



# LSCO Times

A Publication of the Lethbridge Senior Citizens Organization

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

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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 Westeo 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 Westeo 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 countless 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 Westeo Construction to map out a vision for the space. Westeo 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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# LSCO News



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## LEGACY & TRUST

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

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

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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.

## LSCO COMMUNITY PARTNERS, SPONSORS, & MAJOR DONORS



## Fundraising Corner

*Thank You!*

Because of the generous support of our community sponsors

*23 Days of Christmas*  
A GIFT OF COMMUNITY 2025

Over \$25,000 was raised for Meals on Wheels!



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### 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 STAFF

## LSCO OPERATIONS

## Executive Director (ext. 304)

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

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## LIFE AT LSCO

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## Food Services Cook

Adam Panich

## Food Service Cashier: Kaelynne

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

## IMPORTANT NUMBERS

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

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

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

LEARN ..... 403-394-0306

## EXECUTIVE DIRECTOR'S MESSAGE

## Winter Reflections &amp; 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.

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

**Survey Closes on Monday, March 2**

**LSCO** P: 403.320.2222 W: [lethseniors.com](http://lethseniors.com)  
A: 500 11<sup>th</sup> 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](mailto:ess@lethbridge.ca) or 587-220-1269.

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

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

# Life at LSCO

## BELONGING & COMMUNITY



### Welcome New LSCO Members!

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

**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

### 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.

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 bingo 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

## BELONGING & COMMUNITY



# FEBRUARY SPECIALS MENU

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

Daily Soup, Salad & Sandwich Specials

Open to anyone in  
the community

Monday, February 2	Tuesday, February 3	Wednesday, February 4	Thursday, February 5	Friday, February 6
<b>Perogies &amp; Sausage</b> Chef's Choice of Vegetable, Soup & Dessert	<b>Spaghetti Bolognese with Garlic Toast</b> Chef's Choice of Vegetable, Soup & Dessert	<b>Chicken Cordon Blue with Mashed Potatoes</b> Chef's Choice of Vegetable, Soup & Dessert	<b>Chicken Stew with Rice</b> Chef's Choice of Vegetable, Soup & Dessert	<b>Shepherd's Pie</b> Chef's Choice of Vegetable, Soup & Dessert
<b>Monday, February 9</b>	<b>Tuesday, February 10</b>	<b>Wednesday, February 11</b>	<b>Thursday, February 12</b>	<b>Friday, February 13</b>
<b>Chicken Parmigiana with Spaghetti</b> Chef's Choice of Vegetable, Soup & Dessert	<b>Butter Chicken with Rice</b> Chef's Choice of Vegetable, Soup & Dessert	<b>Cabbage Rolls with Rice</b> Chef's Choice of Vegetable, Soup & Dessert	<b>Chicken Enchilada with Rice</b> Chef's Choice of Vegetable, Soup & Dessert	<b>Turkey with Stuffing and Mashed Potatoes</b> Chef's Choice of Vegetable, Soup & Dessert
<b>Monday, February 16</b>	<b>Tuesday, February 17</b>	<b>Wednesday, February 18</b>	<b>Thursday, February 19</b>	<b>Friday, February 20</b>
<b>Chicken Dumpling with Rice</b> Chef's Choice of Vegetable, Soup & Dessert <b>LSCO Closed</b> Meal Delivered Fri Before	<i>Chinese New Year Special</i> <b>Chicken Chow Mein with Rice</b> Chef's Choice of Vegetable, Soup & Dessert	<b>Gypsy Schnitzel with Spaetzle</b> Chef's Choice of Vegetable, Soup & Dessert	<b>Beef &amp; Bean Burrito with Rice</b> Chef's Choice of Vegetable, Soup & Dessert	<b>Roast Beef, Yorkshire Pudding, Mashed Potatoes</b> Chef's Choice of Vegetable, Soup & Dessert
<b>Monday, February 23</b>	<b>Tuesday, February 24</b>	<b>Wednesday, February 25</b>	<b>Thursday, February 26</b>	<b>Friday, February 27</b>
<b>Beef Stroganoff with Egg Noodles</b> Chef's Choice of Vegetable, Soup & Dessert	<b>Lulu Island Pork Chops with Roast Potato</b> Chef's Choice of Vegetable, Soup & Dessert	<b>Ginger Chicken with Cashew Rice</b> Chef's Choice of Vegetable, Soup & Dessert	<b>Bangers &amp; Mashed Potatoes</b> Chef's Choice of Vegetable, Soup & Dessert	<b>Meatloaf with Roast Potatoes</b> Chef's Choice of Vegetable, Soup & Dessert

