



# LSCO Times

## June

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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## Record turnout as LSCO Mother's Day brunch sells out again

BY JOE MANIO, COMMUNITY REPORTER

Originally published in the Lethbridge Herald on May 12, 2026.

By the time the second seating was underway Sunday morning, it was already clear the Lethbridge Senior Citizens Organization had a hit on its hands again.

Tables were full. Families were filing in. Volunteers moved briskly between coffee cups and water jugs. The buffet line kept drawing praise. And for the fourth Mother's Day brunch since the pandemic pause, demand was so strong organizers sold out, opened more tables...then sold out again.

For a few cheerful hours, the LSCO building became exactly what Mother's Day is supposed to feel like: warm, busy, grateful and full of people gathering around the women who so often gather everyone else together.

That was the story behind the record turnout.

It was also a fundraiser for the organization, helping support the programs and services the LSCO offers year-round. But on Sunday, fundraising and family celebration fit hand-in-hand.

"We're really happy to see the event grow

post-COVID and see more and more people here," said events and marketing co-ordinator Hannah Dupuis.

"It is a fundraiser for the LSCO, so we're happy to see people coming into the building and having so many families with children. It's just a really wonderful way to bring multiple generations together to celebrate moms."

Last year's brunch served about 225 guests. This year, attendance climbed to roughly 320 after extra seating was added.

That growth could be seen everywhere Sunday: large family tables, grandparents beside grandchildren, adult children treating moms to brunch, and bouquets of conversation blooming in every corner of the hall.

The event ran in three waves, each with door prizes, giving staff time to reset tables while keeping the room flowing smoothly.



Live carnation centrepieces added a festive touch, and guests were invited to take them home.

Many did so smiling.

"Oh, it was fabulous," said guest Shelly McGarry. "Starting at the end, going home with flowers, but also the meal...oh my goodness. It was spectacular."

Another guest at her table said the volunteers were just as impressive as the food.

"They were so efficient," she said. "You never had to really wait for anything. They were always there to help you."

*Continued on page 4*



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Thursday  
June 4  
10 am - 4 pm

## Live Well Showcase 2026

Friday  
June 5  
10 am - 3 pm



The premier event for  
the modern senior!

All details on pages 8-11

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

# LSCO News



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## LEGACY & TRUST

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

Advertising and Editorial 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

#### Elevator Closed for Updates Mid July to Mid September

The City of Lethbridge will be updating our elevator to meet accessibility standards.

- The Boutique will be closed
- Some programs will be moved to other locations. Refer to the program guide.
- The Fitness Centre and other rooms will remain open, but only with access via the stairs.



#### Modified Program Schedule For Live Well

Wednesday, June 3 – Friday, June 5

As the Live Well Showcase takes place across the whole building, most programming has been cancelled or relocated. This includes some programs on Wednesday.

Please see the centerfold schedule, speak to your instructor or contact [sgirodat@lethseniors.com](mailto:sgirodat@lethseniors.com) if you have any questions.

These changes were already factored into program pricing for the spring session.

#### Summer Program Registration

Friday, June 12 at 8 am

Please refer to the program guide and pages 14–20 for more information.

#### LSCO Closed for Canada Day

We will be closed on July 1st.

## Fundraising Corner

### Updates (As of May 21)

#### Support Our Seniors Campaign

- \$6,030 of \$75,000 goal.
- SOS 50/50: Pot at \$1,360

#### Sponsorships

- \$38,000 (66% are new sponsors)

#### Donor Mural (New Campaign)

- \$1,280 of \$35,000 Goal

#### Community Round Up

- \$275.30

#### Battle of the Brews

- LSCO: 91 Bags
- Nord-Bridge: 69 Bags

#### Meals on Wheels Sponsor of the Month

- 4 / 10 months sponsored

For more info on these opportunities, contact Kaitlynn Weaver at [kweaver@lethseniors.com](mailto:kweaver@lethseniors.com)

## Thank you



for providing **\$2000** to support low income seniors' access to programs.

This grant will go towards our Welcome Policy – a discount of 25% for individuals with an annual income less than \$30,000 to access LSCO memberships and programs.

If you would qualify for this subsidy and have not been receiving it, please bring your latest Tax Notice of Assessment to the admin desk so we can update your file.

## Thank you LSCO Meals on Wheels

Sponsor of the Month



Phone: 587-848-8891

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



### AUTOGRAPHED GUITAR RAFFLE

All details on pg. 7

We are so grateful to have been awarded **\$14,600** from the **Community Foundation of Lethbridge and Southwestern Alberta** to purchase a new commercial steamer in the LSCO Diner.

This will allow us to make more food for Meals on Wheels participants and attendees, while preserving nutritional value.



## Thank you

COMMUNITY FOUNDATION  
LETHBRIDGE + SOUTHWESTERN ALBERTA



Donate online & find info on our fundraisers.  
[www.lethseniors.com/fundraising](http://www.lethseniors.com/fundraising)



## LSCO COMMUNITY PARTNERS, SPONSORS, & MAJOR DONORS

## 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)  
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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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- Food Services Coordinator** (ext. 401)  
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Travis Eakett
- Food Services Cook:** Adam Panich  
**Food Service Cashier:** Kaelynne

### TRUSTED SUPPORT

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Marissa Hardy.....mhardy@lethseniors.com

### VIBRANT PROGRAMS

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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

# Charitable Giving



Happy Seniors' Week, everyone! I am so grateful for all that seniors have done for our community. You quite literally built Lethbridge into what it is today, and it is a true honour to serve as the LSCO's Executive Director.

That sense of appreciation is exactly what led me here. I am often asked why I chose to take on this role at a seniors' centre, and my answer is always the same: I want there to be a place like this for me one day. To ensure this vital hub continues to serve future generations, we need your support today.

One of the most important things to understand is the impact your gift can have. When you choose to support LSCO, your donation:

- Directly supports programs and services that enhance quality of life for seniors in our community, including Meals on Wheels and Support Services.
- Helps ensure programs remain accessible and affordable for those who need them most.
- Strengthens the long-term sustainability of LSCO by rebuilding financial reserves.
- Allows you to make a tangible, local impact and see the results within your own community.
- Provides a charitable tax receipt, offering financial benefit while giving back.
- Creates opportunities to honour a loved one or leave a lasting legacy through planned or directed giving.

No matter how you choose to give, these benefits remain the same. The next step is simply deciding where you would like your gift to make an impact, based on your personal charitable goals.

For those interested in leaving a lasting legacy, the LSCO Endowment Fund is a powerful option. You can contribute either directly to LSCO or through the Community Foundation of Lethbridge and Southwestern Alberta by indicating the "LSCO Endowment Fund" with your gift. What makes this fund unique is that it continues to give back year after year, as the annual investment income supports LSCO's ongoing work.

If you prefer to see your impact more immediately, you may choose to direct your donation to a specific program or service that is meaningful to you—such as Meals on Wheels, the woodshop, or other valued programs. And if you are unsure where the need is greatest, our SOS Campaign ensures your gift supports the organization's most urgent priorities.

When you are ready to give, we offer several convenient options. Donations can be made online at [www.lethseniors.com/donate](http://www.lethseniors.com/donate), by cheque (in person or by mail to 500 11 Street South, Lethbridge, AB T1J 4G7), or in person via cash, credit, or debit. Regardless of how you give, you will receive a charitable tax receipt (excluding raffles or 50/50s).

### Sustaining our Future:

Behind all of this is a broader effort to secure LSCO's future. As shared in our May newspaper, on social media, and in the local news, we have been working diligently to rebuild our financial reserves—through increased fundraising, careful expense management, and ongoing advocacy. As we navigate these financial challenges, we remain committed to accountability and transparency. Keeping our members and community informed every step of the way is a priority for us.

As part of this work, I presented on April 30 at the Community Issues Committee at City Hall to request temporary rent forgiveness for our City-owned facility. We are grateful to the Mayor and Council for hearing our request, and especially thankful to the individuals who shared their personal experiences and spoke to the impact of LSCO. Your voices truly made a difference.

Council has deferred their decision to the budget deliberations on June 10 and 11. We remain hopeful that LSCO will receive financial relief, whether through a grant or loan, and we sincerely appreciate the continued consideration and support from Mayor and Council.

In the meantime, we encourage you to share your experiences and perspectives about LSCO with Mayor and Council to help inform their decision.



Scan for City Council Contact Form or Call 311

KAITLYNN WEAVER

## 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!

Tracy Bridger	Timothy Newson
Denise Kobza	Clare Rodrigues
Deborah Rourke	Jamie Anderson
Shayne Manysiak	Barbara Gabel
Jane Wagenaar	Lilly Kumar
Michaela Wallecha	Kartie Johnston
George Epp	Marcelino Ricafrente
Iutka Somesfalean	Daniel Shaw
Karen Monaghan	Terry Shillington
	<b>14 Anonymous</b>

## Record turnout at Mother's Day Brunch

*Continued from the front page*

Much of that praise drifted toward the kitchen, where chefs Lachlan Dyer and Travis Eakett prepared an expansive buffet that guests repeatedly complimented without prompting.

Dupuis said the pair take pride in events like this.

"They love the food and they did such a good job. Lachlan and Travis are just an exceptional team, and they love putting on events."

The brunch spread featured more than two dozen offerings, with hot items, baked goods and breakfast favourites enough to satisfy every kind of appetite.

Chef Lachlan, taking a brief pause amid the rush, said the best reward was simple.

"It's a good feeling that everyone's happy."

He also had a message for anyone disappointed to miss out on tickets this year: the same kitchen serves lunch throughout the week inside the LSCO's popular retro-style cafeteria.

"Come around for lunch," he said. "Great prices, '50s-style diner, daily specials."

That everyday cafeteria is more than a local hidden gem. Like events such as the Mother's Day brunch, it helps support LSCO programming while giving the community

another reason to walk through the doors. Sunday's success also belonged to volunteers, including first-timer Rob Williams, who arrived dressed in a tuxedo and happily leaned into the role of maître d', host and all-around good sport.

"I'm dressed up today because I wanted to honour mothers," Williams said. "They are the most important part of our society."

He had spent years coming for Wednesday lunches with his mother and her friends. After they had all passed on, he decided it was time to give back.

"I like the senior centre," he said. "So let's see what kind of volunteering I can do."

It turned out he could do plenty. And maybe that was the nicest detail of the day.

Mother's Day can be sentimental by design, but it also asks something practical of us: show up, help out, say thank you while you can. Sunday's brunch did all three with coffee poured hot and buffet trays kept full.

Truth be told, mothers probably deserve more than one day a year for everything they carry, mend, teach and quietly sacrifice. But if there must be one headline day set aside for gratitude, the LSCO showed how to do it properly.

With family. With flowers. With full plates... and with love served in three waves.

*Originally published in the Lethbridge Herald on May 12, 2026.*

## Mother's Day Brunch

### Your Impact

**\$11,450** in total revenue from all fundraising efforts (tickets, 50/50, donations, campaigns, sponsorships)

and **\$3,335** raised above our event costs to reinvest back into the LSCO (tickets vs food and staff costs etc).

Thank you to Wellings OF BROOKS



**Covenant Living Martha's House**

**Martha's House**  
950 14 Street South  
403-327-2090

*Living in Community... in the heart of the city*

THE VIEW AT LETHBRIDGE  
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Schedule a Tour  
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## Volunteer Message

Please join us in wishing Isa Rodrigues all the best in their next chapter, as they have resigned from the position of Volunteer Scheduling Assistant as of May 25. We are very grateful for all that Isa has contributed to LSCO and the positive impact they have had on our team and our volunteers. Thank you, we will miss you!

