



LSCO Times

March

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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Community Comes Together to Navigate Aging With Dignity

On January 26th, the community gathered at Nest Events & Meeting Rooms for a vital presentation titled Navigating Services to Age with Dignity. The event, a partnership between the Lethbridge Senior

Citizens Organization (LSCO), Seamless Cares, and Compassionate Sacred Transitions, aimed to break the silence surrounding the complexities of aging.

Life Transitions: Retirement, Caregiving, and End of Life Care

Kaitlynn Weaver, Executive Director of the LSCO offered insights on programs and services available to help older adults entering retirement. "LSCO's Support Services team is a group of dedicated social workers who assist older adults in applying for the benefits they're entitled to and identify additional supports to help them live well. I'm so proud of the wide range of services we provide, and I encourage seniors and their families to visit the LSCO to learn how we can support them."

Aging — and the next stage of caregiving — is never a journey meant to be taken alone. Robin Platz, Founder and CEO of Seamless Cares reinforced the importance of building a network of support. "We see every day how impactful it is when medical, non-medical, social, and emotional supports are connected rather than siloed. Events like this don't just educate — they build trust, connection, and confidence for seniors and families who may not know where to turn next."

Lastly, presenter Jane Bartlett from Compassionate Sacred Transitions spoke to the

importance of handling the final phase of life with dignity and respect. "This can be a very difficult and painful time for people and I am pleased to help ease this transition by offering support, non medical care, and resources to patients and their loved ones who are facing death."

All three presenters shared how fortunate Southern Alberta is to have a strong network of supports working together to support older adults and their families through the many stages of aging; a journey that can be complex, emotional, and best navigated with a caring, community approach.



A Community Effort

This event reinforced the importance of a collaborative, community-centered approach to aging. A massive thank you to Seamless Cares and Nest Events & Meeting Rooms who were able to give back by sponsoring the event. Vicky Vanden Hoek, the owner of the Nest was pleased to have "an ideal location for lunch and learn and other community-focused gatherings. The three speakers offered a wealth of insight, experience and practical knowledge, providing tremendous value to all who attended."

By bringing together diverse perspectives around the common theme of aging, the session allowed participants and presenters to learn from one another while building both individual and community capacity.

Save the Date: April 29th at 5 pm

If you missed the January session, the full presentation will be returning next month. The upcoming session will again be held at Nest Events & Meeting Rooms (attached to Honkers Pub & Eatery). This is a donation-based event with proceeds supporting LSCO Meals on Wheels

Date: Wednesday, April 29th, with presentations beginning at 5:30 PM

Location: Nest Events & Meeting Rooms (2806 5 Ave N, Lethbridge)

Cost: \$10 (Proceeds to LSCO Meals on Wheels)

Includes: Light snacks and coffee provided by the LSCO.

Register by calling the LSCO at 403-320-2222.



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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

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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 Annual General Meeting

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



Our grow towers have been producing so many fresh herbs and vegetables! This is just one harvest from one tower on one day!



Thank you to SACPA for their \$600 donation to our free Christmas Dinner!

Fundraising Corner

Growing for Good with LSCO's Grow Towers

We use the harvest from these towers for our Meals on Wheels Program and the LSCO Diner.

How does it work? The tower circulates a nutrient-rich water solution from a base reservoir up to the top, where it then trickles down over the plant roots, delivering water, nutrients, and oxygen.

Who keeps them healthy? LSCO Plant Club volunteers and staff care for them and harvest the vegetables. The students and staff from the Winston Churchill High School also help keep everything working and train volunteers.

These towers were funded by the Credit Unions of Alberta CU for Good Program

Huge thank you to Ty Gibson - Real Estate Agent, for sponsoring two full months of our Meals on Wheels program!

This generous support means hot, nutritious meals delivered directly to homebound seniors who rely on us, many facing isolation, mobility challenges, or health issues that make grocery shopping or cooking impossible. Your sponsorship keeps them nourished, independent, and connected to our community, one delivery at a time.



Live Well Showcase
Book your booths now for the premiere event for the modern senior!

More info at www.lethseniors.com/livewell

June 4 & 5, 2026

Presented by: **CORNERSTONE FUNERAL HOME**



Welcome Aboard the Go Friendly Shuttle Service!

Booking & Cancelling

The shuttle services both Nord-Bridge and LSCO members. Your rides should be booked before 3 pm the day prior to ensure you will be picked up at the time requested. Should you need to cancel your ride, call Nord-Bridge ASAP to avoid unnecessary stops. **Call Nord-Bridge to book 403-329-3222.**

If you book a 9 am pick up, you may be picked up 15 minutes before or after 9 am. Please be ready to board the bus as soon as it pulls up at your address.

Please note that some time slots are often over capacity. We ask for and appreciate your patience.

With safety being our first priority, here are a few details you should be aware of:

Once inside and seated, ensure your seat belt is done up as this is mandatory. The bus will not move until the seat belt click is heard. You may not change seats, stand up, or lean across the aisle while the bus is moving.

When you reach your destination and the bus is stopped, you may release your seat belt and depart the bus. If you use a walker, the driver will place it at the back of the bus and retrieve it for you once the bus has arrived at its destination.

Cost

Passes are available for purchase at the front desks of LSCO and Nord-Bridge.

\$3 Each Way | 10 rides for \$21 | Monthly for \$28 | Yearly for \$280

Welcome aboard and we hope you enjoy your ride with us!



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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

The Value of Collaboration



What a year it has been since the LSCO Board of Directors entrusted me with the role of Executive Director. It has been an honour and a genuine pleasure to serve alongside such a dedicated and compassionate community.

One of the things I'm most proud of is the value LSCO places on collaboration. From day one, it's been clear that we don't do this work alone. Over the past year, we've been intentional about strengthening and celebrating the partnerships that help us better serve older adults in Lethbridge.

On February 9, LSCO had the privilege of hosting a roundtable organized by Alberta Municipalities President Dylan Bressey and CEO Dana Mackie. The conversation brought together representatives from twelve local non-profits, City of Lethbridge staff, and Councillor Jenn Schmidt-Rempel to share sector insights. Alberta Municipalities sought our input to help them advocate more effectively at the provincial level for the essential role of non-profits, including the need for increased FCSS funding to sustain the critical services we and other non-profits provide. It was a proud moment to see LSCO's work and stories contribute to that advocacy.

What really stood out from that discussion was Lethbridge's incredible culture of collaboration. Across our non-profit sector, that shared commitment to working together directly translates into stronger supports for residents. When agencies, funders, and the City sit at the same table, we reduce duplication, fill gaps, and respond more effectively to emerging needs.

A perfect example of that spirit is our ongoing partnership with Nord-Bridge Seniors Centre. Together with agencies like Lethbridge Family Services, we host the Seniors Community Services Partnership, which provides free access to social workers who help older adults navigate complex systems, benefits, and services. LSCO supervises Nord-Bridge's social workers to reduce duplication, share resources, and help decrease costs.

