

BELONG  CONNECT  THRIVE



LSCO

Lethbridge
Senior Citizens
Organization

Program Guide

September - December 2026

Everything you need to live fully at the LSCO

Welcome to the Lethbridge Senior Citizens Organization!

A vibrant hub for older adults.

We are thrilled to have you here! Whether you are a long-time member or just starting to explore what we offer, we are confident you'll find a community that exceeds your expectations.

Since 1975, the heart of the LSCO has been our "service to seniors by seniors" philosophy. Today, we have grown into one of Canada's largest and most vibrant hubs for adults aged 55 and better. Located in the heart of Lethbridge, our Centre is more than just a building—it is a focal point for aging well, where individuals come together to learn, stay active, and make a difference.

On behalf of the Board of Directors, staff, and our thousands of members, welcome to our dynamic community. We can't wait to see you around the Centre!

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STAYING CONNECTED TO THE LSCO

We believe that staying informed is the first step toward thriving. Whether you prefer the feel of a newspaper or the convenience of a smartphone, there are many ways to stay in the loop.

- **The LSCO Times Newspaper:** Our free monthly newspaper is published on the last Friday of every month. It is your "go-to" guide for upcoming events, program changes, and community stories. You can find paper copies at the Centre and over 100 locations across Lethbridge.
- **Delivered to Your Inbox:** If you provide an email with your membership or subscribe online, we will send a digital copy of the LSCO Times directly to you each month. You can also read it online at www.lethseniors.com/newspaper.
- **Find Us Online:** Our website (www.lethseniors.com) is a live hub for everything happening at the Centre. Join our digital community on Facebook & Instagram (@lethlsco) for daily updates, photos, and stories

Your Visit to the Centre

GETTING TO THE LSCO

Parking Passes

You can park in the City-owned lot adjacent to our building for up to two hours for free. For longer stays, members can purchase an Annual Parking Pass for \$10 (plus a one-time \$3 admin fee). These are available at the Administration Desk and allow for all-day parking in the lot. The pass must be visible at all times.

Go Friendly Shuttle

In partnership with Nord-Bridge, we offer a home-to-centre shuttle service Monday–Friday (8:00 am – 3:30 pm). Passes can be purchased at LSCO and Nord-Bridge.

- 10x Pass is \$21.00 | 30 Day Pass for \$28.00 | Yearly Pass for \$280.00
- To Book, call Nord-Bridge Senior Centre at 403-329-3222 no later than 3:00pm the day before.

Drive Happiness

A volunteer-driven assisted transportation service for medical appointments, shopping, and more. Tickets are \$12 and provide 1.5 hours or 40km of assistance. Book 3 business days in advance at 1-888-336-4503.

Acess-A-Ride

A City of Lethbridge door-to-door service for those unable to use regular public transit. You must apply before booking at www.lifemarkworkhealth.ca/city-of-lethbridge-access-a-ride.

MAKING THE MOST OF YOUR DAY

Signing into the Building

When you arrive, please sign in on the touch screen monitors to the left of the main doors. Members can sign in with their key tag, and non members can choose “Guest”.

Signing in helps us with vital statistics for funding and ensures we know who is in the building during an emergency. Volunteers can also track their hours here.

LSCO 50's Style Dining Room

Anyone can enjoy affordable breakfast, lunch, or snacks in a friendly, spacious atmosphere. The dining room is open to the public and no membership is required. Seniors receive a 10% discount and members receive a 15% discount. Daily specials also available in the LSCO Times and online at www.lethseniors.com/menu

Open Monday through Friday

- Breakfast served: 8:00 am – 1:00 pm
- Lunch served 11:00 am – 1:00 pm
- Coffee & Snacks Served until 3:00 pm

LSCO Boutique

Discover unique, handcrafted treasures created by over 40 member-consignees. Open Monday–Friday, 10:00 am – 3:00 pm.

LSCO Library

Our volunteer-run library operates on a “take a book, leave a book” policy. It is stocked entirely by community donations and features books, puzzles, and DVDs.

Join Our Community

MEMBERSHIP

Why Become a Member? Membership at the LSCO is more than just a pass—it's an invitation to belong. As a member, you are the heart of our organization, helping us remain a vibrant hub for all older adults in Lethbridge.

MEMBERSHIP BENEFITS

- Program Savings: Receive significant discounts on all classes and fitness programs.
- Dining Discounts: Enjoy a 15% discount every time you visit our 50's style diner.
- Health & Wellness: Access free or reduced rates for essential services, including the Podiatrist, hearing specialists, and legal advice.
- Special Interest Groups: Join any of our year-round clubs, from woodworking to genealogy
- Exclusive Parking: Eligibility to purchase our annual \$10 all-day parking pass.
- Voice & Vote: You have voting privileges at our Annual General Meeting (AGM), helping shape the future of the LSCO.
- Advertising: Receive discounts on classified and display ads in the LSCO Times.

MEMBERSHIP FEES

Your membership is valid for 365 days from the date of purchase. Please note that memberships are non-refundable

SENIOR (55+) MEMBERSHIPS

\$60 / Year

ADULT (35+) MEMBERSHIPS

\$90 / Year

EVERYONE HAS A PLACE AT LSCO

We are committed to ensuring that financial barriers never stand in the way of connection. We offer two primary ways to save on your membership and programs.

LSCO Welcome Policy	City of Lethbridge Fee Assistance
If you meet the income thresholds below, you can <u>receive 25% off</u> your membership and program fees. <u>Income Eligibility</u> Single: Under \$30,000 Couple: Under \$50,000 To Apply: Bring your prior year's tax return or Notice of assesment(Line 15000) to the Administration Desk.	City residents may be eligible for <u>\$150 per season</u> (Jan–June and July–Dec) to use toward LSCO memberships and programs. <u>Income Eligibility</u> Single: Under \$27,478* Couple: Under \$34,206* To Apply: Visit City Hall or search "City of Lethbridge Fee Assistance" online.

Volunteer Discount

For every 50 hours of verifiable volunteer time worked, members receive \$10 off their annual membership fee. Volunteer hours must be entered in the MySeniorsCenter System.

Recruit a Friend to Join Discount

Get a non-member friend to join the LSCO and get \$5 off your next years membership. In fact, we'll give you \$5 off EVERY non-member you get to join to a maximum of \$50.

VOLUNTEERING

Service to Seniors by Seniors. Since 1974, our community has thrived because of the generous hearts of our volunteers. Whether you have an hour a month or a day a week, there is a place for you to belong and grow at the LSCO.

WHY VOLUNTEER AT THE LSCO?

Earn as You Give: For every 50 volunteer hours you receive \$10 off your annual membership fee.

Build Connections: Meet new friends and stay active in a supportive environment.

Direct Impact: Your time directly helps keep the cost of meals, programs, and services affordable for everyone.

FIND YOUR PERFECT FIT

To keep our programs affordable and our community strong, we invite you to explore these roles. We've organized opportunities based on interests and skills.

The "Social Butterfly"

If you enjoy building community and connection:

- Greeters: Be the first friendly face seen! Help folks sign in and ensure everyone feels they belong.
- Community Connect*: Provide vital weekly telephone support to seniors who are feeling isolated.
- Event-Based Volunteers: Help with one-off celebrations like holiday socials, raffles, the Christmas Dinner, or the Live Well Trade Show.

The "Helping Hand"

If you enjoy stepping up to help out where you can and when you can:

- Diner & Meals on Wheels Kitchen Prep: Assist our chefs in preparing and serving nutritious, affordable meals.
- Dishwashers: A critical role in keeping our food programs running and affordable.
- Diner Food Server: Help serve food on the line and deliver to customers at their tables
- Boutique*: Help manage our handcrafted treasures from senior consignees.
- Facility Caretakers & Plant Tenders: Keep our shared home clean through light dusting or give our atrium plants some green-thumb attention.
- Bottle/Can Recycling: A simple task that makes a big impact by taking recyclables to the depot
- Bingo Volunteers: Support our fundraising at Winners Bingo; tasks range from selling cards to counting money (and you get a free lunch!).