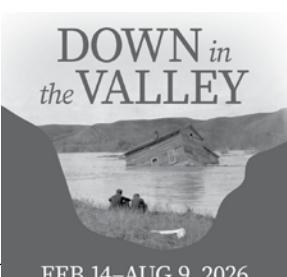
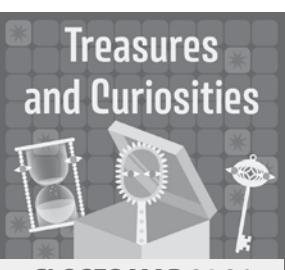
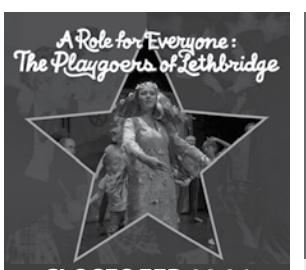
View the menu online at [www.lethseniors.com/menu](http://www.lethseniors.com/menu)

\*Menu subject to change without notice



## FEBRUARY 2026 EXHIBITS, PROGRAMS & EVENTS

### EXHIBITS



- ++ 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 Bartwki**  
Proceeds support Galt programming. Doors at 6:30 | 18+ | tickets: \$125, available only online at [friends.galtmuseum.com/events](http://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](http://www.galtmuseum.com/calendar)



## 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.**



## 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

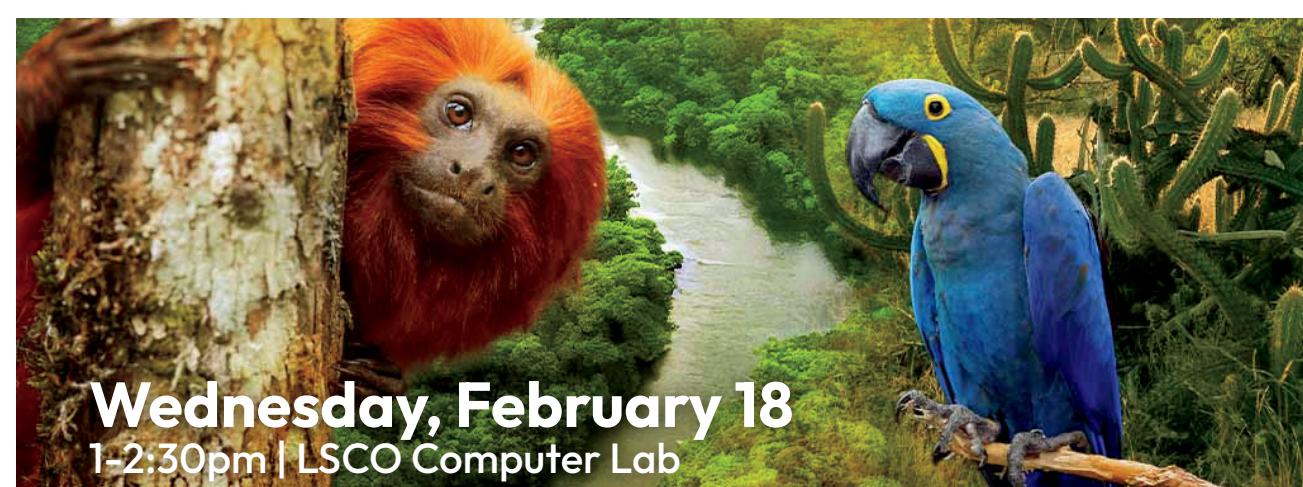
To qualify:

