



# LSCO Times

## April

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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### Spring Program Registration

MAY & JUNE PROGRAMS

Online and In Person

[www.lethseniors.com](http://www.lethseniors.com)

and click the yellow button



[View Programs & Register Online](#)



## Opens Friday, April 10 @ 8am

## Support Our Seniors

### Fundraising Campaign

Because aging well takes a community.

**DONATE  
TODAY!**



Read our Executive Director's Message on Page 3 for more details about this campaign.

#### A MESSAGE FROM LSCO'S BOARD PRESIDENT

## Let's All Pull Together!

So, what is the Boomer cohort that's moving through Canada's demographics? Is it a 'Silver Tsunami' or a 'Golden Opportunity'? You might say that it all depends on one's perspective - a sort of a glass half empty or glass half full sort of thing. While it's true that a large number of seniors will draw upon a decreasing number of workers, it's important to recognize that society itself is changing. As noted by Professor Sarah Harper, director of the Oxford Institute of Population Ageing, whether it's lingering concerns about Covid, the climate crisis, or simply not having children, fertility rates are in decline in much of the world.

What does that mean for LSCO? How should this organization adapt to these changes? As LSCO's Executive Director, Kaitlynn Weaver lays out in our Annual Report, **there are three areas to concentrate upon:**

1. **Increase LSCO's visibility and value in the community** by building collaborations that grow our market reach.
2. **Strengthen internal systems** to improve efficiency, safety, and service while reducing expenses.
3. **Develop a sustainable financial plan** that increases revenues and builds an endowment cushion to secure our long-term future.

How do we get there? Let's all pull together: All of our staff and volunteers already make an amazing contribution, but think about your salary or membership fees as just 'the ante' and, if you can, step up and give more! We've got lots of tax receipts! Thank you.

JOHN USHER

## Did You Know?

Since March 2025, LSCO has:

- **Increased donations and fundraising** by \$47,000 and program revenue by \$25,000.
- **Improved internal systems and policies** to enhance safety, efficiency, and accountability.
- Achieved 13% **growth in centre usage**, 18% growth in **diner participation**, and 17% growth in **programs**.
- **Grown rental revenue** by 45%.
- Welcomed more than 800 guests to our **50th Anniversary** Celebration.
- **Built community partnerships** with Westco Construction, Select People Solutions, Nord-Bridge Seniors Centre, and Winston Churchill High School.
- **Launched the LSCO Endowment Fund** to build a secure, sustainable financial future.



Call Now Toll Free!  
**1-800-205-7878**



## ALBERTA'S BEST MEDICAL ALERT

- MONITORING ACROSS CANADA
- WATER RESISTANT AND SHOWER SAFE
- FALL DETECTION CAPABILITIES
- NO HIDDEN FEES AND NO CONTRACTS



CALL NOW To Qualify For A FREE Medical Alert  
1-800-205-7878 | [www.LifeAssure.com/SAFE](http://www.LifeAssure.com/SAFE)



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

# LSCO News



STAY CONNECTED  
[www.lethseniors.com](http://www.lethseniors.com)  
@lethlSCO  
on Facebook & Instagram

## LEGACY & TRUST

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

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

The LSCO accepts no warranty or liability resulting from incorrect, incomplete or misleading information or its improper use. Articles may be edited for space requirements. If anyone has any issues or concerns with any of the advertisers in the LSCO Times please let us know so we can address the issue.

### 2026 – 2027 LSCO BOARD

#### Executive

President: John Usher  
President Elect: Andre Beaudin  
Past President: Keith Sumner  
Secretary: Veronica Panich;  
Treasurer: Neil Jorgensen



#### Directors:

Austyn Anderson, Reg Dawson, Merri-Ann Ford, Linda Learn, Howard Morrow

### LSCO Notices

#### New Parking Passes

**Our New parking passes are in!**

Stop by the front desk to have your old one swapped out to avoid tickets. Parking passes are available for LSCO members.

#### LSCO Easter Closures

We will be closed on Good Friday (April 3) and Easter Monday (April 6th)

#### Year Round Groups Fee Increase

As an organization, we have made a small change to our program fees. It has been a few years since the last change in our fees and this modest increase will help offset the cost of inflation. If cost is a barrier to your involvement with LSCO please reach out – subsidy programs are available. We hope you will continue to invest in yourself, our organization, and our community through our vibrant program offerings!

#### Parking Lot Etiquette

Please be aware of the entrances and exits in the parking lot. **The road closest to the LSCO doors are exit only.** This ensures there is enough space for pick ups, drop offs, Meals on Wheels, and the access-ride bus.

#### LSCO Building Tour

On the 1st Wednesday & 3rd Monday  
**Wednesday, April 1 @ 1pm**  
**\*new\* Monday, April 20 @ 10:30 am**

Learn all about our 56,000 sq. ft. building from a volunteer or LSCO staff member. Registration preferred by drop ins welcome.

### Battle of the Brews!

Beginning May 4, the LSCO is going head-to-head with Nordbridge Seniors' Centre for the **Battle of the Brews**, a friendly fundraising competition powered by our friends at Cuppers Coffee & Tea.

**Here's how it works:** each organization will sell bags of Cuppers coffee, and the centre that sells the most bags wins. The Executive Director of the losing organization will have to dress up in a silly costume and flip pancakes at the winner's pancake breakfast during Whoop-Up Days.



**To Pre-order:** Scan the QR code or sign up at the front desk. Bags are \$22 and can be purchased at LSCO and Cupper's Coffee starting May 4.

### Fundraising Corner

TURN EVERYDAY PURCHASES INTO REAL COMMUNITY IMPACT:

#### LSCO Community Round-Up

This campaign, launching on April 10, is a simple, powerful way for Diner customers to support seniors in our community.



By rounding up purchases at checkout in the Diner, small contributions quickly add up to meaningful impact – helping fund programs, services, and support for seniors across Lethbridge.

An enormous thank you to **Select People Solutions** and **Teamwork Training** for their continued support of Meals on Wheels through their 23 Days of Christmas campaign. They presented a cheque for \$27,000 from 2025 to our Board during our Annual General Meeting.



Through its 17 year history, the 23 Days of Christmas campaign has raised over \$400,000 dollars for Meals on Wheels!

*Thank you!*



A huge thank you goes out to RBC staff (Jillian, Donna, and Ang) for volunteering for the LSCO AND providing us with a grant of \$6,000 We are so grateful for your support and generosity!

Check out all our highlights from 2025 in our Annual Report.



Scan the QR code or click the graphic if you are reading online.



Printed copies available at the LSCO

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

## LEGACY & TRUST

# LSCO STAFF

## LSCO OPERATIONS

- Executive Director** (ext. 304)  
Kaitlynn Weaver.....kweaver@lethseniors.com
- Operations Manager** (ext. 102)  
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- Accounting Technician** (ext. 103)  
Chris Toker.....finance@lethseniors.com
- Receptionist & Admin Support** (ext. 101)  
Kari Martin..... kmartin@lethseniors.com

## LIFE AT LSCO

- Events & Marketing** (ext. 302)  
Hannah Dupuis.....hdupuis@lethseniors.com
- Volunteer Coordinator** (587-691-1327)  
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- Volunteer Scheduling Assistant** (ext. 208)  
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- Food Services Coordinator** (ext. 401)  
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- Assistant Food Services Coordinator**  
Travis Eakett
- Food Services Cook:** Adam Panich
- Food Service Cashier:** Kaelynne

## TRUSTED SUPPORT

- Support Services Manager** (ext. 205)  
Amy Cook .....acook@lethseniors.com
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- LEARN Case Manager** (403-394-0306)  
Marissa Hardy.....mhardy@lethseniors.com

## VIBRANT PROGRAMS

- Program Manager** (ext. 104)  
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- Program Coordinator** (ext. 104)  
Andrea Clarke.....fitness@lethseniors.com
- Woodshop Program Coordinator** (ext. 104)  
Megan Rourke.....mrourke@lethseniors.com

## IMPORTANT NUMBERS

- LSCO General Phone.....403-320-2222
- LSCO Fax .....403-320-2762
- SSN Intake .....403-329-1544
- Meals on Wheels.....403-327-7990
- LEARN .....403-394-0306

## EXECUTIVE DIRECTOR'S MESSAGE

# Building Our Future, Together



As of March 7th, I officially celebrated one year in this role, and what a year it has been! Serving as Executive Director of this remarkable organization has been a true honour. I couldn't be prouder of our dedicated staff, volunteers, and members, who have met a year of change and challenge with patience, resilience, and an unwavering commitment to the LSCO. I'm also deeply grateful to our Board of Directors for their trust and partnership as we continue to strengthen this organization together.

On March 31st, we hosted our Annual General Meeting, a chance to reflect on both our successes and the road ahead. This past year, LSCO made significant strides in modernizing operations, renewing community partnerships, and expanding programs. Yet, like many nonprofits, we continue to face challenges from rising costs, reduced gaming and grant revenue, and lingering post-pandemic impacts. After seven consecutive years of operating deficits, our reserves have been stretched dangerously thin.

LSCO is one of the cornerstones of senior support in our community. We're proud of the progress we've made by growing membership and donations, improving systems, and strengthening connections. But to stay strong for future generations, we need the community's help.

That's why we're launching the **Support Our Seniors (SOS) Campaign**, with a goal to raise **\$75,000** to rebuild financial stability and ensure continued access to essential programs, meals, and social connections for local seniors.

This campaign isn't about survival, it's about growth. With strong leadership, operational efficiency, and thoughtful planning, we're positioning LSCO for lasting strength and even greater impact in the years ahead.

Beyond fundraising, we're also implementing strategies for long-term sustainability: reducing costs, and sharpening our focus on LSCO's core mission and programs.

If you're able, please consider making a one-time or monthly gift to support LSCO. Every dollar stays right here in Lethbridge and directly benefits older adults in our community. Aging well truly takes a community, and together, we can make it happen.

Thank you for believing in the LSCO — and in the value, vibrancy, and wisdom of seniors in our city. Together, we're building a stronger, more sustainable future for all.

The SOS Campaign invites individuals, businesses, and organizations to contribute. Donations can be made online at [www.lethseniors.com/fundraising](http://www.lethseniors.com/fundraising), in person at the LSCO (500 11th Street South, Lethbridge, AB), or by mailing a cheque to the same address.

Scan here to donate online KAITLYNN WEAVER

## Yes I want to support seniors in Lethbridge!

**Donation Amount:** \_\_\_\_\_ **A:** 500 11th Street S., Lethbridge AB T1J 4G7  
**P:** 403-320-2222 **W:** lethseniors.com

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_ Province: \_\_\_\_\_

Email: \_\_\_\_\_

Sign me up for updates from the LSCO (your email may still be used for tax receipt purposes)

**I want my donation to go towards**

- S.O.S Campaign
- Endowment
- General
- Meals on Wheels
- Programs
- Support Services
- Other \_\_\_\_\_

**Payment Methods**

- Cheque (enclosed)
- E-transfer to finance@lethseniors.com. Reference # \_\_\_\_\_
- Credit card  monthly or  one-time  
Card # \_\_\_\_\_ Expiry \_\_\_\_/\_\_\_\_

**I would like my tax receipt:**  mailed or  emailed

Make my donation Anonymous

**Lethbridge Senior Citizens Organization** **Donate online at [www.lethseniors.com/donate](http://www.lethseniors.com/donate)**

CRA Charity #: 119242914 RR0001

## LSCO COMMUNITY PARTNERS, SPONSORS, & MAJOR DONORS



## LEGACY & TRUST

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!

