.
- **Community Connect*:** Provide vital weekly telephone support to a senior who may be feeling isolated.
- **Event-Based Volunteers:** Help with one-off celebrations like holiday socials, raffles, the Christmas Dinner, or the Live Well Trade Show.

The “Helping Hand”

If you enjoy stepping up to help out where you can and when you can:

- **Diner & Meals on Wheels Kitchen Prep:** Assist our chefs in preparing and serving nutritious, affordable meals.
- **Dishwashers:** A critical role in keeping our food programs running and affordable.
- **Diner Food Server:** Help serve food on the line and deliver to customers at their tables
- **Boutique*:** Help manage our handcrafted treasures from senior consignees.
- **Facility Caretakers & Plant Tenders:** Keep our shared home clean through light dusting or give our atrium plants some green-thumb attention.
- **Bottle/Can Recycling:** A simple task that makes a big impact by taking recyclables to the depot
- **Bingo Volunteers:** Support our fundraising at Winners Bingo; tasks range from selling cards to counting money (and you get a free lunch!).

The “Road Warior”

If you enjoy being on the open road (and making the occasional stop):

- **Drive Happiness*:** Use your vehicle to take seniors to essential appointments. Flexible schedule and gas reimbursement provided.
- **MOW & Food Bank Delivery*:** Deliver fresh meals or food hampers to homebound neighbors.
- **Newspaper Deliveries:** Pick a route and distribute the LSCO Times once a month.

The “Expert”

If you have specialized skills to share:

- **Tax Preparers*:** Help community members with simple tax returns through the CRA's volunteer income tax program.
- **Program & Fitness Instructors:** Share your expertise by leading one of our many classes or fitness sessions.
- **Music:** Do you play an instrument or sing? Bring joy to our second Friday Social each month by performing.

**Position requires an up to date Police Information Check and 2 references. The cost of this check will be covered by the LSCO if needed.*

- Morning Availability
- Afternoon Availability
- Flexible on your schedule

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

Support Services

Empowering You to Thrive at Home. The LSCO is more than a social club; we are a partner in your wellbeing. Our specialized teams work to ensure you have the resources, safety, and support to live with dignity and independence.

SENIORS SYSTEM NAVIGATION TEAM

Through the Seniors Community Services Partnership, our Seniors System Navigators and Link Workers collaborate with community partners to assist adults (60+) and their families with the complexities of daily living. We can:

- **Identify your needs:** We provide support, information, and referrals for finances, housing, health, transportation, food security, mental health and more.
- **Connect you with resources:** We link you with programs and services specifically designed for older adults.
- Offer community outreach: Our team can meet you in your home or a comfortable community location.
- Advocacy within complex systems: We can join you at appointments (ex. doctors or home care nurses) to ensure your needs are heard.
- Offer education: We host workshops and info sessions to increase awareness of issues affecting older adults.
- Provide emotional support: We offer non-judgmental 1-1 and group support to help reduce stress and improve your quality of life.

Contact the SCSP intake line at intake@lethseniors.com or 403-329-1544

LETHBRIDGE ELDER ABUSE RESPONSE NETWORK

LEARN is a free, confidential collaboration of senior-serving agencies dedicated to your safety. We provide education, advocacy, and support for adults (55+) experiencing mistreatment, always respecting your autonomy and preferences. Our Case Managers respond to concerns by:

- Safely making contact with those being mistreated
- Arranging for home, office or community visits at the older adults discretion
- Completing risk assessments and safety plans
- Developing a service plan by assisting in determining needs and setting goals
- Providing emotional support and advocacy
- Consulting with other professionals and completing appropriate referrals
- Following up to ensure continued safety and connection to community

Contact LEARN at 403-394-0306 or learn@lethseniors.com

MEALS ON WHEELS

LSCO Meals on Wheels provides hot, nutritious noon-day meals delivered by caring volunteers directly to your door.

- **Who Qualifies?** Lethbridge residents who have short or long-term difficulty preparing meals due to illness, injury, or disability.
- **The Schedule:** Hot meals are delivered Monday–Friday (excluding holidays). Frozen meals for weekends can be delivered on Fridays.
- **Affordability:** Fees are based on a sliding income scale to ensure access for everyone.

Contact Meals on Wheels at 403-327-7990 or mow@lethseniors.com.

ON-SITE HEALTH & PROFESSIONAL CLINICS

LSCO welcomes community professionals onsite to offer various health and wellness focused support to LSCO members as well as any members of the community of Lethbridge.

*Please note, these dates and times may change throughout the year

15 Minute Legal Consultations

2ND Wednesday, each month | 1:00 pm – 4:00 pm | Clinic Room

FREE 15-min consultations with local lawyer Austyn Anderson. Book an appointment through LSCO Admin 403-320-2222

Community Connect Coffee Group

1ST Tuesday, each month | 1:30 pm – 3:00 pm | Room C/D

FREE opportunity to build connections, grow meaningful connections, and strengthen access to community supports. Drop-in style, no need to register.

Eye Glasses Adjustments

3rd Wednesday, every 3rd month | 1:00 – 2:00 pm | Card Area

An Optician is on site to do free eye glasses adjustments and repairs

Hearing Screening

2ND Thursday, each month | 10:00 am – 12:00 pm | Quiet Room

A registered hearing practitioner is at LSCO once a month offering free hearing checks. Book an appointment through LSCO Admin 403-320-2222.