A big thank you goes out to all of our volunteers that helped us at the 2-day (and overnight!!) Casino Fundraiser for LSCO! Thank you to: Bob, Vonda, Chris, Barb, Deb, Don, Marialouise, Rosemary, Millie, Veronica, Ken, Peggy, Talayna, Brandi, Martha, June, and Kari!

MADISON GAUTHIER

### SUMMER RELIEF POSITIONS

**Immediate Positions Needed** - Inquire with the volunteer team for dates and times.

- **Bingo** - Thursdays from ≈ 11am-4pm. Walking or sitting roles, helping to sell cards and count money, lunch included! Located at Winners Bingo Hall in the industrial area. Must be age 18+ for this role.
- **Meals on Wheels Drivers** - most weekdays from ≈ 10am - 12pm depending on route length - drive your own vehicle and help deliver fresh daily specials to our community members. Mileage slips available for tax purposes, a criminal record check is required.
- **Kitchen** - most weekdays from ≈ 8am - 11am or 11am - 2pm - standing and walking roles, help out our kitchen team by serving on the cafeteria-style lunch line, running food, and dishwashing. Great for pairs or youth volunteers too.

## Urgent Volunteer Needs

volunteer@lethseniors.com  
or 403-320-2222 ext. 208

### LIVE WELL SHOWCASE

#### Thursday June 4:

- **Fundraiser booth:** 9:45am - 12pm, 12 - 2pm, 2 - 4pm
- **Dishwasher:** 8am-11am

#### Friday June 5:

- **Dishwasher** 8am-11am & 11am-2pm
- **Serving Line and Food Runner** 11am-1pm
- **Fundraiser Booth:** 9:30am-12:30pm, 12:30-3:30pm
- **Take down:** 3:30pm until finished (approx. 1 hr)

# 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.

## Community Events & Classified Ads

**FOR SALE:** Remote Car Starters and Dash Cameras. Fast and Precise installs. Flexible scheduling. Iasity. 3514 9 Ave N. Lethbridge, AB. 403-380-2847.

**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.**

**FOR SALE: Two Bruno Elan Straight Rail Stair Lifts.** 8 ft rails (7 risers). Were installed but never used. Complete with 4 remotes, two new 8 ft rails (still in boxes) for extension of existing rails. \$2200. Call 403-381-1974

## LSCO Events

### LSCO Guided Tour

**Wednesday, June 3 @ 1pm** (1st Wednesday)  
**Monday, June 15 @ 10:30 am** (3rd Monday)  
Learn all about our 56,000 sq. ft. building from a volunteer Registration preferred by drop ins welcome.

### 2nd Friday Social

**Friday, June 12 @ 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*

### 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. More information including the presentation list and confirmed vendors is on pages 8 - 11. **Many volunteers are needed for setup and during the event.**  
*Sponsored by Cornerstone Funeral Home, The Co-operators: Engler Agencies, Hosack Denture Clinic, Lethbridge Hearing Centre, Optima Living*

### WEAAD Seniors Talent Showcase

**Monday, June 15 @ 1-3:30 pm | Gym 2**  
Join the Lethbridge Elder Abuse Response Network for World Elder Abuse Awareness Day as we showcase talent from local seniors! If you are a senior with a talent to share, contact the LEARN Case manager to sign up 403-329-0306.

### High Tea

**Friday, July 31 @ 1-3 pm | Atrium**  
\$15 for members, \$20 for non members. Please purchase your tickets in advance as space is limited. Tickets will only be available at the door if less than 50 people have signed up. Formal attire is not required but dressing up is encouraged! **Some volunteers needed.**

## LSCO Board President Message

Yes, it's the 40th anniversary of the creation of Seniors' Week in Alberta due to the efforts of a woman in Strathcona! But it's more than just celebrating Seniors (as wonderful as we all are :). It's also about celebrating connections across generations. Of course, the timing couldn't be better for Lethbridge because the latest cabinet shuffle at the UCP brings -responsibility for Seniors to Minister Nathan Neudorf! Will he play favourites and shower us with largesse? (\$\$\$) We can only hope.

But seriously, let's think about the true intention of the week ahead as we make a concerted effort to reach out beyond whatever kids and grandkids we have (ungrateful little monsters) and make an appointment to Meet With A Millennial (during business hours, of course)! We're going to - however reluctantly - leave this world in their hands. Let's get to know them better. They can make this world a better place for all of us!

BY JOHN USHER



## Mayor's Message

Seniors Week is a special opportunity to recognize and celebrate the incredible contributions that older adults have made—and continue to make—across our community. Their dedication, experience, and wisdom have helped shape the Lethbridge we know today.



From volunteering countless hours with local organizations, mentoring younger generations, supporting community events, and building strong neighbourhood connections, seniors play a vital role in enriching our quality of life. Their leadership and commitment foster a sense of belonging, strengthen our social fabric, and inspire us all to give back.

Many of our seniors have spent decades contributing to education, healthcare, business, agriculture, and public service. Even in retirement, they remain active—sharing their knowledge, advocating for others, and continuing to make a meaningful difference.

Seniors Week is also a time to reflect on how we can continue to support and include older adults in all aspects of community life. By listening, engaging, and showing appreciation, we ensure that their voices remain valued and heard.

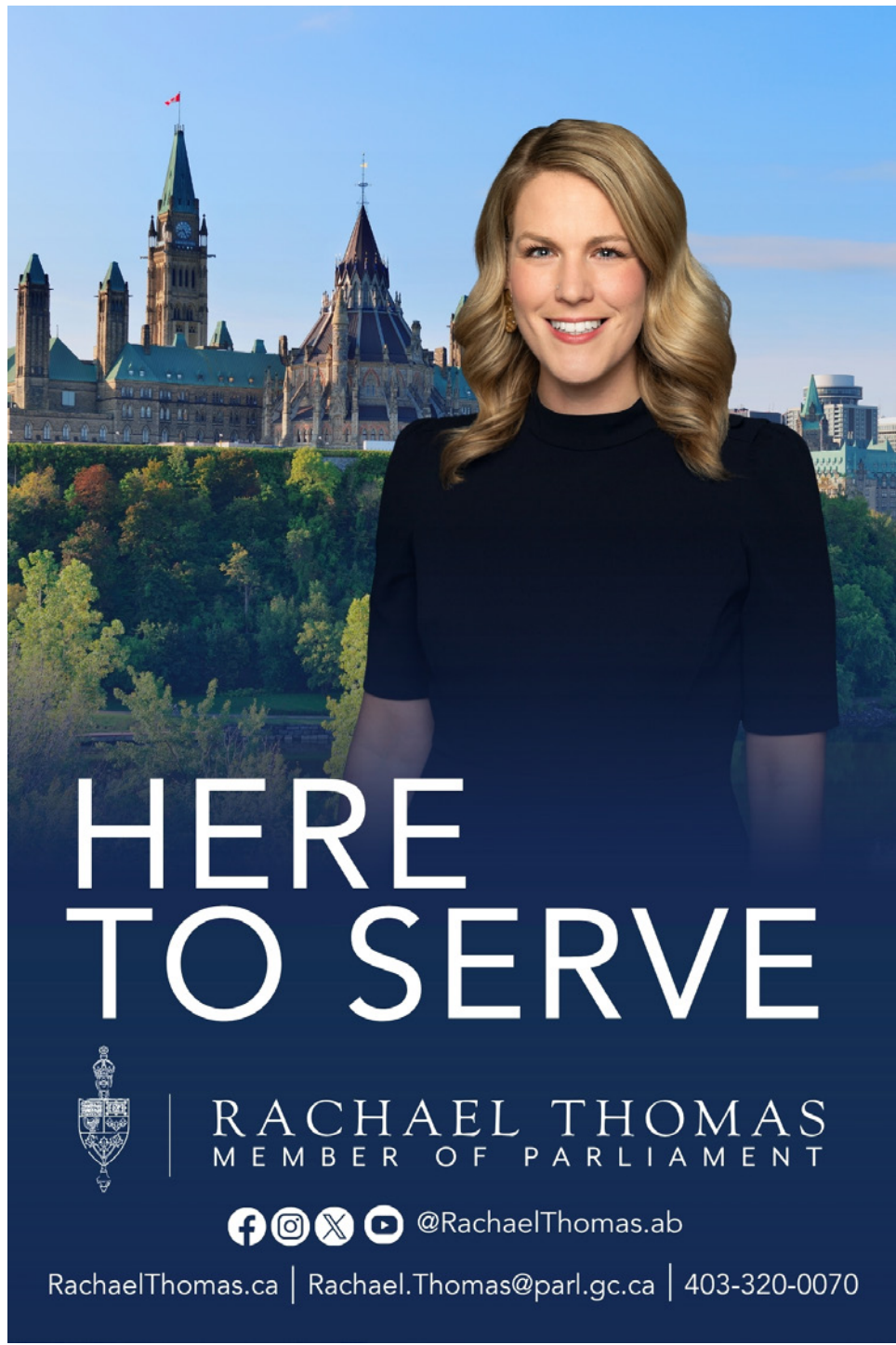
To all seniors in our community: thank you. Your contributions have built a strong foundation for future generations, and your ongoing involvement continues to make Lethbridge a better place for everyone.

SINCERELY, MAYOR BLAINE HYGGEN

 <p><b>SACPA</b> Southern Alberta Council on Public Affairs</p>	 <p><b>June SCHEDULE</b></p>	<p>SACPA meets <b>every Thursday from 12 - 1 pm at LSCO.</b> Please arrive early to buy your lunch and eat with us in the Atrium.</p>
<p><b>June 4</b> No SACPA</p>		<p>Check out our booth at the Live Well Showcase!</p>
<p><b>June 11</b> Robin Hepher and Terra Plato Chinook Arch Regional Library System</p>		<p>What are the likely effects of Alberta's Bill 28 Library Act?</p>
<p><b>June 18</b> Duane Bratt, Mount Royal University</p>		<p>Are Referendums the best way to Determine Alberta's Future?</p>
<p><b>June 25</b> Vicki Hegedus &amp; Glenn Klassen, Lethbridge Symphony Orchestra -&gt;SACPA AGM to follow</p>		<p>Why does Live Symphonic Music Still Matter in a Digital World? The Enduring Community Value of the Lethbridge Symphony Orchestra at 65</p>


Thank you to everyone who donated cups and saucers for our high tea, including MCC Thrift Store. We are still looking for a few more tea pots.





**HERE TO SERVE**

**RACHAEL THOMAS**  
MEMBER OF PARLIAMENT

 @RachaelThomas.ab

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



## LSCO Nominated for the Minister of Senior Services Awards!

We are incredibly honoured to have been nominated for the Minister of Seniors Services Awards – recognizing Albertans, businesses, and non-profits for their extraordinary volunteerism, philanthropy, and outstanding service to seniors.

we extend our sincere thanks to Merri Ann Ford and the LSCO Board of Directors for putting our organization forward for this recognition.

This nomination is a meaningful reflection of the impact LSCO has within our community. It would not have been possible without the strong leadership and advocacy of our Board, the dedication of our staff and volunteers, and the seniors who participate in our programs and services each day. It is this collective effort—and the continued belief in LSCO's mission—that keeps our organization thriving.

We would also like to express our heartfelt gratitude to the many individuals who added their signatures in support of this nomination. Your willingness to share your experiences and show your support speaks volumes. It is your voices that truly bring our organization to life.

Thank you for standing with us and for helping to highlight the importance of LSCO in our community.

# WIN THIS *Autographed* GUITAR!

Road Case Included  
License #782277



**TIM MCGRAW**  
Grammy, ACM, CMA Billboard Award Winner



**LADY A**  
Grammy, ACM, CMA Award Winners  
Charles Kelly, Hillary Scott, Dave Haywood



**DARIUS RUCKER**  
Grammy, ACM, CMA Billboard Award  
Hootie & The Blowfish



**THE BAND PERRY**  
Grammy, ACM, CMA Winners  
Original Lineup: Kimberley, Reid & Neil Perry

From the personal collection of radio host Mike McGuire, this Yamaha F310 Acoustic Guitar is up for raffle now, with ALL proceeds going to the LSCO!

