



LSCO Times

September

A Publication of the Lethbridge Senior Citizens Organization

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

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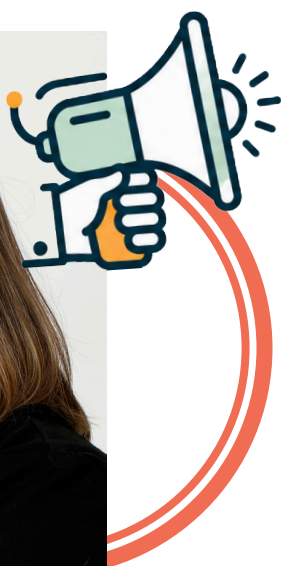
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Donor Spotlight - Amanda Engler, Engler Agencies Ltd / The Cooperators

"In June, Amanda Engler from Engler Agencies Ltd. and The Cooperators contributed \$20,000 to the LSCO's Support Our Seniors (SOS) fundraising campaign, which jump-started the fundraiser. Thank you, Amanda, for seeing the value in the LSCO and giving to such an important cause." - Kaitlynn Weaver

Amanda sat down with Executive Director, Kaitlynn Weaver, to speak about why she chose to donate to the LSCO:



and promoting LSCO's work left a lasting impression. "Prior to meeting her, I wasn't fully aware of the scope of LSCO's programs or the impact they have on seniors in our community," Amanda admits. But as she learned more, something shifted. "The more I learned about the organization, the more I wanted to become involved."

There's one story Amanda returns to when she talks about why this work matters. While serving a client of the LSCO with an LSCO System Navigator, she recognized signs that they might be vulnerable to financial exploitation. By working together, they were able to step in and help that person. "What impressed me most was seeing how organizations with different expertise could come together to support one person," she says. "As a result, the client was able to maintain both their dignity and financial security." For Amanda, experiences like that are a reminder of why strong community organizations advocating for seniors are so essential.

Supporting the LSCO, she explains, aligns with both her personal values and her professional commitment to helping people feel secure and supported. "Seniors



have spent their lives contributing to our families, workplaces, and community," she says. "Ensuring they have access to resources, social connections, and support services is essential to maintaining a healthy and caring community." In her view, supporting seniors today is one of the most meaningful investments we can make in the future of Lethbridge.

When asked what programs resonate most with her, Amanda points to the practical and the personal. *continued on page 4*

When Amanda Engler talks about Lethbridge, you can hear the warmth in her voice. She grew up here from age 12 to 21, went to school here, and skated competitively in figure skating while lacing up her cleats for the 1977 Chargers soccer team. "We had talked about moving back for many years," she says, "and when the opportunity arose to take over The Co-operators agency in 2021, it felt like the perfect time to come home."

Coming back wasn't just about business, though. Through Engler Agencies Ltd. / The Co-operators, Amanda has reconnected with the community in ways that matter to her. She's especially grateful for the chance to get involved with organizations like the LSCO. "Lethbridge is a vibrant, caring community," she says. "I'm passionate about contributing to the place where I live and work."

Her path to LSCO began with a conversation. She met Kaitlynn Weaver through BNI (Business Networking International), and Kaitlynn's passion for serving seniors

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LSCO News



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LEGACY & TRUST

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

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2026 – 2027 LSCO BOARD

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LSCO Notices

The LSCO will be closed on
Monday, September 7th for
Labour Day

The LSCO will be closed on
Wednesday, September 30th in
recognition of the National Day for
Truth and Reconciliation

Fundraising Corner

Updates (As of August 20)

Dumbo Ears Fundraiser:

- 2,284 Dumbo Ears raised \$11,420 for the LSCO! THANK YOU!!

Support Our Seniors Campaign

- \$48,492 out of \$75,000 goal (65% of the way to our goal!)
- 50/50 – \$3,680! (Congratulations to ticket #308 for winning half the pot!)

Guitar Raffle: \$1,654

Donor Mural: \$3,526 of \$35,000 Goal

Community Round Up: \$489.00

Sponsorships: \$51,071 (to date)

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

Thank you

to Hearing Life for sponsoring our Dumbo Ears fundraiser. We were able to raise \$11,420 for the LSCO programs and services. Thank you also to all the incredible volunteers who helped us out!!



Thank you

to Cupper's for supporting the LSCO and Nord-Bridge Senior's Centre with our coffee competition! With their support, we were able to raise \$1,245. Congratulations to Nord-Bridge for winning the competition!! They sold 8 more bags of coffee than the LSCO.



LSCO's Guide to Giving:

There are many ways to donate to the LSCO!

- Support our Endowment Fund by donating to the LSCO or the Community Foundation of Lethbridge and Southwestern Alberta
- Donate to our specific programs like Meals on Wheels or Support Services
- Not sure where to give? Donate to our General Fund and we decide where the need is greatest.

All donations are eligible for a tax receipt!

For more information, contact Kaitlynn at kweaver@lethseniors.com or 403-320-2222 Ext. 304



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Hurry! Get Your Tickets Before Time Runs Out!

Draw is August 31st!



SCAN HERE

License #: 782277

Autographed Guitar Raffle

License #: 778586

Support Our Seniors 50/50

Draw is August 24th

Find out how much we raised next issue

\$\$

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LEGACY & TRUST

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Meals on Wheels.....403-327-7990
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EXECUTIVE DIRECTOR'S MESSAGE

Bye, Bye Summer
Hello, Fall!

Time is moving too quickly. How is it September already?! Soon the leaves will be turning red and the sweaters will be back in rotation, and I'm not quite ready for it.