- 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](http://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



### 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**

**FAMILY LAW**

**ESTATE LAW**

**BUSINESS LAW**

**BELONGING & COMMUNITY**

## 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.  
**Pepperoni:** 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%

## PRICING UPDATE

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

\*discounts do not stack  
+ **exclusive new discounts** on all menu items so members will pay about the same as before.

# HERE TO SERVE



RACHAEL THOMAS  
MEMBER OF PARLIAMENT

[f](#) [i](#) [X](#) [Y](#) @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!



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

# February 2026



**LSCO**

Lethbridge  
Senior Citizens  
Organization

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:15-9:15: Tai Chi Group 8-8:50am : Cardio Strength 8:30-9:30am: Yovascia 8:30am-3:30pm: Billiards 9-9:55am: Tabata 9-9:55am: Zumba 9-9:55am: TRX Plus 10-10:45am: Chair Yoga 10am-12pm: Pen &amp; Ink for Beginners 10:10-11am: Core &amp; Stretch 10:15-11am: Gentle Exercise 11:15am-12:30pm: Pilates 11:15-12:45pm: Badminton 11:30am-12:15: Functional Fitness 1-2pm: Yoga For Seniors 2:30-4pm: Table Tennis</p>	<p><b>2</b> 8-8:55am: Vinyasa Yoga 8:30am-3:30pm: Billiards 8:45-9:45am : Beginner Pilates 9-9:55am: Cycle Combo 9-9:50am: Cardio &amp; Balance 10am-12pm: Prescribing Pharmacist 10-11am- Gentle Yoga 11:30am-12:15pm: Escentrics 12-3pm: Quilting 1:30-2:30pm: Strength &amp; Mobility 1-3:30pm: Karaoke 1:30-3 Community Connect Coffee Group</p>	<p><b>3</b> 8:00-8:50am: Cardio to the Core 8:15-9:15: Tai Chi Group 8:30am-3:30pm: Billiards 9-9:55am : Bike &amp; More 9-9:55am: Power Walking 9:10-10am: Core &amp; Stretch 9:30-11 am: Amateur Radio 10am-3 pm: Lapidary 10am-3 pm: Genealogy 10-11:30 am: Strengthening the Aging Brain 10-10:45am: Chair Yoga 10:15-11am: Gentle Exercise 10:15-11:15: Tai Chi 108 Yang Style 11am-11:45am: Pound 11:15-12:45pm: Badminton 11:30am-12:30: Experienced Line Dancing 12:45-1:45pm: Beginner Line Dancing 1-3pm: Watercolor 1-2pm: LSCO Guided Tour 1-3pm: Getting Started on Facebook 2:30-4pm: Table Tennis</p>	<p><b>4</b> 8:00-8:50am: Cardio to the Core 8:15-9:15: Tai Chi Group 8:30am-3:30pm: Billiards 9-9:55am : Cycle Combo 9-9:50am: Strength &amp; Balance 9:30-10:15am: Chair Exercise 10-11am: Gentle Yoga 10am-12pm: Hearing Screenings 10:15-11:30am: Pilates 10:15-11:15am: Strength Circuit 10:15-11:15am: Traditional Qigong 10:15-12:00pm: Badminton 12 - 1pm: SACPA 1-3pm:Crib 1-4pm: Knitting &amp; Crochet 1:30-2:30pm: Strength &amp; Mobility 5:15-6:15pm: Classic Nia 7-9pm: AA Sunset</p>	<p><b>5</b> 8-8:45am: Cycle for All Levels 8:15-9:15: Tai Chi Group 8:30am-3:30pm: Billiards 9am-3pm: Paper Tole &amp; Creative Arts 9-9:55am: Tabata 9-10am: Yoga Refresh 10:15-11am: Gentle Exercise 10:15-11:15am: Yoga for Seniors 10:30am-12pm: Table Tennis 11:30am-12:30pm: Yoga Nidra 11:15-12:45pm: Badminton 1-4pm: Computer Club</p>
<p><b>SPECIAL PROGRAMS &amp; GROUPS</b></p>	<p><b>EVENTS &amp; VOLUNTEERING</b></p>	<p><b>SESSIONAL PROGRAMS &amp; FITNESS</b></p>	<p><b>SUPPORT SERVICES</b></p>	
<p>8-8:50am: Cardio Strength 8:15-9:15: Tai Chi Group 8:30am-3:30pm: Billiards 9-9:55am: Tabata 9-9:55am: Zumba 9-9:55am: TRX Plus 10-10:45am: Chair Yoga 10am-12pm: Pen &amp; Ink for Beginners 10:10-11am: Core &amp; Stretch 10:15-11am: Gentle Exercise 11:15am-12:30pm: Pilates 11:15-12:45pm: Badminton 11:30am-12:15pm: Functional Fitness 1-2pm: Yoga For Seniors 2:30-4pm: Table Tennis</p>	<p><b>9</b> 8-8:55am: Vinyasa Yoga 8:30am-3:30pm: Billiards 8:45-9:45am : Beginner Pilates 9-9:55am: Cycle Combo 9-9:50am: Cardio &amp; Balance 10-11am: Gentle Yoga 11:30am-12:15pm: Escentrics 12pm-3pm: Quilting 1-3pm: Paint &amp; Chat 1:30-2:30pm: Strength &amp; Mobility 1pm-3:30pm: Karaoke 5-6pm: Evening Flow Yoga</p>	<p><b>10</b> 8:00-8:50am: Cardio to the Core 8:15-9:15: Tai Chi Group 8:30am-3:30pm: Billiards 9-9:55am : Bike &amp; More 9-9:55am: Power Walking 9-11am: Amateur Radio 9:10-10am: Core &amp; Stretch 10am-3pm: Lapidary 10am-3pm: Genealogy 10-11:30 am: Strengthening the Aging Brain 10-10:45am: Chair Yoga 10:15-11am: Gentle Exercise 10:15-11:15: Tai Chi 108 Yang Style 11am-11:45am: Pound 11:30am-12:30pm: Experienced Line Dancing 12:45-1:45pm: Beginner Line Dancing 1-3pm: Facebook Security, Photos &amp; Messenger 1-3pm: Watercolor 1-4pm: 15 Minute Legal Consultations 2:30-4pm: Table Tennis</p>	<p><b>11</b> 8:00-8:50am: Cardio to the Core 8:15-9:15: Tai Chi Group 8:30am-3:30pm: Billiards 9-9:55am : Cycle Combo 9-9:50am: Strength &amp; Balance 9:30-10:15am: Chair Exercise 9 - 1pm: Bayshore Home Health Booth 10-11am: Gentle Yoga 10am-12pm: Free Hearing Screening 10am-12pm Advanced Doubles Badminton Competition 10:15-11:30am: Pilates 10:15-11:15am: Strength Circuit 10:15-11:15am: Traditional Qigong 11am-12:30pm: City of Lethbridge Emergency Training Exercise 12 - 1pm: SACPA 1-3pm: Crib 1-4pm: Knitting &amp; Crochet 1:30-2:30pm: Strength &amp; Mobility 5:15-6:15pm: Classic Nia 7-9pm: AA Sunset</p>	<p><b>12</b> 8-8:45am: Cycle for All Levels 8:15-9:15: Tai Chi Group 8:30am-3:30pm: Billiards 9am-3pm: Paper Tole &amp; Creative Arts 9-9:55am: Tabata 9-10am: Yoga Refresh 10:15-11am: Gentle Exercise 10:15-11:15am: Yoga for Seniors 10:30am-12pm: Table Tennis 11:30am-12:30pm: Yoga Nidra 11:15-12:45pm: Badminton 1-4pm: Computer Club 1-3pm: Second Friday Social 2-3:30pm: AHS Wellness Exchange Series-Problem Solving</p>