Meanwhile, Nord-Bridge's Go Friendly transportation service complements this work beautifully by connecting seniors from their homes to either the LSCO or Nord-bridge. It's more than a ride; it reduces isolation, increases access to programs, and helps older adults stay active and engaged. Combined with our shared social work support, it creates a stronger safety net for seniors across our city.

The results of these collaborations are clear: more accessible programming, better health and wellness support, and more opportunities for older adults to remain connected and independent. For families and caregivers, it means navigating services with confidence; for local partners, it's a chance to invest in an age-friendly community where everyone benefits.

As we look ahead, our focus remains on deepening these collaborations—inviting businesses, community groups, and seniors' centres to join us in shaping a community where every older adult can belong, contribute, and thrive.

We can't wait to share more about our successes, what we've learned in 2025, and our exciting vision for 2026 at LSCO's Annual General Meeting on March 31, 2026, at 1:00 p.m. We hope you'll join us.

KAITLYNN WEAVER

LSCO Lethbridge Senior Citizens Organization

Annual General Meeting

Tuesday, March 31 @ 1 pm
LSCO Stage Area

Join our Board of Directors

Applications available at the admin desk or apply online with this QR code.

Apply by Wednesday March 4

Find more information at: lethseniors.com/about/board

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!

Jay Matheson	Ellis Stonehocker
Donna Matheson	Noel Balao
Melanie Drouin	Ken Ramsay
Debbie Iwaasa	Brigitte Duda
Cal Koskowich	Paul Chio
Donna Little	Lesley Lencucha
Cynthia Levagood	Marnie Kurina
David Jackson	Dennis Pahara
Shelley McGarry	Jackie Deurloo
Ramona Stonehocker	Jim Deurloo
	Gregory Knight
	+4 Anonymous

EVENTS & PROGRAMS ON PG 8&9

Upcoming Events

Guided Tour

Wednesday, March 4 @ 1 | Admin Desk

Scams & Frauds Presentation

Thursday, March 5 @ 1:30 pm | Stage

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

2ND Friday Social: St. Patty's Pub

Friday, March 13 @ 5 - 8pm | Stage

Get ready for a shamrockin' good time with live music from Tom Price Band, green beer, 50/50, door prizes, Irish Stew & more! Tickets \$5 for members and \$10 for non members in advance or at the door. Volunteers are also needed, please contact the volunteer team. Sponsored by Cornerstone Funeral Home

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 @ 10 - 2 at LSCO

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

National Volunteer Week

April 19 - 25

Stay tuned for celebration plans!

Embracing Life's Transitions with Dignity

April 29 @ 5pm | at Nest Events & Meeting Rooms (Honkers Pub)

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

13th Annual Live Well Showcase

Thursday & Friday, June 4 & 5

The Live Well Showcase is a free gathering of over 70 vendors and engaging speakers tailored specifically for seniors.



Joseph "Joe" Hor Sang Yau

Joe was born in Guangzhou (a.k.a. Canton), China, the middle child of five children. Joe never met his namesake "Grandfather Joe", but he has shaped much of his life.

In 1890, Joe's grandfather Joe came to work the railroads in Alberta and sent financial support to his wife and children back in China. Although sponsored by relatives in Calgary, he chose to settle into Taber, later bringing over his wife and youngest son while his elder son (our "LSCO Joe's" father) stayed in China with his own family. He later bought a horse and wagon to sell hot meals to railway workers, learned English, became a successful businessman, and opened a retail grocery store. However, his youngest son died during a pandemic in the late 1930s, so he and his wife returned to China. Utilizing his Canadian wealth, he purchased property, built roads, a school, a clinic, and several homes.

In September 1949, when Joe was just an infant, the Chinese Communist Party began seizing control the nation's industry, education, and security. Joe's family, once prosperous landowners, were soon branded "capitalists exploiting peasants"—a label that invited state violence.

Authorities wrongfully accused and then jailed Joe's father who was, beaten, and hung by his underarms for three days. Facing a "kangaroo court" where resistance felt futile and hopeless, he pled guilty and narrowly escaped execution by firing squad, only to be sent to a forced labour camp in 1951.

Joe's mother was taken to a different forced labour 're-education camp'. Prisoners were expected to grow crops from poor soil without tools. Local peasants secretly smuggled in food and tools to help them survive. While they eventually coaxed life from the poor soil, all success was credited to the State and the Chairman. Lies and propaganda were used to sow distrust between spouses, straining Joe's parents' marriage.

Joe's mother escaped after a few years; his father was released after about five. They reunited in Canton, but Joe's father soon left for Hong Kong and found work, leaving his wife and children behind. Later, Joe's mother and two youngest children left to 'visit' Hong Kong, never returning.

Left behind in Canton at age nine, Joe lived in a friend's building with his twelve-year-old brother and fourteen-year-old sister. The siblings endured abject poverty, scavenging vegetable scraps after the local markets closed. During a cholera outbreak Joe be-

came gravely ill; he believes that only a miracle kept him alive.

Joe thanks his sister's ingenuity for taking her "orphan" brothers to the local police station, pleading for their removal to Hong Kong, so they would not be "burdens to the State". The authorities relented and the boys were sent to Hong Kong. During this time, they communicated with their parents through cryptic letters to evade the authorities' attention.

Reunited with his parents in Hong Kong, Joe learned English, completed Grade 9 and was able to "just be a kid" for awhile. He recalls sneaking off with schoolmates to swim in a reservoir, even though he couldn't swim. His mother later transferred him to a "better" school, where he felt increased pressure to do well and lost his friends. He especially enjoyed social studies and history.

Following in his great grandfather's footsteps, at nineteen, Joe moved to Taber alone with only a typewriter, radio, fur coat, extra shoelaces, and overweight luggage. Taber's population was about 7,000, compared to Hong Kong's 7 million!

While his conversational English was good, he needed to improve his written English so he attended school in Taber until 1971 and completed grade 12 at LCI. His parents, still in Hong Kong, sent financial help for him to live in Lethbridge.

In 1973, Joe became a Landed Immigrant and secured employment, mainly working at Lethbridge College and the Catelli factory. He tried university but decided he was not "the academic type", alternating between school and work.

Joe likes to keep active and "elevate" his mind. He plays badminton, ping pong, pickleball, and swims; he is a Park Run enthusiast. Most of his activities are at the LSCO.

Joe married in 1981 had two sons. Now single, he is proud of them - an engineer and a pharmacist. One is also a skydiver, but Joe is not interested in skydiving for himself.

Joe says he eats to live, but he does enjoy steak & lobster. He is a Christian who enjoys gospel music. On long drives he plays the Beatles, the Who, Simon & Garfunkel, and Peter, Paul, & Mary. He reads some fiction, but prefers self-improvement books and does not watch much television or movies.