Mobile Food Support

A Thursday, each month | 1:00 pm | LSCO Parking Lot

The Lethbridge Food Bank will be at LSCO with excess food for the community to help address food insecurity. No income testing open to everyone of all ages, at no cost. First come, first served.

Podiatrist

A Wednesday, every other month | 8:30 – 12:30 | Room C/D

(For LSCO Members only) An assessment by a Podiatrist is available to LSCO Members only for \$20/session with presentation of an Alberta Health Care Card. Appointments must be booked in advance and can be made at the administration desk or by calling 403-320-2222.

Prescribing Pharmacist

1ST Tuesday each month | 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.

Service Canada & CRA Support Clinic

1ST Wednesday each month | 9:00 am – 12:00 pm | Card Area

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

Single Session Counselling

3RD Tuesday every other month 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 and appointment through SCSP Intake at 403-329-1544 or intake@lethseniors.com.

One time support services events or series for the current session can be found under the special events & programs category on pages 11 & 12

Programs & Fitness

Embrace active living with our fitness classes and engaging programs! We have something for everyone - whether you exercise multiple times a week, are just getting back on the saddle, or prefer to learn, socialize and be creative.

Your LSCO Membership provides a discount and allows you to access members only groups and classes. In order to receive the member rate on a program, **your membership must be active the entire time the program is scheduled.**

FITNESS CENTRE

A variety of exercise machines, cardio equipment, free weights are available for individuals of all fitness levels to get a fantastic workout! For your safety, it is recommended that you schedule a free orientation to ensure you can safely and confidently use all available equipment in the fitness centre. Please ask at the Administration Desk to book your orientation

Monthly Membership: Unlimited access to the Fitness Centre during hours of operation & FREE equipment orientation. Memberships can be purchased up to 4 months at a time.

Fitness Centre Drop In: Unlimited access to the Fitness Centre for the day. Please keep your receipt with you.

10x Class Fitness Pass: This pass can be used for the Fitness Centre and most group fitness class drop ins. Pass expires 6 months from the date of purchase. No extensions. No cash value.

| | Monthly Membership | Drop in | 10x Class/Fitness Pass |
|-------------------|--------------------|---------|------------------------|
| Member (Ages 35+) | \$25/Month | \$8 | \$80 |
| Non-Member | \$40/ Month | \$10 | \$100 |

PERSONAL TRAINING

Whether you are looking to get started, lose weight, or take your training to the next level Andrea is here to help you with all your health and fitness goals. Please note, individuals must have a fitness centre membership to to advantage of personal training opportunites

Contact fitness@lethseniors.com or 403-320-2222 ext. 303 to get started.

IMPORTANT THINGS TO KNOW

- Stay Notified:** Occasionally, classes are canceled due to low attendance or holidays. We will do our best to contact you via the info on your account.
- The 15-Minute Rule:** We schedule 15 minutes between programs. Please allow the previous group to exit and clean up before you enter, and please do the same for the group following you.
- Comfort:** Room temperatures can vary—we recommend dressing in layers so you stay comfortable!

Waivers and Forms

All participants are required to fill out a fitness waiver before participating in any programs or attending the Fitness Centre. These are available at the front desk. If you need to pause your membership due to changes in your health status, please contact the program manager as soon as possible.

PROGRAM REGISTRATION

Our programs are designed to keep you active and engaged throughout the year. To give you variety and flexibility, we organize our activities into four distinct sessions

- **Winter:** January – April
- **Spring:** May – June
- **Summer:** July – August
- **Fall:** September – December

WHEN TO REGISTER

Registration for the upcoming session typically opens in the middle of the month prior to the session beginning (Ex. Registration for the Fall Session opens in mid-August). We announce these exact dates in the LSCO Times and our social media.

- **Before the class begins:** You can register for any class from registration opening until three days before it starts.
- **Once a program has started:** If a program has already begun, don't worry! You can still register at a pro-rated rate if space is available or drop in instead.
- **Waitlists:** If a program is full, we encourage you to join the waitlist. We will contact you the moment a spot opens up.

HOW TO REGISTER

- **REGISTER IN PERSON** 8:00 – 4:30 pm Monday – Friday
- **REGISTER ONLINE** at www.lethseniors.com. Click "register now" and create a MyActiveCentre Account. Go to page 24 for detailed instructions on how to do this

WAIVERS: If you are joining a fitness class, please ensure you have a current Exercise/Fitness Waiver on file (required every 12 months).

Drop in Opportunities

Want to try something new? **Programs that are not full are available for drop in.** Check the program guide or MyActiveCentre online to see if a program is marked "Full."

For full classes, drop ins may be available at the instructor's discretion. Please confirm with the instructor prior to dropping in to confirm space.

- **One time:** Pay your drop-in fee at the Administration Desk and show your receipt to the instructor.
- **10x Drop in Pass:** Bring your pass to the instructor to have it stamped.
- **Ultimate Fitness Pass:** Show your current Ultimate Fitness Pass to the instructor.

Please ensure you select the program you are dropping in for when you sign in to the computers.

CREDITS & REFUNDS

We want you to be happy with your choices. Please review your registration carefully, as **refunds/credits cannot be issued once a class has started.** A \$10 administration fee is applied for all withdrawals for any reason.

- **Medical Withdrawl Exceptions:** If you must withdraw for medical reasons, please contact the Program Manager as soon as possible. A doctor's note is preferred, and your refund will be pro-rated based on remaining classes in the session.
- **LSCO Cancellations:** If we cancel a program, a full credit or refund will be issued. **In the event of unforeseen weather or facility closures,** we are unfortunately unable to offer make-up classes or credits.

