



LSCO Times

February

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

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Herald photo by JOE MANIO. From left, Taunya Pickles, John Usher, Ruth Unrau, and Kaitlynn Weaver

A CUT ABOVE:

Crowds Overflow for Westco Woodshop Grand Re-Opening

LETHBRIDGE — Sawdust was in the air and excitement was through the roof this week as the Lethbridge Senior Citizens Organization (LSCO) officially unveiled the newly revitalized Westco Woodshop.

The turnout for the ribbon-cutting ceremony was nothing short of historic for the

center. So many community members, hobbyists, and supporters arrived to witness the unveiling that the crowd spilled out of the woodshop and lined the entryway stairs, eager to get a glimpse of the state-of-the-art transformation.

"Today marks more than the unveiling of a revitalized space," said Kaitlynn Weaver, Executive Director of the LSCO, "It marks the beginning of count-

less new projects, friendships, and opportunities for our members to connect, learn, and share their talents."

A Legacy Continued

The journey to this grand re-opening began with a poignant gift. Following the passing of longtime LSCO member and volunteer John Unrau, his estate provided a generous donation to the center. John's sister, Ruth Neufeld, who attended the ceremony, recognized the profound impact the shop had on her brother's life and saw an opportunity to ensure that legacy continued for others.

The donation allowed the LSCO to dream big, focusing on improved safety, more

workspace, and the preservation of beloved equipment that has served the community for decades.

A Community Effort

The transformation was a masterclass in local partnership. In June 2025, the LSCO teamed up with Taunya and Daniel of Westco Construction to map out a vision for the space. Westco didn't just provide a blueprint; they rolled up their sleeves, helping to clear the shop, scrub the rafters, and provide a fresh coat of paint.

The project quickly became a rallying cry for other local businesses: Big Steel Box provided essential storage during the renovation. Derochie Painting donated time and materials to brighten the shop's aesthetic.



500 Hours of Heart

While the contractors provided the structure, the LSCO volunteers provided the heart. Over the last several months, dedicated volunteers logged more than 500 hours designing and building custom workbenches, assembling new machinery, and ensuring every square inch met rigorous safety standards.





"Our volunteers have brought this shop to life," Weaver noted during her address. "They have created something that our members will enjoy for years to come. It stands as a true testament to what can be built—both literally and figuratively—when a community works hand in hand."

As the ribbon was finally cut, the "wall-to-wall" crowd was invited in to explore the functional new space, which will serve as a hub for skill-sharing and creativity for seniors and hobbyists across Lethbridge.



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important updates and
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LSCO News



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LEGACY & TRUST

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

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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.

LSCO Notices

LSCO Closed for Family Day
on Monday, February 16

LSCO Annual General Meeting
Tuesday, Mar. 31st @ 1pm in the Stage
Learn what LSCO has been up to in the last year and provide feedback.

New Diner Prices & Menu Items
To keep serving the delicious meals you love, we've updated our standard menu pricing. Everything in the diner will now have 3 prices. The **general public price**, the **seniors price: 10% less** and a **member price: 15% less** (discounts do not stack). This means members will pay about the same price on food as before. To check out the new items, see [page #7](#) and read Kaitlynn's message on the next page.

Parking Lot Reminder
The city lot outside the LSCO has a 2-hour free limit; **vehicles parked longer will be ticketed by the City.** Members can purchase an annual \$10 parking pass \$3 one time admin fee at the desk for all day parking. **It must be visible at all times.**
Stay tuned for an upcoming pass swap as new versions are arriving soon.

Fundraising Corner

Thank You!

Because of the generous support of our community sponsors
Over \$25,000 was raised for Meals on Wheels!

23 Days of Christmas

A GIFT OF COMMUNITY 2025



A CENTURY OF CONNECTION: CJOC Partners with LSCO Amateur Radio Club

We are excited to announce a new three-year partnership between CJOC and the LSCO Amateur Radio Club. Together, we are revitalizing the CJOC Radio Room to celebrate Lethbridge's rich broadcasting history and ensure this vital service thrives for years to come.
"As CJOC celebrates 100 years on the air, we're thrilled to launch this three-year partnership. We are excited to champion the Amateur Radio Club and celebrate Lethbridge's enduring radio legacy." — **CJOC 94.1 Regional Manager Sheldon Button**

"Amateur radio is a nostalgic and historical art form that remains incredibly beneficial today, keeping people connected and engaged. We are honoured to be the beneficiary of CJOC's generosity and their support as a strong community connector." — **LSCO's Executive Director Kaitlynn Weaver**
"We are thrilled to welcome CJOC as our naming sponsor during this period of growth. Having their support provides a significant benefit to our members as we move forward into new opportunities." — **The Amateur Radio Club**
More details about the newly named CJOC Amateur Radio Club can be found on page 13

LSCO COMMUNITY PARTNERS, SPONSORS, & MAJOR DONORS



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SSN Intake403-329-1544

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

LEARN403-394-0306

EXECUTIVE DIRECTOR'S MESSAGE

Winter Reflections & Community Connections

The LSCO is heading into February with a mix of excitement, gratitude, and care for our community, especially as winter feels long. Yes, the sun is staying out longer, but is it just me, or does it feel like our seasons are getting pushed back a bit these days?

January was another whirlwind following the chaos (and fun) of the Christmas season. One highlight we are especially proud of is that the Woodshop has once again opened its doors to our members, with a new and very exciting twist. With their generous support and expertise, Westco Construction has received three-year naming rights to the woodshop as part of our ongoing effort to ensure this much-loved program remains sustainable and supported well into the future. Thank you, Westco Construction, for all your hard work and support of our organization! We also want to extend our heartfelt thanks to the dedicated woodshop volunteers and to the generosity of Ruth Neufeld from her brother, John Unrau's estate, which made the renovation possible.

Another exciting update: We're thrilled to enhance the value of your membership with new benefits! Members will now enjoy a 15% discount on all menu items at the LSCO Diner. And since we're a seniors' centre, we're extending special perks to non-member seniors (55+), who will receive a 10% discount at the diner—though I strongly encourage you to get a membership! These benefits keep your experience affordable and rewarding while helping us track diner usage by non-members and non-seniors. This update also helps us earn additional revenue to help keep our organization and the diner sustainable. *Please note: Discounts do not stack if you're both a member and a senior.*

Switching gears, I want to highlight the importance of connecting with LSCO's Senior System Navigators, a free service funded by Family and Community Support Services through the City of Lethbridge. Connecting with our Registered Social Workers is completely free and can help you and your family navigate the seniors' system, whether it's health care, housing, food, or more.

As the LSCO's Executive Director, I am so proud of the work these incredible staff do, tailoring plans to each individual seeking support. If you haven't already connected with our lovely staff, please do! They are so knowledgeable. Here are just a few of the many things that they can assist you or your family with:

- Education about programs, services, and resources available through LSCO and the wider community.
- Help you access or complete pension and benefits paperwork (not sure if you're receiving all you're entitled to? Reach out!).
- Connect you with support for housing, food, transportation, and health.
- Find social, recreational, and wellness opportunities that fit your needs at the LSCO or other centres.

This time of year can be especially challenging for many older adults. Short days, colder weather, and lingering winter conditions can make it harder to get out, stay connected, and access supports. If you or someone you know feels isolated, overwhelmed, or unsure where to turn, our LSCO System Navigators are here for you!


Finally, I want to express my deepest gratitude to each and every one of you. Whether you attend our programs, volunteer for one of our many services, donate to the organization, or simply spread the word about how to get involved at the LSCO, your support makes everything we do possible. Thank you for being the heart of our community.

KAITLYNN WEAVER

We're listening!

Members & the public:

Complete our survey to help us make LSCO even better.



Scan me

Paper copies outside Kaitlynn's office (beside the diner).

