



LSCO Times

August

A Publication of the Lethbridge Senior Citizens Organization

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

BELONG  **CONNECT**  **THRIVE**

403-320-2222 | www.lethseniors.com

LSCO NEWS
PAGES 1-3

LIFE AT THE LSCO
PAGES 4-7

VIBRANT PROGRAMS
PAGES 8-18

TRUSTED SUPPORT
PAGES 19-24

Discover Connection, Community, and Possibility at Senior Discovery Days

The Lethbridge Senior Citizens Organization is opening its doors for two special days of exploration, connection, and fun during Senior Discovery Days, happening September 18 and 19 from 10:00 a.m. to 3:00 p.m.

This two-day event invites older adults, families, and community members to experience everything the organization has to offer in a welcoming and engaging environment. Whether you are already part of the community or curious about getting involved, Senior Discovery Days is the perfect opportunity to explore programs, meet new people, and discover new interests.

Visitors can enjoy guided tours of the facility, offering a behind-the-scenes look at the spaces where friendships are formed and activities come to life. Throughout the day, there will be free demonstrations showcasing a variety of programs—from fitness and creative arts to social and recreational activities—giving guests a chance to try something new and see what sparks their interest.

A special highlight of the event is a visit from the Lethbridge Therapeutic Riding Association, featuring one of their incredible horses and their adaptive cart, that allows any individual to experience the joy of horses, regardless of ability. This unique experience offers a chance to learn more about therapeutic riding and its benefits, while enjoying a meaningful and memorable interaction.

Guests can also stop by the Diner, a beloved gathering spot within the organization, to enjoy refreshments and experience the warm, social atmosphere that makes it a community favorite.

Senior Discovery Days is a celebration of connection, wellbeing,



2026

SENIOR DISCOVERY DAYS

 **FRIDAY, SEPT 18TH & SATURDAY SEPT 19TH**

 **From 10 am - 3 pm**

- Tours of the facility
- Free demos from instructors
- Lunch available
- And more!

Supported by  **Lethbridge**  **Lethbridge Senior Citizens Organization**

and lifelong learning. It reflects the organization's commitment to creating a vibrant, inclusive space where older adults can stay active, engaged, and supported.

Everyone is welcome to attend. Come for a tour, stay for a demonstration, meet new friends, and discover what makes this community so special.



 **Life Assure**
Medical Alert Systems

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



ALBERTA'S BEST MEDICAL ALERT

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



CALL NOW To Qualify For A FREE Medical Alert
1-800-205-7878 | www.LifeAssure.com/SAFE



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

LSCO News



STAY CONNECTED
www.lethseniors.com
[@lethlsc](https://www.facebook.com/lethlsc)
on Facebook & Instagram

LEGACY & TRUST

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

Advertising and Editorial inquiries can be directed to Hannah Dupuis at hdupuis@lethseniors.com

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

2026 – 2027 LSCO BOARD

Executive

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



Directors:

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

LSCO Notices

Elevator Closure:

The elevator will be closed until September for accessibility upgrades.



- The Boutique will be closed starting July 12th until further notice due to elevator maintenance.
- Gym 1 & 2 Closure for the month of August for refinishing.
- **LSCO Closed for Heritage Day**
We will be closed on August 3rd.
- The LSCO will be closed on August 24, 2026 for fall clean up and staff training. Meals on Wheels will be delivered on their regular schedule.

Fundraising Corner

Updates (As of July 15)

Support Our Seniors Campaign

- \$42,330 of \$75,000 goal.
- SOS 50/50: Pot at \$1,980
(Hurry! Get your tickets! Time is running out!)

Guitar Raffle: \$1,192

Sponsorships

- \$49,200 (66% are new sponsors)

Donor Mural (New Campaign)

- \$3,250 of \$35,000 Goal

Community Round Up: \$437

Battle of the Brews

- 205 Bags from LSCO!

Hurry, buy your coffee!!

Meals on Wheels Sponsor of the Month

- A heartfelt and sincere thank you goes out to Tom and Wendy Paterson for donating to be this month's 'Meals on Wheels Sponsor of the Month'.
- 5/10 months sponsored

For more information on these fundraising opportunities, please contact Kaitlynn at kweaver@lethseniors.com

Thank you

to Kimberly Hirak and Vicky Vanden Hoek from the Nest Events and Honkers Pub for selecting the LSCO as the recipient of their annual Outdoor Music Festival! With their support, we raised \$2,521.10. Thank you also to all the staff and volunteers who helped make this event a success!

Thank you

to the Electronic Recycling Association for donating 10 refurbished laptops to LSCO for staff use. This support is especially valuable because it means that the LSCO can direct more of its resources toward serving seniors instead of replacing aging equipment, while benefiting from reliable technology that supports productivity and sustainability.



electronic.recycling.association



Hurry! Get Your Tickets Before Time Runs Out!

Draw is August 31st!

License #: 782277

Autographed
Guitar Raffle



SCAN HERE

License #: 778586

Support
Our
Seniors
50/50



SCAN HERE

Draw is August 24th!

LSCO COMMUNITY PARTNERS, SPONSORS, & MAJOR DONORS



LEGACY & TRUST

LSCO STAFF

Support Services Manager (ext. 205)
LSCO OPERATIONS
Executive Director (ext. 304)
Kaitlynn Weaver.....kweaver@lethseniors.com
Operations Manager (ext. 102)
Jodie McDonnell...jmcdonnell@lethseniors.com
Accounting Technician (ext. 103)
Chris Tokerfinance@lethseniors.com
Receptionist & Admin Support (ext. 101)
Kari Martin..... kmartin@lethseniors.com

LIFE AT LSCO
Events & Marketing (ext. 302)
Hannah Dupuishdupuis@lethseniors.com
Volunteer Coordinator (587-691-1327)
Madison Gauthier..mgauthier@lethseniors.com
Food Services Coordinator (ext. 401)
Lachlan Dyerldyer@lethseniors.com
Assistant Food Services Coordinator
Travis Eakett
Food Services Cook: Adam Panich

TRUSTED SUPPORT
Support Services Manager (ext. 205)
Amy Labossiere ... Alabossiere@lethseniors.com
Senior System Navigator Team Lead (ext. 206)
Katie Harrold..... kharrold@lethseniors.com
SSN Intake (403-329-1544)
Patty Erickson.....intake@lethseniors.com
Seniors System Navigator (ext. 204)
Rebekah Stewart.....intake@lethseniors.com
Rx Seniors System Navigator (403-715-0485)
Dannie Liendlien@lethseniors.com
Rural SSN (368-338-7147)
Bonnie Jensenbjensen@lethseniors.com
Rx Link Worker (ext. 204)
Kendra Sala..... ksala@lethseniors.com
Rural Link Worker (368-338-7581)
Kyra Corrigankcorrigan@lethseniors.com
Rural Link Worker (368-338-7462)
Mya Brusseembrussee@lethseniors.com
Meals on Wheels Client Coordinator (ext. 201)
Diane Legault..... dlegault@lethseniors.com

LEARN Program Manager
Amy Cookacook@lethseniors.com
LEARN Case Manager (403-394-0306)
Marissa Hardymhardy@lethseniors.com

VIBRANT PROGRAMS
Program Manager (ext. 104)
Stephanie Girodatsgirodat@lethseniors.com
Program Coordinator (ext. 104)
Andrea Clarke.....fitness@lethseniors.com
Woodshop Program Coordinator (ext. 104)
Megan Rourke.....mrourke@lethseniors.com
Activities Leader
Saphira sferris@lethseniors.com
Scarlett..... sdavis@lethseniors.com

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

EXECUTIVE DIRECTOR'S MESSAGE

Yeehaw and Yahoo!

This summer has been a busy and energizing time, filled with opportunities to share the story of the LSCO and the vital role we play in supporting older adults in Lethbridge. I have been out in the community connecting with donors, partners, and elected officials to highlight how seniors' centres like ours contribute to preventative care—helping older adults stay healthy, connected, and out of an already strained acute care system.

In June, I had the opportunity to meet with the Honourable Nathan Neudorf, Minister of Assisted Living and Social Services, alongside David Ng, Executive Director of Nord-Bridge Seniors Centre, and Mayor Hyggen. Our conversation focused on the importance of collaboration among seniors' centres, the essential role we play in supporting healthy aging, and how investing in spaces for seniors today helps prevent more complex challenges tomorrow. We are fortunate to have a Minister in our region who understands and values the impact of this work.

In July, I attended several Stampede networking events (Yeehaw!), bringing a piece of Lethbridge to one of Alberta's largest political and community gatherings. These events provided valuable opportunities to connect with leaders from across the province, including Premier Danielle Smith, Minister of Children and Family Services Searle Turton, and Calgary Mayor Jeromy Farkas. Minister Turton and I had a long conversation about Pickleball and even offered to come down to Lethbridge and host a tournament! I will definitely be holding him to that.



I was also pleased to connect with familiar faces from Lethbridge, including City Manager Lloyd Brierley—proof that sometimes meaningful local conversations happen a little further from home.

Continued on page 4



LSCO COMMUNITY PARTNERS, SPONSORS, & MAJOR DONORS

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

Life at LSCO



Join Our Community

SENIOR (55+) MEMBERSHIPS

\$60 / Year

ADULT (35+) MEMBERSHIPS

\$90 / Year

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

BELONGING & COMMUNITY

Welcome New LSCO Members!