Credits are valid for 12 months.

ULTIMATE FITNESS MEMBERSHIPS

Membership Benefits

1. Members have unlimited access to the Fitness Centre during hours of operation.
2. Members can register for their allotted number of classes without additional charges (see pricing in "Fees" section) all additional classes can be registered at standard LSCO member price.
 - Certain classes are not included in this membership. Excluded programs will be stated in program descriptions wherever the program is advertised and a comprehensive list of exclusions is available at the administration desk during operating hours. Badminton and Tennis are included with the UFM but Pickleball is not. Classes included in the Ultimate Fitness Membership may change without notice. Ask at the Administration Desk.
 - Classes not included in the UFM (as of March 2025): Pilates, Essentrics, Spring Forest QiGong, Strength & Mobility, Strength Circuit, Tuesday Evening Flow Yoga, Nia, Moving to Heal, Yovascia, Intermediate Tai Chi, Advanced Tai Chi, Creative Arts Classes
3. Members can drop in to classes that are included in the UFM, without additional charges, IF space is available.
4. The instructor will inform participants 5-10 minutes prior to the start of the class if space is available.

Registration

Individuals purchasing the membership will be required to sign an Agreement Form, be 55 years of age or older, and be current LSCO members.

It is suggested that you register early for the class you would like to participate in. Many of them fill up quickly. If the class is full, please leave your name on the waitlist. We may be able to register you at a later date or you may be able to attend on a drop-in basis.

General Information

Medical Membership Holds: Members will only be put on hold when unable to participate for more than 2 weeks. Provide written notice to the Program Department manager via email at programs@lethseniors.com. Doctor note is preferred if possible. LSCO will not put a hold on Ultimate Memberships during holiday hours or unforeseen circumstances

At times classes may be canceled due to instructor availability, special LSCO events, or low attendance.

Pricing

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

Tiered pricing is available to customize price points for members with different levels of usage: (All include unlimited drop ins)

- 4 registered classes/week\$280 (Approximately 33% discount; \$4.50 per class)
- 5 registered classes/week\$320 (Approximately 42% discount; \$4.00 per class)
- 6 registered classes/week\$335 (Approximately 50% discount; \$3.50 per class)

Entire 4-month membership must be paid in full at point of purchase.

Ultimate Fitness Memberships are sold seasonally (January-April, May-August, September-December) but may be prorated if purchased mid-season.

No refunds available for Ultimate Fitness Memberships; if you are unable to use your membership for an extended period of time please contact the program manager to discuss (email programs@lethseniors.com or call LSCO at 403-320-2222).

Programs List

SPECIAL EVENTS

Your Invitation to Join In At the LSCO, we believe that the best things in life—friendship, support, and community—should be accessible to everyone. Our free events are designed to help you stay informed, healthy, and connected without any financial barriers.

**Please note that the dates, times, and fees for these programs may change. Please watch our newspaper for a complete list of upcoming events for each month.*

Guided Tour

First Wednesday, each month | 1pm

Learn more about the LSCO with a tour around the building from a rockstar LSCO Volunteer.

Second Friday Social

Second Friday, each month | 1 – 3 pm | Stage Area

Join us monthly for an afternoon of music, socializing, and fun! Live Entertainment from different performers every month. Enjoy free coffee and snacks while you chat. Different activities to help you build friendships and meet new people.

February: Special Valentines Day & Chinese New Year activites.

March: Evening St. Patrick's Day Pub

Free Massages!

Wednesday Feb. 25 | 1 – 3pm | Card Area

Free neck and shoulder massages from the Lethbridge Polytechnic Massage Therapy Students. Appointments preferred.

Be Fast Friends

Friday, February 27 | 1 – 3 in the Card Area

This social connection event is designed to help people quickly meet and form new friendships in a casual way. Please register.

Scams & Frauds Presentation

Thursday, March 5 | 1:30 – 3 pm | Stage Area

Hear from the LPS Economic Crimes Unit on how you can protect yourself from fraud.

LSCO Annual General Meeting

Tuesday, March 31 | 1pm | Stage

Learn what LSCO has been up to in the last year and provide feedback.

Handmade With Love Market

Saturday, April 25 from 10 – 2 at LSCO

Browse a variety of handmade items and antique collectibles at this market. Contact Stephanie if you are interested in getting a table: sgirodat@lethseniors.com

13th Annual Live Well Showcase

Thursday & Friday, June 4 & 5

The Live Well Showcase is a vibrant gathering of over 70 vendors and 5 engaging speakers offering a diverse range of products and services tailored specifically for seniors.

SPECIAL PROGRAMS

These are special programs that run over multiple weeks.

