



LSCO Times

May

A Publication of the Lethbridge Senior Citizens Organization

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

BELONG CONNECT THRIVE

403-320-2222 | www.lethseniors.com

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Community In Bloom

A Season of Success & Celebration at LSCO



Made With Love Market

On April 25th, we held our inaugural "Made With Love – Hand-made and Antique Market," and it was a resounding success! We were thrilled to welcome approximately 150 attendees through our doors to explore 14 tables of unique, eye-catching merchandise. Shoppers found everything from handmade cards and paintings to custom decor and jewelry. A special thank you to our fabulous boutique for remaining open during the event, and to the vendors, volunteers, and shoppers who made this debut so special. We are already dreaming up ways to make next year's market even bigger and better!

Events information on pages 4-6



Tea Time Memories

The elegance continued with our recent High Tea. It was a joy to see such a lively, stylish crowd filling the room. We owe a massive shoutout to our talented kitchen team for the incredible spread and to all of you for bringing such wonderful energy to the afternoon. If you missed out (or simply want to experience it again!), join us for our next High Tea on Friday, May 29. More information on page 6.



Looking Ahead: The Live Well Showcase

Get ready for a fresh experience! This year's showcase features a new presentation formats designed to be more engaging than ever. Plus, with nearly 50% new vendors joining us, you'll find a wealth of fresh resources, services, and connections. For a deep dive into the speaker presentations and vendor list, turn to page 5.



Battle of the Brews!

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

Here's how it works: Each organization will sell bags of Cuppers coffee, and the centre that sells the most bags wins. The stakes? Bragging rights and a delicious penalty: the losing organization's Executive Director must serve pancakes in a silly costume at the winner's Whoop-Up Days breakfast. Sip for a cause and crown a champion today!

The Coffee is available for purchase at Cuppers and LSCO for \$22 a bag.

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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

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



Signed Guitar Raffle

June 1 – August 31

Tickets and more information will be available in June's paper and online at www.lethseniors.com/fundraising

LSCO Notices

LSCO Closed for Victoria Day

We will be closed on Victoria Day: Monday, May 18

Parking Lot Etiquette

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

Reminder: Parking is free for 2 hours only in the parking lot. Vehicles parked longer without a pass will likely be ticketed by the city. Passes are available to LSCO members for \$10 + \$3 one time admin fee.

If you have not swapped out your old parking pass yet (White), stop by the front desk for a new one (Green).

Fundraising Corner

Updates (As of April 24)

Support Our Seniors Campaign

- \$3,500 of \$75,000 goal.
- SOS 50/50: Pot at \$410

Sponsorships

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

Donor Mural (New Campaign)

- \$0 of \$35,000 Goal

Battle of The Brews (Launch May 4)

- 14 bags pre-ordered

Community Round Up

- \$123

Meals on Wheels Sponsor of the Month

- 3 / 10 months sponsored

For more info on these opportunities, contact Kaitlynn Weaver at kweaver@lethseniors.com



BATTLE OF THE BREWS

Better with Age Dark Roast

Available at Cuppers Coffee & Tea- 1502c 3rd Ave., S. & the LSCO- \$22 per bag (340g pre-ground). Proceeds will support LSCO.

Caffeinate and help us win the battle!

LEAVE YOUR LEGACY

LSCO Donor Mural

We are also excited to launch our donor mural fundraiser, which invites members, community supporters, and businesses to contribute \$70 in exchange for a photo of themselves, their families, or their company logo displayed on our wall.

Our goal is to raise \$35,000.

How to Participate

Donate. Each \$70 donated = one 3" x 3" square

- **Online** at lethseniors.com/fundraising
- **In person:** Visit the LSCO admin desk and ask to donate to the "Donor Wall Campaign"

Share your photo(s) with us

- Fill out the online form or email mural@lethseniors.com
- Or bring a printed photo to Kari at the Admin desk and she will scan and return the photo to you.



Thank you to **Seamless Cares** for sponsoring our mural.



Donate with this QR Code.
Each \$70 donation is one 3" x 3" square

Donate online & find info on our fundraisers.
www.lethseniors.com/fundraising



LSCO COMMUNITY PARTNERS, SPONSORS, & MAJOR DONORS



LEGACY & TRUST

LSCO STAFF

LSCO OPERATIONS

- Executive Director** (ext. 304)
Kaitlynn Weaver.....kweaver@lethseniors.com
- Operations Manager** (ext. 102)
Jodie McDonnell...jmcdonnell@lethseniors.com
- Accounting Technician** (ext. 103)
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- Receptionist & Admin Support** (ext. 101)
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LIFE AT LSCO

- Events & Marketing** (ext. 302)
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- Assistant Food Services Coordinator**
Travis Eakett
- Food Services Cook:** Adam Panich
- Food Service Cashier:** Kaelynne

TRUSTED SUPPORT

- Support Services Manager** (ext. 205)
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- LEARN Case Manager** (403-394-0306)
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VIBRANT PROGRAMS

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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

Thank You, Lethbridge!



As we welcome the month of May, I want to take a moment to recognize and celebrate the heart of our organization, our 380 dedicated volunteers. Each of you plays a vital role in creating a welcoming, vibrant community for the seniors we serve. Whether you are leading programs, supporting events, supporting Meals on Wheels – either in the kitchen or on the road – or lending a helping hand behind the scenes, your contributions make a meaningful difference every single day. It is because of your generosity, compassion, and commitment that we are able to do the work we do.

We celebrated our volunteers at our Volunteer Appreciation Banquet on April 24th, where we laughed, danced, ate, and celebrated. Volunteers are truly the foundation of our organization, and your collective impact cannot be overstated. On behalf of our entire community, thank you for the time, care, and energy you so freely give.

Sustaining our Future:

Each month throughout 2026, you will see a section in the Fundraising Corner to keep you informed about the steps LSCO is taking to stabilize our organization. As shared in April's newspaper, we have been working diligently to strengthen LSCO's financial position through focused fundraising efforts aimed at rebuilding our reserves. Throughout this process, we remain committed to accountability and transparency, ensuring our members and community are kept informed every step of the way.

One highlight so far this year, is that we have secured **nearly \$40,000 in sponsorships** from private businesses, two thirds of which are brand new opportunities. Thank you to all our partners who support us which can be found at the bottom of this page.

This fundraising momentum would not be possible without the generosity of our individual donors and corporate partners, and we are incredibly grateful for your support. As a reminder, all donations to the LSCO are eligible for a tax receipt.

Advocating at the Municipal Level:

At the time of writing, we are also preparing to present to the Community Issues Committee at City Hall to request a temporary rent pause for our City-owned facility. We are hopeful that our entire request will be approved, as it would allow us to redirect unrestricted revenue into our reserves this year and further strengthen our financial stability. Members of our Board and LSCO community have been invited to attend and show their support during this public presentation.

Expense Management and Increases in Revenue:

In addition, LSCO management have been working diligently behind the scenes to reduce expenses and increase revenue. I am proud to share that, compared to this time last year, we are now \$68,000 in the positive, a significant improvement from \$22,000 at the same point last year. While there is still much of the year ahead, this progress is a strong indication that our efforts are making a meaningful impact. It reflects our collective commitment to welcoming more seniors through our doors, managing our resources responsibly, and continuing to demonstrate the immense value LSCO brings to our community.

To our volunteers, donors, and supporters, thank you for being such an essential part of our mission. We are here for another 50+ years and, by working together, we continue to build a place where seniors feel valued, connected, and supported.

KAITLYNN WEAVER

LSCO COMMUNITY PARTNERS, SPONSORS, & MAJOR DONORS



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

Life at LSCO



Join Our Community

SENIOR (55+) MEMBERSHIPS

\$60 / Year

ADULT (35+) MEMBERSHIPS

\$90 / Year

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

BELONGING & COMMUNITY

Welcome New LSCO Members!

- | | |
|----------------------|--------------------|
| Dawn Prawdzik | Lorraine Letkemann |
| Bill Lodge | Barry Coghlin |
| Scott Sakatch | Geri Pottinger |
| Sean Black | Karin Gray |
| Larry Finley | Barb Smith |
| Shane Porter | Allan Martin |
| Ann Sharp | Alison Martin |
| Anthony (Tony) Sharp | Carol Maier |
| Jean Nystrom | Rob Rourke |
| Barbara Nixon | Jim Chapman |
| Darcy Imeson | Fanny Pramudji |
| Judy Howard | Sherly Teguh |
| Trudy Curtis | 9 Anonymous |
| Tony Hall | |

Volunteer Appreciation Banquet

What a night at our Volunteer Appreciation event at the LSCO. Almost 100 of our volunteers came to celebrate with good food, good music from Rebel Angels and good company. Even our staff got into it!!

Thank you to each and every volunteer who has supported this organization. We are so grateful for your support and generosity. Now more than ever, your investment in the LSCO is so important.

Thank you to our door prize sponsors:



We have many more photos from Volunteer Appreciation week! If you would like any photo that we took, please contact Madison or Isa and they will send it to you.