- Dennis Barbour
Carolyn Cartwright
Duncan Ledsham
Peter Pankonin
Lindyl Pankonin
- Ruth Boyling
Rollie Beauchesne
Diane Craig
Steve Craig
3 Anonymous



PAULA'S PRISTINE CLEANING SERVICE
Residential & Commercial
We can do a little or a lot ~ whatever your needs.

Move in, move out.
Licensed and Insured!
EXCELLENT SERVICE, REFERENCES AVAILABLE
CALL 403-331-8892
paulaspristine@gmail.com

Stay informed about investment fraud.

Learn how to protect yourself and what you've worked hard to save.

FOR MORE INFORMATION AND FREE, UNBIASED RESOURCES VISIT CHECKFIRST.CA OR CALL 1.877.355.4488

ASC CHECKFIRST
brought to you by the Alberta Securities Commission



THE VIEW AT LETHBRIDGE
Active Retirement Canada

A warm, welcoming independent senior living community

Experience simplified living with housekeeping, chef-prepared meals, and complimentary transportation

Schedule a Tour
(403) 320-1395



JENNIFER PALMER
Operator
(403) 593-4395

Expert Residential Cleaning

- ★ 10 Years Experience
- ★ Fully Equipped
- ★ Any Task



GENIE IN A BUCKET
CLEANING SERVICE

Yeehaw and Yahoo!

Continued from the page 3

Showing up at these events matters. It reflects our commitment to building strong relationships, advocating for seniors, and ensuring that the LSCO remains part of important conversations at every level. This work helps strengthen our community today and positions us to better support seniors into the future.



It's been a summer of connecting and spreading the word/impact of the LSCO, and we're not done yet. Next up is Lethbridge's own mini-Stampede, Whoop-Up Days (Yeehaw!!) We're excited to be spreading our own cowboy vibes by entering a float into the parade, making Elephant Ears again, and hosting our annual Whoop--Up Days Pancake Breakfast on Tuesday, August 18 from 7:30 am - 9:30 am. Thank you to our friends over at Westco Construction for sponsoring our breakfast and to Hearing Life for sponsoring our Dumbo Ears. Also, how funny and awesome is it that Hearing Life is helping us with our Dumbo Ears. Hearing? Ears? Get it...?

I am so lucky to be working with all of you at the LSCO and so grateful that you choose our organization to spend your time. Thank you for everything!

KAITLYNN WEAVER



In the Community

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

BELONGING & COMMUNITY

Summer Students Message

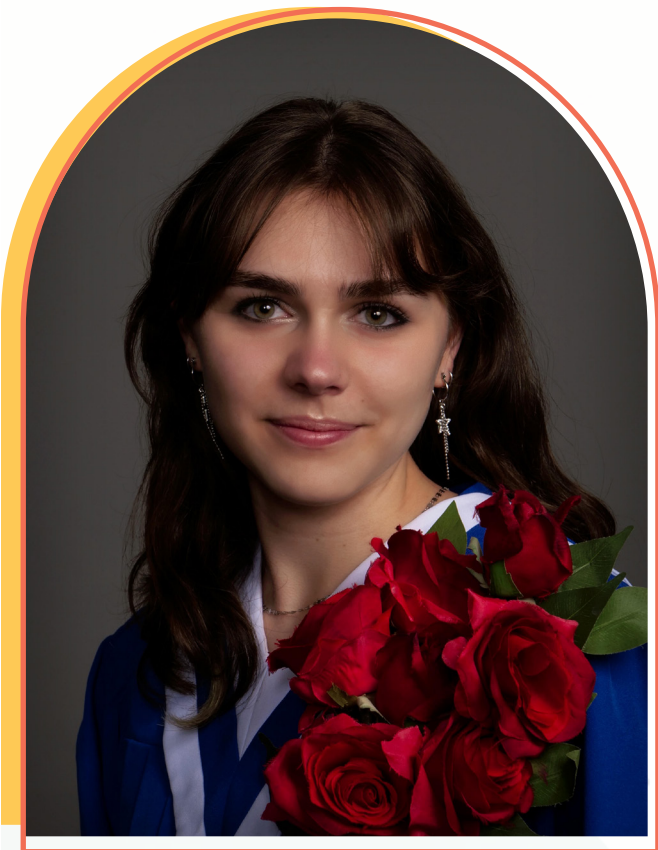
Scarlett:

Hello! My name is Scarlett, and I'm excited to be the Summer Activity Leader here at LSCO. This fall, I'll be starting my third year of Aerospace Engineering at Carleton University. After graduation, I hope to work in the defence industry, helping design and develop jet engines or drones.

When I'm not studying, I enjoy travelling, hiking, crafting, and spending time with my friends and family. I love staying active, trying new things, and meeting new people.

This summer, I'm looking forward to planning activities, painting murals, creating our parade float, helping with Meals on Wheels, and getting to know everyone at LSCO. I'm excited to help create a fun and welcoming environment where everyone feels included. Whether you're joining an activity, stopping by for a chat, or just saying hello in the hallway, I'd love to meet you!

I'm excited for a wonderful summer and can't wait to make some great memories together!



Saphira:

Hey! My name is Saphira and I am one of two summer hires here at LSCO! I'm freshly out of high school, having celebrated my graduation from Catholic Central High in May. My plans for the next academic year include moving up to Calgary to attend Mount Royal University in the fall for a Bachelor of Social Work.

During my time in high school I was a part of many of my school's fine arts programs; concert choir, show choir, concert band, and backstage duties in the school's musical for the past three years. I was particularly fond of the concert band and learning how to play the tenor saxophone. This inspired me to expand my musical interest and strengthen my skills.

When I'm not playing the saxophone, I like to spend my time outside or with my friends or siblings. I often find myself in my flower garden, deep into the pages of a book, or off on some strange adventure. Just recently I had an incredible experience travelling to Japan!

I'm looking excited to go from "volunteer at LSCO" to "employee at LSCO" for the summer! I want to get some activities going this summer like Bingo, a cribbage tournament, trivia, or some artsy crafts for the community to

participate in and connect. If there's anything you'd like to see planned this summer feel free to leave it in the suggestions box near the LSCO library!

NEW WEST THEATRE

SPECIAL THANKS:

CITY OF Lethbridge

Alberta Foundation for the Arts

NATIONAL SALVAGE

HonkerS

90-1 THE RANCH

94-1 CJOC 100 YEARS

MyLethbridgeNow

MILLENNIUM

HITS FROM THE '90s AND '00s

AUGUST 6 - 22

YATES THEATRE

SPONSORED BY WESTCO CONSTRUCTION

AUGUST 6TH-22ND

Home Care as Unique as Your Family

Experience reliable support in the comfort of your home!

Qualicare®
Home Care
Lethbridge

- ✓ Personal Care
- ✓ Companionship
- ✓ Dementia & Alzheimer's Care
- ✓ Palliative & Hospice Care
- ✓ Respite Care
- ✓ Nursing Care
- ✓ Government Funding Available

CONTACT US

📞 **403-388-5132**

📧 lethbridge-info@qualicare.com



BELONGING & COMMUNITY

BELONGING & COMMUNITY

Community Events & Classified Ads

FRESH PURE UNPASTURIZED HONEY for sale. Various sizes for 300 gram jars to 10 lb. pails. 100% natural Beeswax hand & body cream. Will deliver. **Call 403-381-1653.**

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

LSCO Events

2nd Friday Social

Friday, August 7 @ 1-3 pm | Stage Area
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*

LSCO Guided Tour

Wednesday, August 5 @ 10:30 am (1st Wednesday)
Monday, August 17 @ 10:30 am (3rd Monday)
Learn all about our 56,000 sq. ft. building from a volunteer Registration preferred but drop ins welcome.

Whoop Up Days Pancake Breakfast

Tuesday, August 18th (7:30 am - 9:30 am) - Sponsored by Westco Construction. Volunteers needed
\$2 includes pancakes, sausage, juice, & coffee
Dumbo Ears

Sold August 18th - 21st. Sponsored by Hearing Life.
SPECIAL MEMBER BONUS: LSCO Members can purchase Dumbo Ears on Monday, August 17th!

Senior Discovery Days

SAVE THE DATES: September 18th and 19th, 2026 from 10 am - 3 pm
Meet instructors, experience live demos, and discover programs that support health, wellness, and social connection. Best of all, this event is completely free and open to everyone; bring a friend and come see what makes LSCO a hub for community, learning, and fun! Instructors and volunteers needed.

Supported by the City of Lethbridge Community Events Grant



Interested in volunteering?
Contact
Madison at
volunteer@lethseniors.com

Volunteer Message: We are recruiting volunteers for August, September, and the rest of the year! If you have some extra time and would like to make a difference in our community, consider joining the volunteer team.

We have many roles available, contact volunteer@lethseniors.com to learn more:
Immediate Positions Needed - Inquire with the volunteer team for dates and times needed.