**TICKETS ON SALE NOW  
UNTIL AUGUST 31!**



**LSCO**

Lethbridge Senior Citizens Organization

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

- \$2 - 1 Ticket
- \$10 - 10 Tickets
- \$20 - 50 Tickets
- \$50 - 120 Tickets



Scan Here For Tickets

# GALT MUSEUM & ARCHIVES AKAISAMITOHKANAŌ'PA

# JUNE 2026 EXHIBITS, EVENTS & PROGRAMS

## EXHIBITS



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



[www.galtmuseum.com/calendar](http://www.galtmuseum.com/calendar)

## SPECIAL EVENTS

**Thu 04 | 5:30-7 PM**

**CPAWS River Valley Learning Session Walking Tour**

Presented by CPAWS biologist Josh Killeen. Meet at Fort Whoop-Up | all ages, children with caretakers | \$10/ticket, free to members and self-identified Indigenous visitors

**Fri 12 | 7-9 PM**

**Beer Trivia Bingo with Siobhan and Erynn**

Play solo or in teams up to eight, win prizes! 18+ | registration required: \$25/person includes one beer, bingo card, and a pretzel!

**Thu 17 | 6-7 PM**

**Old Man River and Rocks Meditation Walk**

With Katira Crowshoe. Part of the 2026 Summer Programming Passport, in collab with Helen Schuler Nature Centre | all ages, children with caretakers | \$15/person, free to members and self-identified Indigenous visitors.



DOWNLOAD A COPY OF THE LATEST GALT HAPPENINGS FROM OUR WEBSITE, OR LOOK FOR IT AT YOUR FAVOURITE LOCAL LOCATIONS!

## PROGRAMS

**Fri 19 | 1-4 PM**

**1000 Faces, 1000 Stories Workshop and Gathering**

Archives workshop invites Blackfoot Elders to share stories while identifying historic photos. Recognized families receive copies. Free event with lunch, fostering inter-nation connection. Contact Bobbie for info: 403-320-7302

**Wed 24 | 6:30-8 PM**

**Meditation Basics for Enhanced Wellbeing with Elaine Jagielski**

all ages welcome | registration required: \$20/person



**open daily  
10am-5pm**

**Wagon Rides available  
JUN 19-SEP 07**

Activities, crafts, events, livestock, shopping, scenic hikes. Free parking; no pre-booking required.

ACTIVITIES HELD AT THE GALT UNLESS OTHERWISE NOTED

FULL DETAILS ONLINE



# JUNE SPECIALS MENU

**Breakfast: 8 - 11 am | Lunch: 11am - 1 pm | Coffee & Snacks: Until 3pm**  
Daily Soup, Salad & Sandwich Specials

*Open to anyone in the community*

Monday, June 1	Tuesday, June 2	Wednesday, June 3	Thursday, June 4	Friday, June 5
Fiesta Chicken With Rice	Meat Loaf with Roast Potatoes	Penne Bolognese with Garlic Toast	Teriyaki Pork with Rice	Chicken Cordon Blue with Mashed Potatoes
Monday, June 8	Tuesday, June 9	Wednesday, June 10	Thursday, June 11	Friday, June 12
Chicken Dumplings with Rice	Tortiere with Mashed Potatoes	Sweet & Sour Chicken with Rice	Cabbage Rolls with Roast Potatoes	Baked Ham with Scalloped Potatoes
Monday, June 15	Tuesday, June 16	Wednesday, June 17	Thursday, June 18	Friday, June 19
Honey Garlic Pork with Rice	Beef Stroganoff on Egg Noodles	BBQ Chicken with Cornbread	Chicken Sausage Gumbo with Rice	Roast Beef with Yorkshire Pudding & Mashed Potatoes
Monday, June 22	Tuesday, June 23	Wednesday, June 24	Thursday, June 25	Friday, June 26
Fish & Chips	Chicken Enchilada with Rice	Chicken Alfredo Penne with Garlic Toast	Hunter Schnitzel with Spaetzle	Lasagna with Garlic Toast
Monday, June 29	Tuesday, June 30	Wednesday, July 1	<b>Info For Meals on Wheels Clients:</b> Meals scheduled on Canada Day (July 1) will be delivered on Tuesday, June 30. All meals also include a soup & dessert.	
Chicken Parmigiana with Spaghetti	Ginger Beef with Rice	<b>LSCO CLOSED</b> Chicken Kiev with Mashed Potatoes		

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

\*Menu subject to change without notice



# Live Well Showcase

## Free Shuttle Service:

### “Go Friendly” Bus

Presented by Nord-Bridge Senior Centre



We are thrilled to offer free transportation to and from the showcase, courtesy of the Nord-Bridge Senior Centre! This bus will pick you up from your home, take you to the LSCO, and take you back to your home.

Important: To secure your seat, you must sign up in person or by phone at the LSCO front desk by Wednesday, June 3 at noon.

**Morning Pick-Ups (Heading to LSCO)**  
9:00 AM – 9:45 AM for a 10:00 AM arrival  
(Perfect for opening doors!)

11:15 AM – 12:00 PM for a 12:15 PM arrival  
(Perfect timing for afternoon events)

**Afternoon Drop-Offs (Leaving LSCO)**  
1:30 & 2:30 PM | Bus departs LSCO



## On the Menu: 50's Style Diner

Presented by Engler Agencies / the Co-Operators

Take a break from exploring the vendor floors and enjoy a freshly prepared hot meal in the LSCO 50's Style Diner!

**Breakfast:** 8:00 AM – 11:00 AM

**Lunch:** 11:30 AM – 1:30 PM

### Lunch Specials (\$11)

**Thursday Special:** Teriyaki Pork with Rice

**Friday Special:** Chicken Cordon Bleu with Mashed Potatoes



Here, you'll find more than just a place to live—you'll find a vibrant community filled with warm conversation, shared laughter, and real connections.

Discover a place that truly feels like home.



Contact us to learn more!  
Optima Living is Canadian owned and operated. 🇨🇦

# The premier event for the modern senior!

Presented by Cornerstone Funeral Home



Welcome to the Annual Live Well Showcase, proudly presented by Cornerstone Funeral Home and hosted by the Lethbridge Senior Citizens Organization (LSCO). Whether you are looking to discover new local services, protect your assets, or connect with friends—the Showcase is your vibrant, “one-stop-shop” for everything active aging.

**Where:** Lethbridge Senior Citizens Organization (500 - 11th Street South)

**Admission:** FREE!

**Parking:** FREE & Unlimited in the LSCO parking lot.

Please note: Street parking elsewhere in the area is free for 2 hours only so if you plan on staying longer, move your vehicle).

## Thursday, June 4

10:00AM - 4:00 PM

### Showcase Doors Open!

Explore 70+ Vendor Booths & Play the Passport Game (Details on Page 11)

11:00 AM

### Roundtable Panel Discussion

The Roadmap of Seniorhood Navigating Life's Next Great Chapters (details on Page 10)

11:00 AM - 2:30 PM

### Woodshop Tours

11:00am, 11:45 am, 1:00 pm, 1:45 pm, 2:30 pm

11:30 AM - 1:30 PM

### Lunch

Served in LSCO Diner

1:30 - 2:00 PM

### Workshops: (details on Page 10)

- The Gift That Costs You Less Than You Think
- Protect Your Nest Egg: Keep Your Money Safe from Frauds & Scams

2:30 - 4:00 PM

### Keynote Presentation:

The Aging Colon: Maintaining Digestive Health As You Mature (details on Page 10)

## Quick-Look Schedule

Presented by Optima Living

### Friday, June 5

10:00AM - 3:00 PM

### Showcase Doors Open!

Explore 70+ Vendor Booths & Play the Passport Game (Details on Page 11)

11:00 AM

### Keynote Presentation

Protecting Brain Health: Detecting Cognitive Decline Early (details on Page 10)

11:00 AM - 2:30 PM

### Woodshop Tours

10:30 am, 11:30 am, 1:00 pm

11:30 AM - 1:30 PM

### Lunch

Served in LSCO Diner

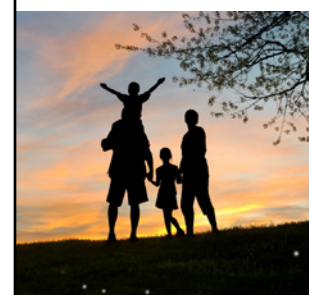
1:30 - 2:00 PM

### Workshops:

- The Gift That Costs You Less Than You Think
- Protect Your Nest Egg: Keep Your Money Safe from Frauds & Scams (details on Page 10)



## Deaf & Hear Alberta



- ASL CLASSES
- ASL INTERPRETING
- ASSISTIVE TECHNOLOGY
- CLIENT CONSULTATIONS
- DEAF & HARD-OF-HEARING SENIORS' SUPPORT
- PATHWAYS TO SUCCESSFUL ASL CAREERS
- PATHWAYS TO EMPLOYMENT FOR DEAF & HARD-OF-HEARING
- TRANSLATION SERVICES
- WORKPLACE ASSESSMENTS



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Candice Elliott-Boldt Jake Boldt  
NBC-HIS Registered Hearing Aid Practitioners

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**Nadine Granson**  
nadine.granson@availcpa.com  
403-382-6826



**Tyler Brack**  
tyler.brack@availcpa.com  
403-382-6837



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Packing • Arranging  
Movers • Unpacking  
Estate Home  
Clearouts/Sales

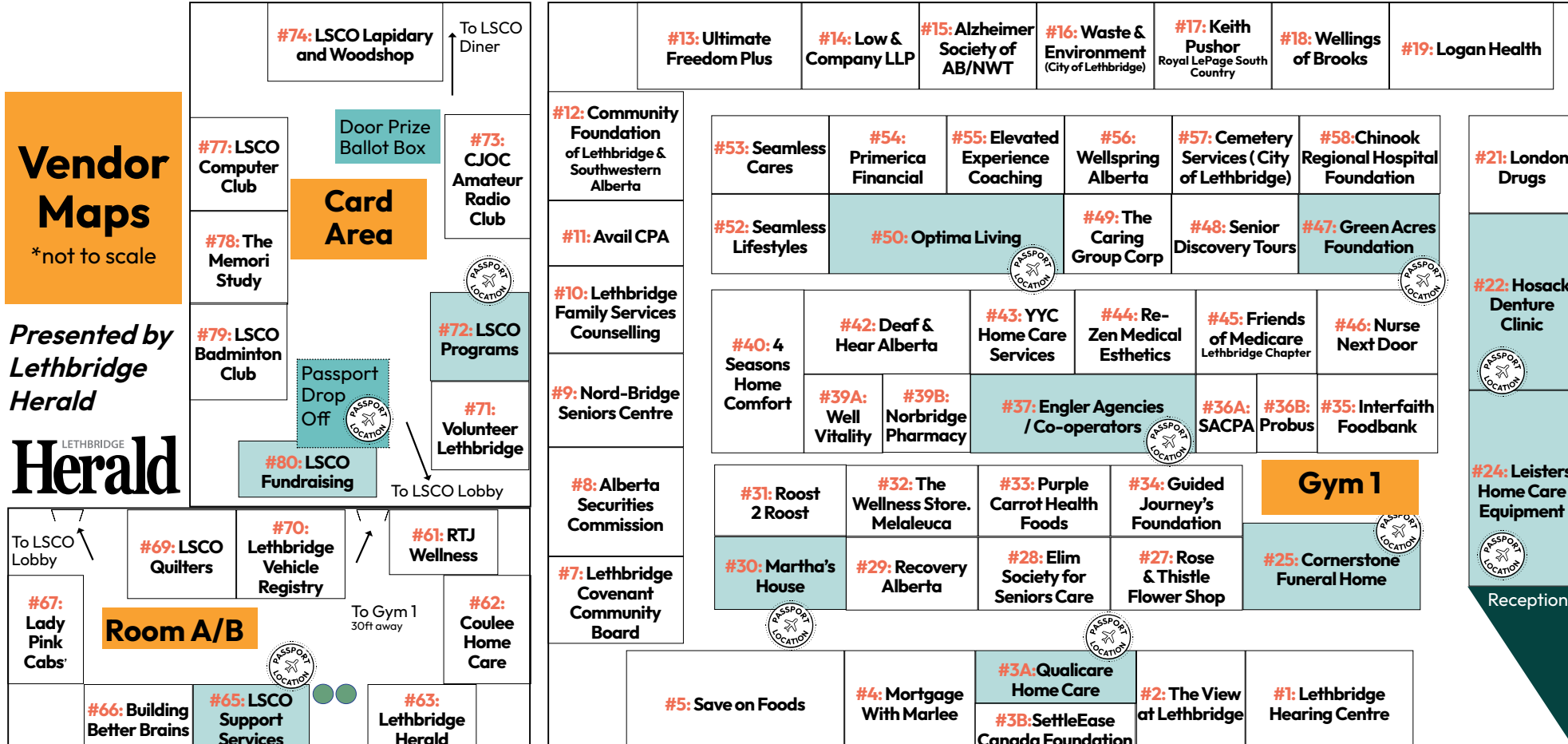
**Call Jody Johnson for your complimentary in-home consultation and free estimate**