<p><b>16</b> <b>Happy Family Day!</b>  <b>CLOSED</b></p>	<p><b>17</b> 8-8:55am: Vinyasa Yoga 8:30am-3:30pm: Billiards 8:45-9:45am : Beginner Pilates 9-9:55am: Cycle Combo 9-9:50am: Cardio &amp; Balance 10-11am: Gentle Yoga 11:30am-12:15pm: Escentrics 11am-1pm: Chinese New Year Lunch 12pm-3pm: Quilting 12:30-2:00: Single Session Counselling 1:30-2:30pm: Strength &amp; Mobility 1pm-3:30pm: Karaoke 5-6pm: Evening Flow Yoga</p>	<p><b>18</b> 8:00-8:50am: Cardio to the Core 8:15-9:15: Tai Chi Group 8:30am-3:30pm: Billiards 9-9:55am : Bike &amp; More 9-9:55am: Power Walking 9-11am: Amateur Radio 9:10-10am: Core &amp; Stretch 10am-3pm: Lapidary 10am-3pm: Genealogy 10-11:30 am: Strengthening the Aging Brain 10-10:45am: Chair Yoga 10:15-11am: Gentle Exercise 10:15-11:30am: Yin Yoga 10:15-11:15: Tai Chi 108 Yang Style 11am-11:45am: Pound 11:30am-12:30pm: Experienced Line Dancing 12:45-1:45pm: Beginner Line Dancing 1-2:30pm: Exploring the Biomes of Brazil 1-3pm: Watercolor 2:30-4pm: Table Tennis 4-6pm: Lethbridge Chamber Member Meet &amp; Greet</p>	<p><b>19</b> 8-8:45am: Cycle for All Levels 8:15-9:15: Tai Chi Group 8:30am-3:30pm: Billiards 9-9:55am : Cycle Combo 9-9:50am: Strength &amp; Balance 9:30-10:15am: Chair Exercise 10-11:00am: Gentle Yoga 10:15-11:30am: Pilates 10:15-11:15am: Strength Circuit 10:15-11:15am: Traditional Qigong 11am-2pm: Hearing Life Booth 12 - 1pm: SACPA 1-3pm: Crib 1-4pm: Knitting &amp; Crochet 1:30-2:30pm: Strength &amp; Mobility 2-4pm: Parkinson's Support Group 5:15-6:15pm: Classic Nia 7-9pm: AA Sunset</p>	<p><b>20</b> 8-8:45am: Cycle for All Levels 8:15-9:15: Tai Chi Group 8:30am-3:30pm: Billiards 9am-3pm: Paper Tole &amp; Creative Arts 9-9:55am: Tabata 9-10am: Yoga Refresh 10:15-11am: Gentle Exercise 10:15-11:15am: Yoga for Seniors 10:30am-12pm: Table Tennis 11:30am-12:30pm: Yoga Nidra 11:15-12:45pm: Badminton 1-4pm: Computer Club 2-3:30pm: AHS Wellness Exchange Series-Positive Activities</p>
<p>8am: Tax Drop Offs Open 8-8:50am: Cardio Strength 8:15-9:15: Tai Chi Group 8:30am-3:30pm: Billiards 8:30-9:30am: Yovascia 9-9:55am: Tabata 9-9:55am: Zumba 9-9:55am: TRX Plus 10-10:45am: Chair Yoga 10am-12pm: Heritage Blankets 10am-12pm: Pen &amp; Ink for Beginners 10:10-11am: Core &amp; Stretch 10:15-11am: Gentle Exercise 11:15am-12:30pm: Pilates 11:15-12:45pm: Badminton 11:30am-12:15pm: Functional Fitness 