Joe describes himself as an easy going, happy person. "Living a good life is not just caring for yourself," he says. Driven by his memories of extreme poverty and psychological deprivation he faced as a boy, he feels compelled to give back. He volunteers at the Food Bank, KidsHelp Phone, and his church, and supports the Red Cross and missionary work. Once shy and reserved, Joe is now drawn to people and strives to bring joy and hope to others, enjoying a hard-won personal freedom as his own man.

Joe shared the story of an ancient Chinese General who lost many battles. When the Emperor sent an envoy to check on the general, his advisor suggested he reframe his losses as proof he is a determined fighter who perseveres. Joe appreciates how this General's failures can be viewed positively. "There is no time to dwell on failure. We must find the courage to keep trying; seek help, and find new ways forward."

Though few can fully comprehend the trials Joe has experienced, he has found a healthy positive outlook on life that many could respect and learn from. Many thanks to Joe for sharing his very personal story.

BY CAROL SEKIYA



MARCH 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, March 2	Tuesday, March 3	Wednesday, March 4	Thursday, March 5	Friday, March 6
Sweet & Sour Chicken with Rice Chef's Choice of Vegetable, Soup & Dessert	Hunter Schnitzel with Spaetzle Chef's Choice of Vegetable, Soup & Dessert	Fiesta Chicken with Rice Chef's Choice of Vegetable, Soup & Dessert	Lasagna with Garlic Toast Chef's Choice of Vegetable, Soup & Dessert	Pesto Chicken Gnocchi Chef's Choice of Vegetable, Soup & Dessert
Monday, March 9	Tuesday, March 10	Wednesday, March 11	Thursday, March 12	Friday, March 13
Honey Garlic Pork with Rice Chef's Choice of Vegetable, Soup & Dessert	Beef Canneloni with Garlic Toast Chef's Choice of Vegetable, Soup & Dessert	Chicken Pot Pie with Potatoes Chef's Choice of Vegetable, Soup & Dessert	Chicken Souvlaki with Rice Chef's Choice of Vegetable, Soup & Dessert	Irish Stew with Mashed Potatoes Chef's Choice of Vegetable, Soup & Dessert
Monday, March 16	Tuesday, March 17	Wednesday, March 18	Thursday, March 19	Friday, March 20
Teriyaki Pork with Rice Chef's Choice of Vegetable, Soup & Dessert	<i>St Patty's Day Special</i> Shepherds Pie Chef's Choice of Vegetable, Soup & Dessert	Salisbury Steak with Mashed Potatoes Chef's Choice of Vegetable, Soup & Dessert	Chicken Parmigiana with Spaghetti Chef's Choice of Vegetable, Soup & Dessert	Roast Beef, Yorkshire Pudding, Mashed Potatoes Chef's Choice of Vegetable, Soup & Dessert
Monday, March 23	Tuesday, March 24	Wednesday, March 25	Thursday, March 26	Friday, March 27
Chicken Alfredo Penne with Garlic Toast Chef's Choice of Vegetable, Soup & Dessert	Pork Chops with Apple Sauce & Mashed Potatoes Chef's Choice of Vegetable, Soup & Dessert	Beef Ravioli with Garlic Toast Chef's Choice of Vegetable, Soup & Dessert	Chicken Cordon Blue with Mashed Potatoes Chef's Choice of Vegetable, Soup & Dessert	Meatloaf with Roast Potatoes Chef's Choice of Vegetable, Soup & Dessert
Monday, March 30	Tuesday, March 31			
Spaghetti & Meatballs with Garlic Toast Chef's Choice of Vegetable, Soup & Dessert	Chicken Chow Mein with Rice Chef's Choice of Vegetable, Soup & Dessert			

View the menu online at www.lethseniors.com/menu

*Menu subject to change without notice



MARCH 2026 EXHIBITS, PROGRAMS & EVENTS

EXHIBITS



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



www.galtmuseum.com/calendar

PROGRAMS

Tue 03 | 10:30-11:30 AM
Creative Community *
International Women's Day
registration encouraged

Fri 20 | 3-4 PM
Genealogy in the Archives: Using Masonic Records **
Join Amber Hunt as she highlights what family history information can be found in Masonic and affiliated organizations' records.

Wed 25 | 9-11 AM
Toddler Time: Explore & Play *
toddlers with caregivers

MEMBERSHIPS

Become a member of the Galt Museum & Archives and take advantage of the exclusive benefits!
www.galtmuseum.com/memberships

SPECIAL EVENTS

Sun 08 | 12-2 PM
International Women's Day Yoga *
Join instructor Amber Lynn for a serene and empowering afternoon of Yin Yoga, followed by tea and treats. \$20/person, free to members

Fri 20 | 6:30-8 PM
Welcoming in the Spring Equinox - The Power of the Breath for Relaxation & Whole-Body Wellbeing +
Learn breathwork and related techniques to reduce stress, improve relaxation, and support overall well-being in a workshop led by experienced educator and wellness practitioner Elaine Jagielski. \$20/person | registration encouraged

Sat 21 | 10 AM
A Smile in Every Bottle: Sicks' Lethbridge Breweries Ltd.
Celebrate Lethbridge's brewing heritage and Old Style Pilsner's 100th anniversary in our new exhibition, opening MARCH 21.



Celebrating 29 Years of Community at Honkers Pub & Eatery



This year marks an exciting milestone for a truly local success story. On Saturday, March 14th, Honkers Pub & Eatery will celebrate 29 years in business — same owner, same location, and the same welcoming spirit that has made it a Lethbridge favorite.

Owner Vicky Vanden Hoek is proud to be the original owner and the only solo female pub owner in the City of Lethbridge. For nearly three decades, Vicky has built Honkers on a simple philosophy: serve quality homemade food in a friendly, locally owned environment where guests feel like family.

Honkers has also created a musical family, supporting local musicians through Live Music shows, giving performers a welcoming stage to grow their confidence and launch successful bands. Comedy nights are held throughout the month, alongside popular nightly specials like Veal Cutlet Mondays, Steak Sandwich Tuesdays, Taco Wednesdays, Wing Thursdays, Fish Fridays, and Appy Saturdays.

While Honkers carries the word “pub” in its name, many visitors are surprised to find a restaurant-style experience focused on homemade comfort food — homemade soups, from-scratch au jus and gravy, hand-dipped fish, burgers, and roast beef and turkey cooked in-house. It’s often described as a true “mom and pop” eatery built on consistency, care, and community.

Honkers is open Monday – Saturday (Closed Sundays & Holidays). Mondays are Seniors Day, when guests receive 10% off their meals — a small thank you to the community that has supported the business for so many years.

Community involvement has always been at the heart of Honkers, supporting countless fundraisers and local initiatives. In recognition of both longevity and giving back, Honkers received the Chamber Business of the Year Legacy Award for 25 years in business.