This summer has been a whirlwind. Between Whoop Up events like Dumbo Ears and our Pancake Breakfast, keeping up with program and client needs, balancing vacations, and managing LSCO renovations (including the elevator and gymnasium closures), it's been a busy season. A huge thank you to our summer students, Saphirra and Scarlett, for stepping in to fill gaps, such as Meals on Wheels routes and at the diner, and for planning a fun range of activities that kept seniors engaged and connected all summer long. We will miss them!

Looking ahead to fall, we're excited for another season of programs and services at the LSCO, starting with Senior Discovery Days on September 18 and 19 from 10 a.m. to 3 p.m. both days. This event gives new and existing members a chance to explore and experience all that the LSCO has to offer. We'll showcase the many programs, services, and groups that make our organization such a welcoming, fun, and active place—from fitness classes and creative arts to support services and social clubs. We hope to see you there!

KAITLYNN WEAVER

Supporting the Future of the LSCO

As we continue to work toward stabilizing the organization, we've been focused on fundraising, reducing expenses where possible, and diversifying revenue so we can stay relevant and responsive to LSCO members and local seniors.

Our goal for this year is to raise \$300,000 for the organization. As of July, we are 60% there, with over \$184,000 raised. I am so grateful to all our supporters—individuals and businesses—whose see the value of the LSCO and its members, and who donate to our organization. If you or someone you know is interested in supporting the LSCO, please reach out to me and we can discuss the different options available.

This month, I also had the opportunity to meet with Premier Danielle Smith at a q&a to speak about the programs and services offered by the LSCO, and the importance of supporting seniors' access to socialization, system navigation, and programs that keep them healthy and connected. I was grateful to be invited by Minister Neudorf's office to attend this informal meeting with Premier Smith.

One thing I'm especially excited about is the "We Have Wheels, Seniors Need Meals" fundraising competition taking place between local car dealerships this November. Dealerships will compete to raise the most funds for Meals on Wheels, and the top fundraiser will be crowned the winner. So far, Lethbridge Hyundai has stepped up to the plate and is enthusiastic about the competition. We're hopeful more dealerships will sign up soon.

Thank you to everyone who supports the LSCO by donating, attending programs/ services, volunteers, and everything in between. We are grateful for your support! Happy September, folks.



LSCO COMMUNITY PARTNERS, SPONSORS, & MAJOR DONORS

Logos for various community partners and sponsors including Healthy Aging Alberta, Community Foundation, 94 CABS, Lethbridge Denture Clinic, 94.1 CJOC, The Ranch, Teamworks, SELECT, City of Lethbridge, Seamless Cares, RBC, Low & Company, Cuppers, Amour & Glow, Wellings, and Real Estate One.

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!



Louise Eamon	Natalie Vandenberg
Penny Palmer	Tom Paterson
Thelma Hoare	Wendy Paterson
Helen Eakett	Jeremy Robinson
Bonita Graham	Eve Jonas
Mary Matsushita	Paul Neufeld
Braum Barber	3 anonymous
Bob Harkness	

...continued on page 1

She’s especially passionate about LSCO’s work helping seniors navigate provincial and federal programs so they can access the benefits and services available to them. “These systems can often be complicated,” she says, “and having knowledgeable people available to help makes a tremendous difference.” She also values the social side of LSCO’s work—the programs, events, and community spaces like the diner that create opportunities for connection. “Those connections are incredibly important for maintaining quality of life, reducing isolation, and supporting overall well-being.”

For Amanda, LSCO’s impact is clear. “LSCO helps seniors remain active, engaged, informed, and connected,” she says. Whether someone is looking for support services, opportunities to stay physically active, or simply a place to build friendships and pursue their interests, LSCO provides invaluable resources that strengthen both individuals and the community as a whole. “The organization plays an important role in ensuring seniors continue to feel valued, included, and supported throughout every stage of life.”

When she thinks about what her donation makes possible, Amanda keeps it grounded. “I hope my support helps LSCO continue the important work they do every day,” she says. From Meals on Wheels to the many programs and services they provide, these initiatives rely on community support to remain available to older adults. “If my contribution—whether through volunteering, advocacy, or financial support—helps even in a small way to ensure those programs continue, then I feel I’ve made a meaningful difference.”

For her, this isn’t about recognition. “Supporting LSCO isn’t about feeling like I’ve done something extraordinary,” she says. “It’s about doing what I believe is right.” She believes we have a responsibility to support the generation that built our families, businesses, and community. “Being involved gives me a sense of purpose and gratitude, knowing that I am helping give back to a generation that has given so much to all of us.”

One of the most rewarding parts of being involved, she says, is connecting directly with seniors and helping them navigate financial challenges and opportunities. “Whether someone has significant resources or is working with a very limited budget, I believe everyone deserves access to guidance and support.” Knowing she can help reduce financial stress and provide clarity during uncertain times is what keeps her engaged.

Looking ahead, Amanda’s wish for older adults in Lethbridge is simple but powerful: more opportunities to stay connected and engaged. “Loneliness and isolation are challenges that many seniors face,” she says, “and social connections play a critical role in overall well-being.” She believes organizations like LSCO create opportunities for friendships, activities, and meaningful engagement—and those programs can never be in short supply.

When asked what she’d say to someone considering supporting the LSCO, Amanda doesn’t hesitate. “Jump in and get involved,” she says. “LSCO supports the generation that helped build our community and shape the lives we enjoy today. Whether you contribute your time, donate, or simply help spread awareness, your support makes a difference.” For her, it’s an opportunity to show appreciation for those who came before us—and to help ensure future generations continue to value and support older adults in our community.