The "Road Warrior"

If you enjoy being on the open road (and making the occasional stop):

- Drive Happiness*: Use your vehicle to take seniors to essential appointments. Flexible schedule and gas reimbursement provided.
- MOW & Food Bank Delivery*: Deliver fresh meals or food hampers to homebound neighbors.
- Newspaper Deliveries: Pick a route and distribute the LSCO Times once a month.

The "Expert"

If you have specialized skills to share:

- Tax Preparers*: Help community members with simple tax returns through the CRA's volunteer income tax program. Intake volunteers are also needed to ensure client eligibility.
- Program & Fitness Instructors: Share your expertise by leading one of our many classes or fitness sessions.
- Music: Do you play an instrument or sing? Bring joy to our second Friday Social each month by performing.

*Position requires an up to date Police Information Check and 2 references. The cost of this check will be covered by the LSCO if needed.

- Morning Availability
- Afternoon Availability
- Flexible on your schedule

Contact the Volunteer Team at volunteer@lethseniors.com or 403-320-2222 ext. 208

SPECIAL EVENTS

Your Invitation to Join In. At the LSCO, we believe that the best things in life—friendship, support, and community—should be accessible to everyone. Our free events are designed to help you stay informed, healthy, and connected without any financial barriers.

**Please note that the dates, times, and fees for these programs may change. Please watch our newspaper for a complete list of upcoming events for each month.*

LSCO Guided Tour

1ST Wednesday @ 1 pm, monthly

3RD Monday @ 10:30 am, monthly

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

2nd Friday Social

2ND Friday @ 1-3 pm | Stage, monthly

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

High Tea

Friday, April 17 @ 1-3 pm | Atrium

Normally monthly on the last Friday

\$15 for members, \$20 for non members. Please purchase your tickets in advance as space is limited. Formal attire is not required but dressing up is encouraged!

Made With Love Market

Saturday, April 25 @ 10-2 | LSCO

Calling all makers, collectors, and enthusiasts! Peruse antiques and collectibles from yesteryear, grab a sweet treat, or invest in some quality craftsmanship to beautify your space. Entry by donation to MOW. Tables Still available, contact Stephanie: sgirodat@lethseniors.com

Embracing Life's Transitions with Dignity

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

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

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.

Mother's Day Brunch

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

Join us for a special Mother's Day Brunch Buffet fundraiser to celebrate the mothers and mother figures in our lives! There will be door prizes, gifts for Mom, and family portraits.

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

Sponsored by Wellings of Brooks and Amour and Glow.

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.

13th Annual Live Well Showcase

Thursday & Friday, June 4 & 5 | LSCO

The Live Well Showcase is a free gathering of over 70 vendors and engaging speakers tailored specifically for seniors. More information is available at www.lethseniors.com/livewell

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.

Support Services

Empowering You to Thrive at Home. The LSCO is more than a social club; we are a partner in your wellbeing. Our specialized teams work to ensure you have the resources, safety, and support to live with dignity and independence.

SENIORS SYSTEM NAVIGATION TEAM

Through the Seniors Community Services Partnership, our Seniors System Navigators and Link Workers collaborate with community partners to assist adults (60+) and their families with the complexities of daily living. We can:

- Identify your needs: We provide support, information, and referrals for finances, housing, health, transportation, food security, mental health and more.
- Connect you with resources: We link you with programs and services specifically designed for older adults or to meet your needs.
- Offer community outreach: Our team can meet you in your home or a comfortable community location.
- Advocacy within complex systems: We can join you at appointments (ex. doctors or home care nurses) to ensure your needs are heard.
- Offer education: We host workshops and info sessions to increase awareness of issues affecting older adults.
- Provide emotional support: We help you access non-judgmental 1-1 and group support to help reduce stress and improve your quality of life.

Contact the SCSP intake line at intake@lethseniors.com or 403-329-1544

LETHBRIDGE ELDER ABUSE RESPONSE NETWORK

LEARN is a free, confidential collaboration of senior-serving agencies dedicated to your safety. We provide education, advocacy, and support for adults (55+) experiencing mistreatment, always respecting your autonomy and preferences. Our case managers respond to concerns by:

- Safely making contact with those being mistreated
- Arranging for home, office or community visits at the older adults discretion
- Completing risk assessments and safety plans
- Developing a service plan by assisting in determining needs and setting goals
- Providing emotional support and advocacy
- Consulting with other professionals and completing appropriate referrals
- Following up to ensure continued safety and connection to community

Contact LEARN at 403-394-0306 or learn@lethseniors.com

MEALS ON WHEELS

LSCO Meals on Wheels provides hot, nutritious noon-day meals delivered by caring volunteers directly to your door.

- Who Qualifies? Lethbridge residents who have short or long-term difficulty preparing meals due to illness, injury, or disability.
- The Schedule: Hot meals are delivered Monday–Friday (excluding holidays). Frozen meals for weekends can be delivered on Fridays.
- Affordability: Fees are based on a sliding income scale to ensure access for everyone.

Contact Meals on Wheels at 403-327-7990 or mow@lethseniors.com.

ON-SITE HEALTH & PROFESSIONAL CLINICS

LSCO welcomes community professionals onsite to offer various health and wellness focused support to LSCO members as well as any members of the community.

**Please note, these dates and times may change throughout the year. All clinics run monthly unless otherwise stated.*

Community Connect Coffee Group

1ST Tuesday @ 1:30 - 3 pm | Room C/D,
FREE opportunity to build connections, grow meaningful connections, and strengthen access to community supports. Most months feature info from community services to broaden your access to support. Drop-in style, no need to register.

Presentations

May: Building Brains Together
June: Lethbridge Fire & Emergency
July: Men's Shed

Dental Consultations

1ST Monday @ 10 - 12 am | Quiet Room
An opportunity to get a second opinion or discuss a dental situation to make an informed decision. Get professional support and advice from local dentist, Dr. Chuck. 15 Minute Appointments.

Eye Glasses Adjustments

3RD Wednesday, every 3rd month @ 1 - 2 pm | LSCO Library
An optician from Specsaver is on site to do free eye glasses adjustments and repairs.

Financial Advisor Consultations

1ST Wednesday @ 10 - 12 | Quiet Room
FREE 20 minute consultations with local wealth advisory Nicola Bergin. Appointment Required.

Hearing Screening

2ND Thursday | 10 am - 12 pm | Quiet Room
A registered hearing practitioner is at LSCO once a month offering free hearing checks. Book an appointment through LSCO Admin at 403-320-2222.

Legal Consultations

2ND Wednesday, @ 1 - 4 pm | Clinic Room
FREE 15-min consultations with local lawyer Austyn Anderson. Book an appointment through LSCO Admin 403-320-2222

Mobile Food Support

Monthly Thursdays | 1:00 pm | Parking Lot
(April 30, May 21, June 11, July 16)

The Lethbridge Food Bank will be at LSCO with excess food for the community to help address food insecurity. No income testing open to everyone of all ages, at no cost. First come, first served.

Podiatrist

A Wednesday, every other month | 8:30 - 12:30 | Room C/D

(For LSCO Members only) An assessment by a Podiatrist is available to LSCO Members only for \$20/ session with presentation of an Alberta Health Care Card. Appointments must be booked in advance and can be made at the administration desk or by calling 403-320-2222.

Prescribing Pharmacist

1ST Tuesday | 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. Vaccinations require appointments.

Service Canada & CRA Support Clinic

1ST Wednesday | 9 am - 12 pm | Card Area
Free on-site Service Canada and CRA representatives available to answer your questions regarding federal benefits and programs, no appointment necessary.

Single Session Counselling

3RD Tuesday every other month 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.

One time support services events or series for the current session can be found under the special events & specialty programs pages of this guide.