In 2018, Vicky expanded her vision by opening Nest Events and Meeting Rooms, allowing the business to host a variety of gatherings, including events where minors are welcome. The Nest is ideal for celebrations of life, anniversaries, birthdays, small weddings, nonprofit meetings, and corporate lunch-and-learns. With AV equipment on site, two private meeting rooms, ground-floor parking, private washrooms, and full in-house food and beverage service. Dietary needs can be accommodated, nonprofit organizations receive special consideration, and early morning through late-night bookings are available.

Honkers expanded again in 2020 with the opening of Honkers Cafe at Perlich Bros. Auction Market. During auction sales, guests can enjoy the same homemade food Honkers is known for, bringing a familiar taste of home to the auction community.

After 29 years, Honkers Pub & Eatery remains locally owned, community focused, and committed to homemade quality. If you haven’t visited in a while — or ever — Vicky and her team invite you to stop by. You may be pleasantly surprised by what you discover.

Food, events, and live music details can be found at www.honkerspub.com, and photos of The nest are available at www.nestevents.ca

Paid Advertorial: The preceding content was provided by Vicky Vanden Hoek, owner of Honkers Pub & Eatery

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Candice Elliott-Boldt Jake Boldt
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mariasfootworks@gmail.com

SACPA March 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.

Mar 5	Chris Galloway , Friends of Medicare	What's happening in Alberta Health Care?
Mar 12	Trevor Harrison , University of Lethbridge	Canada in the Age of Thugs: What could a Venezuelan Election Mean for us?
Mar 19	Gil McGowan , Alberta Federation of Labour	What Is the Workers' Agenda — and Why Does It Matter for Alberta?
Mar 26	TBD	TBD

Backyard Wilderness Presentation

Join Leila Armstrong for this informative presentation on urban wildlife in Lethbridge!

Sunday, March 8
1:30-2:30pm

Helen Schuler Nature Centre
Free to attend!
Ages 16+ recommended

Funded by the Government of Canada's New Horizons for Seniors Program | **Canada**

Love nature and meeting new people? Volunteer at the Nature Centre!

Upcoming Volunteer Information sessions:
Monday, March 2
Saturday, March 7
Friday, June 26

1-2pm at the Nature Centre

Contact Chelsea at 403-320-3064 for more information

LOW & COMPANY

LAWYERS

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

REAL ESTATE **FAMILY LAW**
ESTATE 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.**

Festival of Quilts

The Lethbridge Centennial Quilters Guild will hold their 2026 Festival of Quilts on May 1, 10:00AM- 6:00PM and May 2, 10:00AM -4:00PM

Call For Entries ends on March 31, entry Fee is 10.00 per entry, Youths (under 18) FREE

10 Categories for Entries – See the Guild Website for details www.lethbridgequilters.ca

Show Location: the Lethbridge Curling Rink #110 -74 Mauritania Rd West, Lethbridge.

Seniors Street

Seniors are housing seniors
So to the polls they went
And it was from a mighty crowd
The message that was sent

They said they wanted co-ops
In a place they call their own
With government assistance
And without the cost of loans
And so it was it came to pass
In their front yards they did meet
And I heard a passer by say
"This must be senior street"

Seniors Housing Seniors, for availability call Linda 403-359-3769

staff highlight.



welcome Isa

Hi, I'm Isa and I'm excited to be the newest member of the Volunteer Team!

I'm a Lethbridge local and have been living in Vancouver for the last 8 years working in animation and later as the Volunteer Coordinator at a small art gallery. I'm excited to be back home and use my passion for social support and community care to help out with the great work at LSCO. In my free time, I love to knit and crochet strange clothing, draw comics, play video and board games, do improv comedy, and cuddle my sassy 19 year old cat, Stevie.

Come say hi at the volunteer desk! I'd love to meet you. (THEY/THEM)

VOLUNTEER SCHEDULING ASSISTANT



Call for Casino Volunteers!

LSCO is recruiting volunteers for an upcoming fundraiser at Pure Casino Lethbridge on May 19 & 20. No experience necessary. Volunteers must be 18+ and shifts include 1pm-8pm and 8pm to 4:30am on both dates.

We can only hold this fundraiser once every 3 years and last time it raised \$25,000 so your time is greatly appreciated!!

Please contact volunteer@lethseniors.com if you are available to help out!



Get Ready for a Shamrockin' Good time at our St. Patrick's Evening Pub Fundraiser!

Friday, March 13 from 5-8

Enjoy live music from the Tom Price Band, hit the dance floor with

your best moves. Test your luck and skill with find the Leprechaun --prizes await the winners! Or see if you can win the "Pot O Gold" with the **50/50**.

Our Diner will be serving up appetizers and Lachlan has a festive special of hearty Irish Stew just \$12.

Sip on your favorite alcoholic and non-alcoholic beverages, including green beer!

Tickets

\$5 for LSCO Members

\$10 for LSCO Non Members (Guests)

Tickets can be purchased in advance at the LSCO or night of at the door. Tickets include a door prize entry (multiple prizes to be won)

All Ages welcome. Minors can attend for free but must be supervised by an adult.

Volunteers are also needed, please contact volunteer@lethseniors.com if you are interested.