- |                      |                        |
|----------------------|------------------------|
| Dee Detrey           | Pamela Scolah          |
| Colleen Kottmeier    | Barbara Shelton        |
| Margarete Tashiro    | Bruce Wolff            |
| Felix Matheson       | Edi Filipaz            |
| Jeanette Waegemakers | Annette Melnychuk      |
| Schiff               | Gerri Hecker           |
| Deane Glover         | John Wildman           |
| Mike Violini         | Janine Sakatch         |
| Bill Dyck            | Marcela Aravena-Castro |
| Bill McKay           |                        |
| Darren Harker        | 9 Anonymous            |



### The luck of the Irish was definitely on our side at our St. Paddy's Pub!

We packed the LSCO with 120 people and ate every last bowl of Irish stew! And an extra special thank you to Tom Price Band for playing and Cornerstone Funeral home for sponsoring this special Second Friday Social!! We can't wait for the next one!



Congrats to our Lucky Leprechaun, door prize winner, and 50/50 winner Terry—who walked away with \$215.50!



### FULL CALENDAR ON PAGE 12&13

## Upcoming Events

### LSCO Guided Tour

Wednesday, April 1 @ 1pm

**\*new\*** Monday, April 20 @ 10:30 am

Learn all about our 56,000 sq. ft. building from a volunteer or LSCO staff member. Registration preferred by drop ins welcome.

### Scams & Frauds Presentation

Thursday, April 8 @ 2-3:30 pm | Stage

Hear from the Royal Bank of Canada on how you can protect yourself from fraud.

### Program Registration

Friday, April 10 @ 8am | Online & in person

Online registration requires an account. If you need help with online registration, please ask program staff. In person registrations will also be available.

### Lethbridge Polytechnic Massages

Friday, April 10 @ 1 - 3 pm | Card Area

Free neck and shoulder massages from the Lethbridge Polytechnic Massage Therapy Students. RSVP at 403-320-2222 or kmartin@lethseniors.com

### 2nd Friday Social

Friday, April 10 @ 1-3 pm | Stage

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

Sponsored by Wellings of Brooks

### Senior LGBTQIA2S+ Peer Support Group

Friday, April 10 @ 6:30-7:30pm | Room C/D

A socialization and peer support opportunity for queer folks 50 and older.

### High Tea

Friday, April 17 @ 1-3 pm | Atrium

\$15 per person, please RSVP by April 15 (tickets still available at door). Formal attire is not required but dressing up is encouraged! **Some volunteers needed.** More details on page 6.

### We need your help! Volunteers help these events run smoothly.

If you are able to help out, please contact Madison or Isa on the volunteer team at 403-320-2222 ext. 208 or volunteer@lethseniors.com

### Made With Love Handmade & Antique Market

Saturday, April 25 @ 10am-2pm | LSCO

Calling all makers, collectors, and enthusiasts! Peruse antiques and collectibles from yesterday, grab a sweet treat, or invest in some quality craftsmanship to beautify your space. Entry by donation to Meals on Wheels. **Some volunteers needed.**

Tables are still available, contact Stephanie: sgirodat@lethseniors.com

### National Volunteer Week April 19 -25

#### Appreciation Banquet

Friday, April 24 | 5:30 - 8:30pm

5:30 Doors, Photobooth & Raffle Opens  
6:00 Buffet Dinner

7:00 Dance with Music from Rebel Angels

**RSVP by Tuesday, April 21.** Free for volunteers. Plus ones: \$15 Members | \$20 Non-Members. *More details on page 7.*

**Photo Booth:** Wednesday, April 22, 9am-12 pm

**Thank you gift bag:** Pick yours up during the week or at the banquet!

**Volunteer Lethbridge Flag Raising Ceremony:** April 20th 11am at City Hall

### Embracing Life's Transitions with Dignity

Wednesday, April 29 @ 5-7 pm | 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. \$10 per person with proceeds to Meals on Wheels.

Register at 403-320-2222 or kmartin@lethseniors.com by Monday, April 27

### What Should I Prioritize to Stay Fit Past 55?

Tuesday, May 5 @ 3-4 pm | Room A/B

Come to this workshop with the expectation to move and better understand what aches and pains that you, as a 55+ human, may face (or have already experienced) while trying to stay active in your daily life and your gym routine. Taught by Erin Marsh, she will talk you through what some of those aches and pains might mean, and how you can navigate that in real time. Learn strategies you can start using TODAY, so you can continue to be active and avoid more pain in the process.

### Mother's Day Brunch

Sunday, May 10 @ 10am, 11:30pm, 1pm

Join us for a special Mother's Day Brunch Buffet fundraiser to celebrate the mothers and mother figures in our lives! There will be door prizes and each mother will walk away with flowers from the MS Society Carnation Campaign. A professional portrait photographer will also be on site so you can get a photo of the whole family—which you know Mom will love!

**Tickets:** \$25 General, \$20 Senior, \$15 Under 13 and free for ages under 4. Choose your sitting when you purchase your tickets - available mid April in person, over the phone, and online at [www.lethseniors.com/events](http://www.lethseniors.com/events)

Many volunteers are needed to make this event run smoothly. Sponsored by Wellings of Brooks and Amour and Glow.

### 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. **Many volunteers are needed for setup and during the event.** More information is available on the next page.

Sponsored by Cornerstone Funeral Home, The Co-operators: Engler Agencies, Hosack Denture Clinic, Lethbridge Hearing Centre, Optima Living



# APRIL 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

Wednesday, April 1		Thursday, April 2		Friday, April 3	
<b>For Meals on Wheels Clients:</b> Meals scheduled during the Easter Holiday (April 3 & 6) will be delivered on Thursday, April 2.		<b>Beef Burrito with Rice</b> Chef's Choice of Vegetable, Soup & Dessert	<b>Baked Ham with Scalloped Potatoes</b> Chef's Choice of Vegetable, Soup & Dessert	<b>LSCO Closed</b> <b>Fish &amp; Chips</b> Chef's Choice of Vegetable, Soup & Dessert	
Monday, April 6		Tuesday, April 7		Wednesday, April 8	
<b>LSCO Closed</b> <b>Chicken Dumplings with Rice</b> Chef's Choice of Vegetable, Soup & Dessert		<b>Perogies with Garlic Sausage</b> Chef's Choice of Vegetable, Soup & Dessert	<b>Stuffed Pepper with Roast Potatoes</b> Chef's Choice of Vegetable, Soup & Dessert	<b>Chicken Cordon Blue with Mashed Potatoes</b> Chef's Choice of Vegetable, Soup & Dessert	<b>Roast Beef, Yorkshire Pudding, Mashed Potatoes</b> Chef's Choice of Vegetable, Soup & Dessert
Monday, April 13		Tuesday, April 14		Wednesday, April 15	
<b>Penne Bolognese with Garlic Toast</b> Chef's Choice of Vegetable, Soup & Dessert		<b>Ginger Cashew Chicken with Rice</b> Chef's Choice of Vegetable, Soup & Dessert	<b>Tortiere with Mashed Potatoes</b> Chef's Choice of Vegetable, Soup & Dessert	<b>Chicken &amp; Sausage Gumbo</b> Chef's Choice of Vegetable, Soup & Dessert	<b>Lasagna with Garlic Toast</b> Chef's Choice of Vegetable, Soup & Dessert
Monday, April 20		Tuesday, April 21		Wednesday, April 22	
<b>Butter Chicken with Rice</b> Chef's Choice of Vegetable, Soup & Dessert		<b>Stuffed Pork Tenderloin with Roast Potatoes</b> Chef's Choice of Vegetable, Soup & Dessert	<b>Shepherds Pie</b> Chef's Choice of Vegetable, Soup & Dessert	<b>Chicken Cacciatore with Rice</b> Chef's Choice of Vegetable, Soup & Dessert	<b>Meatloaf with Roast Potatoes</b> Chef's Choice of Vegetable, Soup & Dessert
Monday, April 27		Tuesday, April 28		Wednesday, April 29	
<b>Chicken Parmigiana with Spaghetti</b> Chef's Choice of Vegetable, Soup & Dessert		<b>Gypsy Schnitzel with Spaetzle</b> Chef's Choice of Vegetable, Soup & Dessert	<b>Beef Ravioli in Tomato Sauce with Garlic Toast</b> Chef's Choice of Vegetable, Soup & Dessert	<b>Chicken Pot Pie with Mashed 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



## Confirmed Vendors

AS OF MARCH 30, 2026

**Lots of new vendors this year!** Only a few booths left in the main gym. Contact Hannah to book your booth: [hdupuis@lethseniors.com](mailto:hdupuis@lethseniors.com)

### Community, Advocacy, & Education

- Volunteer Lethbridge
- SettleEase Canada Foundation
- Recovery Alberta
- Men's Sheds Lethbridge & Coaldale
- Lethbridge Vehicle Licensing & Registry
- Lethbridge Friends of Medicare
- Lethbridge Family Services - Counselling Outreach and Education
- Interfaith Food Bank Society of Lethbridge
- Deaf & Hear Alberta
- Community Foundation of Lethbridge and Southwestern Alberta

### Seniors Housing & Home Living

- Seamless Lifestyles Inc.
- Roost 2 Roost Ltd.
- Martha's House - Covenant Living
- Lethbridge Covenant Community Board
- Keith Pushor- Royal Lepage South Country
- Green Acres Foundation
- Elim Society For Seniors Care
- 4 Seasons Home Comfort

### Financial, Legal & End of Life Care

- Primerica Financial Services
- Mortgage With Marlee
- Guided Journeys
- Engler Agencies Ltd. / Co-operators
- Cornerstone Funeral Home
- Alberta Securities Commission

### Health & Wellness

- Well Vitality Health Clinic
- Re-Zen Medical Esthetics Clinic
- Purple Carrot Health
- Foods & Wellness Inc
- Nord-Bridge Seniors Centre
- Logan Health

### Lethbridge Hearing Centre

### Home Care & Support Services

- Seamless Cares Ltd
- Qualicare Home Care
- Nurse Next Door

### Mobility, Retail, & Consumer Products

- The Wellness Store. Melaleuca
- The Rose & Thistle Flower Shop
- Senior Discovery Tours
- Save On Foods
- London Drugs
- Leister's Home Care



**June 4 & 5, 2026**

LSCO, 500 11th St. S., Lethbridge

**The premier event for the modern senior!**

### Speaker Topics:

- Life Stages in Seniorhood
- The Aging Colon
- Recognizing & Avoiding Scams and more to come!

Watch our Facebook and paper for the official speaker list with dates and times.



[www.lethseniors.com/LiveWell](http://www.lethseniors.com/LiveWell)

# In the Community

What we've been up to in the community, community events and items you might be interested in, and how you can get involved.