**Cell: 403-330-8389**

### Vendor Maps

\*not to scale

Presented by **Lethbridge Herald**



**Room A/B**

- #66: Building Better Brains
- #65: LSCO Support Services
- #63: Lethbridge Herald
- #67: Lady Pink Cabs
- #69: LSCO Quilters
- #70: Lethbridge Vehicle Registry
- #61: RTJ Wellness
- #62: Coulee Home Care
- #77: LSCO Computer Club
- #78: The Memori Study
- #79: LSCO Badminton Club
- #80: LSCO Fundraising
- #72: LSCO Programs
- #71: Volunteer Lethbridge
- #73: CJOC Amateur Radio Club
- #74: LSCO Lapidary and Woodshop
- #75: Door Prize Ballot Box
- #76: Card Area

**Other Locations:**

- #1: Lethbridge Hearing Centre
- #2: The View at Lethbridge
- #3: SettleEase Canada Foundation
- #3A: Qualicare Home Care
- #4: Mortgage With Marlee
- #5: Save on Foods
- #7: Lethbridge Covenant Community Board
- #8: Alberta Securities Commission
- #9: Nord-Bridge Seniors Centre
- #10: Lethbridge Family Services Counselling
- #11: Avail CPA
- #12: Community Foundation of Lethbridge & Southwestern Alberta
- #13: Ultimate Freedom Plus
- #14: Low & Company LLP
- #15: Alzheimer Society of AB/NWT
- #16: Waste & Environment (City of Lethbridge)
- #17: Keith Pushor Royal LePage South Country
- #18: Wellings of Brooks
- #19: Logan Health
- #21: London Drugs
- #22: Hosack Denture Clinic
- #24: Leisters Home Care Equipment
- #25: Cornerstone Funeral Home
- #27: Rose & Thistle Flower Shop
- #28: Elim Society for Seniors Care
- #29: Recovery Alberta
- #30: Martha's House
- #31: Roost 2 Roost
- #32: The Wellness Store. Melaleuca
- #33: Purple Carrot Health Foods
- #34: Guided Journey's Foundation
- #35: Interfaith Foodbank
- #36A: SACPA
- #36B: Probus
- #37: Engler Agencies / Co-operators
- #39A: Well Vitality
- #39B: Norbridge Pharmacy
- #40: 4 Seasons Home Comfort
- #42: Deaf & Hear Alberta
- #43: YYC Home Care Services
- #44: Re-Zen Medical Esthetics
- #45: Friends of Medicare Lethbridge Chapter
- #46: Nurse Next Door
- #47: Green Acres Foundation
- #48: Senior Discovery Tours
- #49: The Caring Group Corp
- #50: Optima Living
- #52: Seamless Lifestyles
- #53: Seamless Cares
- #54: Primerica Financial
- #55: Elevated Experience Coaching
- #56: Wellspring Alberta
- #57: Cemetery Services (City of Lethbridge)
- #58: Chinook Regional Hospital Foundation

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- ✓ Bedroom Safety
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Financial Advisor  
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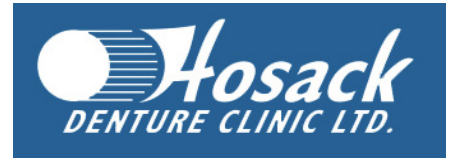
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# Presentations

In Gym 2

Presented by Hosack Denture Clinic



## KEYNOTE PRESENTATIONS

### The Aging Colon: Maintaining Digestive Health As You Mature

Thursday 2:30 - 4:00 pm

Join us for an informative session that explores the "aging colon," focusing on why common issues like constipation, diverticular disease, and slowing motility become more frequent in our senior years. Kathryn will discuss the impact of lifestyle, hydration, and medications on your gut health, while providing practical strategies—from fiber management to "squatting" techniques—to keep things moving comfortably. You'll also learn about the importance of regular screenings and how to distinguish between normal age-related changes and "red flag" symptoms that require a doctor's visit.

Presented by: **Kathryn Wisser MD**, Gastroenterologist at Logan Health Medical Center

### Protecting Brain Health: Detecting Cognitive Decline Early

Friday 11 am - 12:30 pm

Subtle changes in memory and thinking often begin years before a diagnosis—but they don't have to go unnoticed. There are likely to be changes in the biology of the brain that precede these functional declines. This session will highlight how early detection of cognitive decline is becoming possible and why it matters. We will highlight a novel new imaging method we are developing. You'll gain a clearer understanding of the changes in the brain that occur with cognitive decline and a look into the future of imaging.

Presented by: **Greg McGillis**, CEO/Founder of Brain Care Technologies

## ROUNDTABLE DISCUSSION

### The Roadmap of Seniorhood: Navigating Life's Next Great Chapters

Thursday 11 am - 12:30 pm

Planning for the future shouldn't feel like a series of disconnected hurdles. Join us for a panel discussion that brings together local experts to map out the journey of senior life—from the first days of retirement to the lasting legacy you leave behind. Join our "Roadmap" team as they provide a holistic look at:

- **The Active Years:** Guiding through the first steps of retirement—securing your benefits, staying social, and finding new community purpose (**Kaitlynn Weaver**, Lethbridge Senior Citizens Organization)
- **The Adaptive Years:** navigating the transition to retirement or assisted living and what to expect from modern senior communities. (**Jodi Martin**, Meadowlands Retirement Community)
- **The Essential Years:** Building a legal foundation through estate planning, personal directives, and power of attorney. (**Austyn Anderson**, Low & Company LLP)
- **The Legacy Years:** Preparing for the final stage in your journey with funeral pre-planning and providing peace to your family. (**Travis Zentner**, Cornerstone Funeral Home)

## WORKSHOPS

Thursday & Friday 1:30 - 2:00 pm

### Protect Your Nest Egg: Keep Your Money Safe from Frauds & Scams

As investment scams become increasingly sophisticated with the rise of AI and social media fraud, staying informed is your best line of defence. Take an essential look at the tactics used, from "deepfake" celebrity endorsements to high-pressure messaging schemes. This session teaches you how to verify opportunities, recognize subtle red flags, and use the ASC's tools to ensure your hard-earned savings remain secure. Don't let a scammer jeopardize your retirement—learn how to spot the "too good to be true" before it's too late.

Presented By: **James McTavish**, Senior Advisor at Alberta Securities Commission

### The Gift That Costs You Less Than You Think

You've spent a lifetime building something meaningful. Planned giving is your chance to make it last — for the hospital, your community, and the people you care about most. Join Mason Sheen as he walks through simple, tax-smart ways to create a lasting legacy right here in Southern Alberta.

Presented By: **Mason Sheen**, Associate Portfolio Manager at Advantage Financial

## Help Advance Dementia Research – University of Calgary Study (Ages 55+)

The MEMORI Study will be **presenting at the Live Well Showcase on June 5**. We are currently looking for adults aged 55+ who are experiencing changes in memory or thinking, have been told they may have Mild Cognitive Impairment (MCI), or have been diagnosed with dementia to participate in a University of Calgary research study focused on memory, brain health, and healthy aging.

### Why participate?

- Take an active role in supporting your brain health
- Learn more about how memory and cognition can change as we age
- Contribute to research that supports healthy aging for future generations

Participation involves a 2-hour session with memory and thinking tasks, questionnaires, and comfortable, non-invasive brain sensing technology (EEG and fNIRS). A study partner who has known the participant for at least 5 years is also required.

Please feel free to share with members, friends, or family who may be interested.

When contacting us, please mention the LSCO event.

**To learn more or contact the study team:**  
memori.study.2025@gmail.com | 403-210-6514 (REB23-0256)

# Vendors



Vendors are Gym 1, Room A/B and the Card Area

Presented by Lethbridge Hearing Centre

## COMMUNITY SERVICES, ADVOCACY & EDUCATION

Charities, public services, advocacy groups, civic resources, and educational organizations.

- 15 Alzheimer Society of AB/NWT
- 58 Chinook Regional Hospital Foundation
- 57 City of Lethbridge Cemetery Services
- 16 City of Lethbridge Waste and Environment
- 12 Community Foundation of Lethbridge and Southwestern Alberta
- 42 Deaf & Hear Alberta
- 35 Interfaith Food Bank Society of Lethbridge
- 10 Lethbridge Family Services – Counselling Outreach and Education
- 45 Lethbridge Friends of Medicare
- 63 Lethbridge Herald
- 70 Lethbridge Vehicle Licensing & Registry



## 65 LSCO Support Services

Our mission is to ensure that adults aged 60 and older receive the support they deserve. Whether you require information and referrals, short-term case management, or outreach support, we are here to assist you every step of the way.

- 61 RTJ Wellness
- 3 SettleEase Canada Foundation
- 78 The Memori Study
- 71 Volunteer Lethbridge
- 56 Wellspring Alberta

## FINANCIAL, LEGAL & END OF LIFE CARE

Financial services, legal help, and support for end of life

- 8 Alberta Securities Commission
- 49 The Caring Group Corp



## 25 Cornerstone Funeral Home

For over 30 years, we have been honoured to serve Southern Alberta by providing compassionate, attentive funeral services, thoughtfully tailored to honour every life with dignity, respect, and genuine care.

## 37 Engler Agencies Ltd. / Co-operators

We offer the advice, solutions and resources you need to reach your goals. And we do it in a way that always puts you first. We help you choose, invest and manage plans that offer safe investments and excellent returns and make well-informed decisions on the types of investments that are right for you.



- 34 Guided Journeys
- 14 Low & Company LLP
- 4 Mortgage With Marlee
- 54 Primerica Financial Services

**Please support our vendors and sponsors!** They are the reason we are able to continue the showcase each year!

## HEALTH, WELLNESS & HOBBIES

Physical and mental health, hobby groups, specialty clinics.

- 55 Elevated Experience Coaching



## 22 Hosack Denture Clinic

Hosack Denture Clinic offers a wide variety of denture related services and products. Whether you are considering your first dentures, dental implants, partial dentures or you need repairs or replacement of existing dentures.