HERE TO SERVE

RACHAEL THOMAS
MEMBER OF PARLIAMENT

@RachaelThomas.ab

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

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March 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <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 10:10-11am: Core & Stretch 10:15-11am: Gentle Exercise 11:15am-12:30pm: Pilates 11:15am-12:00pm: Low Impact Barre 11:15-12:45pm: Badminton 11:30am-12:15pm: Functional Fitness 1-2pm: Yoga For Seniors 2:30-4pm: Table Tennis</p>	<p>3</p> <p>8-8:55am: Vinyasa Yoga 8:30am-4pm: Billiards 8:45-9:45am : Beginner Pilates 9-9:55am: Cycle Combo 9-9:50am: Cardio & Balance 10am-12pm: Prescribing Pharmacist 10-11am - Gentle Yoga 11:15am-12:15pm Zumba Gold/ Toning 11:30am-12:15pm: Essentrics 12-3pm: Quilting 1:30-2:30pm: Strength & Mobility 1-3:30pm: Karaoke 1:30-3 Community Connect Coffee Group</p>	<p>4</p> <p>8:00-8:50am: Cardio to the Core 8:15-9:15: Tai Chi Group 8:30am-3:30pm: Billiards 9am-12: Service Canada & CRA Clinic 9-9:55am : Bike & More 9-9:55am: Power Walking 9:10-10am: Core & Stretch 9:30-11am: Amateur Radio 10am-3pm: Lapidary 10am-3pm: Genealogy 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 11:30-12:30: Experienced Line Dancing 12:45-1:45pm: Beginner Line Dancing 1-3pm: Watercolor 1-2pm: LSCO Guided Tour 1-3pm: Computer Club Pres. Exploring the "Wonderful World of Google" Pt. 1 1:30-3:00pm Ukulele Group 2:30-4pm: Table Tennis</p>	<p>5</p> <p>7-8am: Sunrise Rotary 8:30am-3:30pm: Billiards 9-9:55am: Cycle Combo 9-9:50am: Strength & Balance 9:30-10:15am: Chair Exercise 10-11am: Gentle Yoga 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 1:30-3: Scams & Frauds Presentation 1-3pm: Crib 1-4pm: Knitting & Crochet 1:30-2:30pm: Strength & Mobility 4:00-5:00pm Moving To Heal 5:15-6:15pm: Classic Nia 7-9pm: Ham Radio 101 Webinar 7-9pm: AA Sunset</p>	<p>6</p> <p>8-8:45am: Cycle for All Levels 8:15-9:15: Tai Chi Group 8:30am-3:30pm: Billiards 9am-3pm: Paper Toile & 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 12-12:30pm: Silver Dragons Dragon Boat Meeting 11:30am-12:30pm: Yoga Nidra 11:15-12:45pm: Badminton 1-4pm: Computer Club</p>
<p>9</p> <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 10-11am: Beginner Conversational German 10:10-11am: Core & Stretch 10:15-11am: Gentle Exercise 11:15am-12:00pm Low Impact Barre 11:15am-12:30pm: Pilates 11:15-12:45pm: Badminton</p>	<p>10</p> <p>8-8:55am: Vinyasa Yoga 8:30am-4pm: Billiards 8:45-9:45am : Beginner Pilates 9-9:55am: Cycle Combo 9-9:50am: Cardio & Balance 10-11am - Gentle Yoga 10am-12pm: Paint & Chat 11:15am-12:15pm Zumba Gold/ Toning 11:30am-12:15pm: Essentrics 12-3pm: Quilting 1-3:30pm: Karaoke 1:30-2:30pm: Strength & Mobility</p>	<p>11</p> <p>8:00-8:50am: Cardio to the Core 8:15-9:15: Tai Chi Group 8:30am-3:30pm: Billiards 9-9:55am : Bike & More 9-9:55am: Power Walking 9:10-10am: Core & Stretch 9:30-11am: Amateur Radio 10am-3pm: Lapidary 10am-3pm: Genealogy 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 11:30-12:30: Experienced Line Dancing</p>	<p>12</p> <p>7-8am: Sunrise Rotary 8:30am-3:30pm: Billiards 9-9:55am: Cycle Combo 9-9:50am: Strength & Balance 9:30-10:15am: Chair Exercise 10am-12pm: Hearing Screenings 10-11am: Gentle Yoga 10-11am: Beginner Conversational German 10:15-11:30am: Pilates 10:15-11:15am: Strength Circuit 10:15-11:15am: Traditional Qigong 10:15-12:00pm: Badminton 12-1pm: SACPA 1-3pm: Crib 1-4pm: Knitting & Crochet</p>	<p>13</p> <p>8-8:45am: Cycle for All Levels 8:15-9:15: Tai Chi Group 8:30am-3:30pm: Billiards 9am-3pm: Paper Toile & 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 5-8pm: Second Friday Social - St Patty's Day Pub</p>
<p>SPECIALTY PROGRAMS & GROUPS</p> <p>SUPPORT SERVICES</p>	<p>SPECIAL EVENTS</p> <p>SESSIONAL PROGRAMS & FITNESS</p>			

<p>11:30am-12:15pm: Functional Fitness 1-2pm: VolunTEAM Meeting 1-2pm: Yoga For Seniors 2:30-4pm: Table Tennis</p>	<p>16</p> <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: Naked Trees in Line & Wash 10-11am: Beginner Conversational German 10:10-11am: Core & Stretch 10:15-11am: Gentle Exercise 11:15am-12:00pm: Low Impact Barre 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>23</p> <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-12: Naked Trees in Line & Wash 10-11: Beginner Conversational German 10:10-11am: Core & Stretch 10:15-11am: Gentle Exercise 11:15am-12:00pm: Low Impact Barre 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>30</p> <p>ALL THE ABOVE, PLUS: 10am-12pm: Heritage Blankets</p>
<p>12:45-1:45pm: Beginner Line Dancing 1-4pm: 15 Minute Legal Consultations 1-3pm: Watercolor 2:30-4pm: Table Tennis</p>	<p>17</p> <p>8-8:55am: Vinyasa Yoga 8:30am-4pm: Billiards 8:45-9:45am : Beginner Pilates 9-9:55am: Cycle Combo 9-9:50am: Cardio & Balance 10-11am - Gentle Yoga 11:15am-12:15pm Zumba Gold/Toning 11:30am-12:15pm: Essentrics 12-3pm: Quilting 12:30-3:30pm: Single Session Counselling 1-4pm: Heirloom Quality Stools 1-3:30pm: Karaoke 1:30-2:30pm: Strength & Mobility</p>	<p>24</p> <p>8-8:55am: Vinyasa Yoga 8:30am-4pm: Billiards 8:45-9:45am : Beginner Pilates 9-9:55am: Cycle Combo 9-9:50am: Cardio & Balance 10-11am - Gentle Yoga 11:15am-12:15pm Zumba Gold/ Toning 11:30am-12:15pm: Essentrics 12-3pm: Quilting 1-4pm: Heirloom Quality Stools 1-3:30pm: Karaoke 1:30-2:30pm: Strength & Mobility</p>	<p>31</p> <p>ALL THE ABOVE, PLUS 1-2:30pm: LSCO Annual General Meeting</p>
<p>12:45-1:45pm: Beginner Line Dancing 1-4pm: 15 Minute Legal Consultations 1-3pm: Watercolor 2:30-4pm: Table Tennis</p>	<p>18</p> <p>8:00-8:50am: Cardio to the Core 8:15-9:15: Tai Chi Group 8:30am-3:30pm: Billiards 9-9:55am : Bike & More 9-9:55am: Power Walking 9:10-10am: Core & Stretch 9:30-11am: Amateur Radio 10am-3pm: Lapidary 10am-3pm: Genealogy 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 11:30-12:30: Experienced Line Dancing 12:45-1:45pm: Beginner Line Dancing 1-3pm: Watercolor 1-3pm: Computer Club Pres. Exploring the "Wonderful World of Google" Pt. 2 1-2:30pm: Newcomer English Group 1-2pm: Eyeglasses Adjustments 2:30-4pm: Table Tennis</p>	<p>25</p> <p>8:00-8:50am: Cardio to the Core 8:15-9:15: Tai Chi Group 8:30am-3:30pm: Billiards 9-9:55am : Bike & More 9-9:55am: Power Walking 9:10-10am: Core & Stretch 9:30-11am: Amateur Radio 10am-3pm: Lapidary 10am-3pm: Genealogy 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 11:30-12:30: Experienced Line Dancing 12:45-1:45pm: Beginner Line Dancing 1-3pm: Watercolor 1-2:30pm: Newcomer English Group 2:30-4pm: Table Tennis</p>	<p>26</p> <p>7-8am: Sunrise Rotary 8:30am-3:30pm: Billiards 9-9:55am: Cycle Combo 9-9:50am: Strength & Balance 9:30-10:15am: Chair Exercise 10-11am: Gentle Yoga 10-11am: Beginner Conversational German 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: Heirloom Quality Stools 1-4pm: Knitting & Crochet 1:30-2:30pm: Strength & Mobility 2:30-4pm: Cooking for One (or two) 4:00-5:00pm Moving To Heal 5:15-6:15pm: Classic Nia 7-9pm: AA Sunset</p>
<p>1:30-2:30pm: Strength & Mobility 2:30-4pm: Cooking for One (or two) 4:00-5:00pm Moving To Heal 5:15-6:15pm: Classic Nia 7-9pm: AA Sunset</p>	<p>19</p> <p>7-8am: Sunrise Rotary 8:30am-3:30pm: Billiards 9-9:55am: Cycle Combo 9-9:50am: Strength & Balance 9:30-10:15am: Chair Exercise 10-11am: Gentle Yoga 10-11am: Beginner Conversational German 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: Heirloom Quality Stools 1-4pm: Knitting & Crochet 1:30-2:30pm: Strength & Mobility 2-4pm: Parkinsons Support Group 2:30-4pm: Cooking for One (or two) 4:00-5:00pm Moving To Heal 5:15-6:15pm: Classic Nia 7-9pm: AA Sunset</p>	<p>26</p> <p>7-8am: Sunrise Rotary 8:30am-3:30pm: Billiards 9-9:55am: Cycle Combo 9-9:50am: Strength & Balance 9:30-10:15am: Chair Exercise 10-11am: Gentle Yoga 10-11am: Beginner Conversational German 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: Heirloom Quality Stools 1-4pm: Knitting & Crochet 1:30-2:30pm: Strength & Mobility 2:30-4pm: Cooking for One (or two) 4:00-5:00pm Moving To Heal 5:15-6:15pm: Classic Nia 7-9pm: AA Sunset</p>	<p>27</p> <p>8-8:45am: Cycle for All Levels 8:15-9:15: Tai Chi Group 8:30am-3:30pm: Billiards 9am-3pm: Paper Tole & 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>8:30-10:30am: AA Eye Opener 9am-12pm: Fitness Centre 10-11:15am: Saturday Flow Yoga</p>	<p>20</p> <p>8-8:45am: Cycle for All Levels 8:15-9:15: Tai Chi Group 8:30am-3:30pm: Billiards 9am-3pm: Paper Tole & 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>21</p> <p>8:30-10:30am: AA Eye Opener 9am-12pm: Fitness Centre 10-11:15am: Saturday Flow Yoga</p>	<p>28</p> <p>8:30-10:30am: AA Eye Opener 9am-12pm: Fitness Centre 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.