Survey Closes on Monday, March 2

 P: 403.320.2222 W: lethseniors.com A: 500 11th St. S., Lethbridge

Emergency Social Services Intake Training Exercise

City of Lethbridge Emergency Social Services is conducting an emergency response training exercise which allows volunteers to practice intake and registration functions in a simulated evacuation environment. Those interested in participating as "evacuees" can drop in to the LSCO on **Thursday, February 12th between 11-12:30** or contact Jamie Anderson, Emergency Planning Administrator, at ess@lethbridge.ca or 587-220-1269.

LSCO COMMUNITY PARTNERS, SPONSORS, & MAJOR DONORS



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

Life at LSCO



Join Our Community

SENIOR (55+)
MEMBERSHIPS
\$60 / Year

ADULT (35+)
MEMBERSHIPS
\$90 / Year

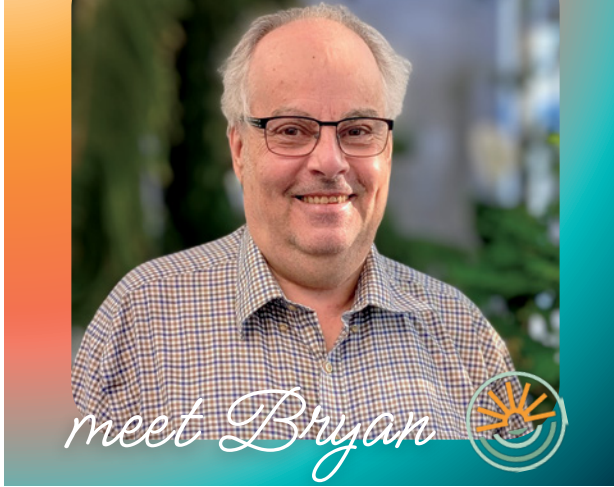
Everyone has a place at LSCO.
We offer a fee subsidy of 25% off memberships and programs for those who qualify.

BELONGING & COMMUNITY

Welcome New LSCO Members!

- | | |
|------------------|------------------------|
| Barrie Broughton | Youli Yao |
| Bonnie Dupuis | Holly Davies |
| Peter Gilligan | Paul Wollersheim |
| Peter Petrik | Karla Guyn |
| Fabienne Morton | James Devries |
| Gordon Jangula | Reed Spencer |
| Kathy Schwarz | Tami Buroker |
| Glen Mackinnon | Bev Brezina |
| Leanne Elias | Leonard Brent Selinger |
| Shauna Motte | Lorna Selinger |
| Heather Gauthier | Cindy Powell |
| Arlene Robertson | Stephen Trollope |
| Darlene Nault | +16 Anonymous |

volunteer spotlight.



Volunteer Spotlight: Bryan O.

Bryan was born in Blairmore, Alberta. His family resided in Coleman, but the hospital of his birth was in Blairmore. Bryan's father operated a retail business (groceries and clothing) in Coleman and his mother worked there, too. Bryan worked in the store a lot from a young age, helping out where he could. His father eventually sold the business and entered the banking industry in Coleman. His father has passed on, but this mother is 91 years old and living in Lethbridge.

Bryan was the eldest child in his family; he grew up with a brother and sister. His brother has passed on, but his sister resides outside of Canada so he does not see much of her anymore.

Bryan obtained all of his education in Coleman and did his high school at Crowsnest Consolidated. He says that his school is now a museum. Bryan attended school, but he did not really enjoy it or look forward to it each day. Bryan says that he enjoyed nature and the mountains, and being outside with his buddies. He also has fond memories of attending the Roxy Theatre in Coleman. Bryan ski-dooed on his father's ski-doo in winter and loved to skate at the Coleman arena.

Bryan has very fond memories of the neighbour's dog "Charlie". Although Bryan's family did not have a pet, per se, Charlie sounds like he was Bryan's unofficial pet. Bryan would visit the neighbours so he could be in Charlie's company.

Bryan was baptized as a Catholic in Coleman and still considers himself a Catholic, but is non-practicing at this time.

Bryan's paternal grandparents also lived in Coleman when he was growing up and therefore, Bryan was able to spend many enjoyable hours in his grandfather's company. His grandfather was in retail and when Bryan helped him, he would pay Bryan in treats from the store. Bryan's grandmother was quite a painter and he would spend hours with her doing a lot of painting together.

After his schooling, Bryan worked for the ALCB (Alberta Liquor Control Board), but

there were not enough hours so he went to Calgary where he had an aunt and uncle to stay with. His uncle got him into janitorial work and Bryan got experience doing all kinds of shiftwork; he worked in a church and for the Calgary School Board as a janitor.

After Calgary, Bryan moved to Lethbridge. He tried living in a group home, but then went out on his own; he seems to prefer his independence. Bryan was previously married some time ago, but is no longer. He seems to be carving out his best life with support from Rehoboth, a local long-standing social service agency.

Bryan volunteered at LSCO doing dishwashing with John Unrau for Chef Tim in pre-Covid times; he also volunteered at Winners bin-go for LSCO. He has returned to volunteer at LSCO and has been sanitizing tables one shift per week. Bryan keeps an active lifestyle: e.g. going out with friends, swimming, going to the library, watching curling at the curling club, playing Yahtzee. His favourite meal was his mom's macaroni & cheese, but now his faves are meals at Humpty's or Wendy's; his typical treat of 'steeped tea and a muffin' at Tim's is only elevated by a Boston Cream as an occasional "cheat".

Bryan's quiet time may be spent watching TV (e.g. hockey, crime dramas, news) and doing word searches. He is also known to be a 'collector' of old Coca-Cola paraphernalia, especially signage.

Bryan's favourite colour is blue, especially if it is a bright blue car. He drove a car in his earlier years. His father taught him a lot about cars, but he no longer drives.

Bryan's family's summer vacations were always into B.C. He went to Las Vegas many years ago and "came back broke", so he has no desire to relive that experience. Bryan has attended an adult summer camp near Red Deer four times so far that is hosted by Rehoboth across Alberta; he reports that they are always great regarding the activities, meals, and other campers; he hopes to be able to go again this summer.

Bryan likes the music of Elton John, ABBA, and CJOC-radio; he does not have a specific favourite song. He is admittedly not a reader, but when his biography is written, it will be titled: Bryan with a Y!

Bryan likes to do artistic things; he is hoping to get into a clay class at CASA soon. Bryan has passion toward and pride in his artistic endeavours.

Bryan says he enjoys "being around people". He likes to keep busy and to be helpful to others. These qualities were evident when this writer met with Bryan. He says he would like to be busier and would like to return to dishwashing at LSCO, but this writer has encouraged him in his current role as Table Sanitizer in the diner. This writer thanks Bryan for his patience and willingness to undergo this scrutiny; this was an enjoyable conversation!

BY CAROL SEKIYA

ALL EVENTS & PROGRAMS ON PG 8&9

Upcoming Free Events

Guided Tour

Wednesday, Feb. 4 @ 1 | Admin Desk

Second Friday Social

Friday, Feb. 13 @ 1pm | Stage Area

Special Valentines Day & Chinese New Year activities. Free coffee & snacks. Open to anyone.

Free Massages!