- 73 CJOC Amateur Radio Club at LSCO

## 1 Lethbridge Hearing Centre

We help people hear life better! We understand that most people don't want to buy hearing aids. But if you have untreated hearing loss they can mean the difference between having or losing a job, enjoying a night out with friends, time with your family or just feeling confident again.



- 77 LSCO Computer Club

## 72 LSCO Programs & Fitness

We have something for everyone in our 56,000 square foot facility. Discover opportunities to keep you moving, creating, and growing in your golden years

- 76 LSCO Quilters
- 79 LSCO Badminton Club
- 19 Logan Health
- 39 Norbridge Pharmacy
- 9 Nord-Bridge Seniors Centre
- 33 Purple Carrot Health Foods & Wellness Inc
- 29 Recovery Alberta
- 44 Re-Zen Medical Esthetics Clinic
- 39 Well Vitality Health Clinic

## HOME CARE & SUPPORT SERVICES

In-home care, caregiving, companionship, aging-in-place services.

- 62 Coulee Home Care
- 46 NURSE NEXT DOOR



## 3 Qualicare Home Care

We provide comprehensive, family-centered home care services, supporting clients across all ages with medical, personal, and companionship needs. Through a coordinated 360-degree approach, it integrates healthcare, emotional support, and daily living assistance, helping families navigate complex care situations with continuity, dignity, and peace of mind.

- 53 Seamless Cares Ltd
- 43 YYC Home Care Services

## PASSPORT PRIZE DRAW

As you explore the Showcase, keep an eye out for Passport Locations It's a fun way to discover new services, meet friendly faces, and make the most of your time at the Showcase. Don't forget to bring your curiosity—and maybe a pen!

## HOUSING & HOME LIVING

Where seniors live and housing transitions – downsizing, upgrades, senior residences, real estate.

- 40 4 Seasons Home Comfort
- 28 Elim Society For Seniors Care



## 47 Green Acres Foundation

We are a non-profit housing organization that provides affordable housing and care for senior citizens in Southern Alberta. Since 1960, we have created communities, with a focus on independence, affordability, quality care, and connection. Discover what makes Green Acres Foundation a great place to live!

- 17 Keith Pushor Royal Lepage South Country
- 7 Lethbridge Covenant Community Board



## 30 Martha's House

Martha's House is a well established seniors supportive living residence for seniors 65+. Meals, weekly housekeeping, activities, and support are provided in a home like environment.



## 50 Optima Living

At Optima Living, we offer a wide range of senior living options in unique communities—each thoughtfully designed to support your individual journey, with compassionate guidance every step of the way

- 31 Roost 2 Roost Ltd.
- 2 The View at Lethbridge
- 52 Seamless Lifestyles Inc.
- 18 Wellings of Brooks

## MOBILITY, RETAIL & CONSUMER PRODUCTS

Mobility devices, healthy living products, personal products, and travel

- 67 Lady Pink Cabs

## 24 Leister's Home Care Equipment

We sell lift chairs, stair lifts, walkers, wheelchairs, items to help with mobility and safety in the home.



- 21 London Drugs
- 5 Save On Foods
- 48 Senior Discovery Tours
- 27 The Rose & Thistle Flower Shop
- 32 The Wellness Store. Melaleuca
- 13 Ultimate Freedom Plus



Bring your passport to each passport location to get 'stamped'

Once you have a stamp from all locations, show your completed passport to Booth #80 - LSCO Fundraising to be entered to win a prize valued at over \$500