Please note that the dates, times, and fees for these programs may change.

| Program | Instructor | Session | Time | Cost | Room |
|---|---|-------------------------------------|--|--------------|---------------------|
| Cooking for One (or two) | Konny Nelle | Thursdays Mar. 12–Apr. 30 | 2:30–4 pm | Price TBD | Stage Area /Kitchen |
| In this course you will learn how to plan and cook weekly menus for one or two people with Red Seal certified cook and former teacher Konny. We will exchange recipe ideas and focus on a nutritious and varied menu without waste. After planning our individual menus, we will cook some of the dishes in the LSCO kitchen. | | | | | |
| Beginner Conversational German | Konny Nelle | Mondays & Thursdays Mar. 9– Apr. 30 | 10–11 am | \$80 (\$100) | Computer Lab |
| Travelling to Germany, Switzerland or Austria? Do you have German-speaking relatives or friends? Or would you simply like to exercise your mind by learning a new language? It's much more fun in person than online! Join Konny, a native German speaker and former teacher for lessons in beginner conversational German. Along the way, you will also learn some interesting information about life in Germany | | | | | |
| AHS Wellness Exchange Workshops | Primary Care Alberta | Fridays, Feb. 13 – Mar. 13 | 2–3:30 pm | FREE | Board Room |
| Learn how to increase your ability to cope with change, build resilience, and improve our overall well-being. Attend any topic that interests you or attend all five. Please register at LSCO. | | | | | |
| February 13: Problem Solving March 6: Helpful Thinking | February 20: Positive Activities March 13: Healthy Connections | | February 27: Managing Reactions | | |
| Building Healthy Relationships | LEARN Case Manager | Tuesdays, Apr. 7 – May 26 | 10am – 12 pm | FREE | Board Room |
| This 8-week supportive group is focused on strengthening your connections with yourself and others. Together, we will explore practical tools for setting boundaries, communicating effectively, and navigating life's transitions—including grief and mental health—in a safe, non-judgmental environment. You will leave with a personal "wellness toolbox" to help you thrive and stay connected. | | | | | |

CREATIVE ARTS PROGRAMS

| Program | Instructor | Session | Time | Cost | Room |
|---|----------------|--|-------------|---------------|---------------|
| Pen & Ink for Beginners | Donna Gallant | Mondays, Feb. 2-23 | 10 am-12 pm | \$100 (\$120) | Arts & Crafts |
| 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> | | | | | |
| Naked Trees in Line & Wash | Donna Gallant | Mondays, Mar. 16-30 | 10 am-12 pm | \$75 (\$90) | Arts & Crafts |
| 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> | | | | | |
| Heritage Blankets | Marcelle Velve | S2: Feb. 23 S3: Mon. Mar. 30 S4: Apr. 27 | 10 am-12 pm | \$110 (\$125) | Arts & Crafts |
| 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. | | | | | |
| Winter Skies in Acrylic | Donna Gallant | Mondays, Jan. 5 – 26 | 10 am-12 pm | \$100 (\$120) | Arts & Crafts |
| 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> | | | | | |
| How to Use Watercolor Pencils and more! | Donna Gallant | Mondays, Apr. 13-27 | 10 am-12 pm | \$75 (\$90) | Arts & Crafts |
| 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> | | | | | |
| Paint & Chat | Donna Bilyk | S2: Tuesday, Feb. 10 S3: Tuesday, Mar. 10 S4: Tuesday, Apr. 14 | 1-3 pm | \$55 (\$65) | Arts & Crafts |
| 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. | | | | | |

FITNESS & MOVEMENT PROGRAMS

- Suitable for All Fitness & Mobility Levels
- Class includes sustained walking/standing; suitable for most fitness levels
- Class includes sustained, high intensity, exercise

***New Session Dates

Class is full

Member Price (Non Member Price)

| Session | Time | Cost | Drop-In | Room | Instructor |
|--|--|----------------------------|------------|-------|------------------|
| Bike & More | This is a cardio combo class where participants begin with an energetic cycle workout guided by music. After the ride, you will move off the stationary bike for resistance training using various equipment like dumbbells and bands. Bring a water bottle and clean indoor shoes for this effective full-body workout. | | | | |
| Wednesdays, Jan. 7 – Apr. 29 | 9:00 – 10:00 am | \$119 (\$153) | \$8 (\$10) | Gym 2 | Nancy Purkis |
| Cardio & Balance | This joint-friendly class is divided into two parts. The first half focuses on cardio movements to improve cardiac health using fun music and varied equipment. The second half of the class is dedicated to balance training to reduce the risk of falls and improve overall fitness. | | | | |
| Tuesdays, Jan. 6 – Apr. 28 | 9:00 – 9:50 am | \$119 (\$153) | \$8 (\$10) | Gym 1 | Gabrielle Dumont |
| Cardio Strength | Start your week right with this mixed cardio and strength training workout. Participants will utilize many different pieces of fitness equipment to engage their whole body. This workout is intended for intermediate to advanced fitness levels, but individuals are encouraged to exercise at their own pace. | | | | |
| Mondays, Jan. 5 – Apr. 27 | 8:00 – 8:50 am | \$105 (\$135) | \$8 (\$10) | Gym 2 | Gabrielle Dumont |
| Cardio to the Core | This class features a variety of different moves and exercises designed to deliver an intense, full-body workout. The focus is on a high level of cardio engagement followed by core work. Participants should bring a mat and water bottle. | | | | |
| Wednesdays, Jan. 14 – Apr. 29 | 8:00 – 8:50 am | \$112 (\$128) | \$8 (\$10) | Gym 2 | Deb Palmer |
| Chair Exercises | This class uses a chair for support while focusing on stretching and exercise to promote stress reduction. It aims to increase strength, flexibility, and range of motion for your joints. With many options provided, this class is suitable for all fitness levels. | | | | |
| 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 |