Drop In

*appointment / registration required



kmartin@lethseniors.com



403-320-2222

**FALL 2026****SUPPORT SERVICES CALENDAR**

1st 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.
1st 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.
1st Tuesday	Queer Senior Peer Support Group 6:30 pm - 7:30 pm Room C/D	A socialization and peer support opportunity for queer folks 50 and older.
2nd Thursday	Scams and Frauds Consults* 1:00 pm - 3:00 pm Quiet Room	This FREE service offers 20 minutes to speak to a Bank of Montreal representative about how to identify a scam, or steps to take if you have fallen victim to a scam.
1st Wednesday	Service Canada & CRA Clinic 9 am - 2 pm Card Area	FREE on-site Service Canada and CRA representatives available to answer your questions regarding federal benefits and programs.
TBD	Coffee with a Cop 8:30 am - 10 am LSCO Diner	An opportunity to chatt with Constable Dana Holland at the LSCO Diner!
2nd 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.
2nd 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.
Sept 3, Oct 22, Nov 19	Mobile Food Support 1 pm LCSO Parking Lot	Free, fresh food for all from the Lethbridge Food Bank. Open as long as supplies last.
Varies*	Legal Consultations* 1 pm - 4 pm Clinic Room	FREE 15 minute consultations with local lawyer, Austyn Anderson.

Programs & Fitness

Embrace active living with our fitness classes and engaging programs! We have something for everyone - whether you exercise multiple times a week, are just getting back on the saddle, or prefer to learn, socialize and be creative.

Your LSCO Membership provides a discount and allows you to access members only groups and classes. In order to receive the member rate on a program, your membership must be active the entire time the program is scheduled.

FITNESS CENTRE

A variety of exercise machines, cardio equipment, and free weights are available for individuals of all fitness levels to get a fantastic workout! For your safety, it is recommended that you schedule a free orientation to ensure you can safely and confidently use all available equipment in the fitness centre. Please ask at the Administration Desk to book your orientation

Monthly Membership: Unlimited access to the Fitness Centre during hours of operation & FREE equipment orientation. Memberships can be purchased up to 4 months at a time.

Fitness Centre Drop In: Unlimited access to the Fitness Centre for the day. Please keep your receipt with you.

10x Class Fitness Pass: This pass can be used for the Fitness Centre and most group fitness class drop ins. Pass expires 6 months from the date of purchase. No extensions. No cash value.

	Monthly Membership	Drop in	10x Class/Fitness Pass
Member (Ages 35+)	\$25/Month	\$9	\$90
Non-Member	\$40/ Month	\$11	\$110

PERSONAL TRAINING

Whether you are looking to get started, lose weight, or take your training to the next level the LSCO Fitness Coordinator is here to help you with all your health and fitness goals. Please note, individuals must have a fitness centre membership to take advantage of personal training opportunities

Contact fitness@lethseniors.com or 403-320-2222 ext. 303 to get started.

IMPORTANT THINGS TO KNOW

- Stay Notified: Occasionally, classes are canceled due to low attendance or holidays. We will do our best to contact you via the info on your account.
- The 15-Minute Rule: We schedule 15 minutes between programs. Please allow the previous group to exit and clean up before you enter, and please do the same for the group following you.
- Comfort: Room temperatures can vary—we recommend dressing in layers so you stay comfortable!

Waivers and Forms

All participants are required to fill out a fitness waiver before participating in any programs or attending the Fitness Centre. These are available at the admin desk. If you need to pause your membership due to changes in your health status, please contact the program manager as soon as possible.

PROGRAM REGISTRATION

Our programs are designed to keep you active and engaged throughout the year. To give you variety and flexibility, we organize our activities into four distinct sessions

- Winter: January – April
- Spring: May – June
- Summer: July – August
- Fall: September – December

WHEN TO REGISTER

Registration for the upcoming session typically opens in the middle of the month prior to the session beginning (Ex. registration for the Fall Session opens in mid-August). We announce these exact dates in the LSCO Times and on our social media.

- 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. Click "register now" and create a MyActiveCentre Account. Go to page 24 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? Programs that are not full are available for drop in. Check the program guide or MyActiveCentre online to see if a program is marked "Full."

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

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

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

CREDITS & REFUNDS

We want you to be happy with your choices. Please review your registration carefully, as refunds/credits cannot be issued once a class has started. A \$10 administration fee is applied for all withdrawals for any reason.

- Medical Withdrawal Exceptions: If you must withdraw for medical reasons, please contact the Program Manager as soon as possible. A doctor's note is preferred, and your refund will be pro-rated based on remaining classes in the session.
- LSCO Cancellations: If we cancel a program, a full credit or refund will be issued. In the event of unforeseen weather or facility closures, we are unfortunately unable to offer make-up classes or credits.

Credits are valid for 12 months.

ULTIMATE FITNESS MEMBERSHIPS (UFM)

Membership Benefits

1. Members have unlimited access to the Fitness Centre during hours of operation.
2. Members can register for their allotted number of classes without additional charges all additional classes can be registered at standard LSCO member price.
 - Certain classes are not included in this membership. Excluded programs will be stated in program descriptions wherever the program is advertised and a comprehensive list of exclusions is available at the administration desk during operating hours. Badminton and Tennis are included with the UFM but Pickleball is not. Classes included in the Ultimate Fitness Membership may change without notice. Ask at the Administration Desk.
 - Classes not included in the UFM (as of April 2026): Pilates, Essentrics, Spring Forest QiGong, Strength & Mobility, Strength Circuit, Tuesday Evening Flow Yoga, Nia, Moving to Heal, Yovascia, Intermediate Tai Chi, Advanced Tai Chi, Creative Arts Classes
3. Members can drop in to classes that are included in the UFM, without additional charges, IF space is available. The instructor will inform participants 5-10 minutes prior to the start of the class if space is available. Please show your UFM card to the instructor

Registration

Individuals purchasing the membership will be required to sign an Agreement Form, be 55 years of age or older, and be current LSCO members.

It is suggested that you register early for the class you would like to participate in. Many of them fill up quickly. If the class is full, please leave your name on the waitlist. We may be able to register you at a later date or you may be able to attend on a drop-in basis.

Once your Ultimate Fitness Membership is purchased in person, you are able to register online for qualifying programs. See the online registration pages of this guide for more info.

General Information

Medical Membership Holds: Members will only be put on hold when unable to participate for more than 2 weeks. Provide written notice to the Program Manager via email at programs@lethseniors.com. Doctor note is preferred if possible. LSCO will not put a hold on Ultimate Memberships during holiday hours or unforeseen circumstances

At times classes may be canceled due to instructor availability, special LSCO events, or low attendance.

Pricing

LSCO 12-month \$60 Membership is required prior to purchasing the UFM.

Tiered pricing is available to customize price points for members with different levels of usage: (All include unlimited drop ins)

- 4 registered classes/week\$280 (Approximately 33% discount; \$4.50 per class)
- 5 registered classes/week\$320 (Approximately 42% discount; \$4.00 per class)
- 6 registered classes/week\$335 (Approximately 50% discount; \$3.50 per class)

Entire 4-month membership must be paid in full at point of purchase.

Ultimate Fitness Memberships are sold seasonally (January-April, May-August, September-December) but may be prorated if purchased mid-season.

No refunds available for Ultimate Fitness Memberships; if you are unable to use your membership for an extended period of time please contact the Program Manager to discuss (email programs@lethseniors.com or call LSCO at 403-320-2222 ext. 104).

Programs List

SPECIAL PROGRAMS

These are special programs that run over multiple weeks.

Please note that the dates, times, and fees for these programs may change.