To find out more about Engler Agencies Ltd. / The Cooperators, contact Amanda at (403) 382-2820 or visit them at their south side location: 4051 4 Ave S Unit 30, Lethbridge.

Looking to share your story about how your donation made a difference?
Contact Kaitlynn Weaver at kweaver@lethseniors.com or (403) 320-2222.

Lazy Susan Class

Tuesdays and Fridays from
September 8th – September 25th

\$150 per member 10:00 am – 12:00 pm

At the Westco Woodshop at LSCO **\$200 for non-members**





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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

Welcome New Staff!

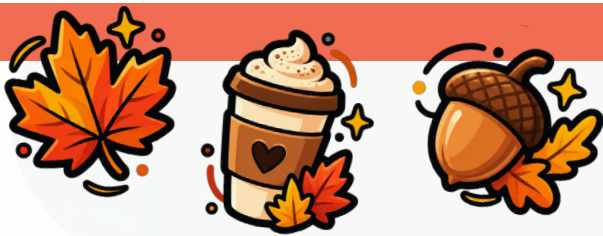


Welcome, Greer Hoffman!

Nice to meet you! My name is Greer, and I'm excited to be joining LSCO as the new Volunteer Scheduling Assistant! I have worked in social services for over six years, and I'm looking forward to bringing my experience and knowledge to my new position.

Outside of work, I enjoy baking new recipes, starting elaborate crafts that I may or may not ever finish, and getting lost in a good book. I also love spending time with my cat, Ms. Boots, and my dog, Eevee.

I'm looking forward to meeting all of you, hearing your stories, and getting to know the wonderful LSCO community. If you see me around, please come say hi!



Welcome, Hannah Rayner

Hello, I'm Hannah! I'm your new dining room gal! When I'm not at work you'll usually find me with my family or with my animals – I am also a red seal stylist so in my spare time I'm also cutting hair! I recently got married which has been so fun & new. I cant wait to continue getting to know everyone!



Welcome, Tyler Andersen!

Hello everyone, long time no see! My name is Tyler Andersen, and I am thrilled to be returning to the LSCO team as a Rural Link Worker! Previously, I worked as a Senior Systems Navigator, and then transitioned over to the LEARN program, before leaving LSCO to pursue my Master of Social Work. Having now finished, I am hoping to get more generalist experience in the field before moving over to more clinical-based social work. In my spare time, odds are that you can find me either spending time with my partner, getting lost in the scenery of our beautiful city, tending to one of my numerous aquariums, binging the Golden Girls, or playing some sort of game. I look forward to meeting you all in the near future.



SEPTEMBER 2026 MENU

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

	Tuesday, Sept. 1	Wednesday, Sept. 2	Thursday, Sept. 3	Friday, Sept 4
	BBQ Pork Chop with Mashed Potato	Chicken Parmigiana with Spaghetti	Honey Garlic Pork with Rice	Shepards Pie
Monday, Sept. 7	Tuesday, Sept. 8	Wednesday, Sept. 9	Thursday, Sept. 10	Friday, Sept. 11
LSCO CLOSED Chicken Dumpling with Rice	Salisbury Steak with Roasted Potato	Butter Chicken with Rice	Pork Chop & Apple Sauce with Mashed Potato	Roast Beef with Yorkshire Pudding & Mashed Potatoes
Monday, Sept. 14	Tuesday, Sept. 15	Wednesday, Sept. 16	Thursday, Sept. 17	Friday, Sept. 18
Bangers & Mash	Penne Bolognese with Garlic Toast	Chicken Cordon Blue with Mashed Potato	Spaghetti & Meatballs with Garlic Toast	Baked Ham with Scalloped Potatoes
Monday, Sept. 21	Tuesday, Sept. 22	Wednesday, Sept. 23	Thursday, Sept. 24	Friday, Sept. 25
Chicken Alfredo Penne with Garlic Toast	Blackened Pork Chop with Mashed Potato	Chicken Kiev with Roasted Potato	Beef and Bean Burrito with Rice	Lasagna with Garlic Toast
Monday, Sept. 28	Tuesday, Sept. 29	Wednesday, Sept. 30	Information for MoW Clients: - Meals scheduled on Labour Day (Sept 7) will be delivered on Sept 4th. - Meals scheduled on National Day for Truth and Reconciliation (Sept 30) will be delivered on Sept 29th. - All meals include a soup and desert - Meals are typically delivered between 10:30 and 12:30	
Hunter Schnitzel with Spaetzle	Beef Ravioli with Rose Sauce & Garlic Toast	LSCO CLOSED Fiesta Chicken with Rice		

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. lasity. 3514 9 Ave N. Lethbridge, AB. 403-380-2847.

Join Coulee Players for a fun time: Coulee Players is looking for male retirees who would like to entertain seniors in care facilities and independent living condos. No acting experience is needed. Performances: twice a month, rehearsals are weekly **Contact: couleeyoung@gmail.com**

LSCO Events

2nd Friday Social

Friday, Sept. 11 @ 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, Sept. 2 @ 1:00 pm (1st Wed.)
Monday, Sept. 21 @ 10:30 am (3rd Monday)
Learn all about our 56,000 sq. ft. building from a volunteer Registration preferred but drop ins welcome.

Senior Discovery Days

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

High Tea September 25th from 1:00 – 3:00 pm | Atrium

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

SAVE THE DATE

Halloween Trunk or Treat

Friday, October 30th | 12:00 pm – 2:00 pm
Get dressed up and hand out candy to children and youth in our community! To volunteer to hand out candy, contact the volunteer team.