| Session | Time | Cost | Drop-In | Room | Instructor |
|---|---|--------------------------------|---------------------------|-------|------------------------------------|
| Core & Stretch | This class focuses on challenging your core using a combination of resistance training strategies and bodyweight exercises. The high-intensity core work is followed by a relaxing and beneficial deep stretching segment. | | | | |
| Mondays, Jan. 19 – Apr. 27 | 10:10 – 11:00 am 9:10 – 10:00 am | \$104 (\$117) \$120 (\$135) | \$8 (\$10) FULL | APR | Tracy Simons |
| Wednesdays, Jan. 21 – Apr. 29 | 9:10 – 10:00 am | \$120 (\$135) | FULL | | |
| Cycle Combo | Perfect for when you can't ride outdoors, this class features an energetic, low-impact ride on a stationary bike to boost cardiovascular fitness. Participants can ride at a self-selected pace, ensuring a comfortable yet effective workout. The session concludes with necessary stretching. | | | | |
| 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 | When outdoor riding isn't an option, come cycle with us in this energetic, low-impact stationary bike class. The instructor will guide you through the ride to improve cardiovascular fitness, but participants are encouraged to move at their own pace. The session concludes with stretch | | | | |
| Fridays, Feb. 6 – Apr. 24 | 8:00 – 8:45 am | \$88 (\$99) | \$8 (\$10) | Gym 2 | Tracy Simons |
| Essentrics | Essentrics dynamically combines strengthening and stretching to create a strong, toned, and balanced body. The workout ensures your muscles do not inhibit movement, enhancing your mobility and joint flexibility. The goal is to move each joint and muscle freely and with a full range of motion. <u>Not included in the ultimate fitness membership.</u> | | | | |
| 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 | Participants will walk at a self-selected pace to effectively improve cardiovascular fitness. The instructor incorporates both high and low intensity options and uses various exercise equipment to increase overall body strength. | | | | |
| Wednesdays, Jan. 7 – Apr. 29 | 9:00 – 9:55 am | \$119 (\$153) | \$8 (\$10) | Gym 1 | Andrea Clarke |

| Session | Time | Cost | Drop-In | Room | Instructor |
|--|---|--------------------------------|-------------|-------|-----------------------------------|
| Functional Fitness | This class is designed for individuals with limited mobility or impaired motor control who wish to improve activities of daily living. A variety of exercise equipment will be used to build strength, core stability, and balance. | | | | |
| 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 | This gentle class is designed for individuals of all skill levels and abilities. It includes low-impact moves to elevate your heart rate, resistance equipment to strengthen muscles, and stretches to keep you limber. Chairs and various equipment are used, so wear inside shoes and comfortable clothes. | | | | |
| Mondays, Jan. 5 – Apr. 27 | | \$105 (\$135) | FULL | | June Dow |
| Wednesdays, Jan. 7 – Apr. 29 Fridays, Jan. 9 – Apr. 24 | 10:15 – 11:00 am | \$119 (\$153) \$105 (\$135) | \$8 (\$10) | Gym 1 | Donna Teifenbach Andrea Clarke |
| Line Dancing - Beginner | If you love music and want to learn how to line dance, this class is perfect for you. Instructor Gloria-Rose will teach you basic line dances in a comfortable and welcoming environment. Guys are welcome to join this class, just be sure to wear comfortable indoor footwear and bring water. | | | | |
| Wednesdays, Jan. 7 – Apr. 29 | 12:45 – 1:45 pm | \$85 (\$119) | \$6 (\$8) | Gym 2 | Gloria-Rose Puurveen |
| Line Dancing - Experienced Beginner | This class is intended for those who have taken a beginner dance class, and/or have some line dance experience and are comfortable dancing to faster music. Less time will be spent on reviewing, and more dancing will occur. Come dance like no one is watching! | | | | |
| Wednesdays, Jan. 7 – Apr. 29 | 11:30 am – 12:30 pm | \$85 (\$119) | \$6 (\$8) | Gym 2 | Gloria-Rose Puurveen |
| Low Impact Barre | Low Impact Barre uses ballet-inspired positioning and various tools, like dumbbells and resistance bands, for effective resistance training. This is a great class to challenge your strength, stability, and endurance, with a dedicated segment for traditional strength training. It's ideal for those who enjoy choreography without complex footwork. Please bring a yoga mat. | | | | |
| Mondays, Jan. 12 – Apr. 27 | 11:15 am – 12:00 pm | \$112 (\$126) | \$8 (\$10) | A/B | Sheila Mulgrew |

| Session | Time | Cost | Drop-In | Room | Instructor |
|--|--|--------------------------------|----------------------------|-------------------|---------------------|
| Pilates | <p>This class involves a series of classical Pilates exercises performed on a mat, emphasizing breath, core conditioning, and body awareness. Light weights, resistance tubing, and other props are used to add stretch and strength work while focusing on proper alignment and form. Please bring a yoga mat, towel, and water bottle. <u>Not included in the ultimate fitness membership.</u></p> | | | | |
| Mondays, Jan. 5 – Apr. 27 Thursdays, Jan. 8 – Apr. 30 | 11:15 am – 12:30 10:15 am – 11:30 | \$120 (\$135) \$136 (\$153) | Both FULL | APR A/B | June Dow |
| Pilates For Beginners | <p>This class is for those new to Pilates or who wish to build a firm foundation before advancing. The instructor will guide you from the ground up, ensuring you are challenged while still being successful in each class. Please remember to bring a yoga mat, water bottle, and a towel.</p> | | | | |
| 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 | <p>This Pound (cardio drumming) session provides a challenge for your entire body. Participants use Ripstix to drum along to music for a fun, full-body workout. This class is suitable for absolutely everyone, with modifications provided, as needed.</p> | | | | |
| Wednesdays, Jan. 14 – Apr. 29, | 11:00 – 11:45 am | \$128 (\$144) | \$9 (\$10) | APR | Sheila Mulgrew |
| Strength & Mobility | <p>This is a group strength training class specifically designed for the Active Older Adult. The class uses weights, resistance bands, and other equipment to build strength and mobility. Options are always given, making it suitable for both beginners and more experienced participants. <u>Not included in the ultimate fitness membership.</u></p> | | | | |
| 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 | <p>This is a joint-friendly class designed for all fitness levels. Using a variety of equipment, the focus is on developing whole-body strength and enhancing balance. The goal of the class is to improve overall fitness and reduce the risk of falls</p> | | | | |
| Thursdays, Jan. 8 – Apr. 30 | 9:00 – 9:50 am | \$119 (\$153) | \$8 (\$10) | Gym 1 | Gabrielle Dumont |