## 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.**

### 2026 Festival of Quilts

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

**At the the Lethbridge Curling Rink:**  
#110 -74 Mauritania Rd West, Lethbridge.

**\$10 Admission** there will be something for Everyone ! Many Quilted projects on display, lots of Basket Draws, and a Merchant Mall & Quilters boutique!

### Billy's Taxes

Old Billy waved his taxes  
They were really through the roof  
He said they want to drive me out  
Then handed me the proof

I said oh Billy boy calm down  
For cash my house was sold  
I do prefer a bank account  
Then housing that's grown old

And so, they made a bargain  
Charlie would pay rent  
For a private room at Billy's  
To this they did consent

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

### NEED HELP?

Now offering personalized services to seniors in need of assistance.

House cleaning, yard maintenance, cooking, running errands, moving heavy items. I can help you get it done!

**Call Jessica for more information 403-635-1266**

### Hospital Bed for Sale.

2023 Model used for 1 month.

Electric, low height bed with head foot adjustment and two half rails. Includes 8 function handset with a lockout feature. \$1800 OBO.

**Contact Mavis 403-849-0017**

### 2nd Annual Women's Health Brunch

#### Menopause: What You Haven't Been Told

Saturday, May 23 | 10am - 1 pm @ LSCO

Join Friends of Medicare's Lethbridge Chapter and other community health-care advocates for a pannel discussion over a delicious brunch! Tickets \$20. Special guests Dr. Robbin Gibb and Dr. Jillian DeMontigny.  
[www.friendsofmedicare.org/lethbridgeWHB](http://www.friendsofmedicare.org/lethbridgeWHB)

### Rooted in Whimsy

Tuesday, April 29 @ 7-9pm @ LSCO

Join the Wiggle Room YQL for a cozy, hands-on evening creating your own fairy garden. Supplies, light food & drinks included. Register at [wiggleroomyql.ca/shop](http://wiggleroomyql.ca/shop)

## International Women's Day

On March 9th, Executive Director Kaitlynn Weaver had the incredible opportunity to share her experiences and insights at the Lethbridge Chamber of Commerce International Women's Day Breakfast, alongside keynote speaker Renae Peterson. This year's theme, Give to Gain, celebrated the power of generosity, leadership, and learning from every stage of the journey.

We are proud to recognize and celebrate the incredible women on our staff, among our volunteers, and within our membership who bring creativity, compassion, and strength to everything we do. Their contributions shape LSCO's success and enrich the lives of seniors across our community.

And we're thrilled to share some exciting news — our Executive Director, Kaitlynn Weaver, has been named Young Woman of Promise through the YWCA Women of Distinction Awards! Please join us in congratulating Kaitlynn on this well-deserved honour and in celebrating all the women who lead, serve, and inspire through the LSCO every day.



### Call for Casino Volunteers!

LSCO is recruiting volunteers for an upcoming fundraiser at Pure Casino Lethbridge on May 19 & 20. Training provided on site. Volunteers must be 18+ and are needed for evening shifts from 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!!

### Join our Plant Tower Volunteer Team!

Learn from our resident plant specialist, Geoff, on all things Hydroponics. Tend to our 3 grow towers by watering, trimming, balancing pH, adding nutrients and harvesting/replanting! Open to all.

**Please contact [volunteer@lethseniors.com](mailto:volunteer@lethseniors.com) if you are available to help .**



On March 25th, Madison (left) and Stephanie (right) took over the the Community Booth at Park Place Mall to share LSCO!

**LSCO** Lethbridge Senior Citizens Organization

*You are cordially invited to:*

# High Tea

**Friday 1pm-3pm**  
**April 17** in the LSCO Atrium  
500 11th St. S., Lethbridge

High Tea will continue monthly on the last Friday.

*Sweet and Savory Menu:*

Crumpets, Scones, Macaroons  
Biscuits, Cupcakes, Cookies  
Sausage Rolls, Quarter Sandwiches  
Mini Quiche, Deviled Eggs, Mini Tarts & more

**RSVP by Wednesday, April 15**  
\$15 Tickets | Also available at the door

Formal attire is not required but dressing up is encouraged!

**403-320-2222 | [www.lethseniors.com](http://www.lethseniors.com)**

## SACPA April SCHEDULE

- April 2** Peter Casurella, Progressive West Consulting
- April 9** Mathew Hellawell, BikeLane
- April 16** Chris Perry, Grow the Energy Circle CEO
- April 23** Dr. Mike Antle, University of Calgary
- April 30** Lorne Fitch, Professional Biologist

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

- Should we be worried about the growing tensions between Taiwan and mainland China?**
- Lethbridge: A Cycle Commuter's Dream or Nightmare?**
- How did a Potato Farmer from China end up on the Agenda in Davos, Switzerland ?**
- Is Permanent Daylight Saving Time right for Alberta?**
- Why Is Coal Mining in the Eastern Slopes a Concern? Insights on Ecological Effects of Coal Development**

# BY THE NUMBERS 2025 Volunteering



# 20,839 VOLUNTEER HOURS

That's the equivalent of  
**\$312,585 in wages!**

# 378 VOLUNTEERS

**100% of our volunteers agree**

"As a result of being involved with the LSCO, I believe I am making my community a better place."

**89% of our volunteers feel volunteering has helped**

"Me feel good about myself"

"Feel a sense of belonging, importance, and connection to my community"

"Know more about how to access community resources"

## Thank you Volunteers!!

I've only been at LSCO for a little while but in that time I've had the pleasure to meet and get to know so many kind, interesting, funny, and dedicated volunteers who are truly the backbone of the center and its programs. LSCO could not function without the generous time and effort of our volunteers, from keeping people fed, raising money for the center, and making each other feel welcomed and at home. And on a personal note, my life is better knowing and getting to spend time with all of you. Thank you!

-Isa:

I am honoured to recognize our volunteers, as within the past year I have gotten to know so many wonderful and generous people. I know the world can be a busy place and still you all choose to give your precious time to make a difference here. Volunteering isn't always easy. It takes patience, compassion, and continuing commitment. On behalf of all the LSCO staff, members and guests, I simply want to say thank you. Thank you for your effort, your dedication, your willingness to give, your commitment to staying curious, and your ability to embrace changes. Our volunteers are the heartbeat of our work and we are deeply grateful. Thank you for helping LSCO grow!

-Maddy:

2024

1,248



2025

**COMMUNITY CONNECT**  
**572 hours**

450



**INCOME TAX**  
**216 hours**

1,014



**BOUTIQUE**  
**1,476 hours**

4,508



**KITCHEN**  
**5,961 hours**

1,923



**BINGO**  
**1,363 hours**

1,025



**ADMIN**  
**1,300 hours**

985



**PROGRAMS**  
**1,435 hours**

1,343



**EVENTS**  
**3,011 hours**

5,240



**MOW DELIVERY**  
**3,600 hours**

Due to a change in reporting, meal preparation hours for MOW are included in kitchen in 2025.

# Volunteer Appreciation Week

THANK YOU FOR HELPING US

*grow*



## Appreciation Banquet

Friday, April 24 | 5:30 - 8:30

RSVP by Tuesday, April 21

Free for volunteers.

Plus ones: \$15 Members | \$20 Non-Members

### Schedule of Events

5:30 Doors, Photobooth & Raffle Opens

6:00 Buffet Dinner

7:00 Dance with Music from Rebel Angels

### Other Activities

Photo Booth: Wednesday, April 22, 9am-12 pm

Thank you gift bag: Pick yours up during the week or at the banquet!

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

# Vibrant Programs



VITALITY & ACTIVE LIVING

Spring

MAY & JUNE PROGRAMS

Online and In Person

Program Registration

[www.lethseniors.com](http://www.lethseniors.com)  
 and click the yellow button

**LSCO**  
 Lethbridge Senior Citizens Organization

Opens Friday, April 10 @ 8am

View Programs & Register Online

## Info for Ultimate Fitness Members

In anticipation of May/June programming opening up on April 10 we are excited to introduce online registration for everyone, including Ultimate Fitness Members! This is a new process and we will be here to support you every step of the way – please read the attachment that was emailed to all current UFM members for instructions

If you want to register online please ensure your UFM and LSCO membership are both up to date for all of May and June. **The UFM specifically must be renewed for May/June on or before April 7 to allow us time to set up your wallet online.** You will have the option to purchase your UFM for either two months or four months to give members some flexibility over the summer.

There will appear to be a price in the cart when you go to check out, but the "use wallet" feature will take care of all payment for you, provided you are only registering for ultimate fitness eligible classes. No credit card needed in this case.

Tutorials are available by appointment – come by yourself or with some friends for a real-time demonstration of the registration process ahead of April 10!

**For more information on the Ultimate Fitness Membership please see the spring program guide linked below.**

## PROGRAM REGISTRATION

**REMINDER: Your membership must be active for the entire duration of the program you are registering for in order to pay the member price.** You can renew your membership online or in person in advance or as you register.

### WHEN TO REGISTER

**Registration for the Spring Session (May & June) opens on Friday, April 10 at 8am.** Summer programs in July & August will be posted in the June paper.

**We highly recommend you register online if you are able** as classes fill up quickly and this ensures you don't miss out while waiting in line. You do need an account to register online. Step by step instructions are available in the program guide linked at the bottom of the page and at the front desk.

Though registration opens April 10 for spring programs, you can still register after that date.

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

### HOW TO REGISTER

- **REGISTER IN PERSON** 8:00 – 4:30 pm Monday – Friday
- **REGISTER ONLINE** at [www.lethseniors.com](http://www.lethseniors.com). Click "register now" and create a MyActiveCentre Account. Read the program guide for detailed instructions on how to do this

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

### DROP IN OPPORTUNITIES

Want to try something new? The calendar on **pages 12 and 13** of the paper shows every program happening in the month of April. The majority of these programs are available for drop in. Please inquire at the admin desk.

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

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

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

The program guide has everything you need to get started with the LSCO. We highly recommend you take a look in advance of registration day.

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Check out our New Spring Program Guide!

Your comprehensive guide to every program at the LSCO, registration tips & more!

Available online or printed at the front desk.