FITNESS COORDINATOR

You may have noticed a new face in the Programs Department this month - Cassandra Kimmen is our new Fitness Coordinator! Cassandra can be spotted in our fitness classes as well as upstairs in the Fitness Centre. When Cassandra is not at LSCO, she is coaching figure skaters and competing herself.

Welcome to the team, Cassandra!

welcome *Cassandra* (SHE/HER)



Join the Silver Dragons Dragon Boat Team!

The Lethbridge Dragonboat Festival is Friday June 26-Sunday June 28 and the LSCO Silver Dragons have two teams!

Fees

- \$60 for returning Silver Dragon team members.
- \$80 for new members of the Dragon boat team (\$60 + \$20 t-shirt).

Sponsored by:



Fees can be paid at the admin desk.

Contact Andrea if you are interested at programs@lethseniors.com

Meeting for those interested will be held in the Stage Area Friday, March 6 from 12:00-12:30pm



WE FOCUS ON YOUR VISION

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

Southern Optical

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(2 blocks north of LSCO)
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Saturday, April 25
10am - 2pm

Tables

\$45 for LSCO Members,
\$75 for Non Members

Contact Stephanie or apply with this QR code
sgirodat@lethseniors.com | 403-320-2222 ext. 104



Program Spotlights



Reminder, full program information can be found in our program guide at www.lethseniors.com

CREATIVITY

Pop Up Ukulele Group

This will be a welcoming space for musicians of all skill levels. You can join their upcoming session as a drop-in participant. All skill levels welcome from beginners to experienced players

Date & Time: Wednesday, Mar. 4 | 1:30 - 3 pm

Room: C/D

Cost: \$5 Drop in.

NEW PROGRAM

Heirloom Quality Stools

This intermediate workshop includes a demonstration of the milling technique and hands-on experience creating a decorative and functional piece of furniture. Some woodshop experience is required, though novice woodworkers will be successful. Price includes instruction time and one stool. Additional stools can be completed during the workshop for an additional \$50 supply fee per stool. There is a maximum of 6 participants for this workshop so please register early!

Date & Time: Tuesdays & Thursdays Mar. 17 - 26 | 1 - 4 pm

Room: Westco Woodshop at LSCO

Price: \$150 Members (\$200 Non-Members)

MIND-BODY

Vinyasa Yoga

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: Tues. OR Thurs. until Apr. 30 | 8-8:55 am

Room: APR

Instructor: Melanie Hillaby

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

Fitness / Power Walking

Participants will walk at a self-selected pace to effectively improve cardiovascular fitness. The instructor incorporates both high and low intensity options and uses various exercise equipment to increase overall body strength.

Date & Time: Wednesdays, until Apr. 29 | 9 - 9:55 am

Room: Gym 1

Instructor: Andrea Clarke

Drop in: \$8 Members (\$10 Non-Members)

ACTIVE AGING

Zumba® Gold/Toning

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: Tuesdays, Mar. 3 - Apr. 28 | 11:15 am - 12:15 pm