# June 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:15-9:15: Tai Chi Group <b>1</b></p> <p>8-8:50am: Cardio Strength</p> <p>8:30am-3:30pm: Billiards</p> <p>9-9:55am: Instructor's Choice</p> <p>9-9:55am: Zumba</p> <p>9-9:55am: TRX Plus</p> <p>10-10:45am: Chair Yoga</p> <p>10am-12pm: Dental Consultations</p> <p>10am-12pm: Birds and Butterflies in Watercolour</p> <p>10:10-11am: Core &amp; Stretch</p> <p>10:15-11am: Gentle Exercise</p> <p>10:15-11:15am: Seniors Who Lift</p> <p>11:15-12:30pm: Pilates</p> <p>11:15-12:45pm: Badminton</p> <p>11:30-12:15pm: Functional Fitness</p> <p>1-2pm: Yoga For Seniors</p> <p>2-3pm: Modern Qigong</p> <p>2:30-4pm: Table Tennis</p> <p>7-9pm: Pickleball Drop In</p>	<p>8-8:55am: Vinyasa Yoga <b>2</b></p> <p>8:30am-4pm: Billiards</p> <p>8:45-9:45am: Beginner Pilates</p> <p>9-9:55am: Cycle Combo</p> <p>9-9:50am: Cardio &amp; Balance</p> <p>10-11am- Gentle Yoga</p> <p>10am-12pm: Prescribing Pharmacist On-site</p> <p>11:30am-12:15pm: Essentrics</p> <p>12-3pm: Quilting</p> <p>1-3:30pm: Karaoke</p> <p>1:30-2:30pm: Strength &amp; Mobility</p> <p>1:30-3pm: Community Connect Coffee Group</p> <p>3:30-4pm: Plant Tower Club</p> <p>5-6:00pm: Tuesday Evening Flow Yoga</p> <p>6:30-7:30pm: Senior Queer Support Group</p>	<p>8-8:50am: Cardio to the Core (Gym 2) <b>3</b></p> <p>8:15-9:15: Tai Chi Group (Stage)</p> <p>8:30am-3:30pm: Billiards</p> <p>9-12pm: CRA Clinic (Card Area)</p> <p>9-9:55am : Bike &amp; More (Gym 2)</p> <p>9:10-10am: Core &amp; Stretch (APR)</p> <p>9:30-11am: Amateur Radio</p> <p>10am-12pm: Wood Carving Club (Westco Woodshop)</p> <p>10am-3pm: Lapidary (Lapidary Room)</p> <p>10am-3pm: Genealogy (Board Room)</p> <p>10-10:45am: Chair Yoga (Stage)</p> <p>10:15-11:15am: 20/20/20 (Gym 2)</p> <p>11-11:45am: Pound (APR)</p> <p>11:30-12:30: Experienced Line Dancing (Gym 2)</p> <p>12:45-1:45pm: Beginner Line Dancing (Gym 2)</p> <p>1pm: LSCO Guided Tour (Admin Desk)</p> <p>1-3pm: Watercolor (Arts &amp; Crafts Room)</p> <p>2:30-4pm: Table Tennis (C/D)</p>	<p>8-8:55am: Vinyasa Yoga (APR) <b>4</b></p> <p>8:30am-3:30pm: Billiards</p> <p>10:30-11:30am: Strength Circuit (Fitness Centre)</p> <p>1-4pm: Knitting &amp; Crochet</p> <p>1:30-2:30pm: Strength &amp; Mobility (Fitness Centre)</p>  <p><b>10am - 4pm</b></p> <p>All details on pages 8-11</p>	<p>8:15-9:15: Tai Chi Group (APR) <b>5</b></p> <p>8:30am-3:30pm: Billiards</p> <p>9am-3pm: Paper Tole &amp; Creative Arts</p>  <p><b>10am - 3pm</b></p> <p>All details on pages 8-11</p>
<p>8:15-9:15: Tai Chi Group <b>8</b></p> <p>8-8:50am: Cardio Strength</p> <p>8:30am-3:30pm: Billiards</p> <p>9-9:55am: Instructor's Choice</p> <p>9-9:55am: Zumba</p> <p>9-9:55am: TRX Plus</p> <p>10-10:45am: Chair Yoga</p> <p>10:10-11am: Core &amp; Stretch</p> <p>10:15-11am: Gentle Exercise</p> <p>10:15-11:15am: Seniors Who Lift</p> <p>11am-2pm: Lazy Susan Workshop</p> <p>11:15am-12:30pm: Pilates</p> <p>11:15-12:45pm: Badminton</p> <p>11:30-12:15pm: Functional Fitness</p> <p>1-2pm: Yoga For Seniors</p> <p>1-3pm: Acrylic for Beginners</p> <p>1-2pm: VolunTEAM meeting</p> <p>2-3pm: Modern Qigong</p> <p>2:30-4pm: Table Tennis</p> <p>7-9pm: Pickleball Drop In</p>	<p>8-8:55am: Vinyasa Yoga <b>9</b></p> <p>8:30am-4pm: Billiards</p> <p>8:45-9:45am: Beginner Pilates</p> <p>9-9:55am: Cycle Combo</p> <p>9-9:50am: Cardio &amp; Balance</p> <p>10-11am- Gentle Yoga</p> <p>11:30am-12:15pm: Essentrics</p> <p>12-3pm: Quilting</p> <p>1-3:30pm: Karaoke</p> <p>1-3:30pm Compass for the Caregiver</p> <p>1:30-2:30pm: Strength &amp; Mobility</p> <p>3:30-4pm: Plant Tower Club</p> <p>5-6:00pm: Tuesday Evening Flow Yoga</p>	<p>8:00-8:50am: Cardio to the Core <b>10</b></p> <p>8:15-9:15: Tai Chi Group</p> <p>8:30am-3:30pm: Billiards</p> <p>9-9:55am : Bike &amp; More</p> <p>9:10-10am: Core &amp; Stretch</p> <p>9:30-11am: Amateur Radio</p> <p>10am-3pm: Lapidary</p> <p>10am-3pm: Genealogy</p> <p>10-10:45am: Chair Yoga</p> <p>10:15-11:15am: 20/20/20</p> <p>10:15-11am: Gentle Exercise</p> <p>11am-11:45am: Pound</p> <p>11:15-12:45pm: Badminton</p> <p>11:30-12:30: Experienced Line Dancing</p> <p>12:45-1:45pm: Beginner Line Dancing</p> <p>1-3pm: Watercolor</p> <p>1-4pm: Legal Consultations</p> <p>2:30-4pm: Table Tennis</p> <p>3-4:30pm: Pickleball Drop In</p>	<p>7-8am: Sunrise Rotary <b>11</b></p> <p>8-8:55am: Vinyasa Yoga</p> <p>8:30am-3:30pm: Billiards</p> <p>9-9:55am: Cycle For All Levels</p> <p>9-9:50am: Strength &amp; Balance</p> <p>9:30-10:15am: Chair Exercise</p> <p>10am-12pm: Hearing Screenings</p> <p>10am-12pm: Community Links</p> <p>10-11am: Gentle Yoga</p> <p>10:15-11:30am: Pilates</p> <p>10:30-11:30am: Strength Circuit</p> <p>10:15-11:15am: Traditional Qigong</p> <p>10:15-12:00pm: Badminton</p> <p>11am-2pm: Lazy Susan Workshop</p> <p>12-1pm: SACPA</p> <p>1pm: Mobile Food Support</p> <p>1-3pm: Crib</p> <p>1-4pm: Knitting &amp; Crochet</p> <p>1:30-2:30pm: Strength &amp; Mobility</p> <p>4:00-5:00pm Moving To Heal</p> <p>5:15-6:15pm: Classic Nia</p> <p>7-9pm: AA Sunset</p>	<p><b>SUMMER PROGRAM REGISTRATION OPENS 8AM</b> <b>12</b></p> <p>8:15-9:15: Tai Chi Group</p> <p>8:30am-3:30pm: Billiards</p> <p>9am-3pm: Paper Tole &amp; Creative Arts</p> <p>9-9:55am: Tabata</p> <p>9-10am: Yoga Refresh</p> <p>10:15-11:15am: Yoga for Seniors</p> <p>10:30am-12pm: Table Tennis</p> <p>11:15-12:45pm: Badminton</p> <p>1-4pm: Computer Club</p> <p>1-3pm: Second Friday Social</p> <p>3-4:30pm: Pickleball Drop In</p>
<p>8:15-9:15: Tai Chi Group <b>15</b></p> <p>8-8:50am: Cardio Strength</p> <p>8:30am-3:30pm: Billiards</p> <p>9-9:55am: Instructor's Choice</p> <p>9-9:55am: Zumba</p> <p>9-9:55am: TRX Plus</p> <p>10-10:45am: Chair Yoga</p> <p>10:10-11am: Core &amp; Stretch</p> <p>10:15-11am: Gentle Exercise</p> <p>10:15-11:15am: Seniors Who Lift</p> <p>10:30am: LSCO Guided Tour</p> <p>11:15am-12:30pm: Pilates</p> <p>11:15-12:45pm: Badminton</p> <p>11:30-12:15pm: Functional Fitness</p> <p>11am-2pm: Lazy Susan Workshop</p> <p>1-2pm: Yoga For Seniors</p> <p>1-3pm: Acrylic for Beginners</p> <p>1-3pm: WEAAD Talent Showcase</p> <p>1-2pm: VolunTEAM meeting</p> <p>2-3pm: Modern Qigong</p> <p>2:30-4pm: Table Tennis</p> <p>7-9pm: Pickleball Drop In</p>	<p>8-8:55am: Vinyasa Yoga <b>16</b></p> <p>8:30am-4pm: Billiards</p> <p>8:45-9:45am: Beginner Pilates</p> <p>9-9:55am: Cycle Combo</p> <p>9-9:50am: Cardio &amp; Balance</p> <p>10-11am- Gentle Yoga</p> <p>12-3pm: Quilting</p> <p>1-3:30pm: Karaoke</p> <p>1-3:30pm Compass for the Caregiver</p> <p>1:30-2:30pm: Strength &amp; Mobility</p> <p>3:30-4pm: Plant Tower Club</p> <p>5-6:00pm: Tuesday Evening Flow Yoga</p>	<p>8:00-8:50am: Cardio to the Core <b>17</b></p> <p>8:15-9:15: Tai Chi Group</p> <p>8:30am-3:30pm: Billiards</p> <p>9-9:55am : Bike &amp; More</p> <p>9:10-10am: Core &amp; Stretch</p> <p>9:30-11am: Amateur Radio</p> <p>10am-12pm: Wood Carving Club</p> <p>10am-3pm: Lapidary</p> <p>10am-3pm: Genealogy</p> <p>10-10:45am: Chair Yoga</p> <p>10:15-11am: Gentle Exercise</p> <p>11am-11:45am: Pound</p> <p>11:15-12:45pm: Badminton</p> <p>11:30-12:30: Experienced Line Dancing</p> <p>12:45-1:45pm: Beginner Line Dancing</p> <p>1-3pm: Watercolor</p> <p>2:30-4pm: Table Tennis</p> <p>3-4:30pm: Pickleball Drop In</p>	<p>7-8am: Sunrise Rotary <b>18</b></p> <p>8-8:55am: Vinyasa Yoga</p> <p>8:30am-3:30pm: Billiards</p> <p>9-9:55am: Cycle Combo</p> <p>9-9:50am: Strength &amp; Balance</p> <p>9:30-10:15am: Chair Exercise</p> <p>10-11am: Gentle Yoga</p> <p>10:15-11:30am: Pilates</p> <p>10:15-11:15am: Strength Circuit</p> <p>10:15-11:15am: Traditional Qigong</p> <p>10:15-12:00pm: Badminton</p> <p>11am-2pm: Lazy Susan Workshop</p> <p>12-1pm: SACPA</p> <p>1-3pm: Crib</p> <p>1-4pm: Knitting &amp; Crochet</p> <p>1:30-2:30pm: Strength &amp; Mobility</p> <p>1-3pm: Scams &amp; Frauds Consultations</p> <p>2-4pm: Parkinsons Support Group</p> <p>7-9pm: AA Sunset</p>	<p>8:15-9:15: Tai Chi Group <b>19</b></p> <p>8:30am-3:30pm: Billiards</p> <p>9am-3pm: Paper Tole &amp; Creative Arts</p> <p>9-9:55am: Tabata</p> <p>9-10am: Yoga Refresh</p> <p>10:15-11:15am: Yoga for Seniors</p> <p>10:30am-12pm: Table Tennis</p> <p>11:15-12:45pm: Badminton</p> <p>1-4pm: Computer Club</p> <p>3-4:30pm: Pickleball Drop In</p>
<p>8:15-9:15: Tai Chi Group <b>22</b></p> <p>8-8:50am: Cardio Strength</p> <p>8:30am-3:30pm: Billiards</p> <p>9-9:55am: Instructor's Choice</p> <p>9-9:55am: Tabata</p> <p>9-9:55am: Zumba</p> <p>9-9:55am: TRX Plus</p> <p>10-10:45am: Chair Yoga</p> <p>10:15-11:15am: Seniors Who Lift</p> <p>10:15-11am: Gentle Exercise</p> <p>11am-2pm: Lazy Susan Workshop</p> <p>11:15am-12:30pm: Pilates</p> <p>11:15-12:45pm: Badminton</p> <p>11:30-12:15pm: Functional Fitness</p> <p>1-3pm: Acrylic for Beginners</p> <p>1-2pm: Yoga For Seniors</p> <p>2-3pm: Modern Qigong</p> <p>2:30-4pm: Table Tennis</p> <p>7-9pm: Pickleball Drop In</p>	<p>8-8:55am: Vinyasa Yoga <b>23</b></p> <p>8:30am-4pm: Billiards</p> <p>8:45-9:45am: Beginner Pilates</p> <p>9-9:55am: Cycle Combo</p> <p>9-9:50am: Cardio &amp; Balance</p> <p>10-11am- Gentle Yoga</p> <p>12-3pm: Quilting</p> <p>1-3:30pm: Karaoke</p> <p>1-3:30pm Compass for the Caregiver</p> <p>1:30-2:30pm: Strength &amp; Mobility</p> <p>3:30-4pm: Plant Tower Club</p> <p>5-6:00pm: Tuesday Evening Flow Yoga</p> <p><b>THE SAME AS ABOVE</b> <b>30</b></p>	<p>8:00-8:50am: Cardio to the Core <b>24</b></p> <p>8:15-9:15: Tai Chi Group</p> <p>8:30am-3:30pm: Billiards</p> <p>9-9:55am : Bike &amp; More</p> <p>9:30-11am: Amateur Radio</p> <p>10am-3pm: Lapidary</p> <p>10am-3pm: Genealogy</p> <p>10-10:45am: Chair Yoga</p> <p>10:15-11:15am: 20/20/20</p> <p>10:15-11am: Gentle Exercise</p> <p>11am-11:45am: Pound</p> <p>11:15-12:45pm: Badminton</p> <p>11:30-12:30: Experienced Line Dancing</p> <p>12:45-1:45pm: Beginner Line Dancing</p> <p>1:30-4pm: Cooking With Konny</p> <p>1-3pm: Watercolor</p> <p>2:30-4pm: Table Tennis</p> <p>3-4:30pm: Pickleball Drop In</p>	<p>7-8am: Sunrise Rotary <b>25</b></p> <p>8-8:55am: Vinyasa Yoga</p> <p>8:30am-3:30pm: Billiards</p> <p>9-9:55am: Cycle For All Levels</p> <p>9-9:50am: Strength &amp; Balance</p> <p>9:30-10:15am: Chair Exercise</p> <p>10-11am: Gentle Yoga</p> <p>10:15-11:30am: Pilates</p> <p>10:30-11:30am: Strength Circuit</p> <p>10:15-12:00pm: Badminton</p> <p>11am-2pm: Lazy Susan Workshop</p> <p>12-1pm: SACPA</p> <p>1-3pm: Crib</p> <p>1-4pm: Knitting &amp; Crochet</p> <p>1:30-2:30pm: Strength &amp; Mobility</p> <p>7-9pm: AA Sunset</p>	<p>8:15-9:15: Tai Chi Group <b>26</b></p> <p>8:30am-3:30pm: Billiards</p> <p>9am-3pm: Paper Tole &amp; Creative Arts</p> <p>9-10am: Yoga Refresh</p> <p>10:15-11:15am: Yoga for Seniors</p> <p>10:30am-12pm: Table Tennis</p> <p>11:30am-12:30pm: Yoga Nidra</p> <p>11:15-12:45pm: Badminton</p> <p>1-4pm: Computer Club</p> <p>3-4:30pm: Pickleball Drop In</p>
<p><b>THE SAME AS ABOVE, AND</b> <b>29</b></p> <p>6-8:30pm: Paint Night</p>				<p>8:30-10:30am: AA Eye Opener <b>27</b></p> <p><b>June 26-28</b></p> <p>Watch LSCO Silver Dragons Paddle at the Lethbridge Rotary Dragon Boat Festival</p>

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and click the yellow button



View Programs & Register Online

Summer  
Program Registration



Opens Friday, June 12 @ 8am

## 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 Summer Session (July & August) opens on Friday, June 12 at 8am.**

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 June 12 for Summer 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 June. 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 at any eligible class. Ask for exclusions.

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.



## We're Listening!

If you participated in a program at the LSCO during January - April, **please fill out this quick survey.**

Your input helps us improve our programs!

Scan me



## Speciality Programs

Program	Instructor	Session	Time	Cost	Room
<b>Cooking With Konny!</b>	Konny Nelle	June 24	1:30-4 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 Vegetarian Moussaka and Greek Salad. Moussaka can be described as a Greek take on lasagna and it freezes well for those looking to stock their freezer. 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>Pickleball Drop In</b>	Mondays: 7-9 pm Wednesdays, Fridays: 3 - 4:30 pm			\$7 (\$9)	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	\$25 (\$35)	C/D
Join the chorus! This 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! Individual days are available on a drop-in basis with advanced notice. Drop in prices are \$9 for LSCO members and \$11 for non-members.					
<b>July 7: History and Anatomy of the Ukulele</b>	<b>July 8: Tune Up</b>	<b>July 9: Tune up</b>			
Tuning, strumming, intro to basic chords	Finding notes, more chords, learning some songs	Playing with a chart, chord graphics, playing with the group			

## REMINDER



### Modified Program Schedule For Live Well Showcase

June 3 - June 5

As the Live Well Showcase takes place across the whole building, most programming has been cancelled or relocated. This includes some programs on Wednesday.

Please see the centerfold schedule, speak to your instructor or contact [sgirodat@lethseniors.com](mailto:sgirodat@lethseniors.com) if you have any questions.

These changes were already factored into program pricing for the spring session.

## Are you looking for more information on the LSCO's programs and services?

Our Program Guide has everything you need to know all in one handy place! You'll find:

- Program & Fitness information
- Membership information
- Volunteering Opportunities
- Special Events
- Online Registration Tips
- Support Services
- and more!



### Where to find the program guide:

- Scan the QR code or click the graphic if you are reading online
- Go to [www.lethseniors.com](http://www.lethseniors.com) and click 'Programs & Fitness' then choose "program guide"
- Pick up a printed copy at the admin desk



*Silver Dragons competing last year*

### PROGRAMS MESSAGE

## LSCO Silver Dragons Gearing Up to Paddle!

Our team is officially gearing up for the upcoming Lethbridge Dragon Boat Festival at Henderson Lake Park, running from June 26–28! Please come out and show your support if you are able.

To make our team complete, we are currently looking for a steer for our boat.

#### The Details:

Dates: Friday June 26– Sunday 28

Cost: \$80 total (\$60 registration fee + \$20 for your team t-shirt)

Experience: Previous steering experience is great, not required. Training will be provided.

If you are interested in steering our boat, or if you know someone who would be a perfect fit, please reach out to Andrea Clarke at [programs@lethseniors.com](mailto:programs@lethseniors.com).