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

Member Price (Non Member Price)

Session	Date	Time	Cost	Drop-In	Room	Instructor
<b>20/20/20</b>	Wednesdays, May 6 – June 24	10:15 – 11:15 am	\$72 (\$90)	\$9 (\$11)	Gym 2	Jamie Hillier
Try a little bit of everything – this class incorporates 20 minutes each of strength, cardio, and core/stretching for the ultimate well-rounded workout. Maximum 25 participants.						
<b>Bike &amp; More</b>	Wednesdays, May 6 – June 24	9:00 – 10:00 am	\$64 (\$80)	\$9 (\$11)	Gym 2	Nancy Purkis
This is a cardio combo class where participants begin with an energetic cycle workout guided by music. After the ride, you will move off the stationary bike for resistance training using various equipment like dumbbells and bands. Bring a water bottle and clean indoor shoes for this effective full-body workout. Maximum 18 participants.						
<b>Cardio &amp; Balance</b>	Tuesdays, May 5 – June 30	9:00 – 9:50 am	\$72 (\$90)	\$9 (\$11)	Gym 1	Gabrielle Dumont
This joint-friendly class is divided into two parts. The first half focuses on cardio movements to improve cardiac health using fun music and varied equipment. The second half of the class is dedicated to balance training to reduce the risk of falls and improve overall fitness. Maximum 30 participants.						
<b>Cardio Strength</b>	Mondays, May 4 – June 29 <i>*No class May 18*</i>	8:00 – 8:50 am	\$64 (\$80)	\$9 (\$11)	Gym 2	Gabrielle Dumont
Start your week right with this mixed cardio and strength training workout. Participants will utilize many different pieces of fitness equipment to engage their whole body. This workout is intended for intermediate to advanced fitness levels, but individuals are encouraged to exercise at their own pace. Maximum 30 participants.						
<b>Cardio to the Core</b>	Wednesdays, May 6 – July 29 <i>*No class July 1*</i>	8:00 – 8:50 am	\$96 (\$120)	\$9 (\$11)	Gym 2	Deb Palmer
This class features a variety of different moves and exercises designed to deliver an intense, full-body workout. The focus is on a high level of cardio engagement followed by core work. Participants should bring a mat and water bottle.						
<b>Chair Exercises</b>	Thursdays, May 7 – June 25 <i>*No class June 4*</i>	9:30 – 10:15 am	\$42 (\$56)	\$7 (\$9)	Stage	Andrea Clarke
This class uses a chair for support while focusing on stretching and exercise to promote stress reduction. It aims to increase strength, flexibility, and range of motion for your joints. With many options provided, this class is suitable for all fitness levels.						
<b>Core &amp; Stretch</b>	Mondays, May 4 – June 15 <i>*No class May 18*</i> Wednesdays, May 6 – June 17	10:10 – 11:00 am 9:10 – 10:00 am	\$48 (\$60) \$56 (\$70)	\$9 (\$11)	APR Gym 1	Tracy Simons
This class focuses on challenging your core using a combination of resistance training strategies and bodyweight exercises. The high-intensity core work is followed by a meditation and deep stretching segment. Maximum 25 participants (Monday), 30 participants (Wednesday).						
<b>Cycle Combo</b>	Tuesdays, May 5 – June 30	9:00 – 9:55 am	\$72 (\$90)	\$9 (\$11)	Gym 2	Jamie Hillier
Perfect for when you can't ride outdoors, this class features an energetic, low-impact ride on a stationary bike to boost cardiovascular fitness. Paired with resistance training off the bike, this class is perfect for those who want a well-rounded workout. Maximum 18 participants.						
<b>Cycle for All Levels</b>	Thursdays, May 7 – June 25 <i>*No class June 4*</i>	9:00–9:55 am	\$56 (\$70)	\$9 (\$11)	Gym 2	Jamie Hillier
When outdoor riding isn't an option, come cycle with us in this energetic, low-impact stationary bike class. The instructor will guide you through the ride to improve cardiovascular fitness, but participants are encouraged to move at their own pace. Maximum 18 participants.						
<b>TGIF Cycle</b>	Fridays, May 1 – June 19 <i>*No class June 5*</i>	8:00 – 8:45 am	\$56 (\$70)	\$9 (\$11)	Gym 2	Tracy Simons
This high energy cycle class will get your day going. Come have fun, move at your own pace, and enjoy the benefits of low impact along with improving your cardiovascular fitness.						
<b>Essentrics</b>	Tuesdays, May 5 – June 9	11:30 am – 12:15 pm	\$60 (\$90)	\$11 (\$16)	Gym 2	Lindsay Anderson
Essentrics dynamically combines strengthening and stretching to create a strong, toned, and balanced body. The workout ensures your muscles do not inhibit movement, enhancing your mobility and joint flexibility. The goal is to move each joint and muscle freely and with a full range of motion Maximum 50 participants. <u>Not included in the ultimate fitness membership.</u>						
<b>Instructor's Choice</b>	Mondays, May 4 – June 28 <i>*No class May 18*</i>	9:00 – 9:55 am	\$64 (\$80)	\$9 (\$11)	Gym 1	Jamie Hillier
This moderate to high intensity class will change weekly – come prepared to move, sweat, and try something new! Experience a fun-filled hour of cardio intervals, strength training, or just a little bit of everything. Bring a water bottle, clean shoes, and comfortable clothing. Maximum 30 participants.						

# Fitness & Movement

● Suitable for All Fitness & Mobility Levels

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

● Class includes sustained, high intensity, exercise

Session	Date	Time	Member Price (Non Member Price)		Room	Instructor
			Cost	Drop-In		
<b>Functional Fitness</b>	Mondays, May 4 - June 29 <i>*No class May 18*</i>	11:30 am - 12:15 pm	\$48 (\$64)	\$7 (\$9)	Stage	Andrea Clarke
This class is designed for individuals with limited mobility or impaired motor control who wish to improve activities of daily living. A variety of exercise equipment will be used to build strength, core stability, and balance.						
<b>Gentle Exercise</b>	Mondays, May 4 - June 29 <i>*No class May 18*</i>	10:15 - 11:00 am	\$64 (\$80)	\$9 (\$11)	Gym 1	June Dow
	Wednesdays, May 6 - June 24 <i>No Class June 3*</i>		\$54 (\$70)			Donna Teifenbach
	Fridays, May 1 - June 26 <i>*No class June 5*</i>		\$64 (\$80)			Andrea Clarke
This gentle class is designed for individuals of all skill levels and abilities. It includes low-impact movement to elevate your heart rate, resistance training to strengthen muscles, and stretches to keep you limber. Chairs and various equipment are used, so wear inside shoes and comfortable clothes. Maximum 30 participants.						
<b>Line Dancing - Beginner</b>	Wednesdays, May 6 - June 24	12:45 - 1:45 pm	\$48 (\$64)	\$7 (\$9)	Gym 2	Gloria-Rose Puurveen
If you love music and want to learn how to line dance, this class is perfect for you. Instructor Gloria-Rose will teach you basic line dances in a comfortable and welcoming environment. Everyone is welcome to join this class, just be sure to wear comfortable indoor footwear and bring water. Maximum 50 participants						
<b>Line Dancing - Experienced Beginner</b>	Wednesdays, May 6 - June 24	11:30 am - 12:30 pm	\$48 (\$64)	\$7 (\$9)	Gym 2	Gloria-Rose Puurveen
This class is intended for those who have taken a beginner dance class, and/or have some line dance experience and are comfortable dancing to faster music. Less time will be spent on reviewing and more dancing will occur. Come dance like no one is watching! Maximum 50 participants.						
<b>Low Impact Barre</b>	Mondays, May 4 - June 29 <i>*No class May 18*</i>	11:15 am - 12:00 pm	\$64 (\$80)	\$9 (\$11)	A/B	Sheila Mulgrew
Low impact Barre is a high repetition, low intensity full body workout using fitness elements from yoga/ Pilates and Ballet inspired moves for daily functional mobility. It's low impact for joint friendly movement using controlled isometric motion to create muscle endurance. We focus on good posture to strengthen core muscles and improve balance for daily living. Suitable for all fitness levels with many options to modify or add progressions. Maximum 25 participants.						
<b>Pilates</b>	Mondays, May 4 - June 29 <i>*No class May 18*</i>	11:15 am - 12:30	\$64 (\$80)	\$9 (\$11)	APR	June Dow
	Thursdays, May 7 - June 25 <i>*No class June 4*</i>	10:15 am - 11:30	\$56 (\$70)		A/B	
This class involves a series of classical Pilates exercises performed on a mat, emphasizing breath, core conditioning, and body awareness. Light weights, resistance tubing, and other props are used to add stretch and strength work while focusing on proper alignment and form. Please bring a yoga mat, towel, and water bottle. <u>Not included in the ultimate fitness membership.</u>						
<b>Pilates for Beginners</b>	Tuesdays, May 5 - June 30	8:45 - 9:45 am	\$72 (\$90)	\$9 (\$11)	A/B	June Dow
This class is for those new to Pilates or who wish to build a firm foundation before advancing. The instructor will guide you from the ground up, ensuring you are challenged while still being successful in each class. Please remember to bring a yoga mat, water bottle, and a towel.						
<b>Pound</b>	Wednesdays, May 6 - June 24 <i>*No class May 27*</i>	11:00 - 11:45 am	\$56 (\$70)	\$9 (\$11)	A/B	Sheila Mulgrew
Enjoy simple, no-pressure choreography that provides a challenge for your entire body. Participants use special drum sticks called Ripstix to drum along to music for a fun, full-body workout. This class is suitable for absolutely everyone, with modifications provided, as needed.						



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● Suitable for All Fitness & Mobility Levels

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

● Class includes sustained, high intensity, exercise

Member Price (Non Member Price)

Session	Date	Time	Cost	Drop-In	Room	Instructor
<b>Seniors Who Lift</b>	Monday, May 4 – June 29 *No class May 18*	10:15 – 11:15 am	\$64 (\$80)	\$9 (\$11)	Gym 2	Jamie Hillier
Challenge yourself in this strength-focused class. You will activate your muscles in new ways every week using various types of resistance training equipment. Come ready to sweat! Maximum 30 participants.						
<b>Strength &amp; Mobility</b>	Tues & Thurs, May 5 – June 30	1:30 – 2:30 pm	\$102 (\$136)	\$7 (\$9)	Fitness Centre	Andrea Clarke
This is a group strength training class specifically designed for the Active Older Adult. The class uses weights, resistance bands, and other equipment to build strength and mobility. Options are always given, making it suitable for both beginners and more experienced participants. <u>Not included in the ultimate fitness membership.</u>						
<b>Strength &amp; Balance</b>	Thursdays, May 7 – June 25 *No class June 4*	9:00 – 9:50 am	\$56 (\$70)	\$9 (\$11)	Gym 1	Gabrielle Dumont
This is a joint-friendly class designed for all fitness levels. Using a variety of equipment, the focus is on developing whole-body strength and enhancing balance. The goal of the class is to improve overall fitness and reduce the risk of falls. Maximum 30 participants.						
<b>Strength Circuit</b> *new class time*	Thursdays, May 7 – June 25	10:30 – 11:30 am	\$64 (\$80)	\$9 (\$11)	Fitness Centre	Stephanie Girodat
This class is designed for individuals who are new to using resistance training machines or are returning to exercise after a break. The circuit is designed to develop muscular endurance, strength, balance, and agility, while teaching you to use the Fitness Centre to its full potential. <u>Not included in the ultimate fitness membership.</u>						
<b>Tabata</b>	Fridays May 1 – June 19 *No class June 5	9:00 – 9:55 am	\$56 (\$70)	\$9 (\$11)	Gym 1	Tracy Simons
This is a high-energy fitness class designed to give you an exhilarating workout using the Tabata training format. Participants perform a variety of challenging exercises in timed intervals (20 seconds maximal effort/10 seconds rest, repeated 8 times). Maximum 30 participants.						
<b>TRX Plus</b>	Monday, May 4 – June 29 *No class May 18*	9:00 – 9:50 am	\$64 (\$80)	\$9 (\$11)	Gym 2	Andrea Clarke
TRX is a functional suspension training system that uses gravity and your own bodyweight as resistance. It is an effective way to build strength, balance, coordination, core stability, and joint stability. A variety of equipment will be used in this class, which is welcoming to all fitness levels.						
<b>Zumba®</b>	Mondays, May 4 – June 29 *No class May 18, June 8*	9:00 – 9:55 am	\$56 (\$70)	\$9 (\$11)	APR	Gabrielle Dumont
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. Maximum 30 participants.						
<b>Zumba Gold/Toning</b>	Tuesdays, May 5 – June 30	11:15 am – 12:15 pm	\$72 (\$90)	\$9 (\$11)	APR	Sheila Mulgrew
This class combines the benefits of two programs: half the time is spent on Zumba Gold, a dance fitness class without weights. The second half is Zumba Gold Toning, which uses handheld toning sticks to focus on muscle conditioning and increasing bone density. It's truly exercise in disguise! Maximum 20 participants.						