THE VIEW AT LETHBRIDGE
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- Packing • Arranging Movers • Unpacking
- Estate Home Clearouts/Sales

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Cell: 403-330-8389



**Tulip Time Cruise
April 9 - 16, 2027**

Belgium & Netherlands
Luxury River Cruise
Starting at \$6998 /person
(double occupancy)



Join our hosted small group travel program!

Call: 587-787-4454

Email: Team@inspiredvacations.ca
For more details

**South Africa Adventure
November 14 - 26, 2026**

South Africa
Hosted Land Tour
Starting at \$8488 /person
(double occupancy)



Vendors

50% New Vendors & 95% Full!!

COMMUNITY, ADVOCACY, & EDUCATION

- Alzheimer Society of AB/NWT
- Chinook Regional Hospital Foundation
- City of Lethbridge Cemetery Services
- City of Lethbridge Waste and Environment
- Community Foundation of Lethbridge and Southwestern Alberta
- Deaf & Hear Alberta
- Interfaith Food Bank Society of Lethbridge
- Lethbridge Family Services – Counselling Outreach and Education
- Lethbridge Friends of Medicare
- Lethbridge Vehicle Licensing & Registry
- LSCO Support Services
- LSCO Computer Club
- Men’s Sheds Lethbridge & Coaldale
- RTJ Wellness
- SettleEase Canada Foundation
- The Memori Study
- Volunteer Lethbridge
- Wellspring Alberta

SENIORS HOUSING & HOME LIVING

- 4 Seasons Home Comfort
- Elim Society For Seniors Care

Green Acres Foundation

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

Martha’s House – Covenant Living

Optima Living

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

FINANCIAL, LEGAL & END OF LIFE CARE

- Alberta Securities Commission
- Avail CPA

Cornerstone Funeral Home

Engler Agencies / Co-operators

- Guided Journeys
- Low & Company LLP
- Mortgage With Marlee
- Primerica Financial Services

HEALTH & WELLNESS

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

Lethbridge Hearing Centre

- LSCO Quilting Group
- LSCO Radio Club

Hosack Denture Clinic

HOME CARE & SUPPORT SERVICES

- YYC Home Care Services
- Seamless Cares Ltd

Qualicare Home Care

- Nurse Next Door

MOBILITY, RETAIL, & PRODUCTS

Leister’s Home Care

- London Drugs
- Save On Foods
- Senior Discovery Tours
- The Rose & Thistle Flower Shop
- The Wellness Store. Melaleuca
- Tskfootwear

June 4 & 5, 2026
Thursday 10 am - 4 pm
Friday 10 am - 3 pm
 At LSCO, 500 11th St. S., Lethbridge

Live Well Showcase

The premier event for the modern senior! Free Admission Door Prizes 50/50

CORNERSTONE FUNERAL HOME Ltd. **co-operators** **Optima Living** **Hosack DENTURE CLINIC LTD.** **Lethbridge HEARING CENTRE**

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

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

Companionship

I saw a group of seniors
They were out to have a lunch
They were smiley they were chatty
A most amusing sort of bunch

I thought them all related
An intimate sort of way
How they divvied up the tip
And prepared the rest of day

Then they scurried for the taxi
They seemed the sign up on the top
Said they're happy saving money
As they have ONE stop

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

2nd Annual Women's Health Brunch

Menopause: What You Haven't Been Told

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

Join Friends of Medicare's Lethbridge Chapter and other community health-care advocates for a pannel discussion over a delicious brunch! Tickets \$20. Special guests Dr. Robbin Gibb and Dr. Jillian DeMontigny.

www.friendsofmedicare.org/lethbridgeWHB
Some volunteers needed.

Walk for Alzheimers

Date: Saturday, May 30

Time: Registration @ 9:30, Walk @ 11am

Location: Henderson Horseshoe Picnic Shelter

We walk to share hope with people living with dementia and their caregivers. We walk to make sure vital programs, services, and education are available in our communities. We walk because every step we take together brings us closer to a future where no one faces dementia alone. Lunch provided.

Sign up to walk online at
www.WalkForAlzheimers.ca

A Fond Farewell to Mike Stefancsik

Join us for a celebration on Tuesday, May 12th 1 - 3 pm in the LSCO Atrium.

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.

Upcoming LSCO Events

What Should I Prioritize to Stay Fit

Past 55?

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

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

LSCO Guided Tour

Wednesday, May 6 @ 1pm

Tuesday, May 19 @ 10:30 am (different date due to the holiday)

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

Emergency Preparedness Booth

Thursday, May 7 @ 1 - 3 pm

Lethbridge Fire and Emergency Services will be onsite to answer your questions, provide resources and help you get prepared for an emergency.

2nd Friday Social

Friday, May 8 @ 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

Mother's Day Brunch

Sunday, May 10 @ 10am, 11:30 (full), 1pm

Join us for a special Mother's Day Brunch Buffet fundraiser to celebrate the mothers and mother figures in our lives! There will be door prizes, each mother will walk away with flowers from the MS Society Carnation Campaign, and family photos from Keely G Photography.

Tickets: \$25 General, \$20 Senior, \$15 Under 13 and free for ages under 4. Choose your sitting when your purchase your tickets in person, over the phone, and online at www.lethseniors.com/fundraising

Many volunteers are needed to make this event run smoothly.

Sponsored by Wellings of Brooks and Amour and Glow

Palliative Care Learning Sessions

Tuesday, May 19 & 26 @ 10 - 2

Palliative care education is for everyone! Join us for a series of short courses delivered by health professionals to help people learn how to offer meaningful support when someone they know is sick, dying, caregiving or grieving. Register in advance.

Good Wills Tour

Wednesday, May 27 @ 11am | Stage Area

Free estate planning Session. Our presenters offer their expertise in the legal and accounting fields while demonstrating how Charitable giving not only helps support your passions but also makes financial sense for you and your loved ones. Snacks and refreshments served.

High Tea

Friday, May 29 @ 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.

Be Fast Friends

Friday, May 29 @ 1:30 | Stage Area

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

Amateur Radio Flea Market

Saturday, May 30 @ 9:30 - 1 pm | LSCO

Join us at the LSCO for a community swap meet featuring amateur radio gear, where the public is welcome for a \$5.00 admission fee (includes door prize). Tables available for \$10.00; please contact Don (VA6FH) at 403-327-0038 or dplun@telus.net to book or for more details.

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 page 5. 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.

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

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



SACPA
Southern Alberta Council on Public Affairs



May SCHEDULE

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

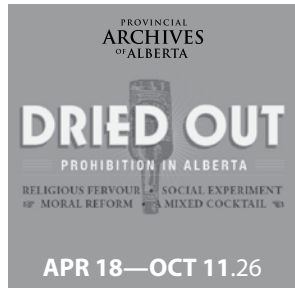
May 7	Kelly Cooley, CoolPro Solutions	Russian Olive: How should we manage this beautiful invader?
May 14	Brent Nunweiler, President, Lethbridge Firefighters IAFF Local 237	Protecting a 114-Year Fire/EMS Legacy: Why Lethbridge Must Sound the Alarm on Putting Profit over Public Safety
May 21	Bradley Lafortune Executive Director, Public Interest Alberta	Education Powers Alberta: Is Post-Secondary the Answer?
May 28	Brook Skagen, Lakfir Conservation Services	How can everyday observation become conservation action?

GALT MUSEUM & ARCHIVES AKAISAMITOHKANAŌ'PA

MAY 2026 EXHIBITS, EVENTS & PROGRAMS

FORT WHOOP-UP
2026 HOURS
MAY 15–SEP 07
daily: 10–5pm

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

SPECIAL EVENTS

- Fri 01 | 3–8 PM**
Summer 2026 Exhibitions Launch Party **
Craft beer tastings, food, games, and gallery exploration | all ages
- Sat 02 | 9:30 AM–2 PM**
Southern Alberta Regional Heritage Fair ++
- Sat 23 | 9 AM–4 PM**
Fly Fishing: Learning to Cast on the Old Man River, with Shane Olson of My Fly Guy
9 AM–noon *classroom* | 1–4 PM *on the river* | pre-register: \$90/person | 12+ youth to attend with caregiver (no cost for youth) | BYO gear; if you do not have gear, it will be supplied
- Sat 30 | 1–3 PM**
History on Tap — Liquor labels as Discourse, with Stephanie Laine Hamilton at Theoretically Brewing
ages 18+ | registration required: \$20 includes one beverage of choice
- Sun 31 | 1–3 PM**
Expressive Landscapes, with artist Carla Beres *
all ages & skills | materials provided

PROGRAMS

- Tue 05 | 10:30–11:30 AM**
Creative Community *
registration encouraged
- Thu 14 | 6–7:30 PM**
Sick and Pic: The Beer Baron and the Bootlegger, with Stephanie Laine Hamilton **
- Fri 15 | 2–3 PM**
Clients of the Archives: British Home Children, with artists Raeann Cheung and Patricia Skidmore **
- Wed 27 | 9–11 AM**
Toddler Time: Explore & Play *
toddlers with caregivers
- Thu 28 | 5–6 PM**
Down in the Valley and Discovery Hall Curator Tour, with Camina Manychief and Tyler Stewart *
registration encouraged