“Dinner and a Show” Fundraiser – Previously known as the Twilight Soiree

Saturday, Nov. 21st from 5:00 – 9:00 pm
Enjoy a buffet dinner, fun, dancing, and live entertainment provided by New West Theatre. Supporting Meals on Wheels
Sponsored by Wellings of Brooks.

Volunteer Message:

As summer comes to a close, I want to say a big thank you to our amazing volunteers and staff for helping make this summer's events and activities such a success! Most recently, with the Whoop Up Days parade float and the week of making Elephant Ears. Your time, energy, and dedication help make LSCO a welcoming and vibrant place for our community!!

I am also excited to welcome our newest hire to the Volunteer Team, Greer Hoffman! She will be the Scheduling Assistant, so as she trains and gets settled in please come say hi and introduce yourselves. I look forward to having her support as we continue to coordinate volunteers and prepare for the busy months ahead.

With fall just around the corner, there are lots of exciting events, programs, and opportunities to look forward to – keep an eye on our events page for volunteering call outs (Discovery Days, High Tea, Halloween!) Thank you for everything you all have helped LSCO do this summer.

-Madison



DELICIOUS SOUPS TO GO

3 FOR \$20!

Available at the diner Monday – Friday

TRUNK OR TREAT

Lethbridge Senior Citizens Organization
Friday, October 30 | 12:00 – 2:00 pm



Lethbridge Senior Citizens Organization





University of Lethbridge



BUILDING BRAINS TOGETHER

Lethbridge Adults 55+: You are invited to participate in a research study!

How do physical activity and grip strength relate to thinking and memory as we age?
The University of Lethbridge's Department of Neuroscience and Building Brains Together invite you to take part in a new study exploring how physical activity and grip strength relate to cognitive function in older adults.

What's involved? One visit of about 30-45 minutes, including a short survey, a grip strength test, and a few thinking-and-memory tasks. Testing location will be subject to participant convenience.



Eligibility

Aged 55 +

No major upper limb impairments

Interested in participating?

EMAIL: buildingbrainsstogether@gmail.com
CELL: (403) 715-4585
OR SCAN HERE:



BELONGING & COMMUNITY

SENIORS DISCOVERY DAY!

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 & 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.

Thank you to the City of Lethbridge for providing funds for this event!

Schedule of Events: Class demonstrations include line dancing, chair exercises, yoga, woodworking, pilates, & MORE!

Friday, September 18th

- ☀️ Tours & class demonstrations every other hour throughout the day
 - 10am – LSCO Facility Tour
 - 11am – Class Demo
 - 12pm – Tour
 - 1pm – Class Demo
 - 2 pm – Tour
- ☀️ Lots of the LSCO groups will be set up through the building so you can find a hobby that you’re interested in.
- ☀️ LSCO Boutique and LSCO Diner will be open!

VOLUNTEERS NEEDED

to offer tours and help out with the BBQ! Contact the Volunteer Team at volunteer@lethseniors.com to learn more, or visit the Support Services desk and ask for Greer or Madison.



Saturday, September 19th

- ☀️ Tours and class demonstrations every other hour
 - 10am – LSCO Tour
 - 11am – Class Demo
 - 12pm – Tour
 - 1pm – Class Demo
 - 2 pm – Tour
- ☀️ Enjoy a delicious BBQ in the parking lot from 11:00 am – 2:00 pm. \$12.00 includes Burgers / Big Dogs, Potato Salad, Pasta Salad, Corn on the Cob, and Coffee/Juice/ Water
- ☀️ Lots of the LSCO groups will be set up through the building so you can find a hobby that you’re interested in.
- ☀️ Visit with a horse from the Therapeutic Riding Association and explore their one-of-a-kind adaptive cart!
- ☀️ LSCO Boutique will be open!



2026
SENIOR
DISCOVERY
DAYS

- Tours of the facility
- Free demos from instructors
- BBQ on Saturday for \$12



FRIDAY, SEPT 18TH &
SATURDAY SEPT 19TH



From 10 am – 3 pm

Supported by



WHOOOP! WHOOOP!

We had an excellent time during Whoop Up week baking and selling Dumbo Ears, celebrating with a parade float put together by our summer students, and hosting our annual Pancake Breakfast, which fed over 300 hungry cowboys/gals!

This year, we had help from staff and volunteers for all aspects of Whoop Up week and we are so grateful for all their hard work.

A special thanks to our sponsors, Hearing Life, who sponsored our Dumbo Ears and Westco Construction, who sponsored our Pancake Breakfast. Thanks to them, we were able to offer spectacularly whoop-ful events!



We say thank you and farewell to our summer students, Scarlett and Saphira!

Our summer students played a huge role in making this season's activities and events possible. From organizing in-house free bingo, running daily Meals on Wheels deliveries, creating and hosting summer activities, and preparing for the Whoop-Up Days parade float, to lending a hand with countless other activities and events, they were always ready to jump in and help wherever needed. Their creativity, fresh ideas, and injection of youthful energy brought something special to LSCO this summer. Whether they were helping behind the scenes or interacting with members, their contributions did not go unnoticed.

As they each head back to university, we want to wish both Saphira and Scarlett the very best in the year ahead. We hope they take with them some great memories, new experiences, and a sense of pride in the impact they made in our community. Thank you for an incredible summer, we were so lucky to have you with us! We will miss your energy, enthusiasm, and smiling faces around LSCO, and we wish you all the best in your studies and future adventures!





Thank you

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For sponsoring our Pancake Breakfast!

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BELONGING & COMMUNITY

Welcome to Wellings.

LIFE DOESN'T SLOW DOWN HERE, IT SIMPLY GETS EASIER

For years, we've been told that getting older means slowing down. That life gradually becomes smaller, choices become fewer, and possibility gives way to practicality. At Wellings of Brooks, we believe the opposite.