- ★ **Bingo: Thursdays from approximately 11am-4pm.** Including walking or sitting roles, helping to sell cards and count money. Located at Winners Bingo Hall in the industrial area. Must be age 18+ for this role. FREE LUNCH PROVIDED!
- ★ **Meals on Wheels Drivers: Most weekdays from 10 am -12 pm depending on route length.** Drive your own vehicle and help deliver fresh daily specials to our community members! Mileage slips are provided for tax purposes and a criminal record check is required.
- ★ **Kitchen Volunteers: Most weekdays from 8 am - 11 am or 11 am - 2 pm.** Includes standing and walking roles, helping out our kitchen team by serving on the cafeteria-style lunch line, running food, and dishwashing. Great for pairs or youth volunteers too!
- ★ **Whoop Up Days and Dumbo Ears Volunteers: August 17-21, 2026 (from 8-12am and 12-3 for Food Services and 9:30 - 12:30 and 12:30 - 3:30 for Dumbo Ear sales)**
 - This is a food service and customer service position, so it requires the volunteer to be comfortable with food handling and standing for long periods of time, the biggest factor is your teamwork/adaptability skills!
 - Volunteers would be more than welcome (and encouraged) to help out with multiple dates/shifts. Roles include: Helping prepare ingredients, rolling out dough, baking, frying, adding sugar and spice, wrapping the treats, taking orders and collecting money.
- ★ **Parade Day Pancake Breakfast: Tuesday August 18 7:30am - 9:30am** Walk in the parade or help out with the pancake breakfast from 7-10am

THANK YOU, VOLUNTEERS! On behalf of everyone at the Lethbridge Senior Citizens Organization, thank you for the time, energy, and heart you bring to our community.

Your dedication makes a meaningful difference in the lives of the seniors we serve. Whether you are helping at events, supporting programs, offering a friendly conversation, or lending a hand behind the scenes, your contributions create a welcoming and vibrant environment where people feel valued and connected.
Because of you, LSCO continues to be a place where friendships grow, services thrive, and our community stays strong. We are deeply grateful for your commitment and generosity.



Thank you for everything you do!

SUMMER SPECIAL EVENTS:

- FREE Walking Group:** Tuesday & Thursday mornings at 9:00 am | Meet in the Card Area. Join us for a safe & accessible place to walk, plus there's community quality time!
- FREE Board Game Mania:** Mondays from 11:00 - 12:30 | In the Card Area. Join us for a safe and accessible place to walk, plus there's community quality time!
- Cold Brew Bar:** Wednesday, August 5th & 12th from 10:00 - 11:30 am | In the Card Area
- Fundraising Corner:** Tuesdays from 11:00 am - 1:00 pm | In the Card Area

LSCO WHOOP UP DAYS PARADE FLOAT

Tuesday, August 18th
Parade begins at 9:00 am

Volunteers Needed!

LSCO WHOOP UP DAYS PANCAKE BREAKFAST

Tuesday, August 18th
7:30 am - 9:30 am
\$2 = Pancakes, coffee, & sausages

Sponsored by
WESTCO
CONSTRUCTION

Volunteers Needed!

BELONGING & COMMUNITY

Protecting Seniors from Doorstep Impersonation Scams

Many seniors value the independence of living at home, but it's important to stay alert to a growing concern: people showing up unannounced, claiming they have an appointment or need access to the home.

Impersonators may pose as utility workers, healthcare providers, or service technicians. They often use friendly or urgent language to gain trust and may carry fake identification. Their goal is to get inside—either to steal, gather personal information, or assess the home.

How to Stay Safe

- ✦ Do not open the door to unexpected visitors
- ✦ Always verify appointments by calling the organization directly
- ✦ Do not rely on ID alone—this can be faked
- ✦ Keep a list or calendar of scheduled appointments
- ✦ Use a peephole or camera to see who is outside
- ✦ Trust your instincts—if something feels off, don't engage

If You Feel Unsafe

If someone is pressuring you or refusing to leave, step away from the door and call a trusted person or local authorities.

A Simple Rule

If you didn't request the visit, don't let them in.

By staying cautious and taking a moment to verify, seniors can continue to live safely and confidently in their homes.

A Tale of a Copier and a Delicious Meal:

An Account from CIP Office Technologies

This is the most affordable lunch in all of Lethbridge', says Kaitlynn Weaver, the Executive Director of LSCO who is guiding me to the building's cafeteria filled with the lively chatter of lunch hour. As we wait in line for the day's special, homemade lasagna and steamed vegetables, Weaver introduces me to the regulars and staff bustling about the room.

I'm here representing CIP (Cat's in Pajamas as my boss likes to say), a locally focused, family run technology company based out of Calgary for the past 46 years. We're a technology company providing Albertan offices with what they need to run a professional business; everything from print management services, telephones, and Canadian-based internet security.

As CIP's Ambassador of Philanthropy, I get to reach out to wonderful organizations like the LSCO and offer to update their technology as a donation. Alberta has been good to us at CIP, affording us the opportunity to give back the non-profits, libraries, charities, that make the province a better place.

Recently having donated a new printer through our Community Copier program I have made the journey to Lethbridge to witness all the fantastic work that gets done at the LSCO.

Let me paint you a picture: ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ●

Our lasagna is served hot from its tray, having just recently been pulled from the oven.

My plate was presented to me over the counter by a friendly volunteer whose warmth immediately made me feel at home. We tuck in, seated next to the 'jungle' as I heard it referred to by other diners; a collection of house plants that have been allowed to grow freely towards the glass ceilings that flood the cafeteria with sun.



**FREE
PANCAKE
BREAKFAST**

**Free pancakes, sausages, and fun for the
whole family!**

August 17, 2026
7:30 AM - 10 AM
PiP International Inc.
4085 2 Avenue South, Lethbridge



RACHAEL THOMAS
MEMBER OF PARLIAMENT

    @RachaelThomas.ab

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

After a very satisfying lunch, which was not only the most affordable but, in my opinion, maybe the best in Lethbridge, I was toured through the facility. The radio club, filled to the brim with radios of every era, to the arts and crafts studio, to the gymnasium... I had to see it first-hand to believe just how multifaceted the LSCO is. By the time we arrived at the revamped woodworking shop I was beginning to feel seriously jealous of the seniors the organization is intended for.

CIP's Community Copier program is designed to help organizations like the LSCO direct their limited funds towards what really matters... programs like the ones I witnessed rather than leasing payments to massive companies. Nonprofits and charities have inconsistent sources of income and oftentimes many offices are forced to cut corners relying on outdated and aging technology.

At CIP we believe that a brand new printer can make a world of difference for day to day operations, but perhaps more importantly, it supports the dignity of an office its staff dedicated to doing good work.

I'm grateful for the tour and for the chance to support the LSCO in the way we know how. I can't think of a more fitting home for a Community Copier donation.

- MAXIMILLIAN
RICHLER, CIP'S
AMBASSADOR OF
PHILANTHROPY



BELONGING & COMMUNITY

GALT MUSEUM & ARCHIVES
AKAISAMITOHKANAOP'A

AUGUST 2026 EXHIBITS,
EVENTS & PROGRAMS

EXHIBITS

A SMILE IN EVERY BOTTLE
SICKS' LETHBRIDGE BREWERIES LTD.
MAR 21.26-MAR 13.27

PROVINCIAL ARCHIVES OF ALBERTA
DRIED OUT
PROHIBITION IN ALBERTA
RELIGIOUS FERVOUR • SOCIAL EXPERIMENT
MORAL REFORM • MIXED COCKTAIL
APR 18-OCT 11.26

DOWN in the VALLEY
FEB 14.26-FEB 07.27

Taking Care
Discover the rich history of the Galt Hospital and School of Nursing in this permanent exhibition.

DATES EXTENDED

- UNLESS OTHERWISE NOTED:
- ++ all ages | no registration | free to attend
 - + all ages | registration required | free to attend
 - ** adults and seniors | no registration | museum admission applies
 - * adults and seniors | registration required: a fee or museum admission applies

www.galtmuseum.com/calendar

PROGRAMS

Sat 01 | 10 AM-2 PM *

Hutterite Colony Bus Tour

Visit Wilson Hutterite Colony | \$60/person, includes lunch | arrive early, leaving the Galt at 10 AM | bring cash to purchase veg and goods

Wed 05 | 6-7:15 PM +

Walking Tour with Alexander Kwan - Echoes in an Empty Lot: Remembering Chinatown

\$20/person, members free

Thu 06 | 5-7 PM +

Build Your Own Fairy Gardens

\$20/ person, members free

Thu 06 | 6-8 PM +

Explore the River Valley: Bugs at Dusk

with Larkfir Conservation | \$20/person, members free

Sat 08 | 10 AM-1:30 PM *

Guided River Canoe Trip with High Level Canoes and Kayaks

\$50/person | please arrive early

Tue 11 | 6:30-7:30 PM +

Wild Tales on Park Trails: Henderson

\$8/person | in partnership with Helen Schuler Nature Centre

EVENTS

FORT WHOOP-UP
open daily 10am-5pm

Wagon Rides available through SEP 07, 2026

Activities, crafts, livestock, events, shopping, scenic hikes. Free parking.

RENAISSANCE FAIRE
Saturday, September 5th 2026

Sat SEP 05 | 10 AM-6 PM

Come one, come all! | Faire held at Fort Whoop-Up | Fort admission grants thee passage - no extra coin or barter required.

ACTIVITIES HELD AT THE GALT UNLESS OTHERWISE NOTED. FULL DETAILS ONLINE.