1-2pm: Yoga For Seniors 1-4pm: Computer Club 2:30-4pm: Table Tennis</p>	<p><b>23</b> 8-8:55am: Vinyasa Yoga 8:30am-3:30pm: Billiards 8:45-9:45am : Beginner Pilates 9-9:55am: Cycle Combo 9-9:50am: Cardio &amp; Balance 10-11am: Gentle Yoga 11:30am-12:15pm: Escentrics 12pm-3pm: Quilting 1:30-2:30pm: Strength &amp; Mobility 1pm-3:30pm: Karaoke 5-6pm: Evening Flow Yoga</p>	<p><b>24</b> 8:00-8:50am: Cardio to the Core 8:15-9:15: Tai Chi Group 8:30am-3:30pm: Billiards 9-9:55am : Bike &amp; More 9-9:55am: Power Walking 9-11am: Amateur Radio 9:10-10am: Core &amp; Stretch 10am-3pm: Lapidary 10am-3pm: Genealogy 10-10:45am: Chair Yoga 10:15-11am: Gentle Exercise 10:15-11:30am: Yin Yoga 10:15-11:15: Tai Chi 108 Yang Style 11am-11:45am: Pound 11:30am-12:30pm: Experienced Line Dancing 12:45-1:45pm: Beginner Line Dancing 1-3pm: Free Massage Clinic 1-4pm: Computer Club 1-3pm: Watercolor 2:30-4pm: Table Tennis</p>	<p><b>25</b> 8-8:45am: Cycle for All Levels 8:15-9:15: Tai Chi Group 8:30am-3:30pm: Billiards 9-9:55am : Cycle Combo 9-9:50am: Strength &amp; Balance 9:30-10:15am: Chair Exercise 10-11:00am: Gentle Yoga 10:15-11:30am: Pilates 10:15-11:15am: Strength Circuit 10:15-11:15am: Traditional Qigong 11am-1pm: Ty Gibson Real Estate One Booth 12 - 1pm: SACPA 1-3pm: Crib 1-4pm: Knitting &amp; Crochet 1:30-2:30pm: Strength &amp; Mobility 5:15-6:15pm: Classic Nia 7-9pm: AA Sunset</p>	<p><b>26</b> 8-8:45am: Cycle for All Levels 8:15-9:15: Tai Chi Group 8:30am-3:30pm: Billiards 9am-3pm: Paper Tole &amp; Creative Arts 9-9:55am: Tabata 9-10am: Yoga Refresh 10:15-11am: Gentle Exercise 10:15-11:15am: Yoga for Seniors 10:30am-12pm: Table Tennis 11:30am-12:30pm: Yoga Nidra 11:15-12:45pm: Badminton 12:00pm: March Newspaper Delivered 1-4pm: Computer Club 1-3pm: Be Fast Friends 2-3:30pm: AHS Wellness Exchange Series-Managing Reactions</p>
				<p><b>27</b> 8-8:45am: Cycle for All Levels 8:15-9:15: Tai Chi Group 8:30am-3:30pm: Billiards 9am-3pm: Paper Tole &amp; Creative Arts 9-9:55am: Tabata 9-10am: Yoga Refresh 10:15-11am: Gentle Exercise 10:15-11:15am: Yoga for Seniors 10:30am-12pm: Table Tennis 11:30am-12:30pm: Yoga Nidra 11:15-12:45pm: Badminton 12:00pm: March Newspaper Delivered 1-4pm: Computer Club 1-3pm: Be Fast Friends 2-3:30pm: AHS Wellness Exchange Series-Managing Reactions</p>
				<p><b>28</b> 8-8:45am: Cycle for All Levels 8:15-9:15: Tai Chi Group 8:30am-3:30pm: Billiards 9am-3pm: Paper Tole &amp; Creative Arts 9-9:55am: Tabata 9-10am: Yoga Refresh 10:15-11am: Gentle Exercise 10:15-11:15am: Yoga for Seniors 10:30am-12pm: Table Tennis 11:30am-12:30pm: Yoga Nidra 11:15-12:45pm: Badminton 10-11:15am: Saturday Flow Yoga</p>