Program	Instructor	Session	Time	Cost	Room
Cooking With Konny!	Konny Nelle	TBD	1:30–4:00pm	\$25 (\$35)	Kitchen
Thrill your senses and learn how to prepare a new recipe with Red Seal certified cook and former teacher, Konny. Check back monthly as the menu changes for each class. Food & Materials included in cost; participants will take home 4 servings of prepared food.					
Building Healthy Relationships	LEARN Case Manager	Information coming soon**	10am – 12 pm	FREE	Board Room
This 8-week supportive group is focused on strengthening your connections with yourself and others. Together, we will explore practical tools for setting boundaries, communicating effectively, and navigating life's transitions—including grief and mental health—in a safe, non-judgmental environment. You will leave with a personal "wellness toolbox" to help you thrive and stay connected.					
Pickleball Drop In	--	Wednesdays and Fridays	see schedule for details**	\$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 programs@lethseniors.com .					
AI Workshop Series	AIRI Foundation	Wednesdays, Sept 9–30	1:00 – 2:00 pm	FREE	Comp Lab
Join the AIRI foundation for discussions and guidance regarding the ever-changing world of technology.					

CREATIVE ARTS PROGRAMS

Program	Instructor	Session	Time	Cost	Room
Mastering Watercolour Techniques	Donna Gallant	Tuesdays, Sept 15 – Oct 13	1 – 3 pm	\$100 (\$125)	Arts & Crafts
In this 5 week class we will dive into mastering a few techniques that will improve your use and understanding of how to work with watercolour such as salt, plastic wrap, wet into wet, glazing and keeping the white of the paper. This class will work for any level. The more we understand, the easier it is to work with. Ask for a supply list when you register.					
Dancing Leaves in Line and Wash	Donna Gallant	Tuesdays, Oct 20 – Nov 3	1 – 3 pm	\$50 (\$75)	Arts & Crafts
At this time of year, I love to see the leaves dance in the wind, dressed in so many beautiful colours. A perfect performance. In this 3 week class, we will use line and wash to imitate this visual dance. Learn how to use lines and colour washes to create movement and 3 dimensional images. It's better for the student to have some knowledge of working in watercolour but not necessary. Ask for a supply list when registering.					
Intro to Soft (chalk) Pastel	Donna Gallant	Tuesdays, Nov 17 – Dec 8	1-3pm	\$75 (\$100)	Arts & Crafts
In this 4 week class, the student will learn the benefits and challenges of painting or drawing with soft pastel (chalk). They are the best for blending like oil painting, and easy to work with. But they blend so easily and can be fixed when finished. So if you like to draw or paint, this medium is perfect. **Not recommended for people with asthma as the pastels produce a lot of dust** Ask for a supply list when registering.					
Paint Night	Kendra Sala	TBD	5:30-8:30 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! **Stay tuned for upcoming Paint Night dates!**					

FITNESS & MOVEMENT PROGRAMS

● Suitable for All Fitness & Mobility Levels

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

● Class includes sustained, high intensity exercise

***New Session Dates

Class is full

Member Price (Non Member Price)

Session	Time	Cost	Drop-In	Room	Instructor
20/20/20	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.				
Wednesdays, Sept 9 – Oct 28 *No class September 30*	10:15 – 11:15 am	\$56 (\$70)	\$9 (\$11)	Gym 2	Jamie Hillier
Mondays, Nov 2 – Dec 21 **Note date change for November*		\$64 (\$80)			TBD
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.				
Tuesdays, Sept 8 – Oct 27 Tuesdays, Nov 3 – Dec 22	9:00 – 9:50 am	\$64 (\$80) \$64 (\$80)	\$9 (\$11)	Gym 1	Gabrielle Dumont
Cardio Drumming	Enjoy simple, no-pressure choreography that provides a challenge for your entire body. Drum along to the music for a fun, full-body workout. This class is suitable for absolutely everyone, with modifications provided, as needed. Maximum 20 participants.				
Thursdays, Oct 8 – 29	11:30am – 12:15pm	\$32 (\$40)	\$9 (\$11)	Gym 2	Sheila Mulgrew
Cardio Strength	Start your week right with this mixed cardio and strength training workout. Participants will utilize many different pieces of fitness equipment to engage their whole body. This workout is intended for intermediate to advanced fitness levels, but individuals are encouraged to exercise at their own pace. Maximum 30 participants.				
Mondays, Sept 14 – Oct 26 *No class October 12	8:00 – 8:50 am	\$48 (\$60)	\$9 (\$11)	Gym 2	Gabrielle Dumont
Mondays, Nov 2 – Dec 14		\$56 (\$70)			

VITALITY & ACTIVE LIVING					
Session	Time	Cost	Drop-In	Room	Instructor
Cardio to the Core	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.				
Wednesdays, Sept 9 – Oct 28 *No class September 30*	8:00 – 8:50 am	\$56 (\$70)	\$9 (\$11)	Gym 2	Deb Palmer
Wednesdays, Nov 4 – Dec 16 *No class November 11*		\$48 (\$60)			
Chair Exercises	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.				
Thursdays, Sept 9 – Oct 28 Thursdays, Nov 5 – Dec 17	9:30 – 10:15 am	\$48 (\$64)	\$7 (\$9)	Stage	Andrea Clarke
		\$48 (\$64)			
Circuit Express *New Class!*	Get your heart pumping in this dynamic circuit-style class. Each class will include resistance training, cardio, and a variety of equipment to keep things fresh each week. Bring a water bottle and clean indoor shoes for this effective full-body workout. Maximum 20 participants.				
Wednesdays, Sept 9 – Oct 28 *No class September 30*	9:10 – 9:55 am	\$56 (\$70)	\$9 (\$11)	Gym 2	Nancy Purkis
Wednesdays, Nov 4 – Dec 16 *No class November 11*		\$48 (\$60)			
Core & Stretch *New time on Wednesdays*	This class focuses on challenging your core using a combination of resistance training strategies and bodyweight exercises. The high-intensity core work is followed by a meditation and deep stretching segment. Maximum 25 participants (Monday), 30 participants (Wednesday).				
Mondays, Sept 14 – Oct 26 *No class October 12*	10:10 – 11:00 am	\$48 (\$60)	\$9 (\$11)	APR	Tracy Simons
Mondays, Nov 2 – Dec 21		\$64 (\$80)			
Wednesdays, Sept 9 – Oct 28 *No class September 30*	9:00 – 9:50 am	\$48 (\$60)	\$9 (\$11)	Gym 1	Tracy Simons
Wednesdays, Nov 4 – Dec 23 *No class November 11*		\$56 (\$70)			

VITALITY & ACTIVE LIVING

Session	Time	Cost	Drop-In	Room	Instructor
Cycle Combo *New start time*	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.				
Tuesdays, Sept 8 – Oct 27 Tuesdays, Nov 3 – Dec 15	9:05 – 10:00 am	\$64 (\$80) \$56 (\$70)	\$9 (\$11)	Gym 2	Jamie Hillier TBD
Cycle For All Levels *New start time*	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.				
Thursdays, Sept 10 – Oct 29 Thursdays, Nov 5 – Dec 17	9:05–10:00 am	\$64 (\$80) \$64 (\$80)	\$9 (\$11)	Gym 2	Jamie Hillier TBD
TGIF Cycle	This high energy cycle class will get your day going. Come have fun, move at your own pace, and enjoy the benefits of low impact along with improving your cardiovascular fitness. Maximum 18 participants.				
Fridays, Sept 11 – Oct 23 *No class October 30* Fridays, November 6 – December 18	8:00 – 8:45 am	\$56 (\$70) \$56 (\$70)	\$9 (\$11)	Gym 2	Tracy Simons
Essentrics	Essentrics dynamically combines strengthening and stretching to create a strong, toned, and balanced body. The workout ensures your muscles do not inhibit movement, enhancing your mobility and joint flexibility. The goal is to move each joint and muscle freely and with a full range of motion Maximum 60 participants. <u>Not included in the ultimate fitness membership.</u>				
Tuesdays, Sept 8 – Oct 27 *No class October 13* Tuesdays, Nov 3 – Dec 15	10:30 am – 11:15 pm	\$70 (\$91) \$70 (\$91)	\$11 (\$16)	Gym 1	Lindsay Anderson
Instructor's Choice	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.				
Mondays, Sept 14 – Oct 26 *No class October 12* Mondays, Nov 2 – Dec 21	9:00 – 9:55 am	\$48 (\$60) \$64 (\$80)	\$9 (\$11)	Gym 1	Jamie Hillier TBD