Wednesday Feb. 25 @ 1 – 3 | Card Area

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

AHS Wellness Exchange Series

Fridays, Feb. 13–Mar. 13 @ 2pm | 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

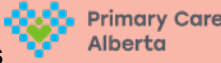
February 13: Problem Solving

February 20: Positive Activities

February 27: Managing Reactions

March 6: Helpful Thinking

March 13: Healthy Connections



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 @ 1:30pm | 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


Contact Stephanie if you are interested in getting a table: sgirodat@lethseniors.com

13th Annual Live Well Showcase

Thursday & Friday, June 4 & 5

ONLINE TIP: You can click this box to go to the monthly calendar

BELONGING & COMMUNITY

<div><div></div><div><h1>FEBRUARY SPECIALS MENU</h1><p>Breakfast: 8 - 11 am Lunch: 11am - 1 pm Coffee & Snacks: Until 3pm</p><p>Daily Soup, Salad & Sandwich Specials</p></div><div>Open to anyone in the community</div></div>				
Monday, February 2	Tuesday, February 3	Wednesday, February 4	Thursday, February 5	Friday, February 6
Perogies & Sausage Chef's Choice of Vegetable, Soup & Dessert	Spaghetti Bolognese with Garlic Toast Chef's Choice of Vegetable, Soup & Dessert	Chicken Cordon Blue with Mashed Potatoes Chef's Choice of Vegetable, Soup & Dessert	Chicken Stew with Rice Chef's Choice of Vegetable, Soup & Dessert	Shepherd's Pie Chef's Choice of Vegetable, Soup & Dessert
Monday, February 9	Tuesday, February 10	Wednesday, February 11	Thursday, February 12	Friday, February 13
Chicken Parmigiana with Spaghetti Chef's Choice of Vegetable, Soup & Dessert	Butter Chicken with Rice Chef's Choice of Vegetable, Soup & Dessert	Cabbage Rolls with Rice Chef's Choice of Vegetable, Soup & Dessert	Chicken Enchilada with Rice Chef's Choice of Vegetable, Soup & Dessert	Turkey with Stuffing and Mashed Potatoes Chef's Choice of Vegetable, Soup & Dessert
Monday, February 16	Tuesday, February 17	Wednesday, February 18	Thursday, February 19	Friday, February 20
Chicken Dumpling with Rice Chef's Choice of Vegetable, Soup & Dessert LSCO Closed Meal Delivered Fri Before	<i>Chinese New Year Special</i> Chicken Chow Mein with Rice Chef's Choice of Vegetable, Soup & Dessert	Gypsy Schnitzel with Spaetzle Chef's Choice of Vegetable, Soup & Dessert	Beef & Bean Burrito with Rice Chef's Choice of Vegetable, Soup & Dessert	Roast Beef, Yorkshire Pudding, Mashed Potatoes Chef's Choice of Vegetable, Soup & Dessert
Monday, February 23	Tuesday, February 24	Wednesday, February 25	Thursday, February 26	Friday, February 27
Beef Stroganoff with Egg Noodles Chef's Choice of Vegetable, Soup & Dessert	Lulu Island Pork Chops with Roast Potato Chef's Choice of Vegetable, Soup & Dessert	Ginger Chicken with Cashew Rice Chef's Choice of Vegetable, Soup & Dessert	Bangers & Mashed Potatoes Chef's Choice of Vegetable, Soup & Dessert	Meatloaf with Roast Potatoes Chef's Choice of Vegetable, Soup & Dessert
View the menu online at www.lethseniors.com/menu			*Menu subject to change without notice	



AKAISAMITOHKANA O'PA

FEBRUARY 2026 EXHIBITS, PROGRAMS & EVENTS

EXHIBITS



CLOSES FEB 08.26



CLOSES MAR 01.26



OCT 11-APR 05 Youth Choice



FEB 14-AUG 9, 2026

++ 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

PROGRAMS

Tue 03 | 10:30-11:30 AM

Creative Community * Valentine's Day Theme!

registration encouraged

Tue 10 | 6:30-8:30 PM

The Playgoers of Lethbridge —Play Reading | adults and seniors

Playgoers members: free / non-members: \$15 / non-members who purchase a membership at the door: \$10 (incl. membership + admission)

Wed 11 | 5-7 PM

Valentine's! Polymer Clay Earrings Workshop with Teacher Em

all ages | pre-register: \$20/person, free to members | includes materials

Fri 13 | 12-1 PM

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

registration encouraged

Wed 25 | 9-11 AM

Toddler Time: Explore & Play *

toddlers with caregivers

SPECIAL EVENTS

Fri 06 | 7 PM

The Friends of The Galt Present: Sip, Savour, Support—A Whisky Tasting with Stuart Bartwiki

Proceeds support Galt programming. Doors at 6:30 | 18+ | tickets: \$125, available only online at friends.galtmuseum.com/events

Sat 07 | 2-4 PM

African and Black History Month workshop with Adedeji Bowoade **

all ages | interactive

Sun 15, 22

A Journey of Discovery Escape Room

ages 7+ [7-12 must play with an adult] | 4-8 players/game | pre-register: \$20/player non-members, members free | arrive 5 min. early!



www.galtmuseum.com/calendar



BELONGING & COMMUNITY

Computer Club Events

The LSCO Computer Club has access to the computer lab on Monday, Wednesday and Friday from 1 – 4 pm. Help sessions are available by request if there is a member available.

Wednesday February 4 @ 1 pm

Facebook #1: Getting Started

Learn how to open your Facebook account, set up your profile, find friends, and make your first post. We'll also explore what you can do on Facebook, including joining groups and following pages of interest. Presented by Marcelle Velve

Wednesday February 11 @ 1 pm

Facebook: Security, Photos & Messenger

Learn how to make your Facebook account more secure, add photos to your posts and messages, and manage your Messenger chats. This class covers joining, leaving, and deleting chats to help you stay organized and protected. Presented by Marcelle Velve

Wednesday February 18 @ 1 pm

Exploring the Biomes of Brazil from Rainforest to Savanna

Discover the incredible ecological diversity of Brazil, a country home to some of the most unique and vibrant ecosystems on Earth. From the lush Amazon Rainforest and vast Pantanal wetlands to the dry Caatinga scrublands and rich Atlantic Forest, each biome supports extraordinary plants, wildlife, and cultural connections.

Amanda Fernandes will take you on a photographic journey through these landscapes, showcasing rare species, fascinating adaptations, and conservation challenges. Open to all, no registration required.

Made with Love

Hand Made Market

Saturday
April 25
10am - 2pm

Contact Stephanie for more info
sgirodat@lethseniors.com
403-320-2222 ext. 104

Lethbridge Senior Citizens Organization - 500 11th St. S

LSCO

NEW WEST

The BIRDS and the BEES

By: Mark Crawford

★★★★★
"A razor sharp and steamy new comedy"
-Whatsonstage

FEBRUARY 18
STERNDALÉ BENNETT THEATRE

SENIORS MATINEE
\$25 + fees

Discount code: LethSenior25

Windows 10 Free Extended Security Updates



COMPUTER CORNER
BY SJOERD SCHAAFSMA

If you're still using Windows 10, here's some good news.

Microsoft is offering a free one-year extension that allows many Windows 10 users to continue receiving important security updates, even after regular support ends. This is helpful if you're not ready to buy a new computer or move to Windows 11 just yet.

According to the Ask Woody technology newsletter, most everyday users will qualify for this free extension, which means you can stay on Windows 10 for a little longer without paying the usual \$30 fee.

What does this mean for you?

- Your computer can stay safer for another year
- You don't need to replace your computer right away

- This option is especially helpful if your computer still works well

How to get the free extension
To qualify:

- Your computer must be using Windows 10 and be fully up to date
- You'll need to sign in with a Microsoft administrator account

If you're not sure whether your computer is up to date or what kind of account you use, that's okay — many people aren't! You may want to ask a trusted family member, friend, or the Computer Club for help

For more information, search online for: "Free Windows 10 extended support" and make sure you select the Microsoft website, or visit: www.microsoft.com/en-us/windows/extended-security-updates?r=1

ONLINE TIP: You can click this URL to go directly to it

Wednesday, February 18
1-2:30pm | LSCO Computer Lab

TRAVEL ADVENTURES
EXPLORING THE BIOMES OF BRAZIL:
FROM RAINFOREST TO SAVANNA
FROM AMANDA FERNANDES

Free, No registration required

LSCO Lethbridge Senior Citizens Organization

SACPA Southern Alberta Council on Public Affairs

University of Lethbridge

February SCHEDULE

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

Feb 5	Andrew Iwaniuk, University of Lethbridge	Implications in medical research: Why study bird brains?
Feb 12	Don McIntyre, University of Lethbridge	Whatever Happened to Good Old-Fashioned Manifest Destiny? Imperialism and Colonialism in our Modernity
Feb 19	Nicholas Dunn, University of Lethbridge	Should Medical Assistance in Dying (MAID) be available to people with mental illnesses?
Feb 26	Tom Sindlinger, Former Calgary MLA	Separation from Canada: Who Wants Alberta to Become the 51st State?