We believe the future belongs to those who stay curious enough to embrace new experiences, meet new people, and simplify life so there's more time to enjoy it. We simply build the community that helps make that possible. Wellings isn't retirement living. It's the future of healthy aging.

Healthy aging is about creating an environment where independence, social connection, movement, nutrition, and rest come together to help you continue living with confidence and Purpose.

The Clubhouse is the perfect spot to create friendships, share a lifetime of stories and be part of everyday moments that become memorable.

From pot-luck dinners, to live music to games contests, the community comes together to create the heartbeat of Wellings.

The wellness programs aren't about exercise for exercise's sake. They're about maintaining the strength, mobility, and confidence to keep doing what you love, whether its exploring new passions, or simply enjoying everyday life.

Our maintenance free lifestyle, is about freedom and having more energy to say yes to the fun things in life. Freedom from home maintenance, endless chores, and the responsibilities that consume your time instead of enriching it.

Life doesn't slow down here. It simply gets easier.

Every experience at Wellings is intentionally designed to support healthy aging. Every gathering



space encourages connection. Every wellness program promotes vitality. Every social club sparks conversation. Your new everyday gives you something increasingly valuable—more time for the people, passions, and experiences that matter most.

This is life on your own terms, at your own pace.

It's a generation defined not by age, but by attitude. People who believe their best years are still unfolding. People who choose possibility over routine and understand that wisdom isn't about looking back—it's about having the confidence to look forward.





Kitchen Utensil Workshop

- Thursday, September 17th from 1:00 - 3:00 pm in the woodshop.
- \$50/person - build as many utensils as you can!



FLIGHT RISK

BY MEG BRAEM



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RACHAEL THOMAS
MEMBER OF PARLIAMENT

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

BELONGING & COMMUNITY

Introduction to the City of Lethbridge Maintenance Team at the Fritz Sick/LSCO!

Have you ever wondered who those handsome guys and gals are that work in the maintenance office at the entrance? Have you ever seen these handy and hardworking folks with a City of Lethbridge badge and asked yourself: "Who could they be?"

Well, ask no longer! Here is your chance to read all about them, their hobbies, and commitment to this building. We are so grateful to our maintenance team and all that the City of Lethbridge provides for us. We know who to call when there's an issue and love having laughs and conversations with each of their staff. Thank you for being you, City of Lethbridge Team!

ANDREA FARRELL

I have worked for the city of Lethbridge for 20 years. I'm born and raised in Lethbridge probably a lifer unless I win the lottery then I'm Bora Bora bound.

For fun I enjoy playing softball all summer and the winter I usually spend hibernating with my doggie watching hockey Go Oilers!

I love working at the Fritz because I work with an awesome group of people, and we have a great relationship with the LSCO staff. I also enjoy getting to know all the patrons who use the facility and all the different conversations that happen throughout the day.

The End.



LAWRENCE BOBINEC

Hi. I am Lawrence Bobinec, and I have been an employee of the City of Lethbridge for 21 years, and have been a caretaker for the Fritz Sick and LSCO facility for that entire time. I became a resident of Lethbridge on August 19, 1953, and have remained so until this time. No desire to live anywhere else.

In my off time from work I enjoy flyfishing, fly-tying, and photography. I also enjoy driving my Mustang GT California Special convertible and doing upgrades and modifications to it. Working at the Fritz and LSCO building has been the best and most rewarding job I have had. The City and LSCO staff have been amazing to work and interact with. Meeting and talking to the patrons of LSCO and the Fritz, with their diverse and interesting backgrounds and stories is one of the perks of working here. I am grateful and privileged to be able to provide service and hospitality to staff and patrons of this facility.



SYPRUS IVES

Hi, my Name is Syprus Ives & I have been with the city for 2 years now! I was born & raised in Lethbridge. I come from a very big family. I plan on continuing to keep pursuing a career with the City Of Lethbridge & help out the awesome community we have.

I love coming to work every day because I get to meet & socialize with many new people. Everybody in the LSCO & Fritzick community is very welcoming & caring! Always feel free to say hi or come socialize at the maintenance office!

I am a big enthusiast of all sports but I grew up playing hockey which is definitely my favorite of them all, Go Oilers!!!!

I am a big outdoors man. You can find me at the river catching fish or in the mountains camping with my friends - the wilderness has always felt like a second home!



GARRY TAYLOR: AKA GARCAKES AND GARBEAR



I've been with the City of Lethbridge for almost 30 years! I'm currently the supervisor of the WONDERFUL and AMAZING Fritz Maintenance staff.

I originally grew up in Sparwood B.C. But put roots down here in Lethbridge. My hobbies include pickleball, cornhole, and spending time at my trailer finger painting. I may look grumpy but I LOVE talking to new people and receiving HUGS!