ACTIVITIES HELD AT THE GALT
UNLESS OTHERWISE NOTED
FULL DETAILS ONLINE



MAY 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

Friday, May 1				
Info For Meals on Wheels Clients: Meals scheduled on Victoria Day (May 18) will be delivered on Friday, May 15 . All meals for MOW Clients also include Chef's Choice of Soup & Dessert				Roast Beef, Yorkshire Pudding, Mashed Potatoes
Monday, May 4	Tuesday, May 5	Wednesday, May 6	Thursday, May 7	Friday, May 8
Sweet & Sour Chicken Balls with Rice	Chili Pie	Fiesta Chicken with Rice	Salsbury Steak with Mashed Potatoes	Baked Ham with Scalloped Potatoes
Monday, May 11	Tuesday, May 12	Wednesday, May 13	Thursday, May 14	Friday, May 15
Honey Garlic Pork with Rice	Hunter Schnitzel with Spaetzle	Shepherds Pie	Chicken Pesto with Gnocchi	Beef Stew with Mashed Potatoes
Monday, May 18	Tuesday, May 19	Wednesday, May 20	Thursday, May 21	Friday, May 22
LSCO Closed Bangers & Mash for MOW Clients	Marry Me Chicken with Rice	Beef & Bean Burrito with Rice	Chicken Pot Pie with Roast Potatoes	Chicken Parmigiana with Spaghetti
Monday, May 25	Tuesday, May 26	Wednesday, May 27	Thursday, May 28	Friday, May 29
Chicken Chow Mein with Rice	Chicken Alfredo Penne with Garlic Toast	Beef & Cheese Macaroni Casserole with Roast Potato	Chicken Souvlaki with Rice	Lasagna with Garlic Toast

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

*Menu subject to change without notice

Member Spotlight

Denise Pare-Watson and Harold Watson

a place to belong



Denise was born in Windsor, Ontario to French-Canadian parents with four sister siblings. Her mother was an “amazing” seamstress and spent her working years as supervisor of a Windsor business that produced children’s coats. Her father worked for Hiram Walker’s distillery. She grew up in the hamlet of Maidstone.

Denise was a very responsible child from early on; she earned “a few dollars & cents” to help her family by doing odd jobs around the community.

After graduating high school, she worked for a chartered accounting firm, working towards attaining an accounting designation.

Harold’s Canadian father and Netherlands-born mother married during WWII. After the war, they settled near Wheatley, Ontario. Harold grew up on a large dairy farm with five other siblings. Some recollections of his youth were having mud-throwing battles with his brothers along the creek that ran through the farm, as well as transplanting carp into the cattle’s water tank. As with all dairy farms there came the 7-day-a-week jobs such as milking cows, bailing hay/straw and “spreading crap”. Muscle power was always necessary, resulting in his commitment to track & field and football in high school. Harold’s mother was a strong proponent for the children to get a higher education.

Harold completed his B. Comm in Marketing and a minor in Psychology from the University of Windsor. He started employment with the Royal Bank in Kincardine, Ontario. He spent most of his 35 years with RBC & Royal Trust in Ontario, British Columbia, and Alberta. He maintained leadership roles in regional operations, commercial banking, estate, trust, and investment management. Throughout his career, continuing education was an important component of his success with him obtaining numerous professional designations.

Denise and Harold met through a mutual friend at the infamous Leamington Fountain and were married in 1976.

With Harold’s many bank transfers, Denise has had many jobs including Federal government, Provincial government, Elementary Education, Post-Secondary Education in several colleges and universities.

Denise described herself as a “bank widow” since Harold was commuting about three hours per day when they relocated to Toronto. After about 3 years of commuting, Harold and Denise determined a change was needed. The Watsons moved to Victoria, BC, where Denise was employed by Canadian Citizenship. After a transfer to Nanaimo, BC, she worked in the Provincial Courthouse. De-

nise has a “flair for the techie” and achieved numerous designations in computer sciences which she continues to utilize today.

The Watsons lived in Calgary for 15 years and found it to be a good place to raise their family. Harold’s career demanded his attention across Western Canada.

Denise was an Executive Assistant to the Dean of the Energy Department at SAIT. She continued her education, obtaining her Professional Secretarial designation. She had an opportunity to participate in the ‘Student for a Day’ program in the Culinary Arts program and was “hooked!” This put her on a new career path at age 45. She was fast-tracked in the Professional Cooking program and obtained her Red Seal Chef designation. As the ‘top’ student, Denise won a Governor General’s scholarship to continue her education with the specialization in Pastry Arts at SAIT. She then pursued a career as a professional chef & pastry chef. Denise worked at the prestigious private Calgary Golf & Country Club, a fine dining establishment, which provided opportunities for her to enter world class culinary competitions such as the Culinary Olympics in Erfurt, Germany. She has made desserts for VIPs such as actor Morgan Freeman, musician Alice Cooper, President Bill Clinton, and Canadian Prime Ministers Jean Chretien and Stephen Harper.

Harold and Denise retired to Parksville, BC in 2010. Both had opportunities to work in retirement, so Harold taught at a college and did some private consulting. Denise helped with the opening a new restaurant/Tea Room in Coombs, BC., and as well worked in an organic bakery in Qualicum, BC. She operated a teaching Food Blog called Urb’n’Spice from 2012 to 2025. Harold was the photographer and editor. Denise wrote and produced a series of four highly rated e-cookbooks on Amazon. She also taught cooking classes for several years in their home, the most popular class was “Soups, Simplified!”

Denise was presented with a prestigious award by the Culinary Historians of Canada for Canada’s 150th anniversary regarding 12 Canadiana articles on her food blog “Urb’n’Spice.” She was also awarded the Grand Prize from the Calgary Herald for her “Tee-Time” muffin recipe, created for the golf club. (Check it out on page 14)

Harold was a serious runner, however, a family disposition of hip dysplasia eventually hit home. He has osteoarthritis and has had 3 hips replacements. He says it just provides an opportunity to do things differently.

Over the years, they collectively have had numerous hobbies, such as landscape architecture, furniture refinishing, and home renovation. Denise has taught furniture res-

toration and refinishing, macrame, and enjoys flower arranging, calligraphy, basketry, crocheting, and sewing in addition to cooking, baking, and preserving foods.

The Watsons have two daughters and four grandchildren. They have travelled extensively through Portugal, Spain, Italy, Germany, Ireland, the UK, Mexico, the Caribbean, Central America, Australia, parts of the USA, and all 10 Canadian provinces.

Harold’s favourite quote: “Whatever you do in life, do it to the best of your ability.”

Denise’s favourite quote: “Feeding people is my love language.”

Harold and Denise enjoy good food and love preparing it at home.

They have been members at LSCO since 2024. Denise says they are “dedicated, serial volunteers,” having volunteered with Habitat for Humanity, United Way, Rotary, Kinsman, Girl Guides, and Emergency Services. They started at LSCO as volunteer dishwashers and are now both fully entrenched in the LSCO kitchen with Chef Lachlan baking cookies, biscuits, scones, and other desserts. These creations are a welcome addition to the LSCO diner.

This writer was challenged to keep up with their careers, moves, and activities. Slowing down does not yet seem to be a part of their retirement plan. Together, they are a compatible well-oiled machine of mutual respect and appreciation!

The Watsons will be celebrating their 50th wedding anniversary by taking a St. Lawrence River cruise in early September. We will miss your cookies and scones!

BY CAROL SEKIYA

Check out Denise’s “Tea Time Morning Muffin Recipe” on page 14 and some of her creations from our High Tea on the front page.

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Vibrant Programs



VITALITY & ACTIVE LIVING

Program Spotlights



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

CREATIVITY

Paint & Chat

Join Donna as she guides both beginner and advanced painters through techniques and tricks to complete an acrylic painting. She provides all the necessary supplies for the session. All you need to bring is a willingness to learn to have fun with this experienced Southern Alberta artist.

Date & Time: Tuesday, May 12 | 1 - 3 pm
Room: Arts & Crafts
Instructor: Donna Bilyk
Cost: \$55 Members (\$65 Non Members).

NEW PROGRAM

Cooking with Konny!

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 Chicken Enchiladas with Mexican Cornbread. Check back monthly as the menu changes for each class. Food & Materials included in cost; participants will take home 4 servings of prepared food!

Date & Time: Wednesday, May 27 | 1:30 - 4 pm
Room: Diner
Instructor: Konny Nelle
Cost: \$25 Members (\$35 Non-Members)

MIND-BODY

Vinyasa Yoga

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.

Date: Tues. May 5 - June 30
Cost: \$72 Members (\$90 NM) **Time:** 8 - 8:55 am
Date: Thurs. May 7 - June 25
Cost: \$64 Members (\$80 NM) **Room:** APR
Instructor: Melanie Hillaby
Drop in: \$9 Memb. (\$11 NM)

ACTIVE AGING

Cardio & Balance

This joint-friendly class is divided into two parts. The first half focuses on cardio movements to improve cardiac health using fun music and varied equipment. The second half of the class is dedicated to balance training to reduce the risk of falls and improve overall fitness. Maximum 30 participants.