LOW & COMPANY
LAWYERS

Austyn L. Anderson, JD

ALA@LOWLAW.CA | 403-380-2499

REAL ESTATE
ESTATE LAW

FAMILY LAW
BUSINESS LAW

In the Community

FRESH PURE UNPASTURIZED HONEY for sale. Various sizes for 300 gram jars to 10 lb. pails. 100% natural Beeswax hand & body cream. Will deliver. **Call 403-381-1653.**

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


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

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

Also seeking senior homeowners interested in becoming landlords to support safe, affordable senior housing. **Call Linda 403-359-4759**

Do you enjoy the company of a cat? We are away for 5 weeks in mid-February and are looking for someone to care for her. If interested, **call Donna 825-437-3769**

LIBRARY CORNER



The LSCO Library is looking for donations of Books, CDs and DVDs

TASTY NEW EATS



Small Poutine \$9 **\$8.25** **\$7.75**

Large Poutine \$12 **\$10.75** **\$10.25**

Crispy golden fries topped with savoury gravy & cheese curds.

Chicken Bacon Ranch \$12 **\$10.75** **\$10.25**

Grilled chicken, crispy bacon, and ranch sauce with fresh lettuce and tomato. *Available as a sandwich or a wrap.*

Flatbread Pizza (6") \$10 **\$9** **\$8.5**

BBQ Chicken: Tangy BBQ sauce, grilled chicken, bell peppers, and melted cheese.

Peperoni: Tomato sauce, zesty pepperoni, & melted cheese.

Hot Hamburger Sandwich \$10 **Seniors Pay \$9** **Members Pay \$8.5**

A beef patty served on garlic toast, topped with sautéed onions and savory gravy.

Burrito \$11.5 **\$10.25** **\$9.75**

Perfectly seasoned ground beef, refried beans, and melted cheese wrapped in a warm tortilla.

Breakfast Burrito \$11.5 **\$10.25** **\$9.75**

Fluffy eggs, savory sausage, cheese, crispy hashbrowns, and zesty salsa hand-rolled in a soft flour tortilla.

Avocado Toast \$7 **\$6.25** **\$6**

Creamy avocado topped with fresh onions, green peppers, & tomatoes on toasted rye bread.

Add Egg \$2 Add Bacon \$4

Seniors save 10%

Members save 15%

**discounts do not stack*

+ exclusive new discounts on all menu items so members will pay about the same as before.


PRICING UPDATE

To keep serving the delicious meals you love, **we've updated our standard menu pricing.**




LSCO DINER
50's Style Eatery






HERE TO SERVE



RACHAEL THOMAS
MEMBER OF PARLIAMENT



@RachaelThomas.ab

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

staff highlight.



welcome Adam

FOOD SERVICES COOK

My name is Adam, and I'm the new cook at the LSCO. I believe good meals bring people together, and I'm excited to cook for such a welcoming group. If you enjoy what you're eating, I'm doing my job right!



BFF
BE FAST FRIENDS

An opportunity for individuals who need more social connection to come together in a "Speed Dating" format focusing on developing friendships!