Room: APR

Instructor: Sheila Mulgrew

Drop in: \$9 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	S2: Thursdays, Mar. 5 – Apr. 30	9:30 – 10:15 am	\$45 (\$63)	\$6 (\$8)	Stage	Andrea Clarke
Core & Stretch	Mondays, Jan. 19 – Apr. 27	10:10 – 11:00 am	\$104 (\$117)	\$8 (\$10)	APR	Tracy Simons
	Wednesdays, Jan. 21 – Apr. 29	9:10 – 10:00 am	\$120 (\$135)	FULL		
Cycle Combo	Tuesdays, Jan. 6 – Apr. 28	9:00 – 9:55 am	\$119 (\$153)	\$8 (\$10)	Gym 2	Andrea Clarke Stephanie Girodat
	Thursdays, Jan. 8 – Apr. 30					
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	S2: Mondays, Mar. 2 – Apr. 27	11:30 am – 12:15 pm	\$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	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	9:00 – 9:55 am	\$120 (\$135)	\$8 (\$10)	Gym 1	Stephanie Girodat
	Fridays Jan. 9 – Apr. 24					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	S2: Mondays, Mar. 2 – Apr. 27 S2: Wednesdays, Mar. 4 – Apr. 29	10:00 – 10:45 am	\$40 (\$56) \$45 (\$63)	\$6 (\$8)	Stage	Corrine Myers
Classic Nia	Thursdays, Jan. 8 – Apr. 30	5:15 – 6:15 pm	\$200 (\$220)	\$15 (\$20)	Gym 2	Lise Schulze
Gentle Yoga	Tuesdays, Jan. 6 – Apr. 28 Thursdays, Jan. 8 – Apr. 30	10:00 – 11:00 am	\$119 (\$153)	FULL	APR	Donna Teifenbach
Moving To Heal ****	Thursdays, 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)	\$8 (\$10)	APR	Melanie Hillaby
Yoga For Seniors	S2: Mondays, Mar. 2 – Apr. 27	1:00 – 2:00 pm	\$56 (\$63)	\$8 (\$10)	A/B	Corrine Myers
	S2: Fridays, Mar. 6 – Apr. 24	10:15 – 11:15 am	\$49 (\$63)	FULL	APR	
Yoga Nidra	S2: Fridays, Mar. 6 – Apr. 24	11:30 am – 12:30 pm	\$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	S2: Mondays, Feb. 23 – Mar. 30 S3: Mondays, Apr. 13 – May 11	8:30 – 9:30 am	\$54 (\$60) \$45 (\$50)	\$8 (\$10)	A/B	Elaine Jagielski



Drop in Pickleball coming soon

Be the first to find out more! If you are interested in participating email Andrea at programs@lethseniors.com to be added to our contact list.

LSCO LIBRARY CORNER

“I am not a book hoarder, I am just prepared for the next 215 years”



Creative Arts & Specialty Programs

Member Price (Non Member Price)

Program	Instructor	Date	Time	Cost	Room
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 lacy branches, while subtle watercolor will portray remnants of fall leaves. <u>Ask for a supply list upon registration.</u>					
Heritage Blankets	Marcelle Velve	S3: Monday Mar. 30 S4: Monday Apr. 27	10 am – 12 pm	\$110 (\$125)	TBD
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	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.					
Heirloom Quality Stools	Peter Gilligan	Tuesdays & Thursdays, Mar. 17 – 26	1-4 pm	\$150 (\$200)	Woodshop
This intermediate workshop includes a demonstration of the milling technique as well as hands-on experience creating a decorative and functional piece of furniture. Some woodshop experience is required, though novice woodworkers will be successful in this class. Price includes instruction time and one stool. Additional stools can be completed during the workshop for an additional \$50 supply fee per stool. There is a maximum of 6 participants for this workshop so please register early!					
Cooking for One (or two)	Konny Nelle	Thursdays Mar. 12-Apr. 30	2:30-4 pm	\$150 (\$200)	Stage Area /Kitchen
In this course you will learn how to plan and cook weekly menus for one or two people with Red Seal certified cook and former teacher, Konny. We will exchange recipe ideas and focus on a nutritious and varied menu without waste. After planning our individual menus, we will cook some of the dishes in the LSCO kitchen. Food & Materials included in cost.					
Beginner Conversational German	Konny Nelle	Mondays & Thursdays Mar. 9- Apr. 30	10-11 am	\$80 (\$100)	Computer Lab
Travelling to Germany, Switzerland or Austria? Do you have German-speaking relatives or friends? Or would you simply like to exercise your mind by learning a new language? It's much more fun in person than online! Join Konny, a native German speaker and former teacher for lessons in beginner conversational German. Along the way, you will also learn some interesting information about life in Germany					

Year Round Special Interest Groups

See the monthly calendar on pg 8 & 9 for meeting times.

Amateur Radio: \$29/Year + LSCO Membership

The CJOC Amateur Radio Club is a group of licensed amateur radio operators who come together once a week at the LSCO to talk on Ham radios, explore new ideas and repair equipment. The club is a place where amateur radio operators can expand their knowledge and forward their interest in the hobby all while surrounded by modern radios to equipment from days gone by. Those interested in getting their ham radio license can get started [with this link](#) and club members are available to help along the way.

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. See page 10 for details.

Ham Radio 101

Thursday, March 5

@ 7pm Online

Why does amateur radio still matter in 2026, when everyone has a smartphone and internet? This online session looks at how ham radio helps in real emergencies, builds community, and teaches practical technical skills — all from a Canadian perspective.

You'll hear about:

- Real-world emergency use of ham radio in Canada
- How to get started: licensing, simple gear, and costs
- Modern activities like digital modes, POTA, and Field Day

Join at [this link](#) or email peter.pankonin@gmail.com



COMPUTER CORNER

Name Your USB Flash Drive



Naming your USB flash drive can avoid confusion when transferring files.

Most new USB drives can have a name that is up to 11 characters long.

So rather than simply a drive letter and the words USB Drive, you might give it a meaningful name that tells it apart from other drives connected to the same computer. How about Pink16Gb, Suzy32Gb, or BluLSCO64gb?

If you try to use a prohibited characters it won't do any harm, the system will tell you invalid character or something similar. Windows prohibited characters include: < (less than), > (greater than), : (colon), " (double quote), / (forward slash), \ (backslash), | (vertical bar or pipe), ? (question mark), and * (asterisk). Additionally, file names cannot end with a space or a period.

To name or rename a USB drive in Windows, plug it in, open File Explorer, right-click the drive, and select "Rename" (or "Properties" and change the text). Keep the name to 11 characters or less. On a Mac, click the drive name on the desktop or Finder, press Enter, and type a new name.

BY SJOERD SCHAAFSMA

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.

Exploring the Wonderful World of

Google:

Part 1: Wednesday March 4 @ 1 pm

There is so much more to Google than a search engine, Chrome, and Gmail.

Join us to explore Google, which will include:

- **An overview of the many applications Google offers**, with Pros and Cons of using the Google Workspace.
- **How to Set up a Google account.** To set up an account you will need to verify your account either with a phone number or other valid email account. To take full advantage of this session you should have a mobile device and know your password(s).

Part 2: Wednesday March 18 @ 1 pm

The nitty gritty of a few more of the popular Google applications based on the interest shown in the first session.

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

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SUPPORT & INDEPENDENCE

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welcome back Rebekah!

Oki and Hello! It is great to be back here at the LSCO seeing some familiar smiles and new faces. As some of you may know, I was on maternity leave for the past 18 months with my new daughter who is an absolute delight, who keeps us on our toes but also fills our hearts with so much love. I have looked forward to returning, getting reacquainted, continuing working as a social worker with the SSN team and serving our fine community with the best intentions.