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

### 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



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

### 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)

### 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)

### 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)

### 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)

### 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)

## Fitness & Movement

● Suitable for All Fitness & Mobility Levels

● Class includes sustained walking/standing;

● 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 Wednesdays, Jan. 21 – Apr. 29	10:10 – 11:00 am 9:10 – 10:00 am	\$104 (\$117) \$120 (\$135)	\$8 (\$10) <b>FULL</b>	APR	Tracy Simons
Cycle Combo	Tuesdays, Jan. 6 – Apr. 28 Thursdays, Jan. 8 – Apr. 30	9:00 – 9:55 am	\$119 (\$153)	\$8 (\$10)	Gym 2	Andrea Clarke Stephanie Girodat
Cycle For All Levels	Fridays, Feb. 6 – Apr. 24	8:00 – 8:45 am	\$88 (\$99)	\$8 (\$10)	Gym 2	Tracy Simons
Essentrics	Tuesdays, Jan. 13 – Apr. 28 (No Class Apr 7),	11:30 am – 12:15 pm	\$126 (\$154)	<b>FULL</b>	Gym 2	Lindsay Anderson
Fitness/Power Walking	Wednesdays, Jan. 7 – Apr. 29	9:00 – 9:55 am	\$119 (\$153)	\$8 (\$10)	Gym 1	Andrea Clarke
Functional Fitness	S1: Mondays, Jan. 5 – Feb. 23 S2: Mondays, Mar. 2 – Apr. 27	11:30 am – 12:15 pm	\$35 (\$45) \$40 (\$56)	\$6 (\$8)	Stage	Andrea Clarke
Gentle Exercise	Mondays, Jan. 5 – Apr. 27 Wednesdays, Jan. 7 – Apr. 29 Fridays, Jan. 9 – Apr. 24	10:15 – 11:00 am	\$105 (\$135) \$119 (\$153) \$105 (\$135)	<b>FULL</b> \$8 (\$10)	Gym 1	June Dow Donna Teifenbach Andrea Clarke
Line Dancing - Beginner	Wednesdays, Jan. 7 – Apr. 29	12:45 – 1:45 pm	\$85 (\$119)	\$6 (\$8)	Gym 2	Gloria-Rose Puurveen
Line Dancing - Experienced Beginner	Wednesdays, Jan. 7 – Apr. 29	11:30 am – 12:30 pm	\$85 (\$119)	\$6 (\$8)	Gym 2	Gloria-Rose Puurveen
Low Impact Barre ****	Mondays, Mar. 2 – Apr. 27	11:15 am – 12:00 pm	\$63 (\$72)	\$8 (\$10)	A/B	Sheila Mulgrew
Pilates	Mondays, Jan. 5 – Apr. 27 Thursdays, Jan. 8 – Apr. 30	11:15 am – 12:30 pm 10:15 am – 11:30 pm	\$120 (\$135) \$136 (\$153)	<b>Both</b> <b>FULL</b>	APR A/B	June Dow
Pilates For Beginners	S1: Tuesdays, Jan. 6 – Feb. 24 S2: Tuesdays, Mar. 3 – Apr. 28	8:45 – 9:45 am	\$49 (\$63)	\$8 (\$10)	A/B	June Dow
Pound	Wednesdays, Jan. 14 – Apr. 29,	11:00 – 11:45 am	\$128 (\$144)	\$9 (\$10)	APR	Sheila Mulgrew
Strength & Mobility	S1: Tues & Thurs, Jan. 13 – Mar. 5, S2: Tues & Thurs, Mar. 10 – Apr. 30	1:30 – 2:30 pm	\$80 (\$112)	<b>FULL</b>	Fitness Centre	Andrea Clarke
Strength and Balance	Thursdays, Jan. 8 – Apr. 30	9:00 – 9:50 am	\$119 (\$153)	\$8 (\$10)	Gym 1	Gabrielle Dumont
Strength Circuit	Thursdays, Jan. 8 – Apr. 30	10:15 – 11:15 am	\$119 (\$153)	<b>FULL</b>	Fitness Centre	Instructor TBD
Tabata	Mondays, Jan. 5 – Apr. 27 Fridays Jan. 9 – Apr. 24	9:00 – 9:55 am	\$120 (\$135)	\$8 (\$10)	Gym 1	Stephanie Girodat Tracy Simons
TRX Plus	Monday, Jan. 12 – Apr. 27	9:00 – 9:50 am	\$119 (\$153)	<b>FULL</b>	Gym 2	Andrea Clarke
Zumba ®	Mondays, Jan. 5 – Apr. 27	9:00 – 9:55 am	\$105 (\$135)	\$8 (\$10)	APR	Gabrielle Dumont
Zumba Gold/Toning *****	Tuesdays, Mar. 3 – Apr. 28	11:15 am – 12:15 pm	\$72 (\$81)	\$9 (\$10)	APR	Sheila Mulgrew