February 27, 2026
@ 1:30. Register in Advance

P: 403-320-2222 W: lethseniors.com
A: 500 11th St. S. Lethbridge



Recovery Alberta
MENTAL HEALTH AND ADDICTION SERVICES

BELONGING & COMMUNITY

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
<div>8:15–9:15: Tai Chi Group</div> <div>8–8:50am : Cardio Strength</div> <div>8:30–9:30am: Yovascia</div> <div>8:30am–3:30pm: Billiards</div> <div>9–9:55am: Tabata</div> <div>9–9:55am: Zumba</div> <div>9–9:55am: TRX Plus</div> <div>10–10:45am: Chair Yoga</div> <div>10am–12pm: Pen & Ink for Beginners</div> <div>10:10–11am: Core & Stretch</div> <div>10:15–11am: Gentle Exercise</div> <div>11:15am–12:30pm: Pilates</div> <div>11:15–12:45pm: Badminton</div> <div>11:30am–12:15: Functional Fitness</div> <div>1–2pm: Yoga For Seniors</div> <div>2:30–4pm: Table Tennis</div>		2	<div>8–8:55am: Vinyasa Yoga</div> <div>8:30am–3:30pm: Billiards</div> <div>8:45–9:45am : Beginner Pilates</div> <div>9–9:55am: Cycle Combo</div> <div>9–9:50am: Cardio & Balance</div> <div>10am–12pm: Prescribing Pharmacist</div> <div>10–11am– Gentle Yoga</div> <div>11:30am–12:15pm: Essentrics</div> <div>12–3pm: Quilting</div> <div>1:30–2:30pm: Strength & Mobility</div> <div>1–3:30pm: Karaoke</div> <div>1:30–3 Community Connect Coffee Group</div>		3	<div>8:00–8:50am: Cardio to the Core</div> <div>8:15–9:15: Tai Chi Group</div> <div>8:30am–3:30pm: Billiards</div> <div>9–9:55am : Bike & More</div> <div>9–9:55am: Power Walking</div> <div>9:10–10am: Core & Stretch</div> <div>9:30–11 am: Amateur Radio</div> <div>10am–3 pm: Lapidary</div> <div>10am–3 pm: Genealogy</div> <div>10–11:30 am: Strengthening the Aging Brain</div> <div>10–10:45am: Chair Yoga</div> <div>10:15–11am: Gentle Exercise</div> <div>10:15–11:15: Tai Chi 108 Yang Style</div> <div>11am–11:45am: Pound</div> <div>11:15–12:45pm: Badminton</div> <div>11:30am–12:30: Experienced Line Dancing</div> <div>12:45–1:45pm: Beginner Line Dancing</div> <div>1–3pm: Watercolor</div> <div>1–2pm: LSCO Guided Tour</div> <div>1–3pm: Getting Started on Facebook</div> <div>2:30–4pm: Table Tennis</div>		4	<div>7–8am: Sunrise Rotary</div> <div>8:30am–3:30pm: Billiards</div> <div>9–9:55am: Cycle Combo</div> <div>9–9:50am: Strength & Balance</div> <div>9:30–10:15am: Chair Exercise</div> <div>10–11am: Gentle Yoga</div> <div>10am–12pm: Hearing Screenings</div> <div>10:15–11:30am: Pilates</div> <div>10:15–11:15am: Strength Circuit</div> <div>10:15–11:15am: Traditional Qigong</div> <div>10:15–12:00pm: Badminton</div> <div>12 – 1pm: SACPA</div> <div>1–3pm:Crib</div> <div>1–4pm: Knitting & Crochet</div> <div>1:30–2:30pm: Strength & Mobility</div> <div>5:15–6:15pm: Classic Nia</div> <div>7–9pm: AA Sunset</div>		5	<div>8–8:45am: Cycle for All Levels</div> <div>8:15–9:15: Tai Chi Group</div> <div>8:30am–3:30pm: Billiards</div> <div>9am–3pm: Paper Tole & Creative Arts</div> <div>9–9:55am: Tabata</div> <div>9–10am: Yoga Refresh</div> <div>10:15–11am: Gentle Exercise</div> <div>10:15–11:15am: Yoga for Seniors</div> <div>10:30am–12pm: Table Tennis</div> <div>11:30am–12:30pm: Yoga Nidra</div> <div>11:15–12:45pm: Badminton</div> <div>1–4pm: Computer Club</div>		6
SPECIAL PROGRAMS & GROUPS		EVENTS & VOLUNTEERING						8:30–10:30am: AA Eye Opener						
SESSIONAL PROGRAMS & FITNESS		SUPPORT SERVICES						9am–12pm: Fitness Centre						
								10–11:15am: Saturday Flow Yoga						
<div>8–8:50am: Cardio Strength</div> <div>8:15–9:15: Tai Chi Group</div> <div>8:30am–3:30pm: Billiards</div> <div>9–9:55am: Tabata</div> <div>9–9:55am: Zumba</div> <div>9–9:55am: TRX Plus</div> <div>10–10:45am: Chair Yoga</div> <div>10am–12pm: Pen & Ink for Beginners</div> <div>10:10–11am: Core & Stretch</div> <div>10:15–11am: Gentle Exercise</div> <div>11:15am–12:30pm: Pilates</div> <div>11:15–12:45pm: Badminton</div> <div>11:30am–12:15pm: Functional Fitness</div> <div>1–2pm: Yoga For Seniors</div> <div>1–4pm: Computer Club</div> <div>1–2pm: VolunTEAM Meeting</div> <div>2:30–4pm: Table Tennis</div>		9	<div>8–8:55am: Vinyasa Yoga</div> <div>8:30am–3:30pm: Billiards</div> <div>8:45–9:45am: Beginner Pilates</div> <div>9–9:55am: Cycle Combo</div> <div>9–9:50am: Cardio & Balance</div> <div>10–11am: Gentle Yoga</div> <div>11:30am–12:15pm: Essentrics</div> <div>12pm–3pm: Quilting</div> <div>1–3pm: Paint & Chat</div> <div>1:30–2:30pm: Strength & Mobility</div> <div>1pm–3:30pm: Karaoke</div> <div>5–6pm: Evening Flow Yoga</div>		10	<div>8:00–8:50am: Cardio to the Core</div> <div>8:15–9:15: Tai Chi Group</div> <div>8:30am–3:30pm: Billiards</div> <div>9–9:55am: Bike & More</div> <div>9–9:55am: Power Walking</div> <div>9–11am: Amateur Radio</div> <div>9:10–10am: Core & Stretch</div> <div>10am–3pm: Lapidary</div> <div>10am–3pm: Genealogy</div> <div>10–11:30 am: Strengthening the Aging Brain</div> <div>10–10:45am: Chair Yoga</div> <div>10:15–11am: Gentle Exercise</div> <div>10:15–11:15: Tai Chi 108 Yang Style</div> <div>11am–11:45am: Pound</div> <div>11:30am–12:30pm: Experienced Line Dancing</div> <div>12:45–1:45pm: Beginner Line Dancing</div> <div>1–3pm: Facebook Security, Photos & Messenger</div> <div>1–3pm: Watercolor</div> <div>1–4pm: 15 Minute Legal Consultations</div> <div>2:30–4pm: Table Tennis</div>		11	<div>7–8am: Sunrise Rotary</div> <div>8:30am–3:30pm: Billiards</div> <div>9–9:55am: Cycle Combo</div> <div>9–9:50am: Strength & Balance</div> <div>9:30–10:15am: Chair Exercise</div> <div>9 – 1pm: Bayshore Home Health Booth</div> <div>10–11am: Gentle Yoga</div> <div>10am–12pm: Free Hearing Screening</div> <div>10am–12pm Advanced Doubles</div> <div>Badminton Competition</div> <div>10:15–11:30am: Pilates</div> <div>10:15–11:15am: Strength Circuit</div> <div>10:15–11:15am: Traditional Qigong</div> <div>11am–12:30pm: City of Lethbridge Emergency Training Exercise</div> <div>12 – 1pm: SACPA</div> <div>1–3pm: Crib</div> <div>1–4pm: Knitting & Crochet</div> <div>1:30–2:30pm: Strength & Mobility</div> <div>5:15–6:15pm: Classic Nia</div> <div>7–9pm: AA Sunset</div>		12	<div>8–8:45am: Cycle for All Levels</div> <div>8:15–9:15: Tai Chi Group</div> <div>8:30am–3:30pm: Billiards</div> <div>9am–3pm: Paper Tole & Creative Arts</div> <div>9–9:55am: Tabata</div> <div>9–10am: Yoga Refresh</div> <div>10:15–11am: Gentle Exercise</div> <div>10:15–11:15am: Yoga for Seniors</div> <div>10:30am–12pm: Table Tennis</div> <div>11:30am–12:30pm: Yoga Nidra</div> <div>11:15–12:45pm: Badminton</div> <div>1–4pm: Computer Club</div> <div>1–3pm: Second Friday Social</div> <div>2–3:30pm: AHS Wellness Exchange Series–Problem Solving</div>		13
								8:30–10:30am: AA Eye Opener						
								9am–12pm: Fitness Centre						
								10–11:15am: Saturday Flow Yoga						
<div>Happy Family Day!</div> <div>LSCO CLOSED</div>		16	<div>8–8:55am: Vinyasa Yoga</div> <div>8:30am–3:30pm: Billiards</div> <div>8:45–9:45am: Beginner Pilates</div> <div>9–9:55am: Cycle Combo</div> <div>9–9:50am: Cardio & Balance</div> <div>10–11am: Gentle Yoga</div> <div>11:30am–12:15pm: Essentrics</div> <div>11am–1pm: Chinese New Year Lunch</div> <div>12pm–3pm: Quilting</div> <div>12:30–2:00: Single Session Counselling</div> <div>1:30–2:30pm: Strength & Mobility</div> <div>1pm–3:30pm: Karaoke</div> <div>5–6pm: Evening Flow Yoga</div>		17	<div>8:00–8:50am: Cardio to the Core</div> <div>8:15–9:15: Tai Chi Group</div> <div>8:30am–3:30pm: Billiards</div> <div>9–9:55am: Bike & More</div> <div>9–9:55am: Power Walking</div> <div>9–11am: Amateur Radio</div> <div>9:10–10am: Core & Stretch</div> <div>10am–3pm: Lapidary</div> <div>10am–3pm: Genealogy</div> <div>10–11:30 am: Strengthening the Aging Brain</div> <div>10–10:45am: Chair Yoga</div> <div>10:15–11am: Gentle Exercise</div> <div>10:15–11:30am: Yin Yoga</div> <div>10:15–11:15: Tai Chi 108 Yang Style</div> <div>11am–11:45am: Pound</div> <div>11:30am–12:30pm: Experienced Line Dancing</div> <div>12:45–1:45pm: Beginner Line Dancing</div> <div>1–2:30pm: Exploring the Biomes of Brazil</div> <div>1–3pm: Watercolor</div> <div>2:30–4pm: Table Tennis</div> <div>4–6pm: Lethbridge Chamber Member Meet & Greet</div>		18	<div>7–8am: Sunrise Rotary</div> <div>8:30am–3:30pm: Billiards</div> <div>9–9:55am: Cycle Combo</div> <div>9–9:50am: Strength & Balance</div> <div>9:30–10:15am: Chair Exercise</div> <div>10–11:00am: Gentle Yoga</div> <div>10:15–11:30am: Pilates</div> <div>10:15–11:15am: Strength Circuit</div> <div>10:15–11:15am: Traditional Qigong</div> <div>11am–2pm: Hearing Life Booth</div> <div>12 – 1pm: SACPA</div> <div>1–3pm: Crib</div> <div>1–4pm: Knitting & Crochet</div> <div>1:30–2:30pm: Strength & Mobility</div> <div>2–4pm: Parkinson’s Support Group</div> <div>5:15–6:15pm: Classic Nia</div> <div>7–9pm: AA Sunset</div>		19	<div>8–8:45am: Cycle for All Levels</div> <div>8:15–9:15: Tai Chi Group</div> <div>8:30am–3:30pm: Billiards</div> <div>9am–3pm: Paper Tole & Creative Arts</div> <div>9–9:55am: Tabata</div> <div>9–10am: Yoga Refresh</div> <div>10:15–11am: Gentle Exercise</div> <div>10:15–11:15am: Yoga for Seniors</div> <div>10:30am–12pm: Table Tennis</div> <div>11:30am–12:30pm: Yoga Nidra</div> <div>11:15–12:45pm: Badminton</div> <div>1–4pm: Computer Club</div> <div>2–3:30pm: AHS Wellness Exchange Series–Positive Activities</div>		20
								8:30–10:30am: AA Eye Opener						
								9am–12pm: Fitness Centre						
								10–11:15am: Saturday Flow Yoga						
<div>8am: Tax Drop Offs Open</div> <div>8–8:50am: Cardio Strength</div> <div>8:15–9:15: Tai Chi Group</div> <div>8:30am–3:30pm: Billiards</div> <div>8:30–9:30am: Yovascia</div> <div>9–9:55am: Tabata</div> <div>9–9:55am: Zumba</div> <div>9–9:55am: TRX Plus</div> <div>10–10:45am: Chair Yoga</div> <div>10am–12pm: Heritage Blankets</div> <div>10am–12pm: Pen & Ink for Beginners</div> <div>10:10–11am: Core & Stretch</div> <div>10:15–11am: Gentle Exercise</div> <div>11:15am–12:30pm: Pilates</div> <div>11:15–12:45pm: Badminton</div> <div>11:30am–12:15pm: Functional Fitness</div> <div>1–2pm: Yoga For Seniors</div> <div>1–4pm: Computer Club</div> <div>2:30–4pm: Table Tennis</div>		23	<div>8–8:55am: Vinyasa Yoga</div> <div>8:30am–3:30pm: Billiards</div> <div>8:45–9:45am: Beginner Pilates</div> <div>9–9:55am: Cycle Combo</div> <div>9–9:50am: Cardio & Balance</div> <div>10–11am: Gentle Yoga</div> <div>11:30am–12:15pm: Essentrics</div> <div>12pm–3pm: Quilting</div> <div>1:30–2:30pm: Strength & Mobility</div> <div>1pm–3:30pm: Karaoke</div> <div>5–6pm: Evening Flow Yoga</div>		24	<div>8:00–8:50am: Cardio to the Core</div> <div>8:15–9:15: Tai Chi Group</div> <div>8:30am–3:30pm: Billiards</div> <div>9–9:55am: Bike & More</div> <div>9–9:55am: Power Walking</div> <div>9–11am: Amateur Radio</div> <div>9:10–10am: Core & Stretch</div> <div>10am–3pm: Lapidary</div> <div>10am–3pm: Genealogy</div> <div>10–10:45am: Chair Yoga</div> <div>10:15–11am: Gentle Exercise</div> <div>10:15–11:30am: Yin Yoga</div> <div>10:15–11:15: Tai Chi 108 Yang Style</div> <div>11am–11:45am: Pound</div> <div>11:30am–12:30pm: Experienced Line Dancing</div> <div>12:45–1:45pm: Beginner Line Dancing</div> <div>1–3pm: Free Massage Clinic</div> <div>1–4pm: Computer Club</div> <div>1–3pm: Watercolor</div> <div>2:30–4pm: Table Tennis</div>		25	<div>7–8am: Sunrise Rotary</div> <div>8:30am–3:30pm: Billiards</div> <div>9–9:55am: Cycle Combo</div> <div>9–9:50am: Strength & Balance</div> <div>9:30–10:15am: Chair Exercise</div> <div>10–11:00am: Gentle Yoga</div> <div>10:15–11:30am: Pilates</div> <div>10:15–11:15am: Strength Circuit</div> <div>10:15–11:15am: Traditional Qigong</div> <div>11am–1pm: Ty Gibson Real Estate One Booth</div> <div>12 – 1pm: SACPA</div> <div>1–3pm: Crib</div> <div>1–4pm: Knitting & Crochet</div> <div>1:30–2:30pm: Strength & Mobility</div> <div>5:15–6:15pm: Classic Nia</div> <div>7–9pm: AA Sunset</div>		26	<div>8–8:45am: Cycle for All Levels</div> <div>8:15–9:15: Tai Chi Group</div> <div>8:30am–3:30pm: Billiards</div> <div>9am–3pm: Paper Tole & Creative Arts</div> <div>9–9:55am: Tabata</div> <div>9–10am: Yoga Refresh</div> <div>10:15–11am: Gentle Exercise</div> <div>10:15–11:15am: Yoga for Seniors</div> <div>10:30am–12pm: Table Tennis</div> <div>11:30am–12:30pm: Yoga Nidra</div> <div>11:15–12:45pm: Badminton</div> <div>12:00pm: March Newspaper Delivered</div> <div>1–4pm: Computer Club</div> <div>1–3pm: Be Fast Friends</div> <div>2–3:30pm: AHS Wellness Exchange Series–Managing Reactions</div>		27
								8:30–10:30am: AA Eye Opener						
								9am–12pm: Fitness Centre						
								10–11:15am: Saturday Flow Yoga						