# Friendship Served Here

Open House Saturday, April 18, 1-4 PM





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# April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>6</b></p> <p><b>LSCO Closed</b> Good Friday through to Easter Monday</p> 	<p><b>7</b></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 &amp; Balance 10-11am: Gentle Yoga 10am-12pm: Prescribing Pharmacist 10am-12pm: Building Healthy Relationships 11:15am-12:15pm Zumba Gold/Toning 11:30am-12:15pm: Essentrics 12-3pm: Quilting 1-3:30pm: Karaoke 1:30-2:30pm: Strength &amp; Mobility 1:30-3 Community Connect Coffee Group: Helen Schuler Nature Centre Pres. 3:30-4pm: Plant Tower Club</p>	<p><b>8</b></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 &amp; More 9-9:55am: Power Walking 9:10-10am: Core &amp; 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 1-4pm: 15 Minute Legal Consultations 1-3pm: Watercolor 1-3pm: Massage Clinic 2-3:30 Scams &amp; Frauds Presentation 2:30-4pm: Table Tennis</p>	<p><b>9</b></p> <p>7-8am: Sunrise Rotary 8-8:55am: Vinyasa Yoga 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 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 &amp; Crochet 1:30-2:30pm: Strength &amp; Mobility 4:00-5:00pm Moving To Heal 5:15-6:15pm: Classic Nia 7-9pm: AA Sunset</p>	<p><b>10</b></p> <p>8am Program Registration 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 3-4:30pm: Pickleball Drop In 6:30-7:30pm: Senior LGBTQIA2S+ Peer Support Group</p> <p><b>11</b></p> <p>8:30-10:30am: AA Eye Opener 9am-12pm: Fitness Centre 10-11:15am: Saturday Flow Yoga</p>
<p><b>13</b></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: How To Use Watercolour Pencils, Crayons, And Brushes 10-11am: Beginner Conversational German 10:10-11am: Core &amp; 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 1-2pm: VolunTEAM meeting 2:30-4pm: Table Tennis</p>	<p><b>14</b></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 &amp; Balance 10-11am: Gentle Yoga 10am-12pm: Paint &amp; Chat 10am-12pm: Building Healthy Relationships 11:15am-12:15pm Zumba Gold/Toning 11:30am-12:15pm: Essentrics 12-3pm: Quilting 1-3:30pm: Karaoke 1:30-2:30pm: Strength &amp; Mobility 3:30-4pm: Plant Tower Club</p>	<p><b>15</b></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 &amp; More 9-9:55am: Power Walking 9:10-10am: Core &amp; 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: Windows 11 Basics Pt. 1 2:30-4pm: Table Tennis</p>	<p><b>16</b></p> <p>7-8am: Sunrise Rotary 8-8:55am: Vinyasa Yoga 8:30am-3:30pm: Billiards 9-9:55am: Cycle Combo 9-9:50am: Strength &amp; 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 &amp; Crochet 1:30-2:30pm: Strength &amp; Mobility 2-4pm: Parkinsons Support Group 4:00-5:00pm Moving To Heal 5:15-6:15pm: Classic Nia 7-9pm: AA Sunset</p>	<p><b>17</b></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 &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: High Tea 3-4:30pm: Pickleball Drop In</p> <p><b>18</b></p> <p>8:30-10:30am: AA Eye Opener 9am-12pm: Fitness Centre 10-11:15am: Saturday Flow Yoga</p>
<p><b>20</b></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 10:30-11:30am: LSCO Guided Tour 10-10:45am: Chair Yoga 10am-12: How To Use Watercolour Pencils, Crayons, And Brushes 10-11: Beginner Conversational German 10:10-11am: Core &amp; 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><b>21</b></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 &amp; Balance 10-11am: Gentle Yoga 10am-12pm: Building Healthy Relationships 11:15am-12:15pm Zumba Gold/Toning 11:30am-12:15pm: Essentrics 12-3pm: Quilting 1-3:30pm: Karaoke 1:30-2:30pm: Strength &amp; Mobility 3:30-4pm: Plant Tower Club</p>	<p><b>22</b></p> <p>8:00-8:50am: Cardio to the Core 8:15-9:15: Tai Chi Group 8:30am-3:30pm: Billiards 9am-12pm Volunteer Photobooth 9-9:55am : Bike &amp; More 9-9:55am: Power Walking 9:10-10am: Core &amp; 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 1:30-3: Cooking With Konny 2:30-4pm: Table Tennis 5:30-8:30pm: Paint Night</p>	<p><b>23</b></p> <p>7-8am: Sunrise Rotary 8-8:55am: Vinyasa Yoga 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 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 &amp; Crochet 1:30-2:30pm: Strength &amp; Mobility 4:00-5:00pm Moving To Heal 5:15-6:15pm: Classic Nia 7-9pm: AA Sunset</p>	<p><b>24</b></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 &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 3-4:30pm: Pickleball Drop In 5:30-8:30pm: Volunteer Appreciation Banquet</p> <p><b>25</b></p> <p>10am-2pm: Made with Love Market 8:30-10:30am: AA Eye Opener 9am-12pm: Fitness Centre 10-11:15am: Saturday Flow Yoga</p>
<p><b>27</b></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: How To Use Watercolour Pencils, Crayons, And Brushes 10-11: Beginner Conversational German 10:10-11am: Core &amp; 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><b>28</b></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 &amp; Balance 10-11am: Gentle Yoga 10am-12pm: Building Healthy Relationships 11:15am-12:15pm Zumba Gold/Toning 11:30am-12:15pm: Essentrics 12-3pm: Quilting 1-3:30pm: Karaoke 1:30-2:30pm: Strength &amp; Mobility 3:30-4pm: Plant Tower Club 7:30-9pm: Rooted in Whimsey</p>	<p><b>29</b></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 &amp; More 9-9:55am: Power Walking 9:10-10am: Core &amp; 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: Windows 11 Basics Pt. 2 1-3pm: Watercolor 2:30-4pm: Table Tennis 5-7pm: Embracing Life's Transitions with Dignity at Nest Events &amp; Meeting Rooms (Honkers Pub)</p>	<p><b>30</b></p> <p>7-8am: Sunrise Rotary 8-8:55am: Vinyasa Yoga 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 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 1-2pm: Mobile Food Support 1-3pm: Crib 1-4pm: Knitting &amp; Crochet 1:30-2:30pm: Strength &amp; Mobility 4:00-5:00pm Moving To Heal 5:15-6:15pm: Classic Nia 7-9pm: AA Sunset</p>	<p><b>SPECIALTY PROGRAMS &amp; GROUPS</b></p> <p><b>SUPPORT SERVICES</b></p> <p><b>SESSIONAL PROGRAMS &amp; FITNESS</b></p> <p><b>SPECIAL EVENTS</b></p>

# Mind-Body & Yoga Programs

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

Session	Date	Time	Cost	Drop-In	Room	Instructor
<b>Chair Yoga</b>	Mondays, May 4 – June 29 <i>*No class May 18*</i>	10:00 – 10:45 am	\$48 (\$64)	\$7 (\$9)	Stage Area	Corrine Myers
	Wednesdays, May 6 – June 24		\$48 (\$64)			
This gentle class uses the aid of a chair to perform yoga poses and breathing exercises. It is suitable for all fitness levels and conditions. Chair Yoga may help you increase strength, flexibility, range of motion for joints, and stress reduction. Maximum 30 participants.						
<b>Classic Nia</b>	Thursdays, May 7 – June 11 <i>*No class June 4*</i>	5:15 – 6:15 pm	\$65 (\$90)	\$15 (\$20)	Gym 2	Lise LeMoine
Classic Nia is a one-hour movement practice incorporating elements of dance, martial arts, and healing arts. This joyful practice uses soul-stirring music to improve coordination, balance, agility, and ease in your body. <u>Not included in the ultimate fitness membership.</u>						
<b>Gentle Yoga</b>	Tuesdays, May 5 – June 30	10:00 – 11:00 am	\$72 (\$90)	\$9 (\$11)	APR	Donna Teifenbach
	Thursdays, May 7 – June 25 <i>*No class June 4*</i>		\$56 (\$70)			
Gentle Yoga is a great place to take things slower and experience the foundational benefits of a yoga practice. This class is ideal if you are new to yoga or haven't practiced in a while. Wear comfortable clothing, bring a mat, blanket, and water bottle. Maximum 25 participants.						
<b>Moving to Heal</b>	Thursdays, May 7 – June 11 <i>*No class June 4*</i>	4:00 – 5:00 pm	\$65 (\$90)	\$15 (\$20)	A/B	Lise LeMoine
This one-hour movement practice focuses on healing and balancing the body and mind. Using a chair for stability, participants move to music to find ease and joy. Healing, balance, and conditioning are the positive by-products of this Nia Technique. <u>Not included in the ultimate fitness membership.</u>						
<b>Saturday Flow Yoga</b>	Saturdays, April 4- 25	10:00 – 11:15 am	N/A	\$9 (\$11)	A/B	Rumi Graham
Energize the start of your weekend with this moderately paced flow class, guided by breath. The practice explores asanas to build stability, mobility, and balance, while also helping to calm and center the mind. Bring your mat, water bottle, and dress in layers.						