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Vibrant Programs



VITALITY & ACTIVE LIVING

Program Highlights:



- 1. ZUMBA + LIFT:** Challenge your strength while moving to international rhythms in this dynamic, energizing class! Wednesdays at 11am beginning in October; register online or at the admin desk.
- 2. CIRCUIT EXPRESS:** Join Nancy for this 45-minute workout that has it all – strength, cardio, and a whole lot of fun! Wednesdays at 9:10am; register online or at the admin desk.
- 3. CONVERSATIONAL GERMAN LEVEL II:** If you have some experience with the German language or have attended our previous introductory class, this is a great fit for you. Join Konny in a well-paced conversational German class geared toward experienced beginners! Inquire at the admin desk to register.
- 4. AI WORKSHOP SERIES:** Advanced registration required for this informative series facilitated by the AIRI Foundation in partnership with the LSCO Computer Club. Wednesdays at 1PM; stop by the admin desk to secure your spot.
- 5. ART CLASSES:** We offer an assortment of art classes facilitated by an accomplished artist, Donna Gallant. This fall our classes will all take place Tuesday afternoons at 1PM; check out the program guide or the programs pages of the newspaper for more information.
- 6. TRX PLUS:** Join Andrea at 9am on Mondays this fall for a uniquely challenging but surprisingly low-impact workout using suspension training. The TRX straps allow participants to tailor their resistance and impact levels to their preference throughout the workout.
- 7. YIN YOGA:** Unwind with Carey Vijou in a 4-week series where you will learn the basics of yin yoga alongside other members. Register online or in person; spaces are limited!

ARE YOU LOOKING TO JOIN THE FITNESS CENTRE?
If you don't have a plan and it's holding you back, reach out to Andrea at programs@lethseniors.com for information on our "Getting Started" Package. It was made just for you!

A Message from Steph, YOUR PROGRAM MANAGER:



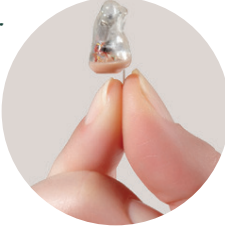
LET'S TALK ABOUT SENIORS:
I have encountered many folks this summer who don't quite feel "senior" enough to consider themselves part of the senior population. Humans are staying healthier for longer than ever before and it shows! Some of our classes have "Senior" in the title to indicate extra attention and considerations for our senior population including history of joint replacement, blood pressure or heart health, various stages of arthritis, and changes in joint mobility. Don't let the "S" word deter you from trying something new – chat with our programs staff about upcoming classes next time you're here!
September is a turning point in the year. Root vegetables are abundant as are pears, apples, and many other fruits. As life becomes busier for some of us, it can feel grounding to lean into these seasonal staples to create hearty, nourishing meals. I love to prepare foods that freeze or refrigerate well so I can cook a batch and eat for 3 or 4 days. Life is too short for daily dishes!

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- All make/model cleaning & repairs
- Free parking & wheelchair accessible

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



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

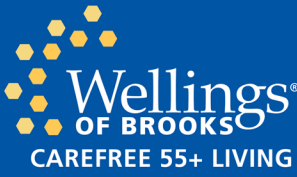
Candice Elliott-Boldt Jake Boldt
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LETHBRIDGE SCOTTISH COUNTRY DANCE CLUB



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

VITALITY & ACTIVE LIVING

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 8:30am-4pm: Billiards 9-9:50am: Full Body Workout 10-11am- Gentle Yoga 10am-12pm- Prescribing Pharmacist onsite 12-3pm: Quilting 1-3:30pm: Karaoke 1:30-3pm: Community Connect Coffee Group 1:30-2:30pm: Strength & Mobility 6:30-7:30pm: Queer Senior Peer Support Group	2 8:15-9:15am Tai Chi Group 8:30am-3:30pm: Billiards 9-10am: 20/20/20 9am-12pm: CRA and Service Canada 9:30-11am: Amateur Radio 10am-3pm: Lapidary 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	3 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 10:15-12:00pm: Badminton 1-3pm: Crib 1-3pm: Mobile Food Support 1-4pm: Knitting & Crochet 7-9pm: AA Sunset	4 8:15-9:15: Tai Chi Group 8:30am-3:30pm: Billiards 10:30am-12pm: Table Tennis 11:15-12:45pm: Badminton 1-4pm: Computer Club 3-4:30pm: Pickleball Drop In
7 	8 8-8:55am: Vinyasa Yoga 8:30am-4pm: Billiards 8:45-9:45am: Pilates For Beginnerrs 9:05-10am: Cycle Combo 9-9:50am: Cardio & Balance 10-11am: Gentle Yoga 10:30-11:15am: Essentrics 12-3pm: Quilting 1:30-2:30pm: Strength & Mobility 5-6pm: Tuesday Evening Flow Yoga	9 8-8:50: Cardio to the Core 8:15-9:15am Tai Chi Group 8:30am-3:30pm: Billiards 9-9:50am: Core & Stretch 9-10am: 20/20/20 9:10-9:55am: Circuit Express 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 11:30am-12:30pm: Line Dance (Experienced) 12:45-1:45pm: Line Dance (Beginner) 1-3pm: Watercolor Group 2:30-4pm: Table Tennis 3-4:30pm: Pickleball Drop In	10 7-8am: Sunrise Rotary 8-8:55am: Vinyasa Yoga 8:30am-3:30pm: Billiards 9-9:50am: Strength & Balance 9:05-10am: Cycle for All Levels 9:30-10:15am: Chair Exercises 10-11am: Gentle Yoga 10am-12pm: Community Links On Site 10am-12pm: Hearing Screening 10:15-11:30am: Pilates 10:30-11:30am: Strength Circuit 10:15-12:00pm: Badminton 12-1pm: SACPA 1-3pm: Crib 1-4pm: Knitting & Crochet 1-2pm: Yin Yoga Mini Series 1:30-2:30pm: Strength & Mobility 4-5pm: Moving To Heal 5:15-6:15pm: Classic Nia 7-9pm: AA Sunset	11 8-8:50am: TGIF Cycle 8:15-9:15: Tai Chi Group 8:30am-3:30pm: Billiards 9-9:55am: TGIF Tabata 9-10am: Yoga Refresh 10:15-11am: Gentle Exercise 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
14 8:15-9:15: Tai Chi Group 8-8:50am: Cardio Strength 8:30-9:30am: Yovascia 8:30am-3:30pm: Billiards 9-9:50am: TRX Plus 9-9:55am: Zumba 9-9:55am: Instructor's Choice 10-10:45am: Chair Yoga	15 8-8:55am: Vinyasa Yoga 8:30am-4pm: Billiards 8:45-9:45am: Pilates For Beginnerrs 9:05-10am: Cycle Combo 9-9:50am: Cardio & Balance 10-11am: Gentle Yoga 10:30-11:15am: Essentrics 12-3pm: Quilting	16 8-8:50: Cardio to the Core 8:15-9:15am Tai Chi Group 8:30am-3:30pm: Billiards 9-9:50am: Core & Stretch 9-10am: 20/20/20 9:10-9:55am: Circuit Express 9:30-11am: Amateur Radio 10am-3pm: Lapidary	17 7-8am: Sunrise Rotary 8-8:55am: Vinyasa Yoga 8:30am-3:30pm: Billiards 9-9:50am: Strength & Balance 9:05-10am: Cycle for All Levels 9:30-10:15am: Chair Exercises 10-11am: Gentle Yoga 10am-12pm: Community Links On	18 8-8:50am: TGIF Cycle 8:15-9:15: Tai Chi Group 8:30am-3:30pm: Billiards 9-9:55am: TGIF Tabata 9-10am: Yoga Refresh 10:15-11am: Gentle Exercise 10:15-11:15am: Yoga for Seniors 10:30am-12pm: Table Tennis
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SPECIALTY PROGRAMS & GROUPS SUPPORT SERVICES SPECIAL EVENTS SESSIONAL PROGRAMS & FITNESS		 LSCO CLOSED FOR NATIONAL TRUTH AND RECONCILIATION DAY				3