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

Vibrant Programs



VITALITY & ACTIVE LIVING

staff highlight.



welcome back **Stephanie** PROGRAM MANAGER

Hello again, everyone! If we haven't met yet, I'm Stephanie Girodat. I serve as the Programs Manager here at LSCO and I am so grateful to return to work after spending a year on maternity leave. Our sweet little addition arrived just before Christmas last year and life has happened so fast. I'm sure those of you who have children in your lives understand the joy, chaos, and big love we are feeling in this season- the season of sticky floors, smudged windows, and the patter of little feet scurrying around the house. The season of "One more story before bed" and snuggles that feel more like headbutts. I look forward to facilitating the fun here at LSCO once again!

Stephanie's Winter Fitness Tip

Winter is halfway through and for many of us, that means the cabin fever is setting in. Be sure to eat a balanced diet, consider supplemental vitamin D, and brave the cold for some fresh air once in a while. Committing to a fitness class or a group with weekly meetings is a great way to create motivation to brave the cold. Many of our special interest groups have grown and evolved over the past year - it's been incredible to see our vibrant community fostering connection, pursuing passions, and supporting each other. Consider trying something new in 2026 - check out our programs online or in this edition of the paper for a complete listing of what we have to offer!

Program Spotlights



Reminder, there are no programs on Monday, February 16 as LSCO is closed for Family Day

NEW PROGRAM

Cooking for One (Or Two)

se 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.

Date & Time: Thursdays, Mar. 12 – Apr. 30 | 2:30 – 4 pm
Room: Stage Area & Kitchen
Instructor: Konny Nelle
Price: TBD

NEW PROGRAM

Beginner Conversational German

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? 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

Date & Time: Mondays & Thursdays Mar. 9-Apr. 30 | 10 – 11 am
Room: Computer Lab
Instructor: Konny Nelle
Price: \$80 Members (\$100 Non-Members)

MOVEMENT

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.

Date & Time: Mondays, Jan. 5 – Apr. 27 | 9 – 9:55 am
Room: APR
Instructor: Gabrielle Dumont
Drop in: \$8 Members (\$10 Non-Members)

MOVEMENT

Pound

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.

Date & Time: Wednesdays, Jan. 14 – Apr. 29 | 11 – 11:45 am
Room: APR
Instructor: Sheila Mulgrew
Drop in: \$9 Members (\$10 Non-Members)

MIND-BODY

Yoga Nidra

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.

Date & Time: Fridays, Jan. 9 – Feb. 27 | 11:30 am – 12:30 pm
Room: A/B
Instructor: Corrine Myers
Drop in: \$8 Members (\$10 Non-Members)

MIND-BODY

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. Not included in the ultimate fitness membership.

Date & Time: Thursdays, Mar. 5 – Apr. 30 | 4 – 5 pm
Room: A/B
Instructor: Lise Schulze
Cost: \$100 Members (\$110 Non-Members)
or try Classic Nia, currently running (info on pg. 12)

ACTIVE AGING

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.

Date & Time: Fridays, Jan. 9 – Apr. 24 | 10:15 – 11 am
Room: Gym 1
Instructor: Andrea Clarke
Drop in: \$8 Members (\$10 Non-Members)

ACTIVE AGING

Fitness Centre & Personal Training

A variety of exercise machines, cardio equipment, free weights are available for individuals of all fitness levels to get a fantastic workout! Want a plan tailored just for you? We also offer one-on-one personal training to help you build strength and move with confidence!