 **Program Registration opens on April 10 at 8 am** More details on page 8



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# HERE TO SERVE



**RACHAEL THOMAS**  
MEMBER OF PARLIAMENT

 @RachaelThomas.ab

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

Session	Date	Time	Cost	Drop-In	Room	Instructor
<b>Tai Chi 108 Yang Style Form</b>	Wednesdays, May 6 – May 27	9:50 – 10:50 am	\$20 (\$28)	\$6 (\$8)	A/B	N/A
<p><b>*New time/location*</b>This session is a dedicated practice time for the 108 Yang Style Form and is not a formal lesson. It is intended for individuals who already have some experience in this specific Tai Chi form. Come and utilize this time to refine your practice.</p>						
<b>Traditional QiGong</b>	Thursdays, May 7 – June 18 <i>*No Class June 4*</i>	10:15 – 11:15 am	\$56 (\$70)	\$9 (\$11)	Gym 2	Adrian Tomei
<p>Traditional Qigong is an embodied exploration of ancient “mindful movement” techniques designed to make your life feel amazing. This class explores traditional exercises focusing on cultivating healing energy through proper external and internal movement principles. Participants should be able to stand for the duration of the class. Maximum 50 participants.</p>						
<b>Modern Qigong</b> <i>*New class*</i>	Mondays, May 4 – June 29 <i>*No class May 18*</i>	2:00 – 3:00 pm	\$64 (\$80)	\$9 (\$11)	Stage Area	Christi Pierson
<p>This class integrates ancient Chinese movements with modern music, creating a gentle, choreographed mix of the old and the new. When we align our breath with ancient movements something wonderful happens inside – add beautiful, inspiring music and the feeling is pure magic!</p>						
<b>Tuesday Evening Flow Yoga</b>	Tuesdays, May 5 – June 30	5:00 – 6:00 pm	\$72 (\$90)	\$9 (\$11)	A/B	Donna Tiefenbach
<p>This flow yoga class is perfect for ending your day by releasing tension and moving through postures to enhance flexibility and build strength. Modifications are offered, making it suitable for all skill levels. Bring a mat and water bottle. Maximum 20 participants. <u>Not included in the Ultimate Fitness Membership.</u></p>						
<b>Vinyasa Yoga</b>	Tuesdays, May 5 – June 30 Thursdays, May 7 – June 25	8:00 – 8:55 am	\$72 (\$90) \$64 (\$80)	N/A	APR	Melanie Hillaby
<p>This gentle style of Vinyasa yoga is a moving meditation that integrates the importance of breath with movement. The class strengthens the body as the breath safely guides participants through the flow of movements. This adaptable class caters to all ages and abilities and helps stabilize joints, regain mobility, and build body awareness. Maximum 25 participants.</p>						
<b>Yin Yoga</b>	Wednesdays, April 15 – May 6	1:00 – 2:15 pm	\$32 (\$40)	\$9 (\$11)	APR	Karen Toohey/ Marquise Harris
<p>You are never too old to reap the rewards of yoga in this safe and effective class designed for seniors. Regular practice can lead to a host of benefits, including greater flexibility, improved balance, lower stress, and better sleep. Bring a mat, water bottle, and dress in comfortable layers.</p>						
<b>Yoga For Seniors</b>	Mondays, May 4– June 29 <i>*No class May 18*</i> Fridays, May 1 – June 26 <i>*No class Friday, June 5*</i>	1:00 – 2:00 pm 10:15 – 11:15 am	\$72 (\$90) \$64 (\$80)	\$9 (\$11)	A/B (Mon) APR (Fri)	Corrine Myers
<p>You are never too old to reap the rewards of yoga in this safe and effective class designed for seniors. Regular practice can lead to a host of benefits, including greater flexibility, improved balance, lower stress, and better sleep. Bring a mat, water bottle, and dress in comfortable layers.</p>						
<b>Yoga Refresh</b>	Fridays, May 1 – June 26 <i>*No class June 5*</i>	9:00 – 10:00 am	\$56 (\$70)	\$9 (\$11)	APR	Stephanie Girodat.
<p>Get ready for a rejuvenating class full of interesting movement and playful exploration. This gentle yet exciting class offers a great blend of nourishment, challenge, and creativity. Yoga practitioners of all skill levels will find themselves at home here. Maximum 25 participants.</p>						

# Thinking about selling or downsizing?

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- Selling now or simply exploring options
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# Creative Arts Programs

Program	Instructor	Session	Time	Cost	Room
<b>Birds and Butterflies in Watercolour</b>	Donna Gallant	Mondays, May 4-June 1 <i>*No class May 18*</i>	1 - 3 pm	\$100 (\$125)	Arts & Crafts
<p>This 4-week class will explore different types of birds and butterflies rendered with watercolour. You may use any type of watercolours, whether tube, pan, watercolour pencils, pens or crayons or a combination of these applications, you choose.</p> <p>Learn aspects of bird shapes and colours - and what about those beautiful coloured butterflies! This is a perfect time to see colour come alive after our grey winter.</p> <p>Ask for a supply list when you register.</p>					
<b>Acrylic for Beginners</b>	Donna Gallant	Mondays, June 8-July 6	1 - 3 pm	\$125 (\$150)	Arts & Crafts
<p>In this 5-week class you will learn the basics of painting with acrylics. Learn about brush handling, colour mixing, how to create textures and shapes, keeping your painting unified with glazes and how to create realistic depth. We will paint a landscape, a still life and if time permits an animal. This class is great for the beginner. Ask for a supply list when you register.</p>					
<b>Paint &amp; Chat</b>	Donna Bilyk	S1: Tuesday, May 12 S2: Tuesday, June 23	1-3 pm	\$55 (\$65)	Arts & Crafts
<p>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 to have fun with this experienced Southern Alberta artist.</p>					
<b>Paint Night</b>	Kendra Sala	Wednesday, April 22	5:30-8:30 pm	\$55 (\$65)	Arts & Crafts
<p>Join Kendra in a step-by-step process to complete an acrylic painting. Painters of all levels will enjoy the evening. All the materials are supplied for the session, just show up with a willingness to learn and have some fun!</p> <p>Check out the image on the right for an example of what you'll create!</p>					



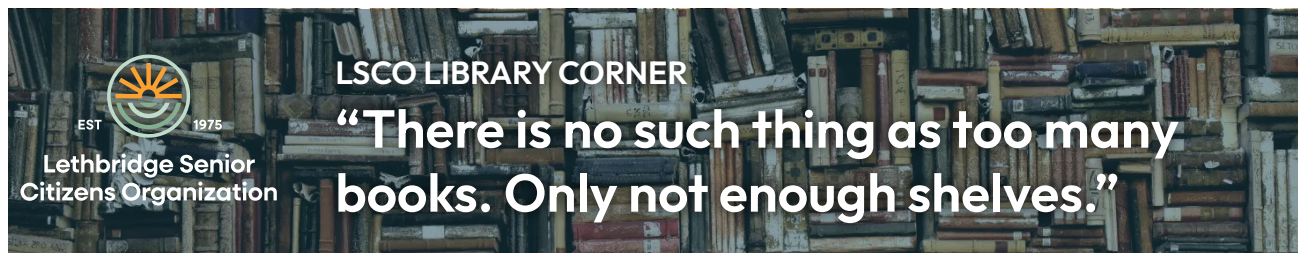
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EST 1975  
Lethbridge Senior Citizens Organization

## Galt MUSEUM & ARCHIVES AKAISAMITOHKANAOP'A

### APRIL 2026 EXHIBITS, EVENTS & PROGRAMS



#### EXHIBITS

**Treasures and Curiosities**



CLOSES APR 01 @ 5 PM  
Youth Choice

**A SMILE IN EVERY BOTTLE**



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**DOWN in the VALLEY**



FEB 14-AUG 9, 2026

PROVINCIAL ARCHIVES OF ALBERTA

**DRIED OUT**



PROHIBITION IN ALBERTA  
RELIGIOUS FERVOUR | SOCIAL EXPERIMENT  
MORAL REFORM | A MIXED COCKTAIL '23  
APR 18-OCT 11.26

- ++ 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](http://www.galtmuseum.com/calendar)

#### SPECIAL EVENTS

- Sat 04 | 10:30, 11:45, 1, 2:15**  
**Easter Egg Hunt at Fort Whoop-Up**  
Collect up to 3 eggs in 30 minutes, then trade them for a bag of treats! all ages | \$10/person | 4 sessions | max 50 people/session | eggs rehidden between each.
- Fri 10 | 6-8 PM**  
**Paint & Sip with Smelotie Mpofo**  
Includes supplies, a glass of wine or soda, Gather & Graze charcuterie | all skill levels | 18+ | registration required: \$25/ person
- Fri 17- Mon 20**  
**4th Lethbridge International Film Festival (LIFF)**  
70 films. 18 countries. 13 local productions. Presented by The Friends of the Galt Museum and Archives Akaisamitohkanao'pa
- Fri MAY 01 | 3-8 PM**  
**Summer 2026 Exhibitions Launch Party \*\***  
A come-and-go celebration to explore our new exhibitions while enjoying tours, local food, board & yard games, and craft beer | all ages | In partnership with the Hwy 3 Ale Trail and with support from the Alberta Craft Beer Association

#### PROGRAMS

- Tue 07 | 10:30-11:30 AM**  
**Creative Community \***  
registration encouraged
- Fri 24 | 12-1 PM**  
**A Smile in Every Bottle Curator Tour, with Stephanie Laine Hamilton \***  
registration encouraged
- Sun 26 | 1:30-3 PM**  
**Stéphane Guevremont—ALBERTA DRY: A History of Prohibition in the Province \*\***
- Wed 29 | 9-11 AM**  
**Toddler Time: Explore & Play \***  
toddlers with caregivers
- Fri 30 | 5-7 PM**  
**Recipes from the Archives: Fritz Sick's Enterpriser magazines \*\***

ACTIVITIES HELD AT THE GALT UNLESS OTHERWISE NOTED



## Special Programs

These are programs that do not fall within our normal sessional offerings. Please note that the dates, times, and fees for these programs may change.

Program	Instructor	Session	Time	Cost	Room
<b>Cooking With Konny!</b>	Konny Nelle	April 22	1:30-3 pm	\$25 (\$35)	Kitchen
Thrill your senses and learn how to prepare a new recipe with Red Seal certified cook and former teacher, Konny. This month you will learn how to create a mild but flavourful Mulligatawny Stew served with naan. Check back monthly as the menu changes for each class. Food & Materials included in cost; participants will take home 4 servings of prepared food.					
<b>Building Healthy Relationships</b>	LEARN Case Manager	Tuesdays, Apr. 7 - May 26	10am - 12 pm	FREE	Board Room
This 8-week supportive group is focused on strengthening your connections with yourself and others. Together, we will explore practical tools for setting boundaries, communicating effectively, and navigating life's transitions—including grief and mental health—in a safe, non-judgmental environment. You will leave with a personal "wellness toolbox" to help you thrive and stay connected.					
<b>Join the LSCO Dragon Boat Team!</b>	--	Contact Team Manager, Andrea Clarke at <a href="mailto:programs@lethseniors.com">programs@lethseniors.com</a> for details		\$60-\$80	---
The LSCO Silver Dragons sponsored by the Lethbridge Denture Clinic will once again paddle at the Lethbridge Dragon Boat Festival! Our team is part of the recreational category, making this a great crew for all skill levels including total beginners. The festival takes place June 26-28 at Henderson Lake, with practices at LSCO every Saturday from April 11 until the event. This event is so much fun for paddlers and spectators alike, and we hope you will join us on the boat or on the shore! Contact Andrea to get more information.					
<b>Pickleball Drop In</b>	--	Fridays, Weekly in April	3:00 - 4:30 pm	\$6 (\$8)	Gym 2
You asked for it and we listened! Introducing Drop In Pickleball for those not enrolled in the LSCO Pickleball Group to play with each other. This is unrated, open play. Please bring your own paddles and balls. Availability is on a first-come, first served basis. If you are interested in participating or have questions, email Andrea at <a href="mailto:programs@lethseniors.com">programs@lethseniors.com</a> .					
<b>Summer Ukulele Clinic</b>	Laree Findlay	July 7 - 9	1 - 3 pm	TBA	C/D
Join the chorus! This 3-day ukulele intensive will teach you everything from the basics of tuning and strumming to reading charts, tabs, and singing along. You will be jamming with the group by the end of the week!					
<b>July 7: History and Anatomy of the Ukulele</b>		<b>July 8: Tune Up</b>		<b>July 9: Tune up</b>	
<ul style="list-style-type: none"> <li>• How to tune the ukulele</li> <li>• Learning the tricks for good tone and strumming</li> <li>• Learn a chord or two and sing along too</li> </ul>		<ul style="list-style-type: none"> <li>• Quick Review</li> <li>• Finding the notes</li> <li>• Learn more chords</li> <li>• Sing some songs</li> </ul>		<ul style="list-style-type: none"> <li>• Playing with a chart</li> <li>• Playing with a group</li> <li>• Finding chords on a chord graphic and tabs</li> <li>• Singing and playing some songs from charts</li> </ul>	
<b>Stay Fit Past 55</b>	Erin Marsh	Tuesday, May 5	3-4 pm	Free	A/B
Come to this workshop with the expectation to move and better understand what aches and pains that you, as a 55+ human, may face (or have already experienced) while trying to stay active in your daily life and your gym routine. My goal is to talk you through what some of those aches and pains might mean, and how you can navigate that in real time. Erin will discuss strategies you can start using TODAY, so you can continue to be active and avoid more pain in the process.					