VITALITY & ACTIVE LIVING

CREATIVE ARTS PROGRAMS

Program	Instructor	Session	Time	Cost	Room
Mastering Watercolour Techniques	Donna Gallant	Tuesdays, Sept 15 – Oct 13	1 – 3 pm	\$100 (\$125)	Arts & Crafts
Over five weeks, learn watercolor techniques including salt, plastic wrap, wet-on-wet, glazing, and preserving paper whites. Suitable for all levels. Ask for a supply list when registering.					
Dancing Leaves in Line & Wash	Donna Gallant	Tuesdays, Oct 20 – Nov 3	1 – 3 pm	\$50 (\$75)	Arts & Crafts
Explore line and wash techniques in this 3-week watercolor class, creating movement and 3D effects through lines and color washes. Some watercolor experience is helpful but not required. Ask for a supply list when registering.					
Intro to Soft (chalk) Pastel	Donna Gallant	Tuesdays, Nov 17 – Dec 8	1-3pm	\$75 (\$100)	Arts & Crafts
In this 4-week class, explore soft pastels (chalk), a versatile medium ideal for drawing, painting, and blending. Learn techniques, benefits, and challenges. Not recommended for those with asthma due to pastel dust. Ask for a supply list when registering.					
Paint Night	Kendra Sala	TBD	5:30–8:30 pm	\$55 (\$65)	Arts & Crafts
Join Kendra in a step-by-step process to complete an acrylic painting. Painters of all levels will enjoy the evening. All the materials are supplied for the session, just show up with a willingness to learn and have some fun! **Stay tuned for upcoming Paint Night dates!**					

FITNESS & MOVEMENT PROGRAMS

***New Session Dates

Class is full

Member Price (Non Member Price)

Suitable for All Fitness & Mobility Levels

Class includes sustained, high intensity exercise

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

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.				
Wed., Sept 9 – Oct 28 *No class September 30* Mondays, Nov 2 – Dec 21 **Note date change for Nov.*	10:15 – 11:15 am	\$56 (\$70) \$64 (\$80)	\$9 (\$11)	Gym 2	Jamie Hillier TBD
Cardio & Balance	This joint-friendly class combines fun, music-based cardio to support heart health with balance training to reduce fall risk and improve fitness. Maximum 30 participants.				
Tuesdays, Sept 8 – Oct 27 Tuesdays, Nov 3 – Dec 22	9:00 – 9:50 am	\$64 (\$80) \$64 (\$80)	\$9 (\$11)	Gym 1	Gabrielle Dumont
Cardio Drumming	Enjoy simple, no-pressure choreography that provides a challenge for your entire body. Drum along to the music for a fun, full-body workout. This class is suitable for absolutely everyone, with modifications provided, as needed. Maximum 20 participants.				
Thursdays, Oct 8 – 29	11:30am – 12:15pm	\$32 (\$40)	\$9 (\$11)	Gym 2	Sheila Mulgrew
Cardio Strength	Start your week with a full-body cardio and strength workout using varied fitness equipment. Designed for intermediate to advanced levels, with options to exercise at your own pace. Maximum 30 participants.				
Mondays, Sept 14 – Oct 26 *No class October 12 Mondays, Nov 2 – Dec 14	8:00 – 8:50 am	\$48 (\$60) \$56 (\$70)	\$9 (\$11)	Gym 2	Gabrielle Dumont
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* Wednesdays, Nov 4 – Dec 16 *No class November 11*	8:00 – 8:50 am	\$56 (\$70) \$48 (\$60)	\$9 (\$11)	Gym 2	Deb Palmer
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 10 – Oct 29 Thursdays, Nov 5 – Dec 17	9:30 – 10:15 am	\$48 (\$64) \$48 (\$64)	\$7 (\$9)	Stage	Andrea Clarke
Circuit Express *New!	Get your heart pumping with a dynamic circuit combining resistance training, cardio, and varied equipment. Bring water and clean indoor shoes. Maximum 20 participants.				
Wednesdays, Sept 9 – Oct 28 *No class September 30* Wednesdays, Nov 4 – Dec 16 *No class November 11*	9:10 – 9:55 am	\$56 (\$70) \$48 (\$60)	\$9 (\$11)	Gym 2	Nancy Purkis
Core & Stretch *New time on Wed.*	Challenge your core with resistance training and bodyweight exercises, followed by meditation and deep stretching. Maximum 25 participants Monday, 30 Wednesday.				
Mondays, Sept 14 – Oct 26 *No class October 12* Mondays, Nov 2 – Dec 21	10:10 – 11:00 am	\$48 (\$60) \$64 (\$80)	\$9 (\$11)	APR	Tracy Simons
Wednesdays, Sept 9 – Oct 28 *No class September 30* Wednesdays, Nov 4 – Dec 23 *No class November 11*	9:00 – 9:50 am	\$48 (\$60) \$56 (\$70)	\$9 (\$11)	Gym 1	Tracy Simons