● Suitable for All Fitness & Mobility Levels

● Class includes sustained walking/standing;
suitable for most fitness levels

● Class includes sustained, high intensity, exercise

***New Session Dates

Class is full

Member Price (Non Member Price)

● Suitable for All Fitness & Mobility Levels

● Class includes sustained walking/standing; suitable for most fitness levels

● Class includes sustained, high intensity, exercise

***New Session Dates

Class is full

Member Price (Non Member Price)

| Session | Time | Cost | Drop-In | Room | Instructor |
|---|---|---------------|-------------|----------------|-----------------------------------|
| Strength Circuit | This class is designed for individuals who are new to using resistance training machines or are returning to exercise after a break. The circuit is designed to develop muscular endurance, strength, balance, and agility, while teaching you to use the Fitness Centre to its full potential. <u>Not included in the ultimate fitness membership.</u> | | | | |
| Thursdays, Jan. 8 – Apr. 30 | 10:15 – 11:15 am | \$119 (\$153) | FULL | Fitness Centre | Instructor TBD |
| Tabata | This is a high-energy fitness class designed to give you an exhilarating workout using the Tabata training format. Participants perform a variety of challenging exercises in timed intervals (20 seconds max effort/10 seconds rest, repeated 8 times). | | | | |
| 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 | TRX is a functional suspension training system that uses gravity and your own bodyweight as resistance. It is an effective way to build strength, balance, coordination, core stability, and joint stability. A variety of equipment will be used in this class, which is welcoming to all fitness levels. | | | | |
| Monday, Jan. 12 – Apr. 27 | 9:00 – 9:50 am | \$119 (\$153) | FULL | Gym 2 | Andrea Clarke |
| Zumba ® | Zumba® is a Latin Dance-based fitness class that provides a great cardiovascular workout disguised as a dance party. Participants are encouraged to sweat, smile, and lose themselves in the infectious music. | | | | |
| Mondays, Jan. 5 – Apr. 27 | 9:00 – 9:55 am | \$105 (\$135) | \$8 (\$10) | APR | Gabrielle Dumont |
| Zumba Gold/Toning | This class combines the benefits of two programs: half the time is spent on Zumba Gold, a dance fitness class without weights. The second half is Zumba Gold Toning, which uses handheld toning sticks to focus on muscle conditioning and increasing bone density. It's truly exercise in disguise! | | | | |
| Tuesdays, Jan. 13 – Apr. 28 | 11:15 am – 12:15 pm | \$128 (\$144) | \$9 (\$10) | APR | Sheila Mulgrew |

MIND-BODY & YOGA PROGRAMS

- Suitable for All Fitness & Mobility Levels
- Class includes sustained walking/standing; suitable for most fitness levels
- Class includes sustained, high intensity, exercise

| ***New Session Dates | | Class is full | | Member Price (Non Member Price) | | |
|---|------------------|--|-------------|---------------------------------|------------------|--|
| Session | Time | Cost | Drop-In | Room | Instructor | |
| Chair Yoga | | | | | | This gentle class uses the aid of a chair to perform yoga poses and breathing exercises. It is suitable for all fitness levels and conditions. Chair Yoga may help you increase strength, flexibility, range of motion for joints, and stress reduction. |
| 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 | | | | | | Classic Nia is a one-hour movement practice incorporating elements of dance, martial arts, and healing arts. This joyful practice uses soul-stirring music to improve coordination, balance, agility, and ease in your body. <u>Not included in the ultimate fitness membership.</u> |
| Thursdays, Jan. 8 – Apr. 30 | 5:15 – 6:15 pm | \$200 (\$220) | \$15 (\$20) | Gym 2 | Lise Schulze | |
| Gentle Yoga | | | | | | Gentle Yoga is a great place to take things slower and experience the foundational benefits of a yoga practice. This class is ideal if you are new to yoga or haven't practiced in a while. Wear comfortable clothing, bring a mat, blanket, and water bottle. |
| Tuesdays, Jan. 6 – Apr. 28 Thursdays, Jan. 8 – Apr. 30 | 10:00 – 11:00 am | \$119 (\$153) | FULL | APR | Donna Teifenbach | |
| Moving To Heal | | | | | | This one-hour movement practice focuses on healing and balancing the body and mind. Using a chair for stability, participants move to music to find ease and joy. Healing, balance, and conditioning are the positive by-products of this Nia Technique. <u>Not included in the ultimate fitness membership.</u> |
| Thursdays, Mar. 5 – Apr. 30 | 4:00 – 5:00 pm | \$100 (\$110) | \$15 (\$20) | A/B | Lise Schulze | |