VITALITY & ACTIVE LIVING

Session	Time	Cost	Drop-In	Room	Instructor
Functional Fitness	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.				
Mondays, Sept 14 – Oct 26 <i>*No class October 12*</i> Mondays, Nov 2 – Dec 21	11:30 am – 12:15 pm	\$36 (\$48) \$48 (\$64)	\$7 (\$9)	Stage	Andrea Clarke
Gentle Exercise	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.				
Mondays, Sept 14–Oct 26 <i>*No class October 12*</i> Mondays, Nov 2 – Dec 21	10:15 – 11:00 am	\$48(\$60) \$64 (\$80)	\$9 (\$11)	Gym 1	June Dow
Wednesdays, Sept 9 – Oct 28 <i>*No class September 30*</i> Wednesdays, Nov 4 – Dec 23 <i>*No class November 11*</i>	10:15 – 11:00 am	\$56 (\$70) \$56 (\$70)	\$9 (\$11)	Gym 1	Donna Teifenbach
Fridays, Sept 11 – Oct 30 Fridays, Nov 6 – Dec 18	10:15 – 11:00 am	\$64 (\$80) \$56 (\$70)	\$9 (\$11)	Gym 1	Andrea Clarke
Line Dancing - Beginner	If you love music and want to learn how to line dance, this class is perfect for you. Instructor Gloria-Rose will teach you basic line dances in a comfortable and welcoming environment. Everyone is welcome to join this class, just be sure to wear comfortable indoor footwear and bring water. Maximum 50 participants.				
Wednesdays, Sept 9 – Oct 28 <i>*No class September 30*</i> Wednesdays, Nov 4 – Dec 23 <i>*No class November 11*</i>	12:45 – 1:45 pm	\$42 (\$56) \$42 (\$56)	\$7 (\$9)	Gym 2	Gloria-Rose Puurveen
Line Dancing - Experienced Beginner	This class is intended for those who have taken a beginner dance class, and/or have some line dance experience and are comfortable dancing to faster music. Less time will be spent on reviewing and more dancing will occur. Come dance like no one is watching! Maximum 50 participants.				
Wednesdays, Sept 9 – Oct 28 <i>*No class September 30*</i> Wednesdays, Nov 4 – Dec 23 <i>*No class November 11*</i>	11:30 am – 12:30 pm	\$42 (\$56) \$42 (\$56)	\$7 (\$9)	Gym 2	Gloria-Rose Puurveen

VITALITY & ACTIVE LIVING

● Suitable for All Fitness & Mobility Levels

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

● Class includes sustained, high intensity exercise

***New Session Dates

Class is full

Member Price (Non Member Price)

Session	Time	Cost	Drop-In	Room	Instructor
Pilates	This class involves a series of classical Pilates exercises performed on a mat, emphasizing breath, core conditioning, and body awareness. Light weights, resistance tubing, and other props are used to add stretch and strength work while focusing on proper alignment and form. Please bring a yoga mat, towel, and water bottle. <u>Not included in the ultimate fitness membership. Maximum 25 (Mondays), 20 (Thursdays).</u>				
Mondays, Sept 14 – Oct 26 *No class October 12*	11:15 am – 12:30	\$48 (\$60)	\$9 (\$11)	APR	June Dow
Mondays, Nov 2 – Dec 21		\$64 (\$80)			
Thursdays, Sept 10 – Oct 29 Thursdays, Nov 5 – Dec 17	10:15 am – 11:30	\$64 (\$80)	\$9 (\$11)	A/B	June Dow
		\$64 (\$80)			
Pilates For Beginners	This class is for those new to Pilates or who wish to build a firm foundation before advancing. The instructor will guide you from the ground up, ensuring you are challenged while still being successful in each class. Please remember to bring a yoga mat, water bottle, and a towel. Maximum 20 participants.				
Tuesdays, Sept 8 – Oct 27 Tuesdays, Nov 3 – Dec 22	8:45 – 9:45 am	\$64 (\$80)	\$9 (\$11)	A/B	June Dow
		\$64 (\$80)			
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. Maximum 20 participants.				
Thursdays, Nov 5 – Dec 10	11:30am – 12:15pm	\$48 (\$60)	\$9 (\$11)	APR	Sheila Mulgrew
Seniors Who Lift	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.				
Mondays, Sept 14 – Oct 26 *No class October 12*	10:15 – 11:15 am	\$48 (\$60)	\$9 (\$11)	Gym 2	Jamie Hillier

VITALITY & ACTIVE LIVING

Session	Time	Cost	Drop-In	Room	Instructor
Strength & Mobility	This is a group strength training class specifically designed for the Active Older Adult. The class uses weights, resistance bands, and other equipment to build strength and mobility. Options are always given, making it suitable for both beginners and more experienced participants. <u>Not included in the ultimate fitness membership.</u>				
Tuesdays & Thursdays Sept 8 – Oct 29 Tuesdays & Thursdays Nov 3 – Dec 17	1:30 – 2:30 pm	\$96 (\$128) \$84 (\$112)	\$7 (\$9)	Fitness Centre	Andrea Clarke
Strength & Balance	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.				
Thursdays, Sept 10 – Oct 29 Thursdays, Nov 5 – Dec 17	9:00 – 9:50 am	\$64 (\$80) \$64 (\$80)	\$9 (\$11)	Gym 1	Gabrielle Dumont
Strength Circuit	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.				
Thursdays, Sept 10 – Oct 29 Thursdays, Nov 5 – Dec 17	10:30 – 11:30 am	\$64 (\$80) \$64 (\$80)	\$9 (\$11)	Fitness Centre	Stephanie Girodat
Tabata	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.				
Fridays, Sept 11 – Oct 30 Fridays, Nov 6 – Dec 18	9:00 – 9:55 am	\$64 (\$80) \$56 (\$70)	\$9 (\$11)	Gym 1	Tracy Simons Various

VITALITY & ACTIVE LIVING

● Suitable for All Fitness & Mobility Levels

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

● Class includes sustained, high intensity exercise

***New Session Dates

Class is full

Member Price (Non Member Price)

Session	Time	Cost	Drop-In	Room	Instructor
TRX Plus TRX is a functional suspension training system that uses gravity and your own bodyweight as resistance. It is an effective way to build strength, balance, coordination, core stability, and joint stability. A variety of equipment will be used in this class, which is welcoming to all fitness levels.					
Mondays, Sept 14 – Oct 26 *No class October 12* Mondays, Nov 2 – Dec 21	9:00 – 9:50 am	\$48 (\$60) \$64 (\$80)	\$9 (\$11)	Gym 2	Andrea Clarke
Zumba® Zumba® is a Latin Dance-based fitness class that provides a great cardiovascular workout disguised as a dance party. Participants are encouraged to sweat, smile, and lose themselves in the infectious music. Maximum 30 participants.					
Mondays, Sept 14 – Oct 26 *No class October 12* Mondays, Nov 2 – Dec 14	9:00 – 9:55 am	\$48 (\$60) \$56 (\$70)	\$9 (\$11)	APR	Gabrielle Dumont
Zumba + Lift Move to the beat with thrilling international rhythms while also challenging your strength. You will sweat, but you will smile in this exciting fusion of resistance training and dance! Maximum 20 participants.					
Wednesdays, Oct 7 – Dec 2 *No class November 11*	11:00 – 11:45 am	\$64 (\$80)	\$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

***New Session Dates

Class is full

Member Price (Non Member Price)