AUGUST 2026 MENU

Meals typically delivered between 10:45 and 12:25

Contact:
403-327-7990
mow@lethseniors.com

Monday, August 3	Tuesday, August 4	Wednesday, August 5	Thursday, August 6	Friday, August 7
LSCO CLOSED Chicken Cordon Blue Mashed Potatoes & Veg	Penne Bolognese with Garlic Toast & Veg	Fiesta Chicken with Rice & Veg	Hunter Schnitzel Spaetzle & Veg	Roast Beef with Yorkshire, Mashed Potates & Veg
Monday, August 10	Tuesday, August 11	Wednesday, August 12	Thursday, August 13	Friday, August 14
Cabbage Rolls with Roast Potatoes & Veg	Beef & Bean Burrito with Rice & Veg	Meatloaf with Roast Potatoes & Veg	Liver & Onions with Mashed Potatoes & Veg	Fish & Chips with Veg
Monday, August 17	Tuesday, August 18	Wednesday, August 19	Thursday, August 20	Friday, August 21
Chicken Dumpling with Rice & Veg	Honey Garlic Pork with Rice & Veg	Chicken Alfredo Penne with Garlic Toast & Veg	Spaghetti & Meatballs with Garlic Toast & Veg	Baked Ham with Scalloped Potatoes & Veg
Monday, August 24	Tuesday, August 25	Wednesday, August 26	Thursday, August 27	Friday, August 28
Teriyaki Pork with Rice & Veg	Chicken Pesto Gnocchi with Garlic Toast & Veg	Beef Stroganoff with Egg Noodles & Veg	Chicken Enchilada with Rice & Veg	Lasagna with Garlic Toast & Veg
Monday, August 31	Information for MoW Clients: - Meals scheduled on Heritage Day (August 3) will be delivered on July 31 - All meals include a soup and dessert - Meals are typically delivered between 10:30 and 12:30			
Sweet & Sour Chicken with Rice & Veg				

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

Vibrant Programs



VITALITY & ACTIVE LIVING

REMINDERS!

The **elevator** will be closed until mid-September for accessibility upgrades.

The **Boutique** will be closed starting July 12th until further notice due to elevator maintenance.



Gym 1 & 2 will be closed for the month of August for refinishing.

The **LSCO** will be **closed** on August 3, 2026 for Heritage Day.



The **LSCO** will be **closed** on August 24, 2026 for fall clean up and staff training. Meals on Wheels will be delivered on their regular schedule.



Lethbridge Senior Citizens Organization

Fall Program Registration

SEPTEMBER - DECEMBER PROGRAMS

Opens Friday, August 14 @ 8am

Online and In Person

www.lethseniors.com and click the yellow button

View Programs & Register Online

PROGRAM REGISTRATION

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

WHEN TO REGISTER

Registration for the Fall Session September to December opens on August 14th.

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

Though registration opens August 14th at 8 am, you can still register after that date.

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

HOW TO REGISTER

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

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

DROP IN OPPORTUNITIES

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

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

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

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

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

We're Listening!

If you participated in a program at the LSCO, please fill out this quick survey. Your input helps us improve our programs!



Scan me



Lethbridge HEARING CENTRE

We help people hear life better.

- Locally owned & family operated
- Full Hearing Evaluations
- AADL, DVA & WCB Vendor
- Battery Savings Club
- Most up-to-date digital technology
- All makes/model cleaning & repairs
- Free parking & wheelchair accessible

Book an appointment for your **FREE Hearing Screening** on the 2nd Thursday every month at the LSCO.



Candice Elliott-Boldt Jake Boldt
NBCHS Registered Hearing Aid Practitioners

Call us to hear for yourself what we can do to help.

#120 2037 Mayor Magrath Dr S Lethbridge, AB T1K 2S2
Like us on  www.lethbridgehearing.ca
403-320-6000





Check out our Program Guide!

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

Available online or printed at the front desk



VITALITY & ACTIVE LIVING

LSCO Silver Dragons Paddle in the Rain to (almost) Victory!

A rainy but fantastic weekend was had at the Lethbridge Dragon Boat Festival. Thank you to everyone who supported our team, whether as paddlers or cheering us on from the dock.

The LSCO Silver Dragons delivered strong performances in their 200 m races, finishing in 1:11 in their first race and 1:13 in their second. Congratulations to the entire team on these impressive results! Both times were faster than last year, even with all new paddlers except for two who returned from last year's team. While Sunday's race was unfortunately cancelled due to weather, the team's spirit and determination earned them a first-place finish in our hearts and minds.

A special thank you to our incredible sponsors, Lethbridge Denture Clinic, for making this team possible. We are truly grateful for your ongoing support.





Thank you
to our
sponsor,
Lethbridge
Denture
Clinic!!



Sponsored by





A hearing
treatment plan
that evolves
with your needs.



For personalized hearing solutions,
book a **FREE** hearing test.



BOOK ONLINE:
HearingLife.ca/WhyHL2500
MENTION CODE: NSP-2500-PNTW

- Lethbridge
- 509 6th Avenue South
 - 1258 3rd Avenue South
 - 1332 Mayor Magrath Drive South
 - 2810 Fairway Street, South, Unit 20
 - 108 49th Avenue West
 - 2639 Scenic Drive North, Unit 20

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

VITALITY & ACTIVE LIVING

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
Wednesdays, Nov 4 – Dec 16 *No class November 11*		\$48 (\$60)			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)	\$9 (\$11)	Gym 1	Gabrielle Dumont
		\$64 (\$80)			
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)			
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 30 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 start time on Wednesdays*	This class focuses on challenging your core using a combination of resistance training strategies and body-weight 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 6 – 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

August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3  CLOSED FOR LABOUR DAY! 8:15–9:15: Tai Chi Group 8:30am–3:30pm: Billiards 9–9:55am: Instructor’s Choice 10–10:45am: Chair Yoga 10:10–11am: Core & Stretch 11:15–12:45pm: Badminton 11:30–12:15pm: Functional Fitness 1–2pm: Yoga For Seniors 2:30–4pm: Table Tennis 7–9pm: Pickleball Drop In	4 8:30am–4pm: Billiards 9–9:55am: Instructor’s Choice 9–9:50am: Full Body Workout 10–11am: Gentle Yoga 10–11am: Brain Games w/ Building Better Brains 10am–12pm: Prescribing Pharmacist 12–3pm: Quilting 1:30–3pm Community Connect 1:30–2:30pm: Strength & Mobility 6:30–7:30pm: Queer Senior Peer Support Group	5 8:15–9:15am Tai Chi Group 8:30am–3:30pm: Billiards 9–10am: 20/20/20 9am–2pm: CRA and Service Canada 9:30–11am: Amateur Radio 10am–3pm: Lapidary 10–10:45am: Chair Yoga 10am–12pm: Wood Carving Club 10:10–11am: Core & Stretch 10:15–11am: Gentle Exercise 11:15–12:45pm: Badminton 1–3pm: Watercolor Group 1–4pm: Legal Consultations 2:30–4pm: Table Tennis 3–4:30pm: Pickleball Drop In	6 7–8am: Sunrise Rotary 8–8:55am: Vinyasa Yoga 8:30am–3:30pm: Billiards 9–9:50am: Seniors Who Lift 9:30–10:15am: Chair Exercise 10–11am: Gentle Yoga 10am–12pm: Hearing Screening 10am–12pm: Community Links On Site 10:30–11:30am: Strength Circuit 10:15–12:00pm: Badminton 1–3pm: Crib 1–4pm: Knitting & Crochet 1:30–2:30pm: Strength & Mobility 7–9pm: AA Sunset	7 8:15–9:15: Tai Chi Group 8:30am–3:30pm: Billiards 9–9:55am: TGIF Tabata 10:15–11:15am: Yoga for Seniors 10:30am–12pm: Table Tennis 11:15–12:45pm: Badminton 1–4pm: Computer Club 3–4:30pm: Pickleball Drop In
10 8:15–9:15: Tai Chi Group 8:30am–3:30pm: Billiards 9–9:55am: Instructor’s Choice 10–10:45am: Chair Yoga 10:10–11am: Core & Stretch 11:15–12:45pm: Badminton 11:30–12:15pm: Functional Fitness 1–2pm: Yoga For Seniors 2:30–4pm: Table Tennis 7–9pm: Pickleball Drop In	11 8:30am–4pm: Billiards 8:30–10am: Coffee with a Cop 9–9:55am: Instructor’s Choice 9–9:50am: Full Body Workout 10–11am: Gentle Yoga 10–11am: Brain Games w/ Building Better Brains 12–3pm: Quilting 1:30–2:30pm: Strength & Mobility	12 8:15–9:15am Tai Chi Group 8:30am–3:30pm: Billiards 9–10am: 20/20/20 9:30–11am: Amateur Radio 10am–3pm: Lapidary 10–10:45am: Chair Yoga 10:10–11am: Core & Stretch 10:15–11am: Gentle Exercise 11:15–12:45pm: Badminton 1–3pm: Watercolor Group 1–4pm: Legal Consultations 1–2pm: VolunTEAM Meeting 2:30–4pm: Table Tennis 3–4:30pm: Pickleball Drop In	13 7–8am: Sunrise Rotary 8–8:55am: Vinyasa Yoga 8:30am–3:30pm: Billiards 9–9:50am: Seniors Who Lift 9:30–10:15am: Chair Exercise 10–11am: Gentle Yoga 10am–12pm: Hearing Screening 10am–12pm: Community Links On Site 10:30–11:30am: Strength Circuit 10:15–12:00pm: Badminton 1–3pm: Crib 1pm: Mobile Food Support 1–3pm: Scams and Frauds Consult 1–4pm: Knitting & Crochet 1:30–2:30pm: Strength & Mobility 7–9pm: AA Sunset	14 8:15–9:15: Tai Chi Group 8:30am–3:30pm: Billiards 9–9:55am: TGIF Tabata 10:15–11:15am: Yoga for Seniors 10:30am–12pm: Table Tennis 11:15–12:45pm: Badminton 1–4pm: Computer Club 1–3pm: Second Friday Social 3–4:30pm: Pickleball Drop In
			15 8:30–10:30am: AA Eye Opener	