### Check out our New Spring Program Guide!

Your comprehensive guide to every program at the LSCO, registration tips & more!

Available online or printed at the front desk.





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# Support Women's Education in Afghanistan

## JOIN US FOR THE SECRET MARATHON A Film & Fundraiser Event

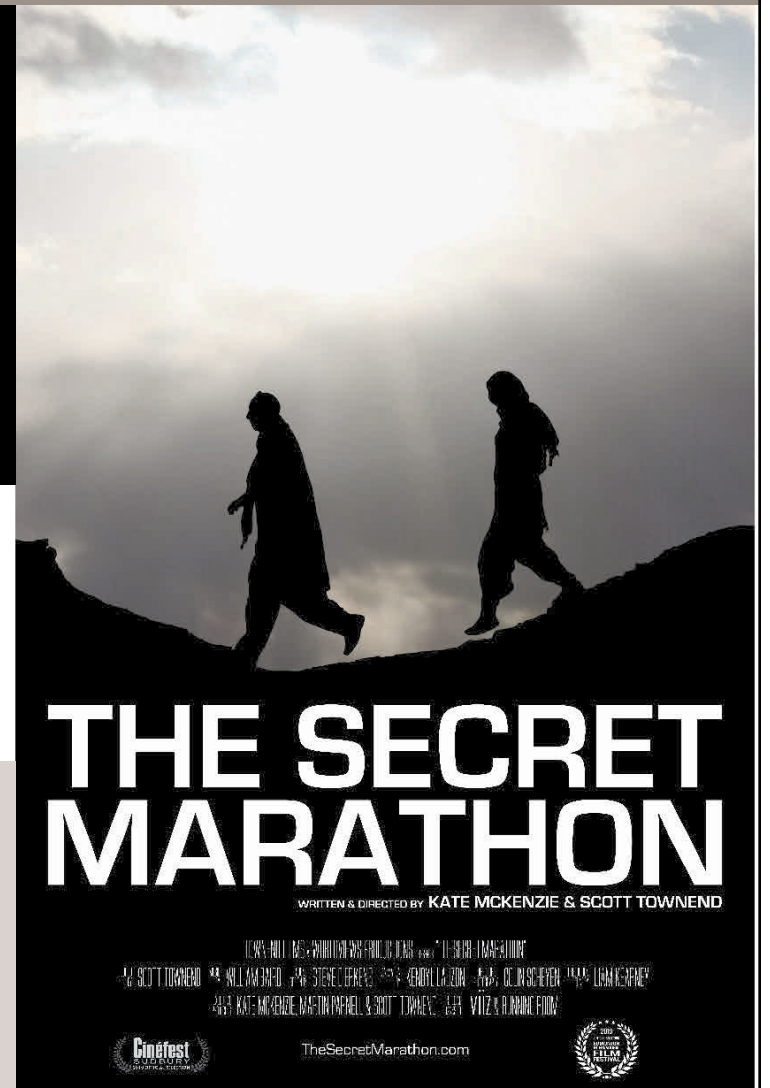
*Inspired by a story of courage, a filmmaker and her legendary marathon mentor train and travel in secret to join the brave Afghan women who are standing up for equality and freedom, by running in the Marathon of Afghanistan.*



### Featured Guest: Martin Parnell

Author of the Secret Marathon

Martin has travelled to Afghanistan 2 times to coach female Afghan marathon runners and is a 5x Guinness Book of World Record Holder.



All proceeds will go to **Classrooms Without Walls** an organization for the Education of Women in Afghanistan.



*Classrooms Without Walls* is a group of **volunteer Canadian and international teachers**, who help Afghan girls and young women **complete high school online**. These **female Afghani students** have been denied **education** by the Taliban.

*David Falconer, the founder of Classrooms Without Walls will be present at the event.*

### DON'T MISS THIS INSPIRING EVENT!

**TICKETS \$25**  
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## THURSDAY, APRIL 16, 2026

🕒 **6:30 to 9 pm** *Parking Available*

📍 **University of Lethbridge**  
BMO Auditorium (New Science Building)

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FOR FURTHER INFORMATION

[www.classroomswithoutwalls.ca](http://www.classroomswithoutwalls.ca)

Andrew Bronson at [abronson@classroomswithoutwalls.ca](mailto:abronson@classroomswithoutwalls.ca)

## Year Round Special Interest Groups

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

### Amateur Radio: \$36/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: \$85/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: \$75/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: \$28/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: \$30/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: \$36/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 \$15/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) \$50/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 \$28/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 \$64/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 \$25/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 \$60/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.



## Groups Fee Increase

As an organization, we have made a small change to our program fees.

It has been a few years since the last change in our fees and this modest increase will help offset the cost of inflation. If cost is a barrier to your involvement with LSCO please reach out – subsidy programs are available. We hope you will continue to invest in yourself, our organization, and our community through our vibrant program offerings!

### COMPUTER CORNER

## Keeping Your Mobile Device Awake



Most computer devices have a screen time or lock function; how it works depends on the device. In its simplest form, the screen goes dark which saves battery power for a mobile device. The LOCK function darkens the screen and requires a method of unlocking the device.

Unlocking could involve a password, PIN number, face recognition, fingerprint, or drawing a pattern on the screen.

The unlocking method can vary by device, operating system and age of the device.

The most efficient way to learn how to set the lock or screen blanking time for your device might be to do an internet search, e.g. "how to set the lock time for (name and model of your device)".

### Here are some examples

If you are viewing this online, you can click the underlined text to be taken to the tutorial.

[Apple iOS screen display time](#)

[Apple iOS lock/unlock](#)

Setup > Display & Brightness > Auto-Lock

[Android Screen display time](#)

For most Android phones, the setting to adjust your screen's timeout is found here:

Settings > Display & touch > Screen timeout OR: Settings > Display > Screen timeout

Your timeout setting should reflect how and where you're using your device.

The shorter the display time the more secure your phone or tablet will be, but this may also be frustrating if you're learning to do some thing and you need to enter your password every 30 seconds.

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 to help.

### Computer Videos

Wednesday, April 8 @ 1 pm

Topics: Bios, Cmos, Uefi – What's the Difference? How do keyboards work? Worst backup ideas.

Wednesday April 22 @ 1 pm

Topics: Every network device explained clearly; Every SSD Type explained in 8 minutes; How Does a Mouse Know When You Move It; Why Is Bluetooth Called "Bluetooth"?

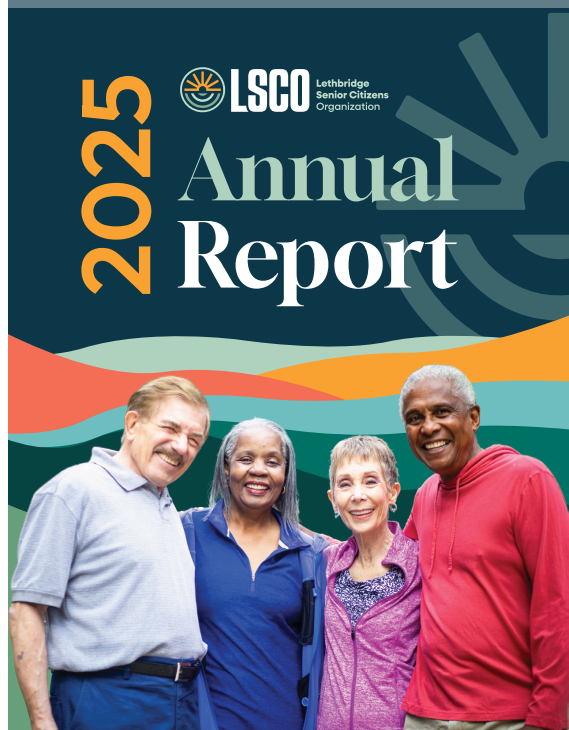
### Windows 11 Basics

Part 1: Wednesday April 15 @ 1 pm

Part 2: Wednesday April 29 @ 1 pm

Learn how to create files and folders; navigate the new File explorer, modify settings to best suit you, and more Windows 11 basic tips and tricks.

<p><b>1560</b> <b>MEMBERS</b> 1,525 in 2024</p>	<p><b>256</b> <b>New Members</b> 212 in 2024</p>	<p><b>At LSCO, every program, service, and individual plays a crucial role in creating a stronger, more connected community.</b></p>
<p><b>378</b> <b>VOLUNTEERS</b> 489 in 2024</p>	<p><b>24</b> <b>STAFF</b> 21 in 2024</p>	<p><b>Our membership and program revenues help sustain essential support services. Volunteers extend our reach, enhancing every aspect of what we do.</b></p>
<p><b>49,934</b> <b>FACILITY VISITS</b> 44,405 in 2024</p>	<p><b>57,647</b> <b>DINER ITEMS SOLD</b> 48,845 in 2024</p>	<p><b>Our diner, fundraisers, and donations help to keep costs low for programming and social supports.</b></p>
<p><b>150,993</b> <b>HOURS USED BY THE COMMUNITY</b> 132,751 in 2024</p>		



*Together, we make a lasting impact.*

**We're making a difference in our community, because of you!**

**See how** in our 2025 in our Annual Report.

**How to read it**

- Scan the QR code
- click the graphic if you are reading online
- Go to [www.lethseniors.com](http://www.lethseniors.com) and click the yellow button on the home page
- Pick up up a printed copy at the admin desk



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

# Trusted Support



## SUPPORT & INDEPENDENCE

### Changes to Alberta Seniors Benefit

Happy Spring! As the weather warms up and we welcome a new season, it's also a good time to stay informed about changes that may affect seniors in Alberta.

One important update involves the Alberta Seniors Benefit, a provincial program that provides monthly financial assistance to low-income seniors to help with everyday living expenses. Changes announced in the 2026 provincial budget will adjust the income thresholds used to determine eligibility for the program beginning July 1, 2026.

**The annual income threshold will decrease 9% to**

- \$31,636 (down from \$34,770) for individual seniors
- \$53,800 (down from \$56,820) for senior couples

This means the income level used to qualify is lower, reducing the number of seniors who are eligible to receive these benefits.