Date & Time: Tuesdays, May 5 - June 30 | 9 - 9:50 am
Room: Gym 1
Instructor: Gabrielle Dumont
Cost: \$72 Members (\$90 Non-Members)
Drop in: \$9 Members (\$11 Non-Members)

ACTIVE AGING

Drop In Pickleball

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 programs@lethseniors.com.

Date & Time: Fridays | 3 - 4:30 pm
Room: Gym 2
Cost: \$7 Members (\$9 Non-Members)

ACTIVE AGING

Pound

Enjoy simple, no-pressure choreography that provides a challenge for your entire body. Participants use special drum sticks called Ripstix to drum along to music for a fun, full-body workout. This class is suitable for absolutely everyone, with modifications provided, as needed.

Date & Time: Wednesdays, May 6 - June 24 | 11 - 11:45 am
Room: APR
Instructor: Sheila Mulgrew
Cost: \$56 Members (\$70 Non-Members)
Drop in: \$9 Members (\$11 Non-Members)



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Golf, Gardening, & Grandchildren

Spring is in the air, and with the warmer weather we see the emergence of three things: golf, gardening, and grandchildren who are off school. Staying active feels easier when the weather is a bit more agreeable - outdoor walks, taming the soil, or playing a game of tag are all great ways to get moving as our attention shifts to new interests in the spring. We have some fresh new programs as well for May and June, and I invite you to take a look and try something outside the box. Classes that typically fill up in January often have a bit more space to register or drop in as the summer approaches. Stay sun smart, stay active, and we hope to see some grandchildren here for lunch once in a while!

AMATEUR RADIO FLEA MARKET

Saturday, May 30 9:30 am - 1 pm
 at Lethbridge Senior Citizens Organization - 500 11th Street South

\$5 Admission Includes door prize entry
\$10 Tables Contact Don

Supported by CJOC 94.1

Lethbridge Senior Citizens Organization

For more info or to reserve a table Contact Don at dplun@telus.net or 403-327-0038

May 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4</p> <p>8:15-9:15: Tai Chi Group 8-8:50am: Cardio Strength 8:30-9:30am: Yovascia 8:30am-3:30pm: Billiards 9-9:55am: Instructor's Choice 9-9:55am: Zumba 9-9:55am: TRX Plus 10-10:45am: Chair Yoga 10am-12pm: Dental Consultations 10am-12pm: Birds and Butterflies in Watercolour 10:10-11am: Core & Stretch 10:15-11am: Gentle Exercise 10:15-11:15am: Seniors Who Lift 11:15am-12:00pm Low Impact Barre 11:15-12:30pm: Pilates 11:15-12:45pm: Badminton 11:30-12:15pm: Functional Fitness 1-2pm: Yoga For Seniors 2-3pm: Modern Qigong 2:30-4pm: Table Tennis</p>	<p>5</p> <p>8-8:55am: Vinyasa Yoga 8:30am-4pm: Billiards 8:45-9:45am: Beginner Pilates 9-9:55am: Cycle Combo 9-9:50am: Cardio & Balance 10-11am- Gentle Yoga 10am-12pm: Building Healthy Relationships 10am-12pm: Prescribing Pharmacist On-site 11:15am-12:15pm Zumba Gold/Toning 11:30am-12:15pm: Essentrics 12-3pm: Quilting 1-3:30pm: Karaoke 1:30-2:30pm: Strength & Mobility 1:30-3pm: Community Connect 3-4pm: What Should I Prioritize to Stay Fit Past 55? 3:30-4pm: Plant Tower Club 5-6:00pm: Tuesday Evening Flow Yoga</p>	<p>6</p> <p>8:00-8:50am: Cardio to the Core 8:15-9:15: Tai Chi Group 8:30am-3:30pm: Billiards 9-12pm: Service Canada & CRA Clinic 9-9:55am : Bike & More 9-9:55am: Power Walking 9:10-10am: Core & Stretch 9:30-11am: Amateur Radio 9:50-10:50: Tai Chi 108 Yang Style 10am-12pm: Financial Advisor Consultations 10am-3pm: Lapidary 10am-3pm: Genealogy 10-10:45am: Chair Yoga 10:15-11:15am: 20/20/20 10:15-11am: Gentle Exercise 11-11:45am: Pound 11:15-12:45pm: Badminton 11:30-12:30: Experienced Line Dancing 12:45-1:45pm: Beginner Line Dancing 1pm: LSCO Guided Tour 1-2:15pm: Yin Yoga 1-3pm: Watercolor 2:30-4pm: Table Tennis</p>	<p>7</p> <p>7-8am: Sunrise Rotary 8-8:55am: Vinyasa Yoga 8:30am-3:30pm: Billiards 9-9:55am: Cycle For All Levels 9-9:50am: Strength & Balance 9:30-10:15am: Chair Exercise 10-11am: Gentle Yoga 10:15-11:30am: Pilates 10:30-11:30am: Strength Circuit 10:15-11:15am: Traditional Qigong 10:15-12:00pm: Badminton 12-1pm: SACPA 1-3pm: Crib 1-3pm: Emergency Preparedness Week Booth 1-4pm: Knitting & Crochet 1:30-2:30pm: Strength & Mobility 4:00-5:00pm Moving To Heal 5:15-6:15pm: Classic Nia 7-9pm: AA Sunset</p>	<p>8</p> <p>8-8:45am: TGIF Cycle 8:15-9:15: Tai Chi Group 8:30am-3:30pm: Billiards 9am-3pm: Paper Tole & Creative Arts 9-9:55am: Tabata 9-10am: Yoga Refresh 10:15-11am: Gentle Exercise 10:15-11:15am: Yoga for Seniors 10:30am-12pm: Table Tennis 11:30am-12:30pm: Yoga Nidra 11:15-12:45pm: Badminton 1-4pm: Computer Club 1-3pm: Second Friday Social 3-4:30pm: Pickleball Drop In</p>
<p>11</p> <p>8:15-9:15: Tai Chi Group 8-8:50am: Cardio Strength 8:30-9:30am: Yovascia 8:30am-3:30pm: Billiards 9-9:55am: Instructor's Choice 9-9:55am: Zumba 9-9:55am: TRX Plus 10-10:45am: Chair Yoga 10am-12pm: Birds and Butterflies in Watercolour 10:10-11am: Core & Stretch 10:15-11am: Gentle Exercise 10:15-11:15am: Seniors Who Lift 11:15-12:00pm Low Impact Barre 11:15am-12:30pm: Pilates 11:15-12:45pm: Badminton 11:30-12:15pm: Functional Fitness 1-2pm: Yoga For Seniors 1-2pm: VolunTEAM meeting 2-3pm: Modern Qigong 2:30-4pm: Table Tennis</p>	<p>12</p> <p>8-8:55am: Vinyasa Yoga 8:30am-4pm: Billiards 8:45-9:45am: Beginner Pilates 9-9:55am: Cycle Combo 9-9:50am: Cardio & Balance 10-11am- Gentle Yoga 10am-12pm: Building Healthy Relationships 11:15am-12:15pm Zumba Gold/Toning 11:30am-12:15pm: Essentrics 12-3pm: Quilting 1-3:30pm: Karaoke 1-3pm: Paint & Chat 1:30-2:30pm: Strength & Mobility 3:30-4pm: Plant Tower Club 5-6:00pm: Tuesday Evening Flow Yoga 6:30-7:30pm: Senior Queer Support Group</p>	<p>13</p> <p>8:00-8:50am: Cardio to the Core 8:15-9:15: Tai Chi Group 8:30am-3:30pm: Billiards 9-9:55am : Bike & More 9-9:55am: Power Walking 9:10-10am: Core & Stretch 9:30-11am: Amateur Radio 9:50-10:50: Tai Chi 108 Yang Style 10am-3pm: Lapidary 10am-3pm: Genealogy 10-10:45am: Chair Yoga 10:15-11:15am: 20/20/20 10:15-11am: Gentle Exercise 11am-11:45am: Pound 11:15-12:45pm: Badminton 11:30-12:30: Experienced Line Dancing 12:45-1:45pm: Beginner Line Dancing 1-3pm: Computer Pres: Buying Technology 1-3pm: Watercolor 1-4pm: Legal Consultations 2:30-4pm: Table Tennis</p>	<p>14</p> <p>7-8am: Sunrise Rotary 8-8:55am: Vinyasa Yoga 8:30am-3:30pm: Billiards 9-9:55am: Cycle For All Levels 9-9:50am: Strength & Balance 9:30-10:15am: Chair Exercise 10am-12pm: Hearing Screenings 10am-12pm: Community Links 10-11am: Gentle Yoga 10:15-11:30am: Pilates 10:30-11:30am: Strength Circuit 10:15-11:15am: Traditional Qigong 10:15-12:00pm: Badminton 12-1pm: SACPA 1-3pm: Crib 1-4pm: Knitting & Crochet 1:30-2:30pm: Strength & Mobility 4:00-5:00pm Moving To Heal 5:15-6:15pm: Classic Nia 7-9pm: AA Sunset</p>	<p>15</p> <p>8-8:45am: TGIF Cycle 8:15-9:15: Tai Chi Group 8:30am-3:30pm: Billiards 9am-3pm: Paper Tole & Creative Arts 9-9:55am: Tabata 9-10am: Yoga Refresh 10:15-11am: Gentle Exercise 10:15-11:15am: Yoga for Seniors 10:30am-12pm: Table Tennis 11:30am-12:30pm: Yoga Nidra 11:15-12:45pm: Badminton 1-4pm: Computer Club 3-4:30pm: Pickleball Drop In</p>
<p>18</p> <p>LSCO Closed for Victoria Day</p> 	<p>19</p> <p>8-8:55am: Vinyasa Yoga 8:30am-4pm: Billiards 8:45-9:45am: Beginner Pilates 9-9:55am: Cycle Combo 9-9:50am: Cardio & Balance 10-11am- Gentle Yoga 10am-12pm: Building Healthy Relationships 10am-2pm: Palliative Care Learning Sessions 10:30am: LSCO Guided Tou 11:15am-12:15pm Zumba Gold/ Toning 11:30am-12:15pm: Essentrics 12-3pm: Quilting 12:30-3:30pm: Single Session Counselling 1-3:30pm: Karaoke 1:30-2:30pm: Strength & Mobility 3:30-4pm: Plant Tower Club 5-6:00pm: Tuesday Evening Flow Yoga</p>	<p>20</p> <p>8:00-8:50am: Cardio to the Core 8:15-9:15: Tai Chi Group 8:30am-3:30pm: Billiards 9am-12pm Volunteer Photobooth 9-9:55am : Bike & More 9-9:55am: Power Walking 9:10-10am: Core & Stretch 9:30-11am: Amateur Radio 10am-3pm: Lapidary 10am-3pm: Genealogy 10-10:45am: Chair Yoga 10:15-11am: Gentle Exercise 10:15-11:15: Tai Chi 108 Yang Style 11am-11:45am: Pound 11:15-12:45pm: Badminton 11:30-12:30: Experienced Line Dancing 12:45-1:45pm: Beginner Line Dancing 1-3pm: Watercolor 1:30-3: Cooking With Konny 2:30-4pm: Table Tennis</p>	<p>21</p> <p>7-8am: Sunrise Rotary 8-8:55am: Vinyasa Yoga 8:30am-3:30pm: Billiards 9-9:55am: Cycle Combo 9-9:50am: Strength & Balance 9:30-10:15am: Chair Exercise 10-11am: Gentle Yoga 10:15-11:30am: Pilates 10:15-11:15am: Strength Circuit 10:15-11:15am: Traditional Qigong 10:15-12:00pm: Badminton 12-1pm: SACPA 1pm: Mobile Food Support 1-3pm: Crib 1-4pm: Knitting & Crochet 1:30-2:30pm: Strength & Mobility 2-4pm: Parkinsons Support Group 4:00-5:00pm Moving To Heal 5:15-6:15pm: Classic Nia 7-9pm: AA Sunset</p>	<p>22</p> <p>8-8:45am: TGIF Cycle 8:15-9:15: Tai Chi Group 8:30am-3:30pm: Billiards 9am-3pm: Paper Tole & Creative Arts 9-9:55am: Tabata 9-10am: Yoga Refresh 10:15-11am: Gentle Exercise 10:15-11:15am: Yoga for Seniors 10:30am-12pm: Table Tennis 11:30am-12:30pm: Yoga Nidra 11:15-12:45pm: Badminton 1-4pm: Computer Club 3-4:30pm: Pickleball Drop In</p>
<p>25</p> <p>8:15-9:15: Tai Chi Group 8-8:50am: Cardio Strength 8:30-9:30am: Yovascia 8:30am-3:30pm: Billiards 9-9:55am: Tabata 9-9:55am: Zumba 9-9:55am: TRX Plus 10-10:45am: Chair Yoga 10am-12pm: Birds and Butterflies in Watercolour 10:10-11am: Core & Stretch 10:15-11am: Gentle Exercise 11:15-12:00pm Low Impact Barre 11:15am-12:30pm: Pilates 11:15-12:45pm: Badminton 11:30-12:15pm: Functional Fitness 1-2pm: Yoga For Seniors 2:30-4pm: Table Tennis</p>	<p>26</p> <p>8-8:55am: Vinyasa Yoga 8:30am-4pm: Billiards 8:45-9:45am: Beginner Pilates 9-9:55am: Cycle Combo 9-9:50am: Cardio & Balance 10-11am- Gentle Yoga 10am-12pm: Building Healthy Relationships 10am-2pm: Palliative Care Learning Sessions 11:15am-12:15pm Zumba Gold/Toning 11:30am-12:15pm: Essentrics 12-3pm: Quilting 1-3:30pm: Karaoke 1:30-2:30pm: Strength & Mobility 3:30-4pm: Plant Tower Club 5-6:00pm: Tuesday Evening Flow Yoga</p>	<p>27</p> <p>8:00-8:50am: Cardio to the Core 8:15-9:15: Tai Chi Group 8:30am-3:30pm: Billiards 9-9:55am : Bike & More 9-9:55am: Power Walking 9:10-10am: Core & Stretch 9:30-11am: Amateur Radio 9:50-10:50: Tai Chi 108 Yang Style 10am-3pm: Lapidary 10am-3pm: Genealogy 10-10:45am: Chair Yoga 10:15-11:15am: 20/20/20 10:15-11am: Gentle Exercise 11am-12pm: Good Wills Tour 11am-11:45am: Pound 11:15-12:45pm: Badminton 11:30-12:30: Experienced Line Dancing 12:45-1:45pm: Beginner Line Dancing 1-3pm: What To Do With Old Technology Computer Club Presentation. 1-3pm: Watercolor 2:30-4pm: Table Tennis</p>	<p>28</p> <p>7-8am: Sunrise Rotary 8-8:55am: Vinyasa Yoga 8:30am-3:30pm: Billiards 9-9:55am: Cycle For All Levels 9-9:50am: Strength & Balance 9:30-10:15am: Chair Exercise 10-11am: Gentle Yoga 10:15-11:30am: Pilates 10:30-11:30am: Strength Circuit 10:15-11:15am: Traditional Qigong 10:15-12:00pm: Badminton 12-1pm: SACPA 1-3pm: Crib 1-4pm: Knitting & Crochet 1:30-2:30pm: Strength & Mobility 4:00-5:00pm Moving To Heal 5:15-6:15pm: Classic Nia 7-9pm: AA Sunset</p>	<p>29</p> <p>8-8:45am: TGIF Cycle 8:15-9:15: Tai Chi Group 8:30am-3:30pm: Billiards 9am-3pm: Paper Tole & Creative Arts 9-9:55am: Tabata 9-10am: Yoga Refresh 10:15-11am: Gentle Exercise 10:15-11:15am: Yoga for Seniors 10:30am-12pm: Table Tennis 11:30am-12:30pm: Yoga Nidra 11:15-12:45pm: Badminton 1-4pm: Computer Club 1-3pm: High Tea 3-4:30pm: Pickleball Drop In 1:30-3:30pm: Be Fast Friends</p>
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SPECIALTY PROGRAMS & GROUPS