21 8:15–9:15: Tai Chi Group 8:30am–3:30pm: Billiards 9–9:55am: TGIF Tabata 10:15–11:15am: Yoga for Seniors 10:30am–12pm: Table Tennis 11:15–12:45pm: Badminton 1–4pm: Computer Club 3–4:30pm: Pickleball Drop In	20 7–8am: Sunrise Rotary 8–8:55am: Vinyasa Yoga 8:30am–3:30pm: Billiards 9–9:50am: Seniors Who Lift 9:30–10:15am: Chair Exercise 10–11am: Gentle Yoga 10:30–11:30am: Strength Circuit 10:15–12:00pm: Badminton 1–3pm: Crib 1–4pm: Knitting & Crochet 1:30–2:30pm: Strength & Mobility 2–4pm: Parkinson’s Support Group 7–9pm: AA Sunset	19 8:15–9:15am Tai Chi Group 8:30am–3:30pm: Billiards 9–10am: 20/20/20 9:30–11am: Amateur Radio 10am–3pm: Lapidary 10am–12pm: Wood Carving Club 10–10:45am: Chair Yoga 10:10–11am: Core & Stretch 10:15–11am: Gentle Exercise 11:15–12:45pm: Badminton 1–3pm: Watercolor Group 1–4pm: Legal Consults 2:30–4pm: Table Tennis 3–4:30pm: Pickleball Drop In	18 8:30am–4pm: Billiards 9–9:55am: Instructor’s Choice 9–9:50am: Full Body Workout 10–11am: Gentle Yoga 10–11am: Brain Games w/ Building Better Brains 12–3pm: Quilting 1:30–3pm Community Connect 1:30–2:30pm: Strength & Mobility	17 8:15–9:15: Tai Chi Group 8:30am–3:30pm: Billiards 9–9:55am: Instructor’s Choice 10–10:45am: Chair Yoga 10:10–11am: Core & Stretch 11:15–12:45pm: Badminton 11:30–12:15pm: Functional Fitness 1–2pm: Yoga For Seniors 2:30–4pm: Table Tennis 7–9pm: Pickleball Drop In
22 8:30–10:30am: AA Eye Opener	27 7–8am: Sunrise Rotary 8–8:55am: Vinyasa Yoga 8:30am–3:30pm: Billiards 9–9:55am: Seniors Who Lift 9:30–10:15am: Chair Exercise 10–11am: Gentle Yoga 10am–12pm: Hearing Screening 10:30–11:30am: Strength Circuit 10:15–12:00pm: Badminton 1–3pm: Crib 1–4pm: Knitting & Crochet 1:30–2:30pm: Strength & Mobility 7–9pm: AA Sunset	26 8:15–9:15am Tai Chi Group 8:30am–3:30pm: Billiards 9–10am: 20/20/20 9:30–11am: Amateur Radio 10am–3pm: Lapidary 10–10:45am: Chair Yoga 10:10–11am: Core & Stretch 10:15–11am: Gentle Exercise 11:15–12:45pm: Badminton 1–3pm: Watercolor Group 2:30–4pm: Table Tennis 3–4:30pm: Pickleball Drop In	25 8:30am–4pm: Billiards 9–9:55am: Instructor’s Choice 9–9:50am: Full Body Workout 10–11am– Gentle Yoga 12–3pm: Quilting 12:30–3:30pm: Single Session Counselling 1–3:30pm: Karaoke 1:30–2:30pm: Strength & Mobility	31 8:15–9:15: Tai Chi Group 8:30am–3:30pm: Billiards 9–9:55am: Instructor’s Choice 10–10:45am: Chair Yoga 10:10–11am: Core & Stretch 11:15–12:45pm: Badminton 11:30–12:15pm: Functional Fitness 1–2pm: Yoga For Seniors 2:30–4pm: Table Tennis 7–9pm: Pickleball Drop In
28 8:15–9:15: Tai Chi Group 8:30am–3:30pm: Billiards 9–9:55am: TGIF Tabata 10:15–11:15am: Yoga for Seniors 10:30am–12pm: Table Tennis 11:15–12:45pm: Badminton 1–4pm: Computer Club 3–4:30pm: Pickleball Drop In	24 LSCO CLOSED FOR STAFF TRAINING & CLEANING! 	29 8:30–10:30am: AA Eye Opener		

SPECIALTY PROGRAMS & GROUPS

SPECIAL EVENTS

SUPPORT SERVICES

SESSIONAL PROGRAMS & FITNESS

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. Maxiumum 18 participants.				
Fridays, Sept 18 – Oct 30 Fridays, Nov 6 – Dec 11	8:00 – 8:45 am	\$56 (\$70) \$48 (\$60)	\$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 50 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 am	\$70 (\$91) \$70 (\$91)	\$11 (\$16)	Gym 2	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
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 *No class October 12* 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 *No class October 12* 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 *No class September 30* Wednesdays, Nov 4 – Dec 23 *No class November 11*	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 *No class September 30* Wednesdays, Nov 4 – Dec 23 *No class November 11*	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 *No class September 30* Wednesdays, Nov 4 – Dec 23 *No class November 11*	11:30 am – 12:30 pm	\$42 (\$56) \$42 (\$56)	\$7 (\$9)	Gym 2	Gloria-Rose Puurveen
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.</u> Maximum 25 (Mondays), 20 (Thursdays).				

VITALITY & ACTIVE LIVING					
Session	Time	Cost	Drop-In	Room	Instructor
Mondays, Sept 14 – Oct 26 *No class October 12* Mondays, Nov 2 – Dec 14	11:15 am – 12:30	\$48 (\$60) \$56 (\$70)	\$9 (\$11)	APR	June Dow
Thursdays, Sept 10 – Oct 29 Thursdays, Nov 5 – Dec 17	10:15 am – 11:30	\$64 (\$80) \$64 (\$80)	\$9 (\$11)	A/B	June Dow
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) \$64 (\$80)	\$9 (\$11)	A/B	June Dow
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
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
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

VITALITY & ACTIVE LIVING

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* Mondays, Nov 2 – Dec 21	10:00 – 10:45 am	\$36 (\$48) \$48 (\$64)	\$7 (\$9)	Stage Area	Corrine Myers
Wednesdays, Sept 9 – Oct 28 *No class September 30* Wednesdays, Nov 4 – Dec 23 *No class November 11*	10:00 – 10:45 am	\$42 (\$56) \$42 (\$56)	\$7 (\$9)	Stage Area	Corrine Myers
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) \$104 (\$128)	\$15 (\$20)	Gym 2	Lise LeMoine
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) \$56 (\$70)	\$9 (\$11)	APR	Donna Teifenbach
Thursdays, Sept 19 – Oct 29 Thursdays, Nov 5 – Dec 23	10:00 – 11:00 am	\$72 (\$90) \$56 (\$70)	\$9 (\$11)	APR	Donna Teifenbach
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	5:15 – 6:15 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 – Oct26 *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 Tuesdays Nov 3 – Dec 22	5:00 – 6:00 pm	\$64 (\$80) \$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 9 – Oct 27 Tuesdays, Nov 3 – Dec 15	8:00 – 8:50 am	\$64 (\$80) \$56 (\$70)	N/A	APR	Melanie Hillaby
Thursdays, Sept 10 – Oct 29 Thursdays, Nov 5 – Dec 17	8:00 – 8:50 am	\$64 (\$80) \$64 (\$80)	N/A	APR	Melanie Hillaby

VITALITY & ACTIVE LIVING					
Session	Time	Cost	Drop-In	Room	Instructor
Tai Chi 108 Yang Style Form Practice *New date*	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 10 – Oct 29 Thursdays, Nov 5 – Dec 17	10:15 – 11:15 am	\$40 (\$56) \$40 (\$56)	\$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.

Program Highlights:

Check out **Circuit Express!** A 45-minute circuit training class every Wednesday from 9:10–9:55am beginning in september.

- **Sign up today for a fun, moderate-intensity class that will keep you moving** Vinyasa Yoga with Melanie is offered on Tuesdays and Thursdays in the fall at 8am – start your day off right with Melanie in this gentle vinyasa practice!
- **Catch Sheila in a new format: Zumba(R) + Lift!** Feel the beat as you move to international rhythms while adding some serious strength training into the mix. It’s a great way to work up a sweat! Find out more information in the course listings and program guide.

A Message from
Steph,

YOUR PROGRAM MANAGER:

August often means we are in the hottest weeks of the year, but it’s just a few short weeks until most of us are back to routine, even for those who do not have many formal commitments in retirement. Routines help our bodies, both physically and mentally, to find stability. The circadian rhythm guides us through sleep and wake cycles, and it is usually easier to fall asleep and wake up ready to go when bed times and wake times are consistent. While the sun is still high in the later evening a blackout curtain or special evening ritual can help you stay on schedule. Prioritizing sleep hygiene can include turning off all screens (including television) an hour before bed, doing a “brain dump” by writing down any pressing thoughts, or having a quiet moment in your favourite chair. Sleep can become more fractured as we age so every little bit helps!