## HearingLife

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MENTION CODE: NSP-2500-PNTW

Lethbridge

**509 6<sup>th</sup> Avenue South**

**1258 3<sup>rd</sup> Avenue South**

**1332 Mayor Magrath Drive South**

**2810 Fairway Street, South, Unit 20**

**108 49<sup>th</sup> Avenue West**

**2639 Scenic Drive North, Unit 20**

\*A comprehensive hearing assessment is provided to adults ages 19 and older at no cost. The results of this assessment will be communicated verbally to you. Depending on the province you're located in, an administrative fee may apply if a copy of an Audiological Report is requested. Child hearing tests are conducted at select locations for a fee, please contact us for more information. Offer not applicable for industrial hearing tests. Some conditions apply, see clinic for details.

SUMMER PROGRAMS

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

# Fitness & Movement

Member Price (Non Member Price)

Session	Date	Time	Cost	Drop-In	Room	Instructor
<b>20/20/20</b>	Wednesdays, July 8 – Sept 2	9 – 10 am	\$72 (\$90)	\$9 (\$11)	Gym 2 (July) APR (Aug)	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>Cardio to the Core</b>	Wednesdays, May 6 – July 29 <i>*No class July 1*</i>	8:00 – 8:50 am	N/A	\$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, July 2 – August 27	9:30 – 10:15 am	\$54 (\$72)	\$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, July 6 – 27	10:10 – 11:00 am	\$32 (\$40)	\$9 (\$11)	APR	Tracy Simons/ Stephanie Girodat
	Mondays, August 10 – 31 <i>*No class August 3, 24</i>		\$24 (\$30)		APR	
	Wednesdays, July 8 – 29		\$32 (\$40)		Gym 1	
	Wednesdays, August 5 – Sept 2		\$40 (\$50)		APR	
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						
<b>Cycle Combo</b>	Tuesdays, July 7 – 28	9:00 – 9:55 am	\$32 (\$40)	\$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, July 2 – 30	9:00–9:55 am	\$40 (\$50)	\$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>Instructor's Choice</b>	Mondays, July 6 – Aug 31 <i>*No class August 3, 24</i>	9:00 – 9:55 am	\$56 (\$70)	\$9 (\$11)	Gym 1 (July) A/B (Aug)	Jamie Hillier
	Tuesdays, August 4 – 25		\$32 (\$40)			
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 (Monday), 20 (Tuesday).						
<b>Full Body Workout</b>	Tuesdays, August 4 – Sept 1	10:00 – 10:55am	\$40 (\$50)	\$9 (\$11)	A/B	Tracy Simons
Come enjoy a well-rounded workout to start your day! Equipment and training strategies will vary from week to week so you can be challenged in new ways every class. Maximum 20 participants.						

## 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 June. The majority of these programs are available for drop in. Please inquire at the admin desk. 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 at any eligible class. Ask for exclusions.

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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**Summer**  
**Program Registration**  
**Opens Friday, June 12 @ 8am**

**JULY & AUGUST PROGRAMS**

**LSCO** Lethbridge Senior Citizens Organization

Member Price (Non Member Price)

Session	Date	Time	Cost	Drop-In	Room	Instructor
<b>Functional Fitness</b>	Mondays, July 6 – August 17 <i>*No class August 3, 24*</i>	11:30 am – 12:15 pm	\$36 (\$42)	\$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, July 6 – 27	10:15 – 11:00 am	\$32 (\$40)	\$9 (\$11)	Gym 1 (July)	June Dow
	Wednesdays, July 8 – Sept 2		\$72 (\$90)		A/B (Aug)	Donna Teifenbach
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>Pilates</b>	Mondays, July 6 – 27	11:15 am – 12:30	\$32 (\$40)	\$9 (\$11)	APR	June Dow
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. <b>Please bring a yoga mat, towel, and water bottle.</b> Not included in the ultimate fitness membership. Maximum 25 participants.						
<b>Seniors Who Lift</b>	Monday, July 6 – 27	10:15 – 11:15 am	\$32 (\$40)	\$9 (\$11)	Gym 2	Jamie Hillier
	Thursdays, Aug 6 – Sep 3	9:00 – 9:55 am	\$32 (\$40)		A/B	Various
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 (Monday), 20 (Tuesday).						
<b>Strength &amp; Mobility</b> ●	Tuesdays & Thursdays July 7 – August 27	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. Not included in the ultimate fitness membership.						
<b>Strength &amp; Balance</b> ●	Thursdays, July 9 – 30 <i>*No class July 2*</i>	9:00 – 9:50 am	\$32 (\$40)	\$9 (\$11)	Gym 1	Various Instructors
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> ● <i>*Now included in UFM*</i>	Thursdays, July 9 – August 27 <i>*No class July 2*</i>	10:30 – 11:30 am	\$64 (\$80)	\$9 (\$11)	Fitness Centre	Stephanie Girodat/Tracy Simons
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.						
<b>Tabata</b>	Tuesdays, July 7 – 28	9:00 – 9:55 am	\$32 (\$40)	\$9 (\$11)	Gym 1	Various Instructors
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>TGIF Tabata</b>	Fridays, July 3 – August 28	9:00 – 9:55 am	\$72 (\$90)	\$9 (\$11)	Gym 1 (Jul)/ APR (Aug)	Various Instructors
Get your sweat on before winding down your week! In the first half of the class you will perform a variety of challenging exercises in timed intervals (20 seconds maximal effort/10 seconds rest, repeated 8 times). After getting your heart rate up, enjoy a deep stretch and a bit of relaxation. Maximum 25 participants.						

**Check out our Summer Program Guide!**  
Your comprehensive guide to every program at the LSCO, registration tips & more!  
Available online or printed at the front desk.

SUMMER PROGRAMS

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

# Mind-Body & Yoga

Member Price (Non Member Price)						
Session	Date	Time	Cost	Drop-In	Location	Instructor
<b>Chair Yoga</b>	Mondays, July 6 – Aug 17 <i>*No class August 3, 24, 31*</i>	10:00 – 10:45 am	\$36 (\$48)	\$7 (\$9)	Stage Area	Corrine Myers
	Wednesdays, July 8 – Aug 19		\$36 (\$48)			
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>Gentle Yoga</b>	Tuesdays, July 7 – Sept 1	10:00 – 11:00 am	\$72 (\$90)	\$9 (\$11)	APR	Donna Teifenbach
	Thursdays, July 2 – Sept 3		\$80 (\$100)			
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>Vinyasa Yoga With Melanie</b>	Thursdays, July 2 – Sept 3	8:00 – 8:50 am	\$80 (\$100)	N/A	APR	Melanie Hillaby
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.						
<b>Yoga Refresh</b>	Tuesdays, July 7 – Sept 1	10:00 – 11:00 am	\$72 (\$90)	\$9 (\$11)	APR	Donna Teifenbach
	Thursdays, July 2 – Sept 3		\$80 (\$100)			
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.						
<b>Yoga For Seniors</b>	Mondays, July 6 – August 17 <i>*No class August 3, 24, 31*</i>	1:00 – 2:00 pm	\$48 (\$60)	\$9 (\$11)	A/B APR	Corrine Myers
	Fraturdays, July 3 – August 21	10:15 – 11:15 am	\$56 (\$70)			
	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. Maximum 20 participants (Monday)/25 participants (Friday).					



## JULY & AUGUST PROGRAMS

# Program Registration

Opens Friday, June 12 @ 8am





## Lethbridge Businesses at Your Fingertips 🍁

When you open the Yellow Pages directory, you connect with the trusted local businesses that keep your community strong.

**Find local professionals you can count on:**

- ✓ Home maintenance & repairs
- ✓ Health & wellness services
- ✓ Transportation & mobility support
- ✓ Dining, shopping & much more!

Feel confident knowing trusted local help is always within your reach.



## 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. Thursdays are specifically a good day to focus on working and improving your skills. Coaching support may be provided. Bring your own equipment or borrow some of ours.

### 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. *Returning in September*

### 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 Tole & Creative Arts \$28/Year + LSCO Membership

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

### Quilting: LSCO Membership

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

### Table Tennis \$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.

## COMPUTER CORNER HOW TO

### Add a Webpage Shortcut to the Windows Desktop and Taskbar





The desktop is what you see on your monitor when you first log in and don't have any programs running.

You can quickly access your favorite websites by creating a desktop shortcut. This can be done several ways, here are two of them; drag-and-drop, and the Windows shortcut wizard.

#### Method 1: Drag and Drop from Browser

Open Chrome, Firefox, or Edge and go to the desired website.

Click Restore Down  so you can see both the browser and desktop.


Drag the padlock/site icon  or in Chrome  from the left side of the address bar to your desktop.

Double-click the new shortcut to open the site in your default browser.

Right click if you want to rename the shortcut to something meaningful to you.

#### Method 2: Create Shortcut via Windows Wizard

Select and copy the text in the address bar eg. <https://lethseniors.com/>

Press Windows  + D to show the desktop.

Right-click an empty area on the desktop and select New > Shortcut.

In the location field, type or paste the full website URL.

Click Next, enter a name for the shortcut, and click Finish.

To pin the shortcut to your taskbar drag it to a blank space on the taskbar.

BY SJOERD SCHAAFSMA

## Computer Club Events

The computer club will be taking a break from regular presentations till the fall.

The LSCO Computer Club will still have access to the computer lab on Monday, Wednesday and Friday from 1 – 4:00 pm. This time may be pre-empted for other events.

Come see us at the Live Well Showcase, Thursday June 4, Friday June 5. We'd love to chat.

Help sessions will still be available by request if there is a member available to help.

Kevin is planning to be in the lab for much of the summer.

## NEW GROUP

### Wood Carving Club

Join Megan in the Westco Woodshop twice a month to explore wood carving; all materials provided while supplies last.

#### Dates:

June 3, 17; July 15, 29; August 5, 19

Time: 10am – 12 pm

Room: Westco Woodshop at LSCO

Price: Free for woodshop Members, \$5 for other LSCO Members

# Creative Arts Programs

Program	Instructor	Session	Time	Cost	Room
<b>Acrylic for Beginners</b>	Donna Gallant	Mondays, June 8 – July 6	1 – 3 pm	\$125 (\$150)	Arts & Crafts
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.					
<b>Sunflowers In Acrylics</b>	Donna Gallant	Mondays, July 13 – August 10	1 – 3 pm	\$100 (\$125)	Arts & Crafts
Van Gogh painted over 200 sunflower paintings; let's try our hand at it. In this 4-week class you will learn about good composition, colour mixing (yellow is one of the hardest colours to paint), creating floral textures, and how to create rhythm and harmony in the painting. This class is best suited to those who have some experience with acrylics but beginners are welcome. Ask for a supply list when you register.					
<b>How To Paint Acrylics Like Watercolour</b>	Donna Gallant	Thursdays, August 13-27	1-3 pm	\$75 (\$100)	Arts & Crafts
In this 3-week class you will learn how to dilute acrylics with water and mediums to create transparencies much like watercolour. The benefit to this technique is the permanence once the paint is dried – layers can be applied afterward without distorting the paint beneath. We will explore glass, water, shading and more to help improve your painting. This class is great for all levels.. Ask for a supply list when you register.					
<b>Lazy Susan Workshop</b>	Megan Rourke	Mondays and Thursdays, June 8 – 25	11 am – 2 pm	\$150 (\$200)	Westco Woodshop
Build something both functional and beautiful in the woodshop this month! Learn how to take rough cut hardwoods and mill it, join it and shape it into a long lasting table top lazy susan. Students will gain experience with major power tools while learning the process of making cutting boards, charcuterie boards and bread boards. Check out the picture on the next page of what you'll be creating!					
<b>Wood Carving Club</b>	Megan Rourke	June 3, 17; July 15, 29 August 5, 19	10 am – 12 pm	varies	Westco Woodshop
Join Megan in the Westco Woodshop twice a month to explore wood carving; all materials provided while supplies last. Participation is free for all Woodshop members, or \$5 for other LSCO members.					
<b>Paint Night</b>	Kendra Sala	Monday, June 29	6-8:30 pm	\$55 (\$65)	Arts & Crafts
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!					