Session	Time	Cost	Drop-In	Room	Instructor
Chair Yoga	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.				
Mondays, Sept 14 – Oct 26 *No class October 12*	10:00 – 10:45 am	\$36 (\$48)	\$7 (\$9)	Stage Area	Corrine Myers
Mondays, Nov 2 – Dec 21		\$48 (\$64)			
Wednesdays, Sept 9 – Oct 28 *No class September 30*	10:00 – 10:45 am	\$42 (\$56)	\$7 (\$9)	Stage Area	Corrine Myers
Wednesdays, Nov 4 – Dec 23 *No class November 11*		\$42 (\$56)			
Classic Nia	Classic Nia is a one-hour movement practice incorporating elements of dance, martial arts, and healing arts. This joyful practice uses soul-stirring music to improve coordination, balance, agility, and ease in your body. Maximum 30 participants. <u>Not included in the ultimate fitness membership.</u>				
Thursdays, Sept 10 – Oct 29 Thursdays, Nov 5 – Dec 17	5:15 – 6:15 pm	\$104 (\$128)	\$15 (\$20)	Gym 2	Lise LeMoine
		\$104 (\$128)			
Gentle Yoga	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.				
Tuesdays, Sept 8 – Oct 27 Tuesdays, Nov 3 – Dec 22	10:00 – 11:00 am	\$72 (\$90)	\$9 (\$11)	APR	Donna Teifenbach
		\$56 (\$70)			
Thursdays, Sept 19 – Oct 29 Thursdays, Nov 5 – Dec 23	10:00 – 11:00 am	\$72 (\$90)	\$9 (\$11)	APR	Donna Teifenbach
		\$56 (\$70)			

VITALITY & ACTIVE LIVING					
Session	Time	Cost	Drop-In	Room	Instructor
Moving To Heal	This one-hour movement practice focuses on healing and balancing the body and mind. Using a chair for stability, participants move to music to find ease and joy. Healing, balance, and conditioning are the positive by-products of this Nia Technique. Maximum 20 participants. <u>Not included in the ultimate fitness membership.</u>				
Thursdays, Sept 10 – Oct 29 Thursdays, Nov 5 – Dec 17	4:00 – 5:00 pm	\$104 (\$128) \$104 (\$128)	\$15 (\$20)	Gym 2	Lise LeMoine
Saturday Flow Yoga	Energize the start of your weekend with this moderately paced flow class, guided by breath. The practice explores asanas to build stability, mobility, and balance, while also helping to calm and center the mind. Bring your mat, water bottle, and dress in layers.				
Saturdays, dates TBD	10:00 – 11:15 am	N/A	\$9 (\$11)	A/B	
Modern Qigong *New class*	This class integrates ancient Chinese movements with modern music, creating a gentle, choreographed mix of the old and the new. When we align our breath with ancient movements something wonderful happens inside – add beautiful, inspiring music and the feeling is pure magic!				
Mondays, Sept 14 – Oct 26 *No class October 12* Mondays, Nov 2 – Dec 21	1:00 – 2:00 pm	\$48 (\$60) \$64 (\$80)	\$9 (\$11)	Stage Area	Christi Pierson
Tuesday Evening Flow Yoga	This flow yoga class is perfect for ending your day by releasing tension and moving through postures to enhance flexibility and build strength. Modifications are offered, making it suitable for all skill levels. Bring a mat and water bottle. Maximum 20 participants. <u>Not included in the Ultimate Fitness Membership.</u>				
Tuesdays, Sept 8 – Oct 27 *No class October 13* Tuesdays Nov 3 – Dec 22	5:00 – 6:00 pm	\$56 (\$70) \$64 (\$80)	\$9 (\$11)	A/B	Donna Tiefenbach
Vinyasa Yoga With Melanie	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.				
Tuesdays, Sept 8 – Oct 27 Tuesdays, Nov 3 – Dec 15	8:00 – 8:50 am	\$64 (\$80) \$56 (\$70)	N/A	APR	Melanie Hillaby
(see next page for Thursday details)					

VITALITY & ACTIVE LIVING

Session	Time	Cost	Drop-In	Room	Instructor
Thursdays, Sept 10 – Oct 29 Thursdays, Nov 5 – Dec 17	8:00 – 8:50 am	\$64 (\$80) \$64 (\$80)	N/A	APR	Melanie Hillaby
Tai Chi 108 Yang Style Form Practice *New date for Sept/Oct session only*	This session is a dedicated practice time for the 108 Yang Style Form and is not a formal lesson. It is intended for individuals who already have some experience in this specific Tai Chi form. Come and utilize this time to refine your practice.				
Thursdays, Sept 24 – Oct 29 Wednesdays, Nov 4 – Dec 16 **Bonus class on Dec 23 if facilitators are available**	10:15 – 11:15 am	\$30 (\$42) \$35 (\$42)	\$6 (\$8)	Gym 2	N/A
Yoga For Seniors	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).				
Mondays, Sept 14 – Oct 26 Mondays, Nov 2 – Dec 21	1:00 – 2:00 pm	\$48 (\$60) \$64 (\$80)	\$9 (\$11)	A/B	Corrine Myers
Fridays, Sept 11 – Oct 30 Fridays, Nov 6 – Dec 18	10:15 – 11:15 am	\$64 (\$80) \$56 (\$70)	\$9 (\$11)	APR	Corrine Myers
Yoga Refresh	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.				
Fridays, Sept 11 – Oct 30 Fridays, Nov 6 – Dec 18	9:00 – 10:00 am	\$64 (\$80) \$56 (\$70)	\$9 (\$11)	APR	Stephanie Girodat
Yovascia: Mobility, Balance, Rejuvenation	This unique fusion is designed to enhance mobility and activate the body's natural rejuvenation systems. Yovascia focuses on the fascial network, vagus nerve stimulation, lymphatic flow, and mindful breathwork to support overall vitality. Through guided techniques, you can improve joint mobility, balance, and flexibility, while fostering deep relaxation. Maximum 18 participants. Not included in Ultimate Fitness Membership.				
Mondays, Sept 14– Oct 26 *No class October 12* Mondays, November 2 –Dec 7	8:30 – 9:30 am	\$48 (\$60) \$48 (\$60)	\$9 (\$11)	A/B	Elaine Jagielski

SPECIAL INTEREST GROUPS

These are member groups that meet all year (some may break over the summer).

Amateur Radio	Wednesdays: 9 am – 11 am (or longer on request and with notice)	\$36/year + LSCO Membership	Radio Room
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.			
Billiards	LSCO Hours, \$6 (\$7NM) Drop In	\$75/year + LSCO Membership	Billiards Room
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.			
Badminton	Mondays, Fridays: 11:15 – 12:45 Wednesdays: 11:30 – 12:45 Thursdays: 10:15 am – 12:15 PM	\$85/year + LSCO Membership	Gym 1
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.			
Computers	Mondays, Wednesdays, Fridays: 1 – 4 pm	\$28/year + LSCO Membership	Computer Lab
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	Thursdays: 1 pm – 3 pm, \$2 Drop in	LSCO Membership	Card Area
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	Wednesdays: 10 am – 3 pm	\$30/year + LSCO Membership	Board Room
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	Tuesdays: 1 – 3:30 pm, \$2 Drop in	\$36/year + LSCO Membership	Board Room
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.			

VITALITY & ACTIVE LIVING

Knitting, Crochet & More	Thursdays: 1 – 4 pm	\$15/year + LSCO Membership	Atrium
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)	Wednesdays: 10 am – 3 pm	\$50/year + LSCO Membership	Lapidary Room
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	Fridays: 9 am – 3 pm	\$28/year + LSCO Membership	Radio Room
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	Tuesdays: 12 pm – 3 pm	LSCO Membership	Stage Area
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	Mondays & Wednesdays: 2:30–4 pm Fridays: 10:30 am – 12 pm	\$64/year + LSCO Membership	Room C/D
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	Mondays, Wednesdays, Fridays: 8:15 – 9:15 am	\$25/year + LSCO Membership	Stage Area
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.			
Ukulele Group	First and Third Thursday, monthly 1:30–3PM	\$25/year + LSCO Membership	Stage Area
Join this beginner-friendly group as we learn the basics, create music, and enjoy good company. Some extra instruments may be available upon request, but all participants are encouraged to have their own ukulele.			
Watercolour	Wednesdays, 1 – 3 pm	\$60/year + LSCO Membership	Radio Room
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	LSCO Hours	\$250 year (or \$25/month) + LSCO Membership	Westco Woodshop
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.			