LETHBRIDGE SCOTTISH COUNTRY DANCE CLUB



What Is Scottish Country Dancing?
\$30 September-May

Scottish country dancing is:

- Dancing traditional Jigs, Reels and Strathspeys to live music.
- Social dancing where you learn specialized steps and formations while having FUN!
- No partner needed to join. No special clothing required. Suitable for all levels.
- NOT Highland Dancing.

Wednesdays, starting September 9th from 7:00-9:00 PM
St. Andrew's Presbyterian Church Hall
1818 5 Avenue South

Join us for our free Ceilidh on September 26th at 7PM

Details on our website:
www.lethbridgescottishcountrydance.org
For more information contact: Pam Vogt 403-332-1208


Owner/Operator

Downsizing Dilemma?
Need to move on?
We can help....

Sorting • Organizing
Packing • Arranging
Movers • Unpacking
Estate Home
Clearouts/Sales

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

Cell: 403-330-8389

**Patient, Effective, Respectful
Real Estate Service!**

Keith Pushor
A "Hands-On Approach" to Real Estate

ROYAL LEPAGE
SOUTH COUNTRY
keithpushor.ca

403-327-2111
keithpushor@royallepage.ca



Year Round Special Interest Groups

See the monthly calendar on pg 12 & 13 for meeting times.

Amateur Radio: \$36/Year + LSCO Membership
The CJOC Amateur Radio Club is a group of licensed amateur radio operators who come together once a week at the LSCO to talk on Ham radios, explore new ideas and repair equipment. The club is a place where amateur radio operators can expand their knowledge and forward their interest in the hobby all while surrounded by modern radios to equipment from days gone by . Those interested in getting their ham radio license can get started [with this link](#) and club members are available to help along the way.

Badminton: \$85/Year + LSCO Membership
Everyone of all skill levels is welcome to play. Thursdays are specifically a good day to focus on working and improving your skills. Coaching support may be provided. Bring your own equipment or borrow some of ours.

Billiards: \$75/Year + LSCO Membership, \$6 (\$7NM) Drop In
Members are welcome to play pool daily in the second-floor Billiards Room. New players should notify staff to arrange for instructions. Non-members may drop in provided they are accompanied by a billiard member.

Computers: \$28/Year + LSCO Membership
Individuals interested in attending workshops, learning about technology, and sharing their knowledge are encouraged to join the Computer Club. A variety of information sessions and workshops are offered throughout the year, with a small fee for non-members attending workshops.

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

Crib: LSCO Membership, \$2 Drop in
If you enjoy playing crib, you are welcome to join the fun every week, and newcomers are always welcome. LSCO Members may also play cards and other board games throughout the day provided tables are available, but players must provide their own cards or game boards.

Genealogy: \$30/Year + LSCO Membership
Members of this group meet weekly to research their family history, sharing tips on accessing document sources like immigration lists and birth records. Members range from beginners to those with extensive experience. It is recommended to bring your own laptop for research. *Returning in September*

Karaoke: \$36/Year + LSCO Membership, \$2 Drop in
If you love to sing and enjoy socializing, join the LSCO Karaoke singers on Tuesday afternoons. Non-members are welcome to attend for a small drop-in fee. Please consider bringing your own microphone.

Knitting, Crochet & More \$15/Year + LSCO Membership
Whether you knit, crochet, or enjoy other needlework, consider joining this weekly group to work on projects, socialize, laugh, and share ideas. Those who are still learning are very welcome to join. If you don't have supplies, some are available to loan.

Lapidary (Stonecrafters) \$50/Year + LSCO Membership
If you are interested in making jewelry or art using rocks and fine gems, experienced stonecrafters will help you safely learn how to use the machines and complete your projects. For safety, a minimum of two people must be present in the room at all times. Supply costs are extra.

Paper Tole & Creative Arts \$28/Year + LSCO Membership
If you are familiar with the art of paper tole, come talk to this group to work on your projects while socializing. Painters, knitters, and other crafters are also welcome to join to work on their respective projects. Supply costs are extra.

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

Table Tennis \$64/Year + LSCO Membership
Table Tennis is a great, active game for developing hand-eye coordination, and individuals of all skill levels are welcome. If you require instruction, simply let us know, and arrangements can be made to assist you. Bring your own paddle for the scheduled sessions.

Tai Chi Group \$25/Year + LSCO Membership, \$2 Drop in
This is a dedicated practice group intended for advanced Tai Chi practitioners. The sessions are not a formal structured class but offer space for experienced individuals to practice. Participants must have an LSCO membership and pay a small annual fee or drop-in fee.

Watercolor \$60/Year + LSCO Membership
Join this self-led watercolor group to work on your projects, share techniques, and enjoy a creative and social atmosphere. Bring your own supplies and paint at your own pace. All skill levels are welcome.

Wood Working/Carpentry \$250/Year (\$25/month) + LSCO Membership
The Westco woodshop is open to both men and women interested in woodworking. All new members must attend a shop orientation and evaluation to ensure the safe operation of machinery. Courses may be offered for those looking to learn new skills in this safe and supportive environment.

COMPUTER CORNER AUGUST 2026

Zoom Zoom Zoom

Increasing the visibility and or space on your monitor will not go make it go faster, but it might make your work easier and faster



The preamble – There is almost always more than one way to accomplish a task.

Here are a few ways to make text and images appear larger.

In a browser window the key combination Ctrl + or Command (⌘) + on a Mac enlarges the text and graphics Ctrl – decreases the size of items on the page.

Lately on my laptop I've noticed this sometimes working in reverse.

It might just be me. The following search "Why does Ctrl + sometimes seem to work in reverse?" goes into more detail than we have space for.

In many common apps, there may be a slider bar on the bottom of your screen with a number followed by a % symbol. Dragging the marker on the bar with your mouse will either increase or decrease the size of the text.

Left clicking the – and + symbols at the ends of the slider bar has the same effect.

BY SJOERD SCHAAFSMA

NEW OFFERING!

Personalized Woodshop Instruction and Consultation is now available with our tech, Megan Rourke.

If you are stuck on a project, trying to hone your skills, or simply looking to master the basics, this is the service for you! Inquire at the admin desk or catch Megan in the woodshop during scheduled technician hours.



Plan today. Leave a meaningful legacy tomorrow.



Estate planning and life insurance put your wishes into place to protect the people you love.

- We can help you:
- Explore life insurance options that fit your needs
 - Build a plan that reflects your intentions
 - Create lasting security for the people you love

Talk to us today.

Amanda Engler, CFP
Financial Advisor
Engler Agencies Ltd
30-4051 4 Ave S, Lethbridge
403-382-2820 cooperators.ca/engler-agencies

Investments. Insurance. Advice.



Life insurance is underwritten by Co-operators Life Insurance Company. Not all products are available in all provinces. In Quebec, a licensed insurance advisor is a Financial Security Advisor or a Representative. Co-operators® is a registered trademark of The Co-operators Group Limited and is used with permission. ©2026 Co-operators Life Insurance Company | www.cooperators.ca 1-800-454-8061 · L0091 (04/26)

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

Trusted Support



SUPPORT & INDEPENDENCE

NEW, UPDATES, CANCELLATIONS:
Service Canada
WILL BE ON SITE FROM
9:00AM – 2:00PM ON
AUGUST 5TH TO SUPPORT
OAS ADJUSTMENTS



Join our Food Bank Drive
June 1st - July 6th

Friendship and Joy, Everyday

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

**403-504-5123**
meadowlandsseniors.ca
223 Park Meadows Dr SE,
Medicine Hat, AB

**403-320-9363**
fieldcrestseniors.ca
785 Columbia Blvd W,
Lethbridge, AB

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

Support Clinics: THERE IS NO PENSION ‘FAIRY’

The Navigation Team assists many individuals with applying for retirement pensions. More than once, a client who just turned 65 has told us they assumed there was a "pension fairy" who would automatically set up their payments.

While the federal government has begun an auto-enrollment process for Old Age Security (OAS) for some qualifying Canadians, it does not cover everyone. Tip: If you do not receive a letter one month after your 64th birthday indicating that you have been automatically enrolled for OAS, you must apply manually.

Beyond OAS, there are three other key pensions and benefits that seniors should actively apply for:

-  **CANADA PENSION PLAN (CPP):** Available to individuals who contributed to CPP during their working years. It is also available to mothers who were the primary caregivers to their children for the first seven years of life. You can choose to receive a reduced monthly amount as early as age 60.
-  **GUARANTEED INCOME SUPPLEMENT (GIS):** A federal, non-taxable monthly subsidy for individuals turning 65 who have a lower annual income.
-  **ALBERTA SENIORS BENEFIT (ASB):** A provincial monthly supplement for low-income seniors. Note that effective July 1, 2026, the Alberta government lowered the maximum income eligibility threshold to \$32,690 or less for a single senior and \$53,800 or less for a couple. [1, 2]

CRUCIAL RULES FOR APPLYING:

-  **TIMELINE:** You should submit your applications six to eight months before your 65th birthday. If you apply on time, you will receive your first payment the month after you turn 65.
-  **TAX FILING:** Filing your taxes on time every spring is mandatory. If you receive the GIS and ASB but fail to file your taxes on time, both benefits will be suspended until your late tax return is filed and fully processed by the government.

Beware the "Retirement Income Drop"



Most individuals who worked during the calendar year before they retired will not qualify for the GIS or ASB during their first year of retirement. This happens because eligibility is initially based on your previous year's high working income. The resulting sudden drop in disposable income can catch seniors off guard, leaving some unable to afford basic necessities.