| Session | Time | Cost | Drop-In | Room | Instructor |
|---|--|---------------|------------|-------|------------------|
| Saturday Flow Yoga | Energize the start of your weekend with this moderately paced flow class, guided by breath. The practice explores asanas to build stability, mobility, and balance, while also helping to calm and center the mind. Bring your mat, water bottle, and dress in layers. | | | | |
| Saturdays, Jan. 10 – Apr. 25 | 10:00 – 11:15 am | \$120 (\$150) | \$8 (\$10) | A/B | Rumi Graham |
| Tai Chi 108 Yang Style Form Practice | This session is a dedicated practice time for the 108 Yang Style Form and is not a formal lesson. It is intended for individuals who already have some experience in this specific Tai Chi form. Come and utilize this time to refine your practice. | | | | |
| Wednesdays, Jan. 7 – Apr. 29 | 10:15 – 11:15 am | \$35 (\$55) | N/A | Gym 2 | |
| Traditional Qigong | Traditional Qigong is an embodied exploration of ancient “mindful movement” techniques designed to make your life feel amazing. This class explores traditional exercises focusing on cultivating healing energy through proper external and internal movement principles. Participants should be able to stand for the duration of the class. | | | | |
| Thursdays, Jan. 8 – Apr. 30 | 10:15 – 11:15 am | \$119 (\$153) | N/A | Gym 2 | Adrian Tomei |
| Tuesday Evening Flow Yoga | This flow yoga class is perfect for ending your day by releasing tension and moving through postures to enhance flexibility and build strength. Modifications are offered, making it suitable for all skill levels. Bring a mat and water bottle. <u>Not included in the ultimate fitness membership.</u> | | | | |
| Tuesdays, Jan. 13 – Apr. 28 | 5:00 – 6:00 pm | \$112 (\$144) | \$8 (\$10) | A/B | Donna Tiefenbach |
| Vinyasa Yoga | This gentle style of Vinyasa yoga is a moving meditation that integrates the importance of breath with movement. The class strengthens the body as the breath safely guides participants through the flow of movements. This adaptable class caters to all ages and abilities and helps stabilize joints, regain mobility, and build body awareness. | | | | |
| Tuesdays, Feb. 3 – Apr. 28 Thursdays, Feb. 5 – Apr. 30 | 8:00 – 8:55 am | \$91 (\$117) | N/A | APR | Melanie Hillaby |

| Session | Time | Cost | Drop-In | Room | Instructor |
|--|--|--|------------------------|------------------------|-------------------------------------|
| Yoga For Seniors | <p>You are never too old to reap the rewards of yoga in this safe and effective class designed for seniors. Regular practice can lead to host of benefits, including greater flexibility, improved balance, lower stress, and better sleep. Bring a mat, water bottle, and dress in comfortable layers.</p> | | | | |
| 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 | <p>Yoga Nidra, or “yogic sleep,” is a deep meditation method intended to induce full body relaxation. It uses techniques like guided imagery and body scanning to bring incredible calmness, quietness, and clarity to the body and mind. Participants can expect to leave the practice feeling restored and rejuvenated, so bring a mat and any comfort props.</p> | | | | |
| 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 | <p>Get ready for a rejuvenating class full of interesting movement and playful exploration. This gentle yet exciting class offers a great blend of nourishment, challenge, and creativity. Yoga practitioners of all skill levels will find themselves at home here.</p> | | | | |
| Fridays, Jan. 9 – Apr. 24 | 9:00 – 10:00 am | \$105 (\$135) | \$8 (\$10) | APR | Shawn Hamilton & Stephanie Girodat. |
| Yovascia: Mobility, Balance, Rejuvenation | <p>This unique fusion is designed to enhance mobility and activate the body's natural rejuvenation systems. Yovascia focuses on the fascial network, vagus nerve stimulation, lymphatic flow, and mindful breath-work to support overall vitality. Through guided techniques, you can improve joint mobility, balance, and flexibility, while fostering deep relaxation. <u>Not included in Ultimate Fitness Membership.</u></p> | | | | |
| 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 |

SPECIAL INTEREST GROUPS

These are member groups that meet all year (some may break over the summer).

| | | | |
|--|--|-----------------------------|----------------|
| Amateur Radio | Wednesdays: 9 am – 11 am (or longer on request and with notice) | \$29/year + LSCO Membership | Radio Room |
| The CJOC Amateur Radio Club 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. Anyone wishing to join must have an amateur radio license, and volunteers are available to help you with the licensing process at no cost. | | | |
| Billiards | LSCO Hours, \$6 (\$7NM) Drop In | \$55/year + LSCO Membership | Billiards Room |
| 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. | | | |
| Badminton | Mondays, Wednesdays, Fridays: 11:15 – 12:45 Thursdays: 10:15 am – 12:15 PM | \$68/year + LSCO Membership | Gym 1 |
| 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. | | | |
| Computers | Mondays, Wednesdays, Fridays: 1 – 4 pm | \$21/year + LSCO Membership | Computer Lab |
| 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. | | | |
| 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. | | | |
| Crib | Thursdays: 1 pm – 3 pm, \$2 Drop in | LSCO Membership | Card Area |
| 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 | Wednesdays: 10 am – 3 pm | \$21/year + LSCO Membership | Board Room |
| 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 | Tuesdays: 1 – 3:30 pm, \$2 Drop in | \$30/year + LSCO Membership | Board Room |
| 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. | | | |