Hours: Weekdays 8 am – 4:30 pm, Saturdays 9 am – 12 pm
Cost: \$25/month Members (\$40/month Non-Members)
Drop in: \$8 Members (\$10 Non-Members)

VITALITY & ACTIVE LIVING

Fitness & Movement

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)

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 Thursdays, Jan. 8 – Apr. 30	9:00 – 9:55 am	\$119 (\$153)	\$8 (\$10)	Gym 2	Andrea Clarke Stephanie Girodat
Cycle For All Levels	Fridays, Feb. 6 – Apr. 24	8:00 – 8:45 am	\$88 (\$99)	\$8 (\$10)	Gym 2	Tracy Simons
Essentrics	Tuesdays, Jan. 13 – Apr. 28 (No Class Apr 7),	11:30 am – 12:15 pm	\$126 (\$154)	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 S2: Mondays, Mar. 2 – Apr. 27	11:30 am – 12:15 pm	\$35 (\$45) \$40 (\$56)	\$6 (\$8)	Stage	Andrea Clarke
Gentle Exercise	Mondays, Jan. 5 – Apr. 27	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, Mar. 2 – Apr. 27	11:15 am – 12:00 pm	\$63 (\$72)	\$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, Mar.3 – Apr. 28	11:15 am – 12:15 pm	\$72 (\$81)	\$9 (\$10)	APR	Sheila Mulgrew



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***New Session Dates		Class is full		Member Price (Non Member Price)		
Program	Session	Time	Cost	Drop-In	Room	Instructor
Chair Yoga	S1: Mondays, Jan. 5 – Feb. 23	10:00 – 10:45 am	\$45 (\$63)	\$6 (\$8)	Stage	Corrine Myers
	S2: Mondays, Mar. 2 – Apr. 27		\$40 (\$56)			
	S1: Wednesdays, Jan. 7 – Feb. 28		\$40 (\$56)			
	S2: Wednesdays, Mar. 4 – Apr. 29		\$45 (\$63)			
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, Mar. 5 – Apr. 30	4:00 – 5:00 pm	\$100 (\$110)	\$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
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
Yoga For Seniors	S1: Mondays, Jan. 5 – Feb. 23 S2: Mondays, Mar. 2 – Apr. 27	1:00 – 2:00 pm	\$49 (\$56) \$56 (\$63)	\$8 (\$10)	A/B	Corrine Myers
	S1: Fridays, Jan. 9 – Feb. 27 S2: Fridays, Mar. 6 – Apr. 24	10:15 – 11:15 am	\$49 (\$56) \$49 (\$63)	FULL	APR	
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



Reminder, there are no progams on Monday, February 16 as LSCO is closed for Family Day



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.



ONLINE TIP: You can click this graphic to open the link

Creative Arts

		Member Price (Non Member Price)			
Program	Instructor	Date	Time	Cost	Room
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. <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 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. <u>Ask for a supply list upon registration.</u>					
Heritage Blankets	Marcelle Velve	S2: Monday, Feb. 23 S3: Monday Mar. 30 S4: Monday Apr. 27	10 am – 12 pm	\$110 (\$125)	Arts & Crafts Room
Join Marcelle for a fun, creative workshop to transform your photos into a beautiful, personalized 50x60 inch keepsake blanket. You will select a template and insert your images to create a unique gift or addition to your home. Marcelle will assist with scanning physical photos or transferring images from other devices.					
How to Use Watercolor Pencils, 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). <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 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.					

Year Round Special Interest Groups & Clubs

See the monthly calendar for meeting times.

Amateur Radio: \$29/Year + LSCO Membership
The CJOC Amateur Radio Club advances amateur radio interests and provides emergency and community communications support. Newcomers are welcome to visit the CJOC 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.

Badminton: \$68/Year + LSCO Membership
Everyone of all skill levels is welcome to play badminton during the scheduled sessions. Thursdays are specifically a good day to focus on working and improving your skills. Please check the etiquette and protocols before playing.

Billiards: \$55/Year + LSCO Membership, \$6 (\$7NM) Drop In
Members are welcome to play pool daily in the second-floor Billiards Room. New players should notify staff to arrange for instructions. Non-members may drop in provided they are accompanied by a billiard member.

Computers: \$21/Year + LSCO Membership
Individuals interested in attending workshops, learning about technology, and sharing their knowledge are encouraged to join the Computer Club. A variety of information sessions and workshops are offered throughout the year, with a small fee for non-members attending workshops.

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: LSCO Membership, \$2 Drop in
If you enjoy playing crib, you are welcome to join the fun every week, and newcomers are always welcome. LSCO Members may also play cards and other board games throughout the day provided tables are available, but players must provide their own cards or game boards.

Genealogy: \$21/Year + LSCO Membership
Members of this group meet weekly to research their family history, sharing tips on accessing document sources like immigration lists and birth records. Members range from beginners to those with extensive experience. It is recommended to bring your own laptop for research.

Karaoke: \$30/Year + LSCO Membership, \$2 Drop in
If you love to sing and enjoy socializing, join the LSCO Karaoke singers on Tuesday afternoons. Non-members are welcome to attend for a small drop-in fee. Please consider bringing your own microphone.

Knitting, Crochet & More \$11/Year + LSCO Membership
Whether you knit, crochet, or enjoy other needlework, consider joining this weekly group to work on projects, socialize, laugh, and share ideas. Those who are still learning are very welcome to join. If you don't have supplies, some are available to loan.

Lapidary (Stonecrafters) \$36/Year + LSCO Membership
If you are interested in making jewelry or art using rocks and fine gems, experienced stonecrafters will help you safely learn how to use the machines and complete your projects. For safety, a minimum of two people must be present in the room at all times. Supply costs are extra.

Paper Toile & Creative Arts \$23/Year + LSCO Membership
If you are familiar with the art of paper toile, come talk to this group to work on your projects while socializing. Painters, knitters, and other crafters are also welcome to join to work on their respective projects. Supply costs are extra.

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

Table Tennis \$44/Year + LSCO Membership
Table Tennis is a great, active game for developing hand-eye coordination, and individuals of all skill levels are welcome. If you require instruction, simply let us know, and arrangements can be made to assist you. Bring your own paddle for the scheduled sessions.

Tai Chi Group \$20/Year + LSCO Membership, \$2 Drop in
This is a dedicated practice group intended for advanced Tai Chi practitioners. The sessions are not a formal structured class but offer space for experienced individuals to practice. Participants must have an LSCO membership and pay a small annual fee or drop-in fee.

Watercolor \$52/Year + LSCO Membership
Join this self-led watercolor group to work on your projects, share techniques, and enjoy a creative and social atmosphere. Bring your own supplies and paint at your own pace. All skill levels are welcome.

Wood Working/Carpentry \$250/Year (\$25/month) + LSCO Membership
The Westco woodshop is open to both men and women interested in woodworking. All new members must attend a shop orientation and evaluation to ensure the safe operation of machinery. Courses may be offered for those looking to learn new skills in this safe and supportive environment. Please watch the paper for updates.



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SUPPORT & INDEPENDENCE

Aging in Place and What to Consider

Aging in place is a common phrase older adults often hear when thinking about their living situation as they age. The Government of Canada defines aging in place as “having the health and social supports and services you need to live safely and independently in your home or community for as long as you wish and are able.”

Deciding whether aging in place is the right option involves many important considerations. Creating an aging-in-place plan can help older adults determine where—and how—they can age most comfortably and safely. A strong plan supports successful aging by preparing for the physical, emotional, and practical changes that may come over time.