*Summer*  
**Program Registration**  
Opens Friday, June 12 @ 8am

**JULY & AUGUST PROGRAMS**

**LSCO** Lethbridge Senior Citizens Organization



**Reminder: June Paint & Chat is cancelled**

**This is what you'll be making in June's Paint Night!**

Registration closes Wednesday, June 24.

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**Lethbridge Folk Club has all sorts of music this Summer. Come and listen!**

**LETHBRIDGE FOLK CLUB**  
INVITES YOU TO A GREAT EVENING OF MUSIC

**CHRISTIAN HOUSE**  
Christian House is a Canadian Folk Music Award-nominated group originating from Newfoundland. Come, meeting us at the East Coast Music scene with his beautiful storytelling and regular musicianship.

**MARTEN BORSCH**  
A NIGHT OF LIVE MUSIC AT ANALOG BOOKS

**Lethbridge Folk Club**  
Check us out at:  
lethbridgefolkclub.ca/events

**Make this  
in our Lazy  
Susan  
Workshop**

More info on  
the previous  
page.



EST 1975  
**Lethbridge Senior  
Citizens Organization**

**LSCO LIBRARY CORNER**  
“To read or not to read? That is  
a silly question.”

**Senior Center Attendees in 2025**

<p><b>2.5%</b> Speak a Language Other Than English</p> <p>你好 ¡Hola! 안녕하세요!</p>	<p><b>3.7%</b> Identify as Non-Binary or Other Gender</p>
<p><b>16.4%</b> Attend Programs with Their Spouse</p>	<p><b>12%</b> Live Alone</p>

**Nearly 12,000 Aged 100+**

\*Source: Data is from all the senior centres across North America that use the same platform as the LSCO

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# Trusted Support



## SUPPORT & INDEPENDENCE

### NEW, UPDATES, CANCELLATIONS

## Support Clinics

### Scams & Frauds Consultations:

June 18 (3rd Thursday) from 1 – 3 pm

Ask questions and speak to professionals from BMO in a compassionate setting to ensure you aren't involved in a scam, or if you are, get support on next steps.

### SUPER (Stepping Up: Parenting With Extra Resources

Tuesdays 10:30 – 12:30 in Room C/D

Join Kelsie Stafford from The Wiggle Room for this weekly support group for caregivers who are raising children without direct involvement from their biological parent(s). This includes grandparents, extended family, foster, and kinship roles.

Please contact Stephanie at sgirodat@lethseniors.com for more info

### JUNE CANCELLATIONS & CHANGES

- Financial Advisor Consultations – CANCELLED
- Only the CRA will be here on June 3 for their regular clinic. Service Canada will not.
- 50+ Peer Support Group has moved to the 1st Tuesday each month (from the 2nd Tuesday)

### SUPPORT SERVICES MESSAGE

## Building an Inclusive Community

Each June, we celebrate Pride Month which is a time to honor the history, resilience, and ongoing fight for equality of the Two-Spirit, Lesbian, Gay, Bisexual, Transgender, and Queer (2SLGBTQ+) communities. It is also an opportunity to reflect on how we can foster inclusion, respect, and understanding in our everyday lives.

One important part of this conversation is understanding pronouns and why they matter.

### What Are Pronouns?

Pronouns are words we use in place of someone's name when referring to them in conversation. Common examples include "he," "she," and "they." Pronouns are a simple and everyday part of language, but they also communicate how a person identifies.

### Understanding Pronouns and Identity

While many people use pronouns that align with traditional ideas of male ("he/him") and female ("she/her"), others may use "they/them" or other pronouns that better reflect who they are. For some individuals, particularly those who identify as non-binary, gender is not limited to just male or female. Using someone's correct pronouns is an important way of acknowledging and respecting their identity. It signals that we see and value them for who they are.

### Why Pronouns Matter

Using the correct pronouns may seem like a small gesture, but it can have a meaningful impact. It helps people feel respected, included, and safe in their environment. Much like saying someone's name correctly, it shows care and consideration.

### What If You're Not Sure?

It's okay to be unsure as many are still learning. If you don't know someone's pronouns, you can:

- Listen for how others refer to them
- Politely ask, "What pronouns do you use?"
- Use their name until you're certain



If you make a mistake, a simple apology and correction shows your willingness to learn and try.

### Pride Month and Allyship

Pride Month reminds us of the importance of supporting and standing alongside members of the 2SLGBTQ+ community. Being an ally is an ongoing process of learning, listening, and showing respect. Consider attending a local pride event to celebrate and support the 2SLGBTQ+.

- LethFURidge Mini-Con, June 6-7
- Trans March – Sunday, June 14 from 1-3 PM
- Pride Flag Raising – Monday, June 15 at 5 PM
- Pride Parade & Pride in the Park – Saturday, June 20 at 11 AM

The OUTreach Southern Alberta Society is a local organization that supports and advocates for 2SLGBTQ+ individuals in Lethbridge and surrounding communities. They can be reached at info@outreachsa.org.

Whether it's learning about pronouns or participating in Pride Month, every small step toward understanding helps build a more inclusive and welcoming community.

Respect begins with listening, learning, and treating one another with dignity and that's something we can all take part in!

KATIE HARROLD, SENIORS SYSTEM NAVIGATOR

**LSCO Community Connect Coffee Group**

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

June 2

FREE COFFEE & SNACKS!

Presentation from:



July 7

Presentation from:



1st Tuesday each month

1:30-3:00

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



**50+ peer support group**

For 2SLGBTQIA+ folks 50+

1st Tuesday of every month @ 6:30  
LSCO, Room C/D

A partnership between

## SUPPORT & INDEPENDENCE



# 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

## Do you have a talent to share?

We are currently looking for performers to participate in this year's showcase! Whether you sing, dance, play an instrument, tell stories, perform comedy, recite poetry, or have another unique talent, we would love to see you shine. All experience levels are welcome, this is about participation, connection, and fun!

Please contact LEARN at 403-394-0306 to sign up to participate in the talent showcase!



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# JUNE 2026 SUPPORT SERVICES CALENDAR

Drop In \*appointment / registration required

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

EST 1975 Lethbridge Senior Citizens Organization

<b>June 1</b> 1 <sup>st</sup> Monday	<b>Dental Consultations*</b> 10 am - 12 pm   Quiet Room	Get a FREE second opinion to make an informed decision, or find professional support and advice from local dentist, Dr. Chuck. 15 Minute Appointments
<b>June 2</b> 1 <sup>st</sup> Tuesday	<b>Prescribing Pharmacist On-Site*</b> 10 am - 12 pm   Card Area	Medicine Shoppe pharmacist available for blood pressure checks, lab requisitions, med reviews, adjustments of dosing/changes to medication, strep throat testing, minor ailment prescribing, travel health consultations and flu vaccinations.
<b>June 2</b> 1 <sup>st</sup> Tuesday	<b>Community Connect Coffee Group</b> 1:30 pm - 3 pm   Room C/D	A FREE opportunity to grow meaningful connections, and strengthen access to community supports. <i>This month's presentation is from Lethbridge Fire &amp; Emergency</i>
<b>June 2</b> 1 <sup>st</sup> Tuesday	<b>Queer 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>June 3</b> 1 <sup>st</sup> Wednesday	<b>CRA Clinic</b> 9 am - 12 pm   Card Area	FREE on-site Canada Revenue Agency representatives available to answer your questions regarding federal benefits and programs. (Service Canada unavailable)
<b>June 8</b> 2 <sup>nd</sup> Monday	<b>VolunTEAM Meetings</b> 1 pm - 2 pm   Atrium	An opportunity for LSCO volunteers to come together, provide feedback, ask questions and discuss upcoming volunteer opportunities.
<b>June 10</b> 2 <sup>nd</sup> Wednesday	<b>Legal Consultations*</b> 1 pm - 4 pm   Clinic Room	FREE 15 minute consultations with local lawyer, Austyn Anderson.
<b>June 11</b> 2 <sup>nd</sup> Thursday	<b>Hearing Screening*</b> 10 am - 12 pm   Quiet Room	FREE hearing screenings from Lethbridge Hearing Centre
<b>June 11</b> 2 <sup>nd</sup> Thursday	<b>Community Links On Site</b> 10 am - 12 pm   Card Area	Community LINKS will be offering information, referrals and assistance with applications related to finances, employment, housing, and more.
<b>June 11</b>	<b>Mobile Food Support</b> 1 pm   LSCO Parking Lot	Free, fresh food for all from the Lethbridge Food Bank. Open as long as supplies last.
<b>June 15</b>	<b>WEAAD 5<sup>th</sup> Annual Talent Showcase</b> 1 pm   Gym 2	This special event showcases the creativity, talent, and contributions of older adults while bringing the community together in support World Elder Abuse Awareness Day
<b>June 18</b> 3 <sup>rd</sup> Thursday	<b>Scams &amp; Frauds Consultations*</b> 1 pm - 3 pm   Quiet Room	Ask questions and speak to professionals from BMO in a compassionate setting to ensure you aren't involved in a scam, or if you are, get support on next steps.

<b>Support Groups</b> In Room C/D	<b>Parkinson's Support Group</b> 3 <sup>rd</sup> Thursday, 2-4 pm	<b>AA Eye Opener:</b> Saturdays, 8:30-10:30am <b>AA Sunset:</b> Thursdays, 7 - 9 pm	<b>Compass for the Caregiver</b> Thursdays, 1-3:30   June 9 -30
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Stay up to date on these events on our event calendar [www.lethseniors.com/events](http://www.lethseniors.com/events)

## SUPPORT & INDEPENDENCE

LEARN ARTICLE

# World Elder Abuse Awareness Day

World Elder Abuse Awareness Day, recognized annually on June 15, shines a vital light on the importance of protecting the dignity, safety, and well-being of older adults in our communities. Raising awareness helps communities better recognize the signs of abuse, encourages meaningful conversations, and promotes resources and supports for seniors and their families. In a growing and caring community like Lethbridge, acknowledging this day reinforces the value and contributions of older adults while encouraging people of all ages to work together to create a safer, more inclusive environment.

Addressing ageism and elder abuse has a profoundly positive impact on the overall health and connectedness of a community. When seniors feel respected, supported, and included, they are more likely to remain active, engaged, and confident in accessing services and participating in community life. Building awareness also helps foster stronger intergenerational relationships, reduces social isolation, and creates a culture where older adults are celebrated rather than overlooked. By standing against ageism and abuse, communities like Lethbridge can continue to grow as compassionate places where seniors are empowered to thrive with dignity and respect.

To recognize this important day, the Lethbridge Elder Abuse Response Network invites community members to attend the Fifth Annual Seniors Talent Showcase on June 15 at 1:00 at the LSCO. This special event celebrates the creativity, talent, and contributions of older adults while bringing the community together in support of awareness, inclusion, and connection. Everyone is encouraged to attend, show their support for local seniors, and help raise awareness about the importance of preventing elder abuse and combating ageism in our community!

*The LEARN program is a free service, that supports older adults to ensure their safety in cases of elder abuse.*

*If you or someone you know may be experiencing abuse by someone in a position of trust or power, there is support available – contact the LEARN Case Manager at 403-329-0306.*



Help promote positive attitudes towards aging and older persons.  
#BeBold #AgeWithAttitude #WEAAD2026




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