

BELONG  CONNECT  THRIVE



LSCO

Lethbridge
Senior Citizens
Organization

Program Guide

Summer: July & August 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.**

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

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

Friday, July 29 @ 1–3 pm | Atrium

Every second month 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!

Whoop Up Days Pancake Breakfast *Sponsored by Westco Construction*

Tuesday, August 18 @ 7:30–9:30am

\$2 includes pancakes, sausages, juice, and coffee

Dumbo Ears *Sponsored by Hearing Life*

August 18*-21 (stay tuned for location and time)

*Special Member Bonus: LSCO members can purchase Dumbo Ears on Monday, August 17

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
- Consultating 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.

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 on a Thursday | 1:00 pm | Parking Lot (June 11, July 16, August 13)

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.

Scams & Frauds Consultations

3rd Thursday monthly | 1 – 3 pm | Quiet Room

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

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 to 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

SPECIALTY 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	*no class in July*	1:30-4 pm	\$25 (\$35)	Kitchen
Thrill your senses and learn how to prepare a new recipe with Red Seal certified cook and former teacher, Konny. Check back monthly as the menu changes for each class. Food & Materials included in cost; participants will take home 4 servings of prepared food.					
Pickleball Drop In	Mondays: 7-9 pm Wednesdays, Fridays: 3 - 4:30 pm			\$7 (\$9)	Gym 2
You asked for it and we listened! Introducing Drop In Pickleball for those not enrolled in the LSCO Pickleball Group to play with each other. This is unrated, open play. Please bring your own paddles and balls. Availability is on a first-come, first served basis. If you are interested in participating or have questions, email Andrea at programs@lethseniors.com .					
Summer Ukulele Clinic	Laree Findlay	July 7 - 9	1 - 3 pm	\$25 (\$35)	C/D
Join the chorus! This ukulele intensive will teach you everything from the basics of tuning and strumming to reading charts, tabs, and singing along. You will be jamming with the group by the end of the week! Individual days are available on a drop-in basis with advanced notice. Drop in prices are \$9 for LSCO members and \$11 for non-members.					
July 7: History and Anatomy of the Ukulele Tuning, strumming, intro to basic chords	July 8: Tune Up Finding notes, more chords, learning some songs	July 9: Tune up Playing with a chart, chord graphics, playing with the group			

CREATIVE ARTS PROGRAMS

Program	Instructor	Session	Time	Cost	Room
Sunflowers In Acrylics	Donna Gallant	Mondays, July 13 - August 10	1 - 3 pm	\$100 (\$125)	Arts & Crafts
Van Gogh painted over 200 sunflower paintings; let's try our hand at it. In this 4-week class you will learn about good composition, colour mixing (yellow is one of the hardest colours to paint), creating floral textures, and how to create rhythm and harmony in the painting. This class is best suited to those who have some experience with acrylics but beginners are welcome. Ask for a supply list when you register.					
How To Paint Acrylics Like Watercolour	Donna Gallant	Thursdays, August 13-27	1 - 3 pm	\$75 (\$100)	Arts & Crafts
In this 3-week class you will learn how to dilute acrylics with water and mediums to create transparencies much like watercolour. The benefit to this technique is the permanence once the paint is dried - layers can be applied afterward without distorting the paint beneath. We will explore glass, water, shading and more to help improve your painting. This class is great for all levels.. Ask for a supply list when you register.					
Paint Night	Kendra Sala	Monday, June 29	6:00-8:30 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!					
Lazy Susan Class	Megan Rourke	Mondays and Thursdays, June 8 - 25	11:00 am - 2:00 pm	\$150 (\$200)	Westco Woodshop
Build something both functional and beautiful in the woodshop this month! Learn how to take rough cut hardwoods and mill it, join it and shape it into a long lasting table top lazy susan. Students will gain experience with major power tools while learning the process of making cutting boards, charcuterie boards and bread boards.					
Wood Carving Club	Megan Rourke	July 15, 29 August 5, 19	10:00 am - 12:00 pm	varies	Westco Woodshop
Join Megan in the Westco Woodshop twice a month to explore wood carving; all materials provided while supplies last. Participation is free for all Woodshop members, or \$5 for other LSCO members.					

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	Date	Time	Cost	Drop In	Room	Instructor
20/20/20	Wednesdays, July 8 - September 2	9 - 10 am	\$72 (\$90)	\$9 (\$11)	Gym 2 (July) APR (Aug)	Jamie Hillier

Try a little bit of everything - this class incorporates 20 minutes each of strength, cardio, and core/stretching for the ultimate well-rounded workout. Maximum 25 participants.

Cardio to the Core	Wednesdays, May 6 - July 29 <i>*No class July 1*</i>	8-8:50 am	N/A	\$9 (\$11)	Gym 2	Deb Palmer
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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.

Chair Exercises	Thursdays, July 2 - August 27	9:30 - 10:15 am	\$54 (\$72)	\$7 (\$9)	Stage	Andrea Clarke
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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.

Core & Stretch	Mondays, July 6 - 27	10:10 - 11:00 am	\$32 (\$40)	\$9 (\$11)	APR	Tracy Simons/
	Mondays, August 10- 31 <i>*No class August 3, 24</i>		\$24 (\$30)		APR	
	Wednesdays, July 8-29		\$32 (\$40)		Gym 1	Stephanie Girodat
	Wednesdays, August 5 - Sept 2		\$40 (50)		APR	

This class focuses on challenging your core using a combination of resistance training strategies and bodyweight exercises. The high-intensity core work is followed by a meditation and deep stretching segment. Maximum 25 participants

Cycle Combo	Tuesdays, July 7 - 28	9-9:55 am	\$32 (\$40)	\$9 (\$11)	Gym 2	Jamie Hillier
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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.

VITALITY & ACTIVE LIVING

Session	Date	Time	Cost	Drop In	Room	Instructor
Cycle For All Levels	Thursdays, July 2 -30	9:00-9:55 am	\$40 (\$50)	\$9 (\$11)	Gym 2	Jamie Hillier
<p>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.</p>						
Instructor's Choice	Mondays, July 6 - Aug 31 <i>*No class August 3, 24</i>	9:00 - 9:55 am	\$56 (\$70)	\$9 (\$11)	Gym 1 (July) A/B (Aug)	Jamie Hillier
	Tuesdays, Aug. 4 - 25		\$32 (\$40)			
<p>This moderate to high intensity class will change weekly - come prepared to move, sweat, and try something new! Experience a fun-filled hour of cardio intervals, strength training, or just a little bit of everything. Bring a water bottle, clean shoes, and comfortable clothing. Maximum 30 participants (Monday), 20 (Tuesday).</p>						
Full Body Workout	Tuesdays, August 4 - September 1	9:00 - 9:50am	\$40 (\$50)	\$9 (\$11)	A/B	Tracy Simons
<p>Come enjoy a well-rounded workout to start your day! Equipment and training strategies will vary from week to week so you can be challenged in new ways every class. Maximum 20 participants.</p>						
Functional Fitness	Mondays, July 6 - August 17 <i>*No class August 3, 24*</i>	11:30 am - 12:15 pm	\$36 (\$42)	\$7 (\$9)	Stage	Andrea Clarke
<p>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.</p>						
Gentle Exercise	Mondays, July 6 - 27	10:15 - 11:00 am	\$32 (\$40)	\$9 (\$11)	Gym 1 (July) A/B (Aug)	June Dow
	Wednesdays, July 8 - Sept 2		\$72 (\$90)			Donna Teifenbach
<p>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.</p>						
Pilates	Mondays, July 6 - 27	11:15-12:30	\$32 (\$40)	\$9 (\$11)	APR	June Dow
<p>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. Not included in the ultimate fitness membership. Maximum 25 participants.</p>						

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	Date	Time	Cost	Drop In	Room	Instructor
Seniors Who Lift	Monday, July 6 - 27	10:15 - 11:15 am	\$32 (\$40)	\$9 (\$11)	Gym 2	Jamie Hillier
	Thursdays, Aug 6 - Sep 3	9:00 - 9:55 am	\$32 (\$40)		A/B	Various

Challenge yourself in this strength-focused class. You will activate your muscles in new ways every week using various types of resistance training equipment. Come ready to sweat! Maximum 30 participants (Monday), 20 (Tuesday).

Strength & Mobility ●	Tuesdays & Thursdays July 7 - August 27	1:30 - 2:30 pm	\$102 (\$136)	\$7 (\$9)	Fitness Centre	Andrea Clarke
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This is a group strength training class specifically designed for the Active Older Adult. The class uses weights, resistance bands, and other equipment to build strength and mobility. Options are always given, making it suitable for both beginners and more experienced participants. Not included in the ultimate fitness membership.

Strength & Balance ●	Thursdays, July 9 - 30 <i>*No class July 2*</i>	9:00 - 9:50 am	\$32 (\$40)	\$9 (\$11)	Gym 1	Various
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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.

Strength Circuit ● <i>*Now included in UFM*</i>	Thursdays, July 9 - August 27 <i>*No class July 2*</i>	10:30 - 11:30 am	\$64 (\$80)	\$9 (\$11)	Fitness Centre	Stephanie Girodat/ Tracy Simons
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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.

Tabata	Tuesdays, July 7 - 28	9-9:55 am	\$32 (\$40)	\$9 (\$11)	Gym 1	Various
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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.

TGIF Tabata	Fridays, July 3 - August 28	9:00 - 9:55 am	\$72 (\$90)	\$9 (\$11)	Gym 1 (Jul)/APR (Aug)	Various
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Get your sweat on before winding down your week! In the first half of the class you will perform a variety of challenging exercises in timed intervals (20 seconds maximal effort/10 seconds rest, repeated 8 times). After getting your heart rate up, enjoy a deep stretch and a bit of relaxation. Maximum 25 participants.

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	Date	Time	Cost	Drop In	Room	Instructor
Chair Yoga	Mondays, July 6 – Aug 17 <i>*No class August 3, 24, 31*</i>	10:00 – 10:45 am	\$36 (\$48)	\$7 (\$9)	Stage Area	Corrine Myers
	Wednesdays, July 8 – Aug 19		\$36 (\$48)			
This gentle class uses the aid of a chair to perform yoga poses and breathing exercises. It is suitable for all fitness levels and conditions. Chair Yoga may help you increase strength, flexibility, range of motion for joints, and stress reduction. Maximum 30 participants.						
Gentle Yoga	Tuesdays, July 7 – Sept 1	10:00 – 11:00 am	\$72 (\$90)	\$9 (\$11)	APR	Donna Teifenbach
	Thursdays, July 2 – Sept 3		\$80 (\$100)			
Gentle Yoga is a great place to take things slower and experience the foundational benefits of a yoga practice. This class is ideal if you are new to yoga or haven't practiced in a while. Wear comfortable clothing, bring a mat, blanket, and water bottle. Maximum 25 participants.						
Vinyasa Yoga With Melanie	Thursdays, July 2 – Sept 3	8:00 – 8:50 am	\$80 (\$100)	N/A	APR	Melanie Hillaby
This gentle style of Vinyasa yoga is a moving meditation that integrates the importance of breath with movement. The class strengthens the body as the breath safely guides participants through the flow of movements. This adaptable class caters to all ages and abilities and helps stabilize joints, regain mobility, and build body awareness. Maximum 25 participants.						
Yoga Refresh	Fridays, July 10 – 31 <i>*No class July 3*</i>	9 – 10am	\$32 (\$40)	\$9 (\$11)	APR	Stephanie Girodat
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.						
Yoga For Seniors	Mondays, July 6 – August 17 <i>*No class August 3, 24, 31*</i>	1:00 – 2:00 pm	\$48 (\$60)	\$9 (\$11)	A/B	Corrine Myers
	Fridays, July 3 – August 21	10:15 – 11:15 am	\$56 (\$70)		APR	
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).						

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
<p>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.</p>			
Billiards	LSCO Hours, \$6 (\$7NM) Drop In	\$75/year + LSCO Membership	Billiards Room
<p>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.</p>			
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
<p>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.</p>			
Computers	Mondays, Wednesdays, Fridays: 1 – 4 pm	\$28/year + LSCO Membership	Computer Lab
<p>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.</p> <p>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.</p>			
Crib	Thursdays: 1 pm – 3 pm, \$2 Drop in	LSCO Membership	Card Area
<p>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.</p>			
Genealogy	Wednesdays: 10 am – 3 pm	\$30/year + LSCO Membership	Board Room
<p>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.</p>			
Karaoke	Tuesdays: 1 – 3:30 pm, \$2 Drop in	\$36/year + LSCO Membership	Board Room
<p>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.</p>			

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 Toile & Creative Arts	Fridays: 9 am – 3 pm	\$28/year + LSCO Membership	Radio Room
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	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.			
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 barcode 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. The user has searched for 'Lethbridge Senior Citizens Organization' and selected it. The 'PERSONAL INFO' step is also visible.

The screenshot shows the 'Tell us a bit more about yourself' step. The user has selected 'I have a key tag' and entered their key tag number (X8584751) and phone number ((111)-222-3333). A red dotted line indicates the key tag number is used to verify the user's identity.

The screenshot shows the 'Account credentials' step. The user has entered their email address (you@example.com) and password (*****). The password must contain at least 8 characters and the confirmation password should match.

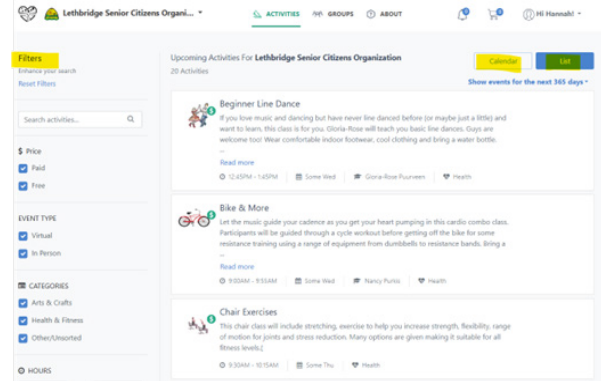
TO REGISTER FOR PROGRAMS

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.

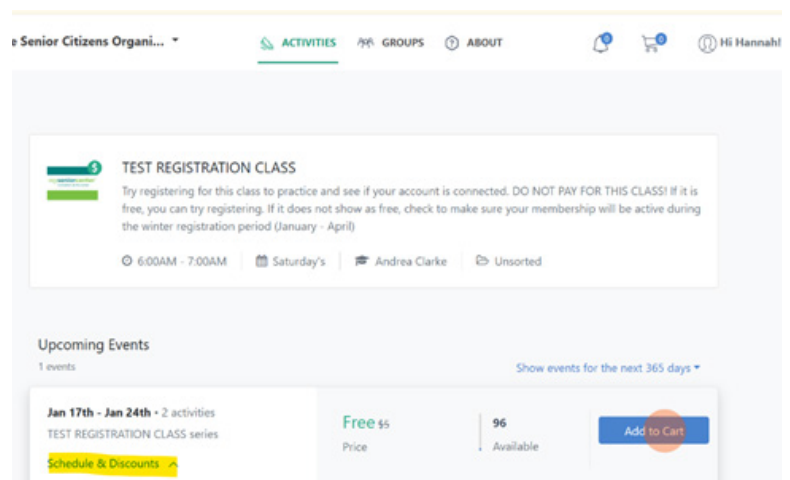


Step 3: Click the Add to Cart button to add the session(s) of your choosing to your shopping cart.

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.

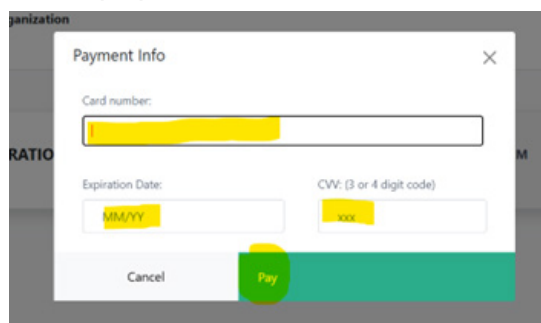
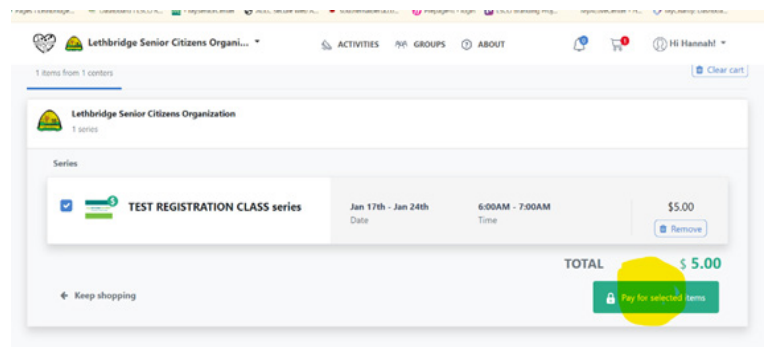
You can see discounts applied and the days the program is scheduled to run by clicking on "Schedules and Discounts". If you qualify for the Welcome policy and have set that up at the admin desk, the price displayed for you should be even lower than the member price.

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 you 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% of 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.