Because of this adjustment, **some seniors who previously qualified for the benefit may find that they are no longer eligible.** These changes also affect related supports such as Special Needs Assistance for Seniors and the Seniors Home Adaptation and Repair Program.

If you or someone you know currently receives these supports, it may be helpful to review your eligibility or speak with a Seniors System Navigator about what these changes might mean. Our team is always here to help answer questions and support seniors in navigating available programs and services.

KYRA CORRIGAN, Seniors System Navigator

You can contact a Seniors System Navigator by calling 403-329-1544 or emailing [intake@lethseniors.com](mailto:intake@lethseniors.com)



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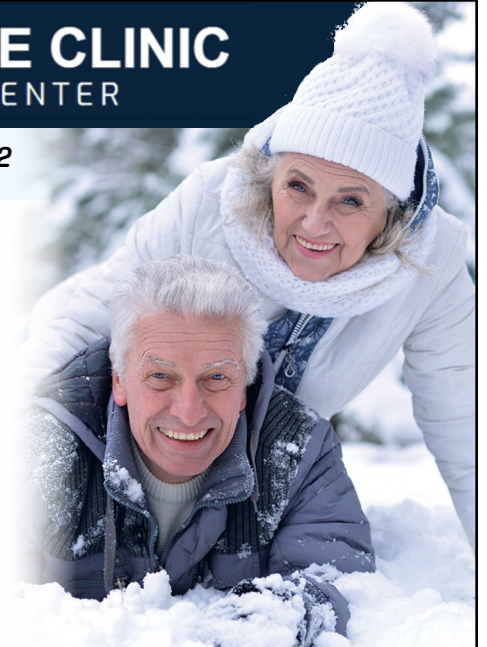
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**YOU DON'T KNOW WHAT YOU DON'T KNOW**

## Embracing Life's Transitions with Dignity

Learn from each service provider about how you or a family member are able to navigate life's transitions with dignity.

**5:00 PM** Doors Open  
**5:30 PM** Presentations  
**6:30 PM** Mingling

**PRESENTERS**

- Compassionate Sacred Transitions
- Lethbridge Senior Citizens Organization
- Seamless Cares Ltd.
- Special guest: Austyn Anderson, Partner at Low & Company LLP

**April 29, 2026**

**Nest Events & Meeting Rooms**  
2806 5 Ave N, Lethbridge

**5:00 pm - 7:00 pm**  
Scones, Coffee, and Tea Provided

**RSVP to Kari from the LSCO 403-320-2222**

**\$10 PER PERSON**  
Proceeds go to Meals on Wheels  
80 slots available

SCAN ME!

Compassionate Sacred Transitions | **LSCO** | SEAMLESS CARES | **nest** EVENTS & MEETING ROOMS



**NEW SUPPORT SERVICE STARTING IN MAY**

## Dental Consultations in May

Have you ever left a dental appointment feeling a bit overwhelmed by a treatment plan? Or perhaps you've wished for a neutral professional to talk through your options without the pressure of being in the "dentist's chair"?

We are pleased to announce a new Dental Advocacy and Support Service pilot program. Dr. Chuck, a long-standing member of the Lethbridge dental community, will be offering complimentary 15-minute consultations designed to provide education, support, and a professional second opinion.

### What is Dental Advocacy?

This service is not a clinical exam. Dr. Chuck will arrive with a laptop, not a dental mirror. He will not be looking in mouths or performing procedures. Instead, this is a dedicated time for:

- **Second Opinions:** Reviewing proposed treatment plans to help you feel confident in your next steps.
- **Informed Decision Making:** Explaining complex procedures in plain language.
- **Professional Guidance:** Vetting dental situations and providing the "why" behind modern dental recommendations.

This support service will take place on the first Monday each month, starting on May 4.

### About Dr. Chuck

Dr. Chuck has been practicing general dentistry in Lethbridge since 1990. While he has extensive experience in all facets of dentistry—with a special interest in digital dentistry and Invisalign—his goal for these sessions is purely educational. He operates the modern, digital Lethbridge Dental Clinic located above Dollarama on 13th St.

## PRESENTATION ON SCAMS & FRAUDS

*Free – no registration required.*

**Wednesday, April 8**

**2- 3:30 pm | Stage Area**

LSCO, 500 11th Street South, Lethbridge

**Protect your pocket.**

Join the RBC for an essential seminar designed to keep you and your finances safe.



**Learn** the red flags of digital and phone scams.



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



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W: www.lethseniors.com



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- Assisted Living Support

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**SUPPORT & INDEPENDENCE**



## Be Fast Friends

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

- ☀️ Want to develop friendships?
- ☀️ Feeling lonely?
- ☀️ Anxious about meeting new people?
- ☀️ Want to laugh?

**A fun, comfortable, and easy way to meet others and make connections!**

Sessions will be facilitated by a Seniors System Navigator and a Recovery Alberta Recreation Therapist. We encourage people to arrive early to arrange seating.



**May 29, 2026**

**@ 1:30. Register in Advance**

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



**For seniors (55+)**

- Education on events and resources in Lethbridge
- A space to build connections and meet new people
- An opportunity to strengthen access to community resources and support

**April 7**

**FREE COFFEE & SNACKS!**

Presentation from:



**May 5**

Presentation from:



**1st Tuesday** each month

**1:30-3:00**

LSCO, Room C/D  
500 11 Street South, Lethbridge



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**DEADLINE TO DROP OFF TAXES:  
FRIDAY, APRIL 10TH**

This ensures that our volunteers have enough time to process your taxes before the CRA deadline.

If you need your taxes done after this date, Nord-Bridge Senior Centre is accepting drop offs until April 29th.

**Did you know** we helped **494 individuals** file their taxes last year through this program?

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**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.



**APRIL 2026 SUPPORT SERVICES CALENDAR**

\*appointment / registration required

✉ kmartin@lethseniors.com  
☎ 403-320-2222



<b>April 1</b> 1st Wednesday	<b>Service Canada Support Clinic</b> 9:00 am - 12:00 pm   Card Area	An on-site Service Canada representatives available to answer your questions regarding federal benefits and programs, no appointment necessary.
<b>April 7</b> 1st Tuesday	<b>Community Connect Coffee Group</b> 1:30 pm - 3:00 pm   Room C/D	An opportunity to build connections, grow meaningful connections, and strengthen access to community supports. Drop-in style and free. This month Helen Schuler Nature Centre will be coming to present on their services!
<b>April 7</b> 1st Tuesday	<b>Prescribing Pharmacist On-Site*</b> 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. Vaccinations require appointments.
<b>April 7 - May 26</b>	<b>Building Healthy Relationships Group*</b> 10:00 am - 12:00 pm   Board Room	An 8 week psycho social group focusing on building healthy relationships and peer support. Topics include boundaries, communication, feelings, relationship challenges, grief, mental health, addiction and elder abuse.
<b>April 8</b>	<b>Lethbridge Polytechnic Massage Clinic</b> 1:00 pm - 3:00 pm   Card Area	Free neck and shoulder massages from the Lethbridge Polytechnic Massage Therapy Students. RSVP at 403-320-2222 or kmartin@lethseniors.com
<b>April 8</b>	<b>RBC Fraud Presentation</b> 2:00 pm - 3:30 pm   Stage Area	Join us for a presentation from RBC on fraud prevention and protection.
<b>April 8</b> 2nd Wednesday	<b>15 Minute Legal Consultations*</b> 1:00 pm - 4:00 pm   Clinic Room	Free 15 minute consultations with local lawyer, Austyn Anderson. Appointments required.
<b>April 10</b>	<b>Senior LGBTQIA2S+ Peer Support Group</b> 6:30 pm - 7:30 pm   Room C/D	A socialization and peer support opportunity for queer folks 50 and older.
<b>April 13</b> 2nd Monday	<b>VolunTEAM Meetings</b> 1:00 pm - 2:00 pm   Atrium	An opportunity for volunteers to socialize, provide feedback, and get the latest updates from the Volunteer Coordinator. Drop in anytime—no RSVP required!
<b>April 16</b> 2nd Thursday	<b>Hearing Screening*</b> 10:00 am - 12:00 pm   Quiet Room	Lethbridge Hearing Centre can help you understand your hearing health at no cost. Appointment required!
<b>April 30</b>	<b>Mobile Food Support</b> 1 pm   LCSO Parking Lot	Free, fresh food for all from the Lethbridge Food Bank. Open as long as supplies last.

**SUPPORT GROUPS**

<b>April 16</b> 3rd Thursday	<b>Parkinson's Support Group</b> 2:00-4:00pm   Board Room Registration encouraged! 1-800-561-1911	<b>April 4-25</b> Saturdays	<b>AA Eye Opener</b> 8:30-10:30am   Room C/D	<b>April 2-30</b> Thursdays	<b>AA Sunset</b> 7:00 - 9:00 pm   Room C/D
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Stay up to date on these events on our event calendar [www.lethseniors.com/events](http://www.lethseniors.com/events)

LEARN ARTICLE

# Caregiver Burnout

Happy April, everyone! This month, I wanted to discuss caregiver burnout. In our community, caregiving is often a quiet, heroic act of devotion. Whether you are looking after a spouse, an aging parent, or a dear friend, the emotional and physical energy required is immense. However, there is a "silent patient" often overlooked in this process: the caregiver themselves. Caregiver burnout is not a reflection of your commitment or your strength; rather, it is a natural physical response to a "battery" that has been running on empty for far too long.

Recognizing burnout before it takes hold is essential. It often begins with a sense of constant exhaustion that sleep can't fix, or a "short fuse" where you find yourself feeling uncharacteristically impatient or angry. You might notice you've stopped calling friends or that your own doctor appointments have fallen by the wayside. These aren't just signs of stress, they are signals from your body that the current pace is unsustainable.

The most important thing to remember is that you cannot pour from an empty cup. To be an effective caregiver, you must first be a "self-giver." This starts with embracing the rule of respite; seeking help from a neighbor or a professional service is a strategy for success, not an admission of failure. Setting realistic boundaries and learning to say "no" to extra commitments allows you to preserve your energy for what matters most. Even small "micro-breaks" ten minutes of deep breathing or sitting in the sun can help reset your nervous system. By prioritizing your own well-being, you aren't taking away from your loved one; you are ensuring you have the strength to stay by their side.

There is support available for caregiver burnout, if you are seeking more information on this, please contact either the Seniors Community Services Partnership at 403-329-1544 or the LEARN Case Manager, Marissa, at 403-329-0306.

*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.*



## 5th Annual SENIOR'S TALENT SHOWCASE

**Monday, June 15**  
**1-3:30 pm**  
at LSCO

Are you a senior with a talent to share?

Contact the LEARN Case Manager to sign up!

Join LEARN for World Elder Abuse Awareness Day as we showcase talent from local seniors!

learn@lethseniors.com | 403-329-0306 | 500 11th St. S., Lethbridge



Join us for... 

### The Greg Herman Trio

with Dusty Dee Litchfield



**Saturday April 18, 7:30 pm**  
**at The Army Navy Air Force Veterans Club**  
**517 - 5 Ave S, Lethbridge**

tickets \$35 for members, \$40 general admission, door opens at 6:30

scan for tickets 

lethbridgefolkclub.ca/events

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