Online Registration

You must have a MyActiveCenter (MAC) account to register online. This is needed for both members and non members

TO CREATE AN ONLINE ACCOUNT

You only have to do this once

STEP 1: Go to www.myactivecenter.com/signup to create an account.

Select Lethbridge Senior Citizens Organization then Continue (If we don't show up automatically, type "Lethbridge" where it says "Search by center name")

STEP 2: Create your account.

For members, choose "I have a key tag" and fill in your member number (this is the little plastic keytag with the bar-code on the back you use to sign in), as well as your phone number. This phone number MUST match the phone number the LSCO has on file in order to sign up. If your phone number or member number does not match, you will receive an error when clicking "sign up" and will not be able to connect your account. please call the LSCO or visit the front desk so we can update your profile. As soon as it's updated on our end, you should be able to complete the process.

You do have the ability to share this account with your spouse. You'll have your two profiles connected to just one login and will be able to chose which spouse wants to register for each program.

For non members, chose I dont have a key tag and fill in your information.

STEP 3: Confirm Signup

Scroll down to fill in an email address you'd like to use as well as a password. Confirm the password, and then click Signup. Please note, the LSCO does not have the ability to reset this password, so make sure you keep track of it somewhere.

The screenshot shows the 'SELECT CENTER' step of the registration process. At the top, there are links for 'Centers', 'Login', and a green 'Sign Up' button. Below a progress bar, the 'SELECT CENTER' step is highlighted with a green circle and the number 1. The text says 'Select your Center' and 'Please select the center that issued your MyActiveCenter Key Tag to continue. Your contact information on file with the center will be retrieved automatically.' There is a search bar with the placeholder 'Search by center name'. Below the search bar, a result for 'Lethbridge Senior Citizens Organization' is shown, including its address: '100 - 11 Street South, Lethbridge, AB, T1J 4G7'. A red circle highlights the 'Continue' button at the bottom right.

The screenshot shows the 'PERSONAL INFO' step of the registration process. At the top, there are links for 'Centers', 'Login', and a green 'Sign Up' button. Below a progress bar, the 'PERSONAL INFO' step is highlighted with a green circle and the number 2. The text says 'Tell us a bit more about yourself.' and 'Please fill in the form below with the required information.' There is a section for 'Benmunda Center' with a note 'Please fill your center information.' and 'Connect at MyActiveCenter.com'. Below this, there is a 'Fill Your Information' section. It has a dropdown menu with 'I have a keytag' selected. Below the dropdown is a 'Key Tag Number' field with the value 'X8584751' and a note 'The number on the back of your MyActiveCenter Key Tag'. To the right is a 'Phone Number' field with the value '(111)-222-3333' and a note 'Only to verify your identity. You should use the same number as on file with the center "Benmunda Center"'. A red dotted line connects the key tag number field to a sample key tag image showing the number 'X1582119'. A red circle highlights the 'Continue' button at the bottom right.

The screenshot shows the 'Account credentials' step of the registration process. At the top, there is a checkbox 'I'd like to share this center with my spouse. What's this?'. Below this is the 'Account credentials' section with the note 'Used to login into our system'. It has fields for 'Email Address' (with the value 'you@example.com') and 'Confirm Email Address' (with the value 'you@example.com'). Below these are fields for 'Password' (with masked characters) and 'Confirm Password' (with masked characters). A note below the password fields says 'Must contain at least 6 characters' and 'Confirmation password should match'. At the bottom left is a 'Previous Step' button, and at the bottom right is a green 'Signup' button with a red circle highlighting it.

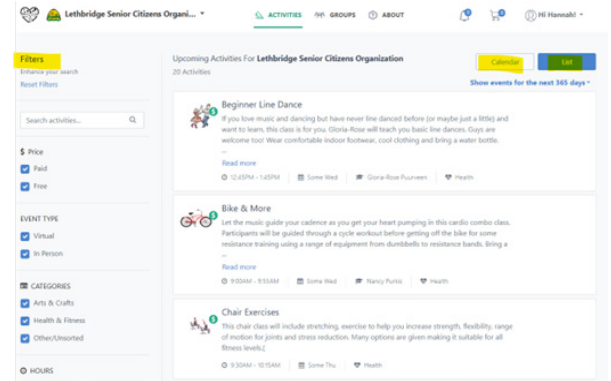
TO REGISTER FOR PROGRAMS

STEP 1: Go to www.myactivecenter.com and login.

Enter your login info in the blue section on the right.

STEP 2: Choose the activity you want to register for by clicking on it.

Classes with multiple sessions should appear when you select it. You can also filter available activities by the day they occur or their category. Alternatively, you may choose to view activities in a Calendar view.

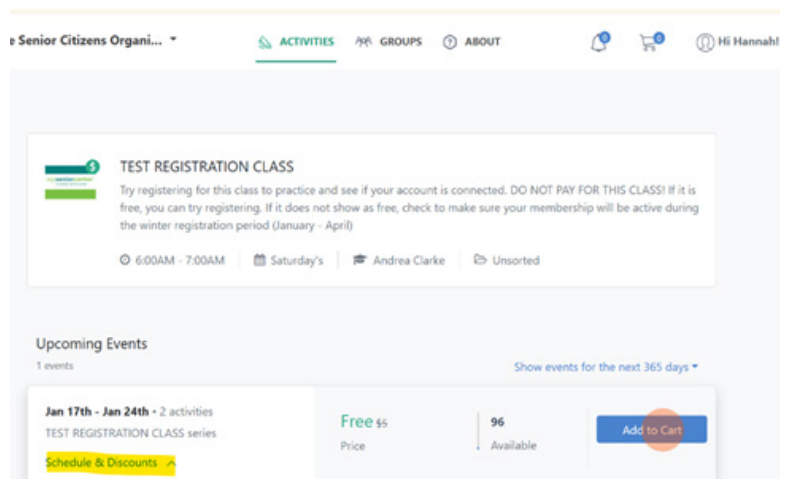


Step 3: Click the Add to Cart button to add the sessions(s) of your choosing to your shopping cart.

If you are a member, the non-member price should be crossed out with the member price displayed instead. Your membership must be active during the entire time a program is scheduled to run or you will not be able to pay the member price. If the member discount is showing for some programs but not for others, your membership likely expires sometime during the the 4 month session.

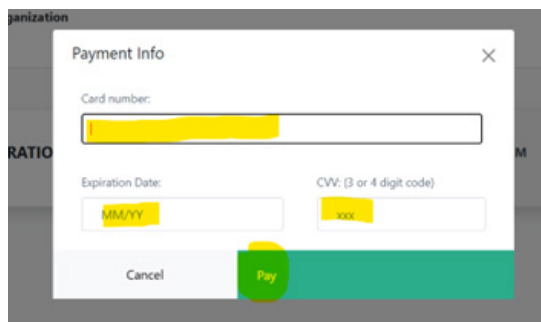
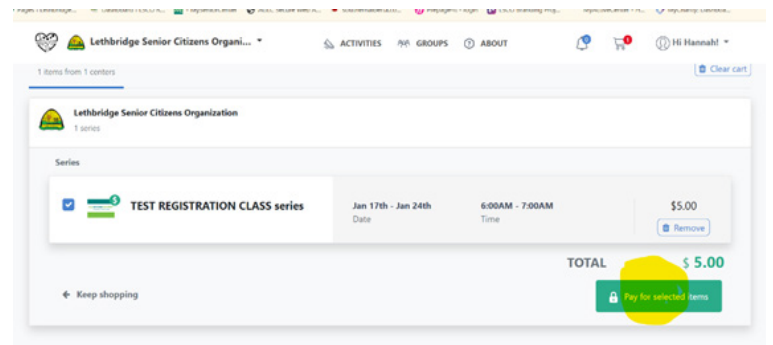
You can see discounts applied and the days the program is scheduled to run by clicking on "Schedules and Discounts". If you qualify for the Welcome policy and have set that up at the admin desk, the price displayed for you should be even lower than the member price.