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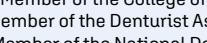
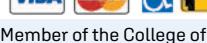
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Member Price (Non Member Price)

Program	Session	Time	Cost	Drop-In	Room	Instructor
Chair Yoga	S1: Mondays, Jan. 5 – Feb. 23 S2: Mondays, Mar. 2 – Apr. 27 S1: Wednesdays, Jan. 7 – Feb. 28 S2: Wednesdays, Mar. 4 – Apr. 29	10:00 – 10:45 am	\$45 (\$63) \$40 (\$56) \$40 (\$56) \$45 (\$63)	\$6 (\$8)	Stage	Corrine Myers
Classic Nia	Thursdays, Jan. 8 – Apr. 30	5:15 – 6:15 pm	\$200 (\$220)	\$15 (\$20)	Gym 2	Lise Schulze
Gentle Yoga	Tuesdays, Jan. 6 – Apr. 28 Thursdays, Jan. 8 – Apr. 30	10:00 – 11:00 am	\$119 (\$153)	<b>FULL</b>	APR	Donna Tiefenbach
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)	<b>FULL</b>	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 programs 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 &amp; more!

Available online or printed at the front desk.



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

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. Ask for a supply list upon registration.					
Naked Trees in Line & Wash	Donna Gallant	Mondays, Mar. 16-30	10 am – 12 pm	\$75 (\$90)	Arts & Crafts Room
In this three-week class, you will learn to draw and then paint winter trees using a line and wash technique. Pen and ink will be used to focus on the beautiful barks and lacey branches, while subtle watercolor will portray remnants of fall leaves. Ask for a supply list upon registration.					
Heritage Blankets	Marcelle Velve	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). Ask for a supply list upon registration					
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.					

**VITALITY & ACTIVE LIVING**

## 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](mailto: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 Tole & Creative Arts \$23/Year + LSCO Membership

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

### Quilting: LSCO Membership

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

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

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

### Tai Chi 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 room-mate
- **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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- RRSPs
- Interest (under \$1,200)



Open to all ages that meet the eligibility criteria.

All individuals must fill out a personal information sheet.

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- 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)

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 13<sup>th</sup> 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.**

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Lethbridge Senior Citizens Organization



## FEBRUARY 2026 SUPPORT SERVICES CALENDAR

\*appointment / registration required

kmartin@lethseniors.com



**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 Clinic**  
9:00 am - 12:00 pm | Card Area

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](mailto:learn@lethseniors.com)

P: 403-394-0306

A: LSCO, 500 11th St. S, Lethbridge



LETHBRIDGE ELDER ABUSE  
RESPONSE NETWORK

## BUILDING HEALTHY RELATIONSHIPS

To register or for more info:  
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