To prevent this, the Navigation Team can help you complete Estimated Income Forms for both the federal and provincial governments. These forms allow the government to assess your benefits based on what you are making now in retirement, rather than what you made while working.

If you need assistance completing your applications or would like a comprehensive pension and benefit check, please call the Navigation Team today at 403-329-1544 to schedule an appointment.

PATTY ERICKSON, SCSP INTAKE WORKER



Be Fast Friends

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

 Want to develop friendships?

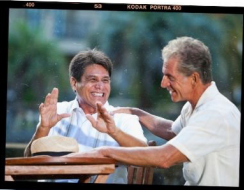
 Feeling lonely?

 Anxious about meeting new people?

 Want to laugh?

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

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



August 28th, 2026

@ 1:30. Register in Advance

P: 403-320-2222

W: lethseniors.com

A: 500 11th St. S. Lethbridge



SUPPORT & INDEPENDENCE



YOUR AD CAN GO HERE

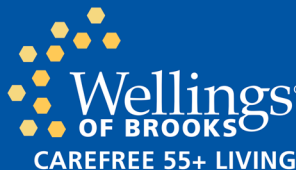
CONTACT US TODAY
TO FIND OUT HOW



DISCOVER
A NEW WAY OF LIFE

Turn the key, open the door,
and walk into
the new possibilities.

ASK US ABOUT MOVE-IN INCENTIVES



Wellings[®]
OF BROOKS
CAREFREE 55+ LIVING

VISIT US TODAY

53 Queens Way East, Brooks AB • 587-912-1031 • wellingsofbrooks.com



New Lethbridge Location
740 4 Ave S, Lethbridge

 **COULEE**
HOME CARE

Helping seniors live to the fullest
at home

- Companionship Care
- Personal Care *Funding Available*
- Respite Care
- Transportation Services
- Temporary Services
- 24-Hour Care
- Assisted Living Support

Contact Us
CouleeHomeCare.ca
info@couleehomecare.ca
833.596.5483

Christmas in July

We were pleased to partner with the Christmas Hope team to host the Christmas in July campaign! We are still taking donations of gift cards to provide to deserving seniors. For more information, visit our Support Services desk!

At LSCO, we often run into folks who are not receiving their full pension amounts, caring for grandchildren suddenly or have experienced a health crisis, among other things, leaving them financially vulnerable,” says Amy Cook, Support Services Manager with Lethbridge Senior Citizens Organization. “Christmas in July Gift Card campaign would allow us the opportunity to provide grocery gift cards or restaurant gift cards to seniors when they are in need and have no other place to turn to if the food banks have already been accessed, or they are unable to physically get to



the food bank. Being able to provide this small amount of relief will have such a large impact as we assist in sorting out a long term solution.

– AMY COOK, LEARN PROGRAM MANAGER
(PREVIOUSLY SUPPORT SERVICES MANAGER)



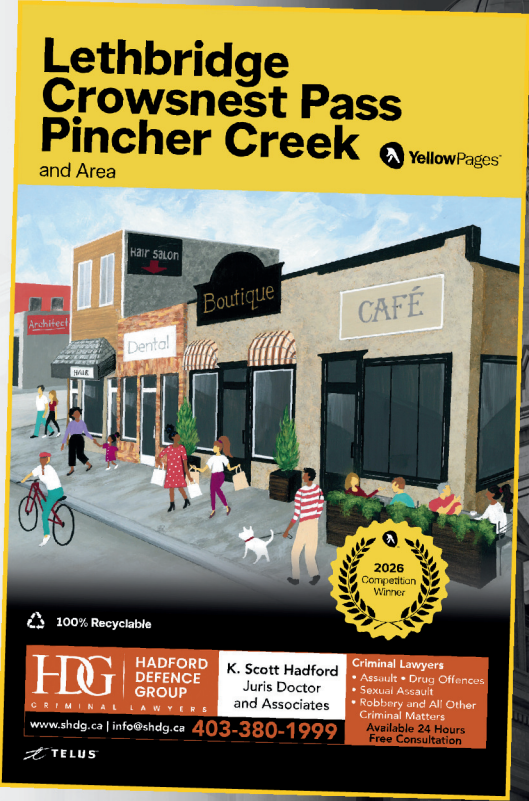
Lethbridge Businesses at Your Fingertips

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

Find local professionals you can count on:

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

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





Lethbridge Senior Citizens Organization

Fall Program Registration

SEPTEMBER & OCTOBER PROGRAMS

Opens Friday, August 14 @ 8am

Online and In Person

www.lethseniors.com
and click the yellow button



View Programs & Register Online

SUPPORT & INDEPENDENCE

LSCO’s Guide to Giving:

Why Donate to the LSCO? Support for the LSCO is so much more than a donation—it’s an act of care for the hundreds of older adults who walk through our doors every single day. Every gift makes it possible for seniors to share meals, join fitness and arts programs, receive support services, and simply have somewhere safe and friendly to go. As more older adults move to Lethbridge, many are searching for a place to belong—to find friendship, purpose, and joy in this stage of life. The LSCO is that place.

When you donate, you are helping create a community where seniors are not isolated or forgotten, but have a vibrant centre to belong, connect, and thrive, today and for years to come.

Ways to Give to the LSCO

YOU CAN FOCUS YOUR SUPPORT WHERE IT MATTERS MOST TO YOU. HERE’S JUST A COUPLE OF IDEAS:

ENDOWMENT FUND:

(Legacy Giving) – Managed by the Community Foundation of Lethbridge & Southwestern Alberta

- Builds a permanent fund where the capital is invested and the earnings support LSCO programs year after year.
- Helps ensure LSCO will be here for future generations of seniors, offering stability through economic ups and downs.

PROGRAM-SPECIFIC GIVING:

Choose a specific program to donate to based on your unique donor interests!

- Meals on Wheels:**
 - Helps subsidize nutritious, affordable meals delivered to seniors and adults with disabilities who cannot easily cook or shop.
 - Every dollar can translate into more meals delivered, shorter waitlists, and lower fees for those on fixed incomes.
- Programs:**
 - Helps purchase new equipment for classes and other necessary supplies

SUPPORT SERVICES FUND:

- Sustains services like outreach, information and referrals, social work support, and wellness or social connection programs for seniors.

GENERAL FUND:

- Provides flexible dollars LSCO can use where the need is greatest—keeping the lights on, staff trained, programs running, and facilities welcoming.
- Often the most powerful way to help, because it allows LSCO to respond quickly to new needs or emergencies.

TAX BENEFITS OF GIVING:

Because the LSCO is a registered Canadian charity, donors receive tax advantages when they contribute:

Charitable tax receipts

- Donors receive an official receipt for eligible gifts, which they can claim on their personal income tax return.
- In Canada, charitable donations can generate federal and provincial tax credits, which reduce the amount of tax owed and lower the real “out-of-pocket” cost of giving.

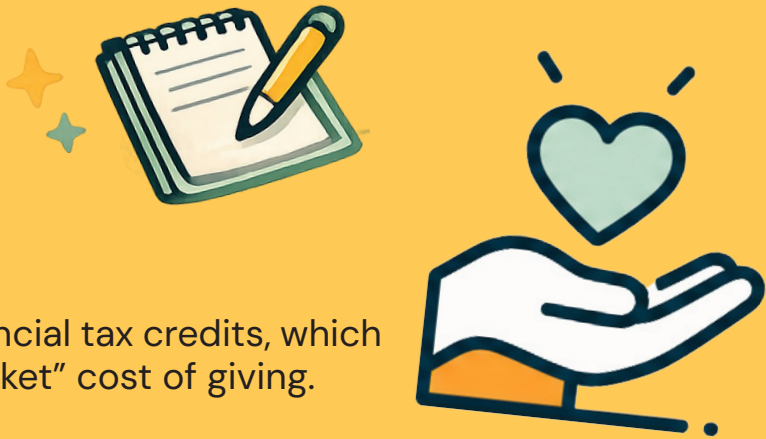
Higher credits for larger giving

In Canada, larger donations yield significantly higher tax credits because the system is tiered. This means a larger gift sees a larger return!

Planned and legacy giving options

Donors can support LSCO through gifts in their will, gifts of securities, life insurance, or other planned giving tools. These approaches can help offset taxes on your estate or capital gains while leaving a meaningful legacy that keeps supporting seniors long into the future.

To learn more about donating to the LSCO, contact Kaitlynn at kweaver@lethseniors.com or (403) 320-2222 Ext. 304





Lethbridge Senior Citizens Organization

Fall Program Registration

Opens Friday, August 14 @ 8am

SEPTEMBER - DECEMBER PROGRAMS

Online and In Person
www.lethseniors.com
and click the yellow button


View Programs & Register Online

SUPPORT & INDEPENDENCE

AUGUST 2026

SUPPORT SERVICES CALENDAR

Drop In *appointment / registration required

 kmartin@lethseniors.com

 403-320-2222



August 4 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.
August 4 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.
August 4 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.
August 4, 11 & 18	Brain Games with Building Brains Together 10:00 am – 11:00 am Card Area	An hour of brain building games with Building Brains Together!
August 13 3rd 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.
August 5 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.
August 11	Coffee with a Cop 8:30 am – 10 am LSCO Diner	An opportunity to chatt with Constable Dana Holland at the LSCO Diner!
August 12 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.
August 13 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.
August 13	Mobile Food Support 1 pm LCSO Parking Lot	Free, fresh food for all from the Lethbridge Food Bank. Open as long as supplies last.
August 19	Legal Consultations* 1 pm – 4 pm Clinic Room	FREE 15 minute consultations with local lawyer, Austyn Anderson.