VITALITY & ACTIVE LIVING					
Session	Time	Cost	Drop-In	Room	Instructor
Cycle Combo *New start time*	An energetic, low-impact stationary bike workout that builds cardiovascular fitness, paired with off-bike resistance training for 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*	An energetic, low-impact stationary bike class designed to improve cardiovascular fitness. Follow the instructor’s guidance while moving at your 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 11 – Oct 23 *No class October 30* Fridays, Nov. 6 – Dec. 18	8:00 – 8:45 am	\$56 (\$70) \$56 (\$70)	\$9 (\$11)	Gym 2	Tracy Simons
Essentrics	Essentrics combines strengthening and stretching to build a strong, balanced body while improving mobility, flexibility, and range of motion. Maximum 60 participants. Not included in the Ultimate Fitness membership.				
Tuesdays, Sept 8 – Oct 27 *No class October 13* Tuesdays, Nov 3 – Dec 15	10:30am –11:15 pm	\$70 (\$91) \$70 (\$91)	\$11 (\$16)	Gym 1	Lindsay Anderson
Instructor’s Choice	A moderate- to high-intensity class that changes weekly, featuring cardio, strength training, or a mix of both. Come ready to move, sweat, and try something new! Bring water, 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	11:30am –12:15 pm	\$36 (\$48) \$48 (\$64)	\$7 (\$9)	Stage	Andrea Clarke
Gentle Exercise	This gentle class suits all skill levels and abilities, combining low-impact cardio, strength training, and stretching. Chairs and equipment are provided. Wear indoor shoes and comfortable clothing. 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	Join Gloria-Rose for beginner line dancing in a fun, welcoming environment! Wear comfortable indoor footwear, bring water, and get ready to dance. All are welcome. Max 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	For those with beginner dance or line dance experience, this class features faster music, less review, and more dancing. 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*	11:30am–12:30 pm	\$42 (\$56) \$42 (\$56)	\$7 (\$9)	Gym 2	Gloria-Rose Puurveen
Pilates	Mat Pilates focusing on core strength, flexibility, and body awareness, using light weights and resistance tubing. Bring a yoga mat, towel, and water. Not included in the Ultimate Fitness membership. Maximum 25 Mondays, 20 Thursdays.				
Mondays, Sept 14 – Oct 26 *No class October 12* Mondays, Nov 2 – Dec 21	11:15 am – 12:30	\$48 (\$60) \$64 (\$80)	\$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 ideal for Pilates beginners or those building a strong foundation. The instructor guides you through the basics while providing an appropriate challenge. Bring a yoga mat, water, and 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

VITALITY & ACTIVE LIVING					
Session	Time	Cost	Drop-In	Room	Instructor
Pound	Enjoy simple, no-pressure choreography and a fun, full-body workout using Ripstix drumsticks. Suitable for everyone, with modifications available 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	Group strength training for Active Older Adults using weights, resistance bands, and other equipment to build strength and mobility. Modifications make it suitable for all experience levels. Not included in the Ultimate Fitness membership.				
Tues. & Thurs. Sept 8– Oct 29 Tues. & Thurs. Nov 3 – Dec 17	1:30 – 2:30 pm	\$96 (\$128) \$84 (\$112)	\$7 (\$9)	Fitness Centre	Andrea Clarke
Strength & Balance	Joint-friendly training for all fitness levels, using varied equipment to build full-body strength and improve balance. Designed to enhance fitness and reduce fall risk. 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	Ideal for beginners or those returning to exercise, this circuit builds muscular endurance, strength, balance, and agility while teaching proper use of Fitness Centre equipment.				
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	High-energy Tabata training featuring challenging exercises in timed intervals of 20 seconds of effort and 10 seconds of rest. Maximum 30 participants.				
Fridays, Sept 11 – Oct 30 Fridays, Nov 6 – Dec 18	9:00 – 9:55 am	\$64 (\$80) \$56 (\$70)	\$9 (\$11)	Gym 1	Tracy Simons Various
TRX Plus	TRX suspension training uses bodyweight and gravity to build strength, balance, coordination, and core and joint stability. Suitable for all fitness levels, with varied equipment used.				
Mondays, Sept 14 – Oct 26 *No class October 12* Mondays, Nov 2 – Dec 21	9:00 – 9:50 am	\$48 (\$60) \$64 (\$80)	\$9 (\$11)	Gym 2	Andrea Clarke
Zumba®	Zumba® is a Latin Dance-based fitness class that provides a great cardiovascular workout disguised as a dance party. Participants are encouraged to sweat, smile, and lose themselves in the infectious music