When creating your aging-in-place plan, consider the following areas:

Your Well-Being

- **Health:** Physical, mental, emotional, and spiritual
- **Hygiene:** Independent ability or support needed (e.g., home care)
- **Mobility:** Current or future mobility devices
- **Finances:** Budgeting and cash flow
- **Nutrition:** Meals, cooking, and grocery access
- **Activities:** Social connections, recreation, and personal hobbies

Your Home

- **Current or Prospective Home:** Mortgage or rent, equity, layout (indoor and outdoor accessibility), and condition (repairs or renovations)
- **Physical Location:** Urban or rural
- **Home Size:** Housekeeping and ongoing upkeep
- **Property Size:** Lawn care and snow removal

Your Support Networks

- **Living Arrangements:** Living alone, with family, or with a roommate
- **Access to Connections, Supports, and Resources**



- **Transportation:** Personal vehicle, family or friends, public transit, or transportation services
- **Informal Support:** Family, friends, neighbours, and community
- **Formal Support:** Healthcare providers, home care services, and other professionals

Planning doesn’t have to feel overwhelming—make it enjoyable. Turn it into a conversation. Invite a family member or friend to explore your options with you. Having a plan in place can ease future worries and provide reassurance to both you and your loved ones that you are prepared, supported, and well cared for.

With all this in mind, aging in place isn’t the right solution for everyone. Instead of putting pressure on the idea of aging in place, let’s focus on planning to age in the place that best fits your needs and lifestyle – Aging in the RIGHT place.

BY BONNIE JENSEN
Rural Seniors System Navigator



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SUPPORT & INDEPENDENCE

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ELIGIBILITY

1. A modest income.
- 1 Person: up to \$40,000
- 2 People: up to \$55,000

2. A simple tax situation.

Those who have no income or income that comes from:

- Employment or pension
- Benefits, such as the CPP, OAS, EI, etc.
- RRSPs
- Interest (under \$1,200)



Open to all ages that meet the eligibility criteria.

All individuals must fill out a personal information sheet.

WHAT TO BRING

- **Government Issued Photo ID**
- **Receipts for Expenses** Property tax, donation, medical expenses, etc.
- **Tax Information Slips** T4, T5, T3 etc.
- **Personal Information** SIN, Address, Marital Status, Citizenship, Power of Attorney etc.

Drop offs starting February 23

LSCO, 500 11th St. S. Lethbridge
(Open Weekdays, 8am – 4:30pm)



Canada Revenue Agency



Lethbridge Senior Citizens Organization



COMPASS for the Caregiver

COMPASS is a supportive facilitated workshop for anyone 55+ who identifies as a caregiver for a spouse, children, grandchildren, extended family, close friend or neighbour near or far.

 **March 3, 10, 17, 24**

 **Nord-Bridge Seniors Centre Board Room**
1904 13th Ave. N., Lethbridge

 **1pm – 4pm**

 **\$25** Registration Fee

If you are supporting someone experiencing challenges related to health, age, family dynamics, mental health, pressures generated by “sandwich generation” responsibilities and/or distance. We discuss dealing with guilt and grief, managing stress, improving communication, navigating the system & planning for the journey ahead.

*Please register by February 23, 2026
Call Nord-Bridge Seniors Centre to register 403-329-3222







PRESENTATION ON SCAMS & FRAUDS

Free – no registration required.

Thursday, March 5
1:30 – 3 pm | Stage Area
LSCO, 500 11th Street South, Lethbridge
March is Fraud Prevention Month.
Are you prepared?
Join the LPS Economic Crimes Unit for a deep dive into the latest scams and the practical tools you need to protect yourself.

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the red flags of digital and phone scams.

 **Understand**
the tactics used to target seniors.

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P: 403-320-2222
W: www.lethseniors.com



LSCO Lethbridge Senior Citizens Organization



FEBRUARY 2026

SUPPORT SERVICES CALENDAR

*appointment / registration required

 kmartin@lethseniors.com

 403-320-2222



EST 1975

Lethbridge Senior Citizens Organization

February 3 1st Tuesday	Community Connect Coffee Group 1:30 pm – 3:00 pm Room C/D	A opportunity to build connections, grow meaningful connections, and strengthen access to community supports. Drop-in style at no cost.
February 3 1st Tuesday	Prescribing Pharmacist On-Site* 10:00 am – 12:00 pm Card Area	Medicine Shoppe pharmacist available for blood pressure checks, lab requisitions, med reviews, adjustments of dosing/changes to medication, strep throat testing, minor ailment prescribing, travel health consultations and flu vaccinations. Vaccinations require appointments.
February 4 1st Wednesday	Service Canada & CRA Support Clinic 9:00 am – 12:00 pm Card Area	Service Canada and CRA support clinic. For questions regarding federal benefits and programs, no appointment necessary.
February 9 2nd Monday	VolunTEAM Meetings 1:00 pm – 2:00 pm Atrium	An opportunity for LSCO volunteers to come together, increase socialization by connect with one another and build friendships! Chaired by the Volunteer Coordinator, volunteers will also be able to provide feedback, ask questions and discuss upcoming volunteer opportunities.
February 11 2nd Wednesday	15 Minute Legal Consultations* 1:00 pm – 4:00 pm Clinic Room	Free 15 minute consultations with local lawyer, Austyn Anderson. Appointments required.
February 12 2nd Thursday	Hearing Screening* 10:00 am – 12:00 pm Quiet Room	Lethbridge Hearing Centre can help you understand your hearing health at no cost. Appointment required!
February 13- March 13 Fridays	AHS Wellness Exchange Series* 2:00 – 3:30 Board Room	A peer-to-peer opportunity to connect and share wellness strategies. Topics covered include problem solving, positive activities, managing reactions, healthy connections and helpful thinking. The goal of this series is to help attendees strengthen their coping skills, build resilience, and increase mental health and wellness.
February 19	Mobile Food Support 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.
February 23	Tax Clinic Drop-Offs Open	The LSCO hosts a free tax clinic during tax season where community members can get simple tax returns completed by volunteers. Please call 403-320-2222 or visit our website for more information. Can we put something on website for this?
February 25	Lethbridge Polytechnic Massage Clinic* 1:00 pm – 3:00 pm Card Area	Free neck and shoulder massages from the Lethbridge Polytechnic Massage Therapy Students.
February 27	Be Fast Friends 1:00 – 3:00 pm Stage Area	This social connection event is designed to help people quickly meet and form new friendships in a casual way. ‘Speed-friending’ will be led by a recreational therapist!
SUPPORT GROUPS		
February 19 3rd Thursday	Parkinson’s Support Group 2:00-4:00pm Board Room Registration encouraged! 1-800-561-1911	February 7-28 Saturdays AA Eye Opener 8:30-10:30am Room C/D
		February 6-27 Thursdays AA Sunset 7:00 – 9:00 pm Room C/D
SUPPORT & INDEPENDENCE		

LEARN ARTICLE

Building Healthy Relationships

February is a time when we often reflect on relationships, connection, and caring for ourselves and others. This is great time for LEARN to share that beginning April 7, 2026, the LEARN program will be offering the next session of our Building Healthy Relationships group!

This 8-week session is designed to encourage meaningful discussion, provide practical tools, and support seniors in strengthening boundaries, communication, and personal well-being within relationships. Whether you are looking to learn something new or simply want to engage in thoughtful conversation, this group offers a supportive and welcoming space.

Registration is required, and spaces are limited. Registration will remain open until March 24, 2026. To register or learn more, please call LEARN directly at 403-394-0306.

February also highlights safety planning, an important topic for seniors and caregivers alike. As a reminder, Senior Safety Calendars for 2026 are still available for pick-up while supplies last. These calendars include helpful safety tips and resources and can be picked up at LSCO or Nord-Bridge.

If you have not yet picked up your calendar, we encourage you to do so soon! We look forward to staying connected with you and supporting a safe, informed, and healthy community throughout the year.

If you or someone you know may be experiencing abuse by someone in a position of trust or power, there is support available. The LEARN program is a free service, that supports older adults to ensure their safety in cases of elder abuse.

Contact the LEARN Case Manager
E: learn@lethseniors.com
P: 403-394-0306
A: LSCO, 500 11th St. S, Lethbridge



BUILDING HEALTHY RELATIONSHIPS

AN 8 WEEK EDUCATIONAL GROUP

To register or for more info:
LEARN Case Manager
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Addiction
Mental health
Elder abuse
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