SUPPORT SERVICES

SESSIONAL PROGRAMS & FITNESS

SPECIAL EVENTS

Fitness & Movement

● Suitable for All Fitness & Mobility Levels

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

● Class includes sustained, high intensity, exercise

*Class is Full

Member Price (Non Member Price)

Session	Date	Time	Cost	Drop-In	Room	Instructor
20/20/20	Wednesdays, May 6 – June 24	10:15 – 11:15 am	\$72 (\$90)	\$9 (\$11)	Gym 2	Jamie Hillier
Bike & More	Wednesdays, May 6 – June 24	9:00 – 10:00 am	\$64 (\$80)	\$9 (\$11)	Gym 2	Nancy Purkis
Cardio & Balance	Tuesdays, May 5 – June 30	9:00 – 9:50 am	\$72 (\$90)	\$9 (\$11)	Gym 1	Gabrielle Dumont
Cardio Strength	Mondays, May 4 – June 29 *No class May 18*	8:00 – 8:50 am	\$64 (\$80)	\$9 (\$11)	Gym 2	Gabrielle Dumont
Cardio to the Core	Wednesdays, May 6 – July 29 *No class July 1*	8:00 – 8:50 am	\$96 (\$120)	\$9 (\$11)	Gym 2	Deb Palmer
Chair Exercises	Thursdays, May 7 – June 25 *No class June 4*	9:30 – 10:15 am	\$42 (\$56)	\$7 (\$9)	Stage	Andrea Clarke
Core & Stretch	Mondays, May 4 – June 15 *No class May 18*	10:10 – 11:00 am	\$48 (\$60)	\$9 (\$11)	APR	Tracy Simons
	Wednesdays, May 6 – June 17	9:10 – 10:00 am	\$56 (\$70)		Gym 1	
Cycle Combo*	Tuesdays, May 5 – June 30	9:00 – 9:55 am	FULL	\$9 (\$11)	Gym 2	Jamie Hillier

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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 and click 'Programs & Fitness' then choose "program guide"
- Pick up a printed copy at the admin desk