Continue adding activities until you're ready to check out. Click "Activities" at the top to add more programs. If the cart preview isn't already open and you wish to navigate to your cart, you may open the cart-preview by clicking the little Cart icon in the upper right.)



Step 4: Check out and pay when you have added all programs you would like by clicking "pay for selected items".

Fill in your credit card information and then click "pay". MyActiveCentre does not save your credit card information to keep the site as safe as possible. You will need to re-enter your credit card information any time you would like to pay.



SUCCESS! You are now registered to everything in your cart. You can click View Schedule to see everything upcoming that you've signed up for, or Continue Browsing to go back to the LSCO's activities.

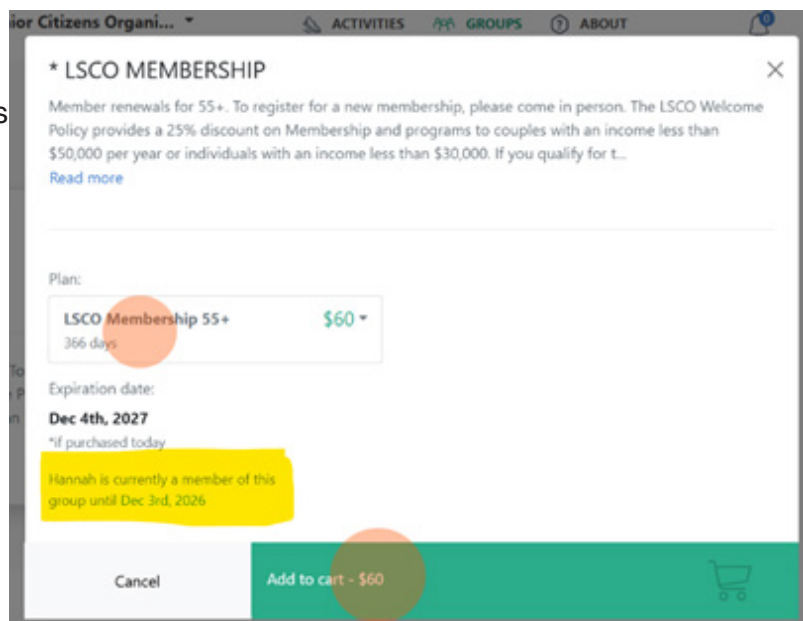
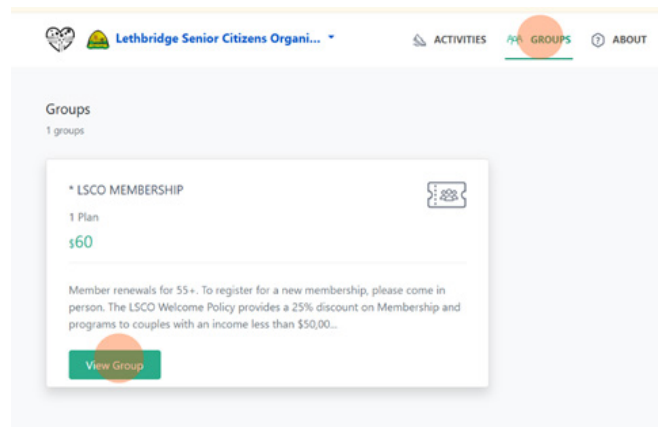
RENEW YOUR MEMBERSHIP ONLINE

(Or check when it expires)

For adult memberships, the process would be the same, but you would choose "LSCO Adult Membership"

1. Click "Groups" at the top of the page. Then click "View Group" under LSCO Membership
2. Under Plan, choose LSCO Membership 55+. Now you should be able to see when your membership is set to expire. If you choose to renew, your new expiration date will be 1 year from your old expiration date
3. Click "Add to Cart". When you are ready to checkout, you can go to your cart to pay.

Please note: If you qualify for the LSCO Welcome Policy (25% off for couples with an income less than \$50,000 or individuals less than \$30,000), you will need to come into the LSCO to get that discount on your membership. Once your Welcome policy membership is completed, you can register for programs online and receive the Welcome Policy discount.



VITALITY & ACTIVE LIVING

**THIS PAGE IS NOT INCLUDED IN PROGRAM INFO; THIS IS ALL PENDING PROGRAMS Low Impact Barre	Low impact Barre is a high repetition, low intensity full body workout using fitness elements from yoga/ Pilates and Ballet inspired moves for daily functional mobility. It's low impact for joint friendly movement using controlled isometric motion to create muscle endurance. We focus on good posture to strengthen core muscles and improve balance for daily living. Suitable for all fitness levels with many options to modify or add progressions. Maximum 25 participants.				
Mondays, May 4 – June 29 *No class May 18*	11:15 am – 12:00 pm	\$64 (\$80)	\$9 (\$11)	A/B	Sheila Mulgrew
Yin Yoga	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).				
Wednesdays, April 15 – May 6	1:00 – 2:15 pm	\$32 (\$40)	\$9 (\$11)	APR	Karen Toohey/ Marquise Harris
Traditional Qigong	Traditional Qigong is an embodied exploration of ancient “mindful movement” techniques designed to make your life feel amazing. This class explores traditional exercises focusing on cultivating healing energy through proper external and internal movement principles. Participants should be able to stand for the duration of the class. Maximum 50 participants.				
Thursdays, May 7 – June 18 *No Class June 4*	10:15 – 11:15 am	\$56 (\$70)	\$9 (\$11)	Gym 2	Adrian Tomei
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. Maximum 20 participants.				
Wednesdays, Oct 7 – Dec 17 *No class November 11*	11:00 – 11:45 am	\$88 (\$110)	\$9 (\$11)	APR	Sheila Mulgrew

SUPPORT SERVICES

Contact Support Services for more information.

Please note that the dates, times, and fees for these programs may change.

Community Connect Coffee Group	1st Tuesday	A FREE opportunity to build connections, grow meaningful connections, and strengthen access to community supports.
	1:30–3pm Card Area	
Prescribing Pharmacist On-Site	1st Tuesday	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.
	10am–12pm Card Area	
Queer Senior Peet Support Group	1st Tuesday	A socialization and peer support opportunity for queer folks 50 and older.
	6:30–7:30pm Room C/D	
Scams and Frauds Consults	3rd Thursday	This FREE service offers 20 minutes to speak to a Bank of Montreal representative about how to identify a scam, or steps to take if you have fallen victim to a scam.
	1–3pm Quiet Room	
Service Canada & CRA Clinic	1st Wednesday	FREE on-site Service Canada and CRA representatives available to answer your questions regarding federal benefits and programs.
	9am–2pm Card Area	
VolunTEAM Meeting	2nd Monday	An opportunity for LSCO volunteers to come together, provide feedback, ask questions and discuss upcoming volunteer opportunities.
	1–2pm Atrium	
Community Links On Site	2nd monday	Community LINKS will be offering information, referrals and assistance with applications related to finances, employment, housing, and more.
	10am–12pm Card Area	
Mobile Food Support	Sept 3, Oct 22, Nov 19	Free, fresh food for all from the Lethbridge Food Bank. Open as long as supplies last.
	1pm LSCO Parking Lot	
Legal Consultations	Varies	FREE 15 minute consultations with local lawyer, Austyn Anderson. Check our newspaper or inquire at the admin desk each month for upcoming consultation dates.
	1–4pm Clininc Room	