Seeing you fine folks daily and hearing your stories gives me hope for my little one in this uncertain world. I am sure we have all been through some trying times in our lives and the resiliency you convey by showing up, helping others, participating in the community and spreading kindness, all shapes our growth in this life journey. Maya Angelou said, 'You are allowed to be both a masterpiece and a work in progress', and oh how true, although I feel like I am a constant work in progress.

It has been exciting to see all the changes since being gone, new staff, new carpet, new office (to me) and even new plants in the dining area, exciting! As always, I am proud to be part of the LSCO and all it has to offer our community. I am always trying to encourage people to come see what the LSCO has to offer and possibly even come in for a meal or coffee. I strongly believe we need community in our lives to share our talents, have companionship, learn new things at any age and feel included.

Hope you all have a great day, week or month. Please do not hesitate to say a friendly hello in passing and please do not be shy to introduce yourself.

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More info 



Drop offs starting February 23
 LSCO, 500 11th St. S. Lethbridge (Open Weekdays, 8am - 4:30pm)

New this year, the LSCO will mail all completed tax documents directly to participants, eliminating the need for an extra trip to pick them up and improving efficiency for our staff. To offset the additional postage costs, we are pleased to share that MP Rachael Thomas and her team have generously offered to handle the mailing of these documents on behalf of the LSCO. We extend our sincere thanks to MP Thomas for this added support, which helps ensure seniors and low-income families receive the vital assistance they need through our tax program.

"Supporting seniors in our community is incredibly important to me. I'm grateful for the outstanding work Lethbridge Senior Citizens Organization does to help seniors file their tax returns, and it's a privilege for my team and me to contribute in a small way." - MP Rachael Thomas

Program Eligibility

A modest income.
 ✓ 1 Person: up to \$40,000
 2 People: up to \$55,000
 +\$5000 / dependent



A simple tax situation.
 ✓ Those who have no income or income from:

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

Prepare for your taxes

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.



Fill out a personal information sheet and drop off your documents.

A volunteer will complete and submit your tax return.

Your documents will be mailed back to you once your return is submitted.



MARCH 2026 SUPPORT SERVICES CALENDAR

*appointment / registration required

 kmartin@lethseniors.com

 403-320-2222



March 3 1st Tuesday	Community Connect Coffee Group 1:30 pm - 3:00 pm Room C/D	An opportunity to grow meaningful connections and strengthen access to community supports. Drop-in style at no cost. This month, Bayshore Health will be coming to present on their services and supports!
March 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.
March 4 1st Wednesday	Service Canada & CRA Support Clinic 9:00 am - 12:00 pm Card Area	Free on-site Service Canada and CRA representatives available to answer your questions regarding federal benefits and programs, no appointment necessary.
March 5	Scams and Frauds Presentation 1:30 - 3:00 pm Stage	Join the Lethbridge Police Service Economic Crimes Unit as they present on current trends and challenges with scams and frauds, and answer questions from attendees.
March 9 2nd Monday	VolunTEAM Meetings 1:00 pm - 2:00 pm Atrium	An opportunity for LSCO volunteers to come together, increase socialization and build friendships! Chaired by the Volunteer Coordinator, volunteers will also be able to provide feedback, ask questions and discuss upcoming volunteer opportunities.
March 11 2nd Wednesday	15 Minute Legal Consultations* 1:00 pm - 4:00 pm Clinic Room	Free 15 minute consultations with local lawyer, Austyn Anderson. Appointment required.
March 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!
March 17 3 rd Tuesday, every other month	Single Session Counselling* 12:30 pm - 3:30 pm Quiet Room	The single session counselling model provides an opportunity for individuals to try counselling at no cost. Sessions are 1 1/2 hour in length. Book and appointment through SCSP Intake at 403-329-1544 or intake@lethseniors.com.
March 18	Eyeglass Adjustments 1:00 pm - 2:00 pm Library	Free eyeglass adjustment, courtesy of Spec Savers, Park Place Mall.
March 18 & 25 Wednesdays	Newcomer English Group 1:00 pm - 2:30 pm Atrium	Drop in to learn English and socialize with newcomers in this welcoming and educational environment. Facilitated by Lethbridge Family Services- Immigrant Services.

SUPPORT GROUPS

March 19
3rd Thursday
Parkinson's Support Group
 2:00-4:00pm | Board Room
 Registration encouraged! 1-800-561-1911

March 7-28
Saturdays
AA Eye Opener
 8:30-10:30am | Room C/D

March 6-27
Thursdays
AA Sunset
 7:00 - 9:00 pm | Room C/D

Stay up to date on these events on our event calendar www.lethseniors.com/events

SUPPORT & INDEPENDENCE

LEARN ARTICLE

The Difference Between Fraud & Financial Abuse

People often use the terms *scams*, *fraud*, and *financial elder abuse* interchangeably — but they're not the same thing. Understanding the difference matters, because it changes how we prevent harm, how we respond, and how we protect older adults.

Scams and fraud usually involve a stranger. These are deceptive schemes designed to trick someone into giving away money, personal information, or access to accounts. The scammer might pretend to be a government agency, a bank, tech support, a prize organizer, a romantic interest or even a grandchild in distress. The defining feature is **deception by an unknown person**, often carried out quickly and remotely — by phone, email, text, or online. Anyone can be targeted, but older adults are frequently singled out because of perceived trust, savings, or limited familiarity with new technology.

Financial elder abuse, on the other hand, is about **betrayal of trust**. It typically involves someone the older adult knows and relies on — a family member, caregiver, friend, or person in a position of trust. Instead of trickery by a stranger, this abuse may include pressure to hand over money, misusing a power of attorney, controlling finances, borrowing without repayment, or even theft. It often happens gradually and quietly, making it harder to detect and even harder to disclose.

The emotional impact is different, too. Scams often leave victims feeling embarrassed or foolish. Financial elder abuse can leave them feeling trapped, fearful, or conflicted — especially when love, loyalty, or dependence is involved. Many older adults hesitate to report abuse because they don't want to get a family member in trouble or risk losing support.

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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Where these issues **overlap is in harm**. Both can devastate financial security, increase stress and anxiety, and accelerate loss of independence. Both are underreported. And both thrive in silence, isolation, and stigma.

The key difference is this:

- Scams and fraud exploit vulnerability through deception.
- Financial elder abuse exploits vulnerability through relationship and power.

Prevention requires different approaches — public awareness and fraud education for scams, and strong safeguards, accountability, and support systems for financial elder abuse. But the goal is the same in both cases: protecting older adults' dignity, autonomy, and right to live free from exploitation.

Recognizing the difference helps us

respond with the right tools — and with compassion where it's most needed.

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



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