Fitness & Movement

● Suitable for All Fitness & Mobility Levels

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

● Class includes sustained, high intensity, exercise

Session	Date	Time	Member Price (Non Member Price)		Room	Instructor
			Cost	Drop-In		
Cycle for All Levels	Thursdays, May 7 – June 25 <i>*No class June 4*</i>	9:00–9:55 am	\$56 (\$70)	\$9 (\$11)	Gym 2	Jamie Hillier
TGIF Cycle	Fridays, May 1 – June 19 CANCELLED	8:00 – 8:45 am	\$56 (\$70)	\$9 (\$11)	Gym 2	Tracy Simons
Essentrics	Tuesdays, May 5 – June 9	11:30–12:15 pm	\$60 (\$90)	\$11 (\$16)	Gym 2	Lindsay Anderson
Instructor's Choice	Mondays, May 4 – June 28 <i>*No class May 18*</i>	9:00 – 9:55 am	\$64 (\$80)	\$9 (\$11)	Gym 1	Jamie Hillier
Functional Fitness	Mondays, May 4 – June 29 <i>*No class May 18*</i>	11:30 am–12:15 pm	\$48 (\$64)	\$7 (\$9)	Stage	Andrea Clarke
Gentle Exercise	Mondays, May 4 – June 29 <i>*No class May 18*</i>		FULL			June Dow
	Wednesdays, May 6–June 24 <i>No Class June 3*</i>	10:15 – 11:00 am	\$54 (\$70)	\$9 (\$11)	Gym 1	Donna Teifenbach
	Fridays, May 1 – June 26 CANCELLED		\$64 (\$80)			Andrea Clarke
Line Dancing - Beginner	Wednesdays, May 6 – June 24	12:45 – 1:45 pm	\$48 (\$64)	\$7 (\$9)	Gym 2	Gloria-Rose Puurveen
Line Dancing - Experienced Beginner	Wednesdays, May 6 – June 24	11:30 am – 12:30 pm	\$48 (\$64)	\$7 (\$9)	Gym 2	Gloria-Rose Puurveen
Low Impact Barre	Mondays, May 4 – June 29 <i>*No class May 18*</i>	11:15 am – 12:00 pm	\$64 (\$80)	\$9 (\$11)	A/B	Sheila Mulgrew
Pilates*	Mondays, May 4 – June 29 <i>*No class May 18*</i>	11:15 am – 12:30	\$64 (\$80)	\$9 (\$11)	APR	June Dow
	Thursdays, May 7 – June 25 <i>*No class June 4*</i>	10:15 am – 11:30	FULL		A/B	
Pilates for Beginners	Tuesdays, May 5 – June 30	8:45 – 9:45 am	\$72 (\$90)	\$9 (\$11)	A/B	June Dow
Pound	Wednesdays, May 6 – June 24 <i>*No class May 27*</i>	11:00 – 11:45 am	\$56 (\$70)	\$9 (\$11)	A/B	Sheila Mulgrew
Seniors Who Lift	Monday, May 4 – June 29 <i>*No class May 18*</i>	10:15 – 11:15 am	\$64 (\$80)	\$9 (\$11)	Gym 2	Jamie Hillier
Strength & Mobility	Tues & Thurs, May 5 – June 30	1:30 – 2:30 pm	FULL	\$7 (\$9)	Fitness Centre	Andrea Clarke
Strength & Balance	Thursdays, May 7 – June 25 <i>*No class June 4*</i>	9:00 – 9:50 am	\$56 (\$70)	\$9 (\$11)	Gym 1	Gabrielle Dumont
Strength Circuit	Thursdays, May 7 – June 25	10:30 – 11:30 am	\$64 (\$80)	\$9 (\$11)	Fitness Centre	Stephanie Girodat
Tabata	Fridays May 1 – June 19 <i>*No class June 5</i>	9:00 – 9:55 am	\$56 (\$70)	\$9 (\$11)	Gym 1	Tracy Simons
TRX Plus	Monday, May 4 – June 29 <i>*No class May 18*</i>	9:00 – 9:50 am	\$64 (\$80)	\$9 (\$11)	Gym 2	Andrea Clarke
Zumba®	Mondays, May 4 – June 29 <i>*No class May 18, June 8*</i>	9:00 – 9:55 am	\$56 (\$70)	\$9 (\$11)	APR	Gabrielle Dumont
Zumba Gold/Toning	Tuesdays, May 5 – June 30	11:15 am – 12:15 pm	\$72 (\$90)	\$9 (\$11)	APR	Sheila Mulgrew

Mind-Body & Yoga Programs

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

Session	Date	Time	Cost	Drop-In	Room	Instructor
Chair Yoga	Mondays, May 4 – June 29 <i>*No class May 18*</i>	10:00 – 10:45 am	\$48 (\$64)	\$7 (\$9)	Stage Area	Corrine Myers
	Wednesdays, May 6 – June 24		\$48 (\$64)			
Classic Nia	Thursdays, May 7 – June 11 <i>*No class June 4*</i>	5:15 – 6:15 pm	\$65 (\$90)	\$15 (\$20)	Gym 2	Lise LeMoine
Gentle Yoga	Tuesdays, May 5 – June 30	10:00 – 11:00 am	\$72 (\$90)	\$9 (\$11)	APR	Donna Teifenbach
	Thursdays, May 7 – June 25 <i>*No class June 4*</i>		\$56 (\$70)			
Moving to Heal	Thursdays, May 7 – June 11 <i>*No class June 4*</i>	4:00 – 5:00 pm	\$65 (\$90)	\$15 (\$20)	A/B	Lise LeMoine
Tai Chi 108 Yang Style Form	Wednesdays, May 6 – May 27	9:50 – 10:50 am	\$20 (\$28)	\$6 (\$8)	A/B	N/A
Traditional QiGong	Thursdays, May 7 – June 18 <i>*No Class June 4*</i>	10:15 – 11:15 am	\$56 (\$70)	\$9 (\$11)	Gym 2	Adrian Tomei
Modern Qigong <i>*New class*</i>	Mondays, May 4 – June 29 <i>*No class May 18*</i>	2:00 – 3:00 pm	\$64 (\$80)	\$9 (\$11)	Stage Area	Christi Pierson
Tuesday Evening Flow Yoga	Tuesdays, May 5 – June 30	5:00 – 6:00 pm	\$72 (\$90)	\$9 (\$11)	A/B	Donna Tiefenbach
Vinyasa Yoga	Tuesdays, May 5 – June 30	8:00 – 8:55 am	\$72 (\$90)	N/A	APR	Melanie Hillaby
	Thursdays, May 7 – June 25		\$64 (\$80)			
Yin Yoga	Wednesdays, April 15 – May 6	1:00 – 2:15 pm	\$32 (\$40)	\$9 (\$11)	A/B	Karen Toohey/ Marquise Harris
Yoga For Seniors	Mondays, May 4– June 29 <i>*No class May 18*</i>	1:00 – 2:00 pm	\$72 (\$90)	\$9 (\$11)	A/B	Corrine Myers
	Fridays, May 1 – June 26 <i>*No class Friday, June 5*</i>	10:15 – 11:15 am	\$64 (\$80)		APR	
Yoga Refresh	Fridays, May 1 – June 26 <i>*No class June 5*</i>	9:00 – 10:00 am	\$56 (\$70)	\$9 (\$11)	APR	Stephanie Girodat.

Tee-Time” Morning Muffins Recipe

INGREDIENTS (Yield 30 Muffins)

- All purpose flour-4 cups
- Sugar, granulated-2 1/2 cups
- Baking powder-4 tsp
- Baking soda-4 tsp
- Cinnamon, ground-4 tsp
- Salt-2 tsp
- Wheat germ-1/4 cup
- Wheat bran-1 cup
- Dried cranberries-1/2 cup
- Dried blueberries-1/2 cup
- Pecans, toasted, chopped-1/2 cup
- Sunflower seeds-1/4 cup
- Pumpkin seeds-1/4 cup
- Shredded Coconut-1 cup
- Carrots, peeled and grated-4 cups (about 4 large carrots)
- Apples, Granny Smith, grated-2 apples
- Eggs, large-6 eggs
- Canola oil-1/2 cup
- Flax Seed oil-1/4 cup
- Vanilla extract-2 tsp
- Orange juice-10 to 20 oz., depending on mixture
- Maple syrup, to glaze

METHOD:

1. In a large bowl, mix together dry ingredients.
2. Add grated carrots and apples, cranberries, blueberries, pecans, sunflower seeds, pumpkin seeds, and coconut.
3. Whisk together eggs, oils, vanilla, and orange juice. Add to flour mixture and stir just to combine. Do not overmix muffin batter.
4. Fill muffin cups & bake @ 350°F until done, approximately 15–18 minutes.
5. Once baked, and while still hot, brush muffins with maple syrup to glaze.
6. Store this batter in the refrigerator for up to 2 weeks. Bake as required.
Storage: baked muffins freeze very well in an airtight container.

NOTES:

- a) substitute raisins for dried cranberries and dried blueberries
- b) substitute equal amount of canola oil for flax seed oil, if unavailable

Medium Sudoku

Solution on page 16

	5			6		2		
1					4			
8			1				7	6
	1	4	5					7
	3		9	4	6		8	
2					1	4	5	
6	9				3			8
			7					3
		3		2			9	

1sudoku.com

n° 223018 - Level Medium

This recipe was provided by our Volunteer Pastry Chef, Denise. You can read about her story in this month's member spotlight on page 8.