VITALITY & ACTIVE LIVING

| | | | |
|--|--|--|-----------------|
| Knitting, Crochet & More | Thursdays: 1 – 4 pm | \$11/year + LSCO Membership | Atrium |
| 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) | Wednesdays: 10 am – 3 pm | \$36/year + LSCO Membership | Lapidary Room |
| 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 | Fridays: 9 am – 3 pm | \$23/year + LSCO Membership | Radio Room |
| 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 | Tuesdays: 12 pm – 3 pm | LSCO Membership | Stage Area |
| 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 | Mondays & Wednesdays: 2:30-4 pm Fridays: 10:30 am – 12 pm | \$44/year + LSCO Membership | Room C/D |
| 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 | Mondays, Wednesdays, Fridays: 8:15 – 9:15 am | \$20/year + LSCO Membership | Stage Area |
| 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. | | | |
| Watercolour | Wednesdays, 1 – 3 pm | \$52/year + LSCO Membership | Radio Room |
| 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 | LSCO Hours | \$250 year (or \$25/month) + LSCO Membership | Westco Woodshop |
| 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. | | | |

Online Registration

You must have a MyActiveCenter (MAC) account to register online. This is needed for both members and non members

TO CREATE AN ONLINE ACCOUNT

You only have to do this once

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

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

STEP 2: Create your account.

For members, choose "I have a key tag" and fill in your member number (this is the little plastic keytag with the barcode on the back you use to sign in), as well as your phone number. This phone number MUST match the phone number the LSCO has on file in order to sign up. If your phone number or member number does not match, you will receive an error when clicking "sign up" and will not be able to connect your account. Please call the LSCO or visit the front desk so we can update your profile. As soon as it's updated on our end, you should be able to complete the process.

You do have the ability to share this account with your spouse. You'll have your two profiles connected to just one login and will be able to choose which spouse wants to register for each program.

For non members, choose I don't have a key tag and fill in your information.

STEP 3: Confirm Signup

Scroll down to fill in an email address you'd like to use as well as a password. Confirm the password, and then click Signup. Please note, the LSCO does not have the ability to reset this password, so make sure you keep track of it somewhere.

TO REGISTER FOR PROGRAMS

STEP 1: Go to www.myactivecenter.com and login.

Enter your login info in the blue section on the right.

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

Classes with multiple sessions should appear when you select it. You can also filter available activities by the day they occur or their category. Alternatively, you may choose to view activities in a Calendar view.

Step 3: Click the Add to Cart button to add the sessions(s) of your choosing to your shopping cart.

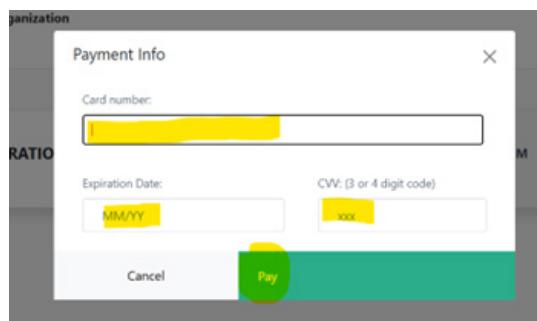
If you are a member, the non-member price should be crossed out with the member price displayed instead. Your membership must be active during the entire time a program is scheduled to run or you will not be able to pay the member price. If the member discount is showing for some programs but not for others, your membership likely expires sometime during the the 4 month session.

You can see discounts applied and the days the program is scheduled to run by clicking on "Schedules and Discounts" If you qualify for the Welcome policy and have set that up at the admin desk, the price displayed for you should be even lower than the member price.

Continue adding activities until you're ready to check out. Click "Activities" at the top to add more programs. If the cart preview isn't already open and you wish to navigate to your cart, you may open the cart-preview by clicking the little Cart icon in the upper right.)

Step 4: Check out and pay when you have added all programs you would like by clicking "pay for selected items".

Fill in your credit card information and then click "pay". MyActiveCentre does not save your credit card information to keep the site as safe as possible. You will need to re-enter your credit card information any time you would like to pay.



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

RENEW YOUR MEMBERSHIP ONLINE

(Or check when it expires)

For adult memberships, the process would be the same, but you would choose "LSCO Adult Membership"

1. **Click "Groups" at the top of the page.** Then click "View Group" under LSCO Membership
2. **Under Plan, choose LSCO Membership 55+.** Now you should be able to see when your membership is set to expire. If you choose to renew, your new expiration date will be 1 year from your old expiration date
3. **Click "Add to Cart".** When you are ready to checkout, you can go to your cart to pay.

Please note: If you qualify for the LSCO Welcome Policy (25% off for couples with an income less than \$50,000 or individuals less than \$30,000), you will need to come into the LSCO to get that discount on your membership. Once your Welcome policy membership is completed, you can register for programs online and receive the Welcome Policy discount.

Lethbridge Senior Citizens Organi... ACTIVITIES GROUPS ABOUT

Groups
1 groups

* LSCO MEMBERSHIP
1 Plan
\$60

Member renewals for 55+. To register for a new membership, please come in person. The LSCO Welcome Policy provides a 25% discount on Membership and programs to couples with an income less than \$50,000.

[View Group](#)

For Citizens Organi... ACTIVITIES GROUPS ABOUT X

* LSCO MEMBERSHIP

Member renewals for 55+. To register for a new membership, please come in person. The LSCO Welcome Policy provides a 25% discount on Membership and programs to couples with an income less than \$50,000 per year or individuals with an income less than \$30,000. If you qualify for t...

[Read more](#)

Plan:
LSCO Membership 55+
366 days \$60

Expiration date:
Dec 4th, 2027
*if purchased today

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