**FOX DENTURE CLINIC**
& IMPLANT CENTER

Satisfaction Guaranteed Since 1922

4th Generation in Lethbridge

Brett J. Fox DD
Denture Specialist, 4th Generation

Tatem Anderson DD
Denture Specialist

- Implant Supported Dentures
- Full & Partial Dentures
- Relines / Repairs
- Sport Guards / Night Splints

FREE CONSULTATION

NEW LOCATION!

403.327.6565

 Bay 30 - 4012 4th Ave S Lethbridge, Alberta T1J5M6

Member of the College of Alberta Denturists
Member of the Denturist Association of Alberta
Member of the National Denturist Association

www.foxdentureclinic.ca



LETHBRIDGE DENTURE CLINIC

We offer complete, quality denture care;
a result of intention, effort, and professional skill.

KIMBERLEY ANKERMANN, DD
TRISHA PERVERSEFF, DD

403-381-4142

#2 - 1718 3 Ave S. Lethbridge, AB

www.lethbridgedentureclinic.com

SUPPORT & INDEPENDENCE

Lethbridge Police Community Engagement Unit: Here to Support Seniors

It is our pleasure to introduce the Lethbridge Police Community Engagement Unit to you in this month's LSCO Times and share how we are committed to serving and supporting our senior citizens.

The Community Engagement Unit is dedicated to building stronger relationships between the police and the Lethbridge community we serve. Our goal is not only to enforce the law but also to work closely with residents to prevent crime, improve safety and enhance the quality of life for everyone. We believe that policing is most effective when the community and the police work together as partners.

Seniors are valued members of our community, and your safety and well-being are among our highest priorities. As we know, older adults can become targets of scams, fraud, theft and other crimes. As part of our Community Engagement mandate, we aim to provide information, education and practical advice to help you recognize potential risks and protect yourselves from becoming victims.

With August being National Wellness Month, we wanted to enhance your feeling of security by introducing the members of our specialty unit. Sgt. Steve Veale is a dedicated 26-year veteran of the police service. As a leader, he is engaged and takes time to understand local concerns and thinks out of the box, when it comes to service. Cst. Dana Holland has served the Lethbridge Community for 21 years and is known for her happy, approachable demeanor. Dana has a strong passion for her community and takes great pride in her ability to build trust and create positive relationships with the people she meets.

Community Policing is built on trust, communication and accessibility and our focus is to continue to provide the resources and education needed to keep each of you and our community safe. Our Community Engagement Unit also encompasses other officers and civilian staff, S/Sgt. LeBlanc, Cst. Andrade, Cst. Skuban, Cst. Lorenz, Cst. Easter, Trissly Blackwater and Recovery Alberta RPN staff who all work diligently to build bridges with schools, at-risk youth, people in mental health crisis and members of our culturally diverse communities.

Together, we can build a safer, stronger, and more connected community where seniors feel respected, protected and empowered. We look forward to meeting you at Coffee with a Cop and future community information sessions at LSCO.

- CONSTABLE DANA HOLLAND



Safety Planning: Preparing Today for Greater Peace of Mind Tomorrow

Safety plans are often associated with emergencies like fires or storms. But a safety plan can also help protect you from something less visible—elder abuse.

Abuse can take many forms, including emotional, financial, physical, or neglect. It often involves someone the older adult knows and trusts. Creating a safety plan doesn't mean you expect something bad to happen—it simply means you are taking thoughtful steps to protect yourself and maintain your independence.

Start by thinking about the people in your life you trust. Who could you call if you ever felt uncomfortable, pressured, or unsure? Keep important phone numbers in a place that's easy to access. If something doesn't feel right, let a trusted friend, family member, or support person know.

It's also helpful to stay on top of your personal information. Keep copies of important documents in a safe place, review your bank statements regularly, and take your time when making financial decisions. You should never feel rushed or pressured to sign anything. If someone asks you to keep secrets about money, tries to limit your contact with others, or makes you feel afraid or guilty, these may be warning signs that you should reach out for support.

One of the most important parts of any safety plan is staying connected. Regular phone calls, visits, or participation in community programs can help reduce isolation and ensure that others notice if something changes.

If you ever feel concerned about your situation, remember—you have options. A safety plan might include knowing where you could go if you needed a break, who you would contact first, and what important items you would take with you. You do not have to make decisions alone, and asking for advice does not mean you have to take immediate action.



A safety plan is about giving you peace of mind, confidence, and choice. Every older adult deserves to feel safe, respected, and in control of their own life.

If you would like support or have concerns, the Case Management team at the LEARN program is here to help. You can reach Amy Cook, LEARN Program Manager, at 403-394-0306. Reaching out is confidential, and staff are available to listen, provide information, and help you explore your options.

Deaf & Hear Alberta

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

Canada

Support for Deaf and hard-of-hearing Albertans
Contact us! 403-284-6200 info@deafandhearalberta.ca

SUPPORT & INDEPENDENCE



WE FOCUS ON YOUR VISION

Get an accurate eye test without the use of puffs or drops of any kind and walk out in comfort.

Southern Optical

1011 - 3rd Avenue South
(2 blocks north of LSCO)
403-327-4145



YOUR AD CAN GO HERE

CONTACT US TODAY TO FIND OUT HOW





CORNERSTONE FUNERAL HOME Ltd.

"Here When You Need Us. 24 Hours a Day"

403-381-7777 (24/7)

RECEPTION • CHAPEL • CREMATORIUM

2825 - 32 St. S, Lethbridge, AB T1K 7B1

www.cornerstonefuneralhome.com

Find us on Facebook!
@CornerstoneFuneralHome

PREARRANGING PROVIDES

Peace of Mind

It's simple, it's easy and spares family members from making emotional decisions that may not be consistent with your wishes.

And many people aren't aware that you don't need to prepay when you prearrange. At Cornerstone Funeral Home, we're pleased to record your wishes and hold them on file at no charge. Our flexible payment options available over 1, 3, 5, 10 or 15 year terms, make it affordable for everyone.

Hearing Instruments Don't Make You Old, They Make You Smart.

GET SMART. COME HEAR...

EXPERIENCE COUNTS!

60 YEARS of SERVICE to Southern Alberta





Michael B. Golia, BC-HIS, RHAP-Alberta
Beth Golia - Office Manager

trinity HEARING INSTRUMENT SPECIALISTS INC.

www.trinityhearinglethbridge.com

403-327-3877 | Toll FREE: 1-888-327-7868

#214-740-4 Ave. S. Professional Bldg.
(Downtown, next door to Post Office)



Could Better Hearing Help Protect Your Brain?

Advertorial - Doctor Glenn Hole, Doctor of Audiology.

If conversations are getting harder to follow—or if a loved one often asks people to repeat themselves—it may be more than a simple inconvenience. Research increasingly shows that untreated hearing loss can affect communication, social connection, and brain health.

Hearing loss is common as we age, and in Southern Alberta, years of farm, industrial, and workplace noise can make it even more familiar to local families.

What's concerning is that many older adults wait years before trying hearing aids—or stop using them because they were never properly adjusted for comfort and clarity.

The 2024 Lancet Commission identifies untreated hearing loss as one of the largest modifiable risk factors for dementia, estimating it is linked to about 7% of dementia cases worldwide.

Untreated hearing loss may do more than affect hearing—it may also increase the risk of cognitive decline.

Researchers are still studying exactly how hearing and brain health are connected, but several findings are consistent:

- The brain has to work harder when speech and everyday sounds are unclear.
- Hearing difficulties can lead to social withdrawal, loneliness, and reduced stimulation.
- Newer evidence suggests treating hearing loss may help slow cognitive decline in older adults at higher risk.

That doesn't mean hearing loss guarantees dementia—but it does mean hearing problems should not be dismissed as "just part of getting older."

In short, hearing helps people stay connected—and staying connected supports mental sharpness, independence, and quality of life.

Hearing aids can help—but the right fitting makes all the difference.

Modern hearing aids are sleek, discreet devices designed to make listening easier in daily life. But hearing aids are not all the same, and neither is the care behind them.

In the 2023 ACHIEVE study, hearing intervention slowed cognitive decline by 48% over three years in older adults at higher risk.

Success depends on expert assessment, precise fitting, follow-up care, and

adjustments based on real-world listening needs. When hearing aids are poorly fitted, many people simply stop wearing them.

AUDIOLOGY FIRST The standard for hearing care in Lethbridge and Southern Alberta.

As Lethbridge's only independent audiology clinic, we focus on hearing care that supports communication, confidence, community, and brain health.

If you already wear hearing aids, we can help make sure you are getting the full benefit. If you tried them in the past and gave up, it may be worth taking another look with a more personalized fitting approach.

Treating hearing loss is not just about turning up the volume. It's about staying engaged, protecting independence, and supporting the brain that holds your memories, relationships, and sense of self. For seniors in Lethbridge and Southern Alberta, better hearing may be one of the most important steps toward healthier aging.

Dr Glenn Hole, AuD, is a researcher and Doctor of Audiology. He will be speaking at SACPA on Tinnitus and hearing loss on September 24th 2026.





AUDIOLOGY FIRST

Hearing Excellence