Year Round Special Interest Groups

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

Amateur Radio: \$36/Year + LSCO Membership

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

Badminton: \$85/Year + LSCO Membership

Everyone of all skill levels is welcome to play badminton during the scheduled sessions. Thursdays are specifically a good day to focus on working and improving your skills. Please check the etiquette and protocols before playing.

Billiards: \$75/Year + LSCO Membership, \$6 (\$7NM) Drop In

Members are welcome to play pool daily in the second-floor Billiards Room. New players should notify staff to arrange for instructions. Non-members may drop in provided they are accompanied by a billiard member.

Computers: \$28/Year + LSCO Membership

Individuals interested in attending workshops, learning about technology, and sharing their knowledge are encouraged to join the Computer Club. A variety of information sessions and workshops are offered throughout the year, with a small fee for non-members attending workshops.

More Details and links are available on the LSCO Computer Club Website: <https://sites.google.com/view/lscocomputerclub> Email computerclub@lethseniors.com to be added to the email list or to ask for help from the computer club. Membership is not required to be added to the mail list.

Crib: LSCO Membership, \$2 Drop in

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

Genealogy: \$30/Year + LSCO Membership

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

Karaoke: \$36/Year + LSCO Membership, \$2 Drop in

If you love to sing and enjoy socializing, join the LSCO Karaoke singers on Tuesday afternoons. Non-members are welcome to attend for a small drop-in fee. Please consider bringing your own microphone.

Knitting, Crochet & More \$15/Year + LSCO Membership

Whether you knit, crochet, or enjoy other needlework, consider joining this weekly group to work on projects, socialize, laugh, and share ideas. Those who are still learning are very welcome to join. If you don't have supplies, some are available to loan.

Lapidary (Stonecrafters) \$50/Year + LSCO Membership

If you are interested in making jewelry or art using rocks and fine gems, experienced stonecrafters will help you safely learn how to use the machines and complete your projects. For safety, a minimum of two people must be present in the room at all times. Supply costs are extra.

Paper Toile & Creative Arts \$28/Year + LSCO Membership

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

Quilting: LSCO Membership

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

Table Tennis \$64/Year + LSCO Membership

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

Tai Chi Group \$25/Year + LSCO Membership, \$2 Drop in

This is a dedicated practice group intended for advanced Tai Chi practitioners. The sessions are not a formal structured class but offer space for experienced individuals to practice. Participants must have an LSCO membership and pay a small annual fee or drop-in fee.

Watercolor \$60/Year + LSCO Membership

Join this self-led watercolor group to work on your projects, share techniques, and enjoy a creative and social atmosphere. Bring your own supplies and paint at your own pace. All skill levels are welcome.

Wood Working/Carpentry \$250/Year (\$25/month) + LSCO Membership

The Westco woodshop is open to both men and women interested in woodworking. All new members must attend a shop orientation and evaluation to ensure the safe operation of machinery. Courses may be offered for those looking to learn new skills in this safe and supportive environment. See page 10 for details.



Groups Fee Increase

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

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

COMPUTER CORNER HOW TO

Add an Internet Shortcut to Your Home Screen on Your Phone



Adding a shortcut on your home screen that opens a certain website you use often can save you time and make navigating online easier.

The home screen is what you see on a device after unlocking it. Your device may have multiple home screens. It may also be called "main screen," "start screen," or "main menu".

For Android Devices

The home screen is managed by an app often called the "launcher" (e.g., "One UI Home" on Samsung),

Steps once you have the website open:

Tap the menu (usually three dots in the upper right corner), scroll down and tap 'Add to Home screen'. If this option is not available, tap the share symbol first. *You may get further choices depending on the website and version or manufacturer of your device.*

For Apple Devices (iPhones/iPads)

The home screen is managed by the iOS operating system.

Steps once you have the website open:

tap the Share symbol in Safari and select 'Add to Home Screen'



BY SJOERD SCHAAFSMA

Computer Club Events

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

Planning for Live Well Showcase

Monday, May 11 @ 1 pm

Suggested theme: Technology & Learning How The Computer Club Can Help You

Buying Technology

Wednesday, May 13 @ 1 pm

Get help deciding on new technology from Mobile Devices to PCs to Accessories

What To Do With Old Technology

Wednesday, May 27 @ 1 pm

Learn how to put old tech to new uses, keep it out of the landfill, or dispose of it securely.



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Creative Arts Programs

Program	Instructor	Session	Time	Cost	Room
Birds and Butterflies in Watercolour	Donna Gallant	Mondays, May 4-June 1 <i>*No class May 18*</i>	1 - 3 pm	\$100 (\$125)	Arts & Crafts
<p>This 4-week class will explore different types of birds and butterflies rendered with watercolour. You may use any type of watercolours, whether tube, pan, watercolour pencils, pens or crayons or a combination of these applications, you choose.</p> <p>Learn aspects of bird shapes and colours - and what about those beautiful coloured butterflies! This is a perfect time to see colour come alive after our grey winter.</p> <p>Ask for a supply list when you register.</p>					
Acrylic for Beginners	Donna Gallant	Mondays, June 8-July 6	1 - 3 pm	\$125 (\$150)	Arts & Crafts
<p>In this 5-week class you will learn the basics of painting with acrylics. Learn about brush handling, colour mixing, how to create textures and shapes, keeping your painting unified with glazes and how to create realistic depth. We will paint a landscape, a still life and if time permits an animal. This class is great for the beginner. Ask for a supply list when you register.</p>					
Paint & Chat	Donna Bilyk	S1: Tuesday, May 12 S2: Tuesday, June 23	1-3 pm	\$55 (\$65)	Arts & Crafts
<p>Join Donna as she guides both beginner and advanced painters through techniques and tricks to complete an acrylic painting. She provides all the necessary supplies for the session. All you need to bring is a willingness to learn to have fun with this experienced Southern Alberta artist.</p>					

3	5	9	8	6	7	2	1	4
1	6	7	2	9	4	8	3	5
8	4	2	1	3	5	9	7	6
9	1	4	5	8	2	3	6	7
7	3	5	9	4	6	1	8	2
2	8	6	3	7	1	4	5	9
6	9	1	4	5	3	7	2	8
5	2	8	7	1	9	6	4	3
4	7	3	6	2	8	5	9	1

Solution. Puzzle on page 14.



On April 22, we held our very first evening paint night. Participants had a blast and it was great to see so many beautiful paintings!



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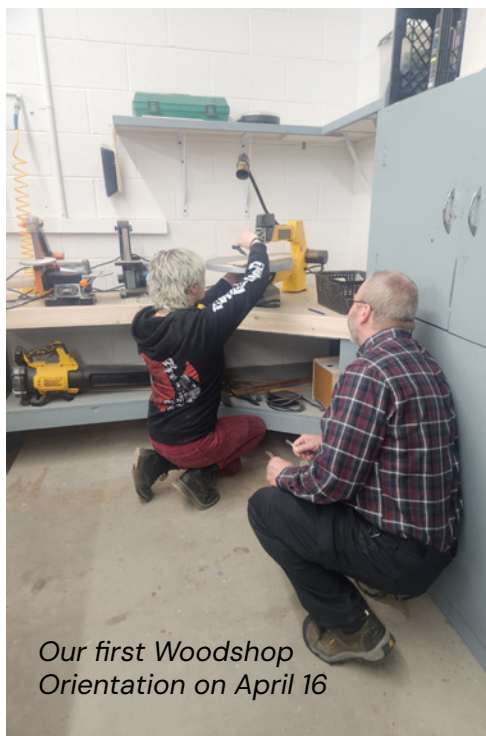
Hey Everyone! My name is Megan and I have been a woodworker for many years. I have owned woodworking businesses in both Montreal and Lethbridge and have taken a guitar building course in Saskatchewan. Aside from woodwork, I am a mom of a 15 year old, play guitar, write songs and love to cook. I am honoured to be a part of LSCO and look forward to meeting everyone so come say hello in the woodshop! See you around!

WOODSHOP PROGRAM COORDINATOR



Sign up for the next woodshop orientation at the admin desk.

We would like to welcome our new Woodshop Technician, Megan Rourke, to the team in a very special position. Megan is occupying a role shared with CASA, funded by the Government of Alberta's Community Initiatives Program. You will see her in the Westco Woodshop 20 hours a week here at LSCO - if you need a tool sharpened, a helping hand, or a little advice, please connect with Megan. She will also be facilitating our woodshop orientations for all new members, so check our newspaper or inquire at the admin desk if you are interested in getting involved with the woodshop. Welcome to LSCO, Megan!



Our first Woodshop Orientation on April 16

TOWN HALL ON FRAUD PREVENTION WITH LETHBRIDGE POLICE

TUESDAY, MAY 12, 2026 6:00 PM

RSVP TODAY!

RachaelThomas.ca

403-320-0070

RACHAEL THOMAS

MEMBER OF PARLIAMENT

@RachaelThomas.ab

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

LETHBRIDGE FIRE AND EMERGENCY SERVICES

Emergency Preparedness Week Outreach

Thursday, May 7:
 Nordbridge Senior Centre (9am-12pm)
 LSCO (1pm-3pm)

Ask questions. Pick up resources. Get prepared.

lethbridge.ca/beprepared

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SUPPORT & INDEPENDENCE

Be Fast Friends

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

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

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

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

May 29, 2026
@ 1:30. Register in Advance

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

LSCO **SCSP SENIORS SYSTEM NAVIGATORS**
Recovery Alberta MENTAL HEALTH AND RECOVERY SERVICES

New Support Services in May

Dental Consultations:

May 4 (1st Monday) from 10 am – 12 pm

Get a 'dental' second opinion, professional support and advice from local dentist, Dr. Chuck with these 15 minute appointments. See the April paper for more information on Dr. Chuck

Community Links on Site

May 14 (2nd Thursday) from 10 am – 12 pm

Community LINKS will be offering information, referrals and assistance with applications related to finances, employment, housing, and more.

Financial Advisor Consultations

May 6 (1st Wednesday) from 10 am – 12 pm

Connect and ask questions of local wealth advisor, Nicola Bergin with these 20 minute appointments.

About Nicola Bergin BA (Hons), CIM®

I began my career in the investment industry in 1996 and bring nearly three decades of experience and perspective to my role at iii Global Wealth. I earned my Bachelor of Arts with Honours in London, England, in 2000, an experience that shaped my global outlook and lifelong curiosity.

After returning to Canada, I continued to build my career in wealth management, developing experience across multiple facets of the industry. My commitment to professional excellence was formalized in 2018 when I earned my Chartered Investment Manager (CIM®) designation.

At the heart of my work is a genuine love of building meaningful relationships and delivering exceptional service. I believe trust is built through consistency, care, and truly understanding what matters most to the people I work with.

Outside the office, I share life with my wonderful husband, Raymond, and am a very proud mum to our adult son. I find joy in spending time with my fur babies, being barefoot in my garden, listening to music, and working on creative projects around our home.

To register or set up an appointment, please call the LSCO at 403-320-2222 or email kmartin@lethseniors.com

SUPPORT SERVICES MESSAGE

Mental Health Week

Mental Health Week is being observed across the country this month (May 4 to May 10), drawing attention to the importance of emotional well-being and the challenges many individuals continue to face. The annual event encourages open conversations about mental health, aiming to reduce stigma and promote access to resources. This year's theme is "Coming together Canada" which promotes community, connections, and reducing stigma.

The Canada Mental Health Association provides resources, activities, and fact sheets on-line about why connections are so good for our mental health. You can also complete a quiz on-line to determine your connection style. If you are looking for a few things to do to connect to your community and others, here are a few things that will be going on in May.

- **Community Connect Coffee Group** is the first Tuesday of the month at LSCO. Each month features a different presentation from a local community group. Drop in, no registration required.
- **Second Friday Social** runs monthly at LSCO with activities, live music and snacks. Drop in, no registration required.
- **Hello Mondays** is each week at The Nord Bridge Seniors Centre where you can join an information session and discussion group on various topics. The Nord Bridge Senior Centre is also hosting Strengthening the Aging Brain by Building Brains Together.
- **Be Fast Friends** is an opportunity for individuals who need more social connection to come together in a "Speed Dating" format focusing on developing friendships! This is at LSCO on May 29, starting at 1:30 pm. Registration required.

You can also visit the City of Lethbridge website and Lethbridge ICA for information of other activities happening through out the city during Mental Health Week.

Experts point to several contributing factors behind the growing mental health crisis, including economic pressures, social isolation, and the lingering effects of the COVID-19 pandemic. While awareness has improved, access to mental health services remains uneven, particularly in rural and underserved communities.

Many say that simply talking about mental health openly can make a significant difference and reduce stigma. I encourage people to check in on friends and family, practice self-care, and make use of available resources. Ultimately, the message is clear: mental health is just as important as physical health, and supporting it is a shared responsibility.

DANNIE LIEN, SENIORS SYSTEM NAVIGATOR

Palliative Care Learning Series

Your Role in a Compassionate Community

Tuesday, May 19, 2026, 10-11:30 a.m.

Gain information and ideas about how to build networks of support around people experiencing serious illness, death and grief.

What Matters Most?

Tuesday, May 26, 2026, 10-11:30 a.m.

Learn how to identify and share what matters most to you in your life and in your care, as well as how to find out and support what matters to the people close to you.

What is Palliative Care?

Tuesday, June 9, 2026, 10-11:30 a.m.

Palliative care is more than you think. Learn what palliative care is and why it's important.

How to Have Conversations about Dying and Grief

Tuesday, June 16, 2026, 10-11:30 a.m.

Gain practical strategies for having caring and compassionate conversations on these topics with the people around you.

All sessions take place at the LSCO stage, in partnership with the Covenant Health Palliative Institute.



COMPASS for the Caregiver

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

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

June 9, 16, 23, 30

Room C/D, LSCO
500 11th St. S, Lethbridge

1:00 - 3:30 pm **\$25** Registration Fee

***Please register by May 29, 2026**
Call LSCO to register 403-329-3222




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

1st Tuesday each month 1:30-3:00

FREE COFFEE & SNACKS!

May 5 **June 2**

1st Tuesday
Presentation from: **BUILDING BRAINS TOGETHER**

June 2
Presentation from: **Lethbridge Fire & Emergency**

LSCO, Room C/D
500 11 St. S. Lethbridge




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MAY 2026 SUPPORT SERVICES CALENDAR

Drop In *appointment / registration required

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



Lethbridge Senior Citizens Organization

May 4 1 st Monday	Dental Consultations* 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
May 5 1 st Tuesday	Community Connect Coffee Group 1:30 pm - 3 pm Room C/D	A FREE opportunity to build connections, grow meaningful connections, and strengthen access to community supports. This month's presentation is from Building Brains Together
May 5 1 st Tuesday	Prescribing Pharmacist On-Site* 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.
May 6 1 st Wednesday	Service Canada & CRA Clinic 9 am - 12 pm Card Area	FREE on-site Service Canada and CRA representatives available to answer your questions regarding federal benefits and programs.
May 6 1 st Wednesday	Financial Advisor Consultations* 10 am - 12:00pm Quiet Room	FREE 20 minute consultations with local wealth advisor, Nicola Bergin.
May 7	Emergency Preparedness Week 1 pm - 3 pm Card Area	Lethbridge Fire and Emergency Services will be onsite to answer your questions, provide resources and help you get prepared for an emergency.
May 11 2 nd Monday	VolunTEAM Meetings 1 pm - 2 pm Atrium	An opportunity for LSCO volunteers to come together, provide feedback, ask questions and discuss upcoming volunteer opportunities.
May 12	Queer Support Group 6:30 pm - 7:30 pm Room C/D	A socialization and peer support opportunity for queer folks 50 and older.
May 13 2 nd Wednesday	Legal Consultations* 1 pm - 4 pm Clinic Room	FREE 15 minute consultations with local lawyer, Austyn Anderson.
May 14 2 nd Thursday	Hearing Screening* 10 am - 12 pm Quiet Room	FREE hearing screenings from Lethbridge Hearing Centre
May 14 2 nd Thursday	Community Links On Site 10 am - 12 pm Card Area	Community LINKS will be offering information, referrals and assistance with applications related to finances, employment, housing, and more.
May 19 3 rd Tuesday, every 2nd month	Single Session Counselling* 12:30 pm - 3:30 pm Quiet Room	The single session counselling model provides an opportunity for individuals to try counselling at no cost. Sessions are 1 ½ hour in length. Book and appointment through SCSP Intake at 403-329-1544 or intake@lethseniors.com.
May 19 & 26	Palliative Care Learning Sessions* 10 am - 2 pm Stage Area	Palliative care education is for everyone! Join us for a series of short courses delivered by health professionals to help people learn how to offer meaningful support when someone they know is sick, dying, caregiving or grieving.
May 21	Mobile Food Support 1 pm LSCO Parking Lot	Free, fresh food for all from the Lethbridge Food Bank. Open as long as supplies last.
May 29	Be Fast Friends* 1:30 - 3 pm Stage Area	This social connection event is designed to help people quickly meet and form new friendships in a casual way. 'Speed-friending' will be led by a recreational therapist!



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

LEARN ARTICLE

Senior's Talent Showcase

Happy spring, everyone! We are only one month away from our 5th Annual Seniors Talent Showcase on June 15th. We invite you to take center stage, or cheer from the audience, as we come together for a meaningful and inspiring community event! In recognition of World Elder Abuse Awareness Day (WEAAD). WEAAD is observed globally on June 15th to highlight the importance of protecting older adults from abuse, neglect, and exploitation. By participating in this event, you're helping bring visibility to this issue while also celebrating the strength and vibrancy of our senior community.

This special event is more than just an afternoon of entertainment, it's an opportunity to celebrate the creativity, skills, and stories of older adults in our community while raising awareness about an important issue that affects seniors across Canada, and in our communities.

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! We look forward to seeing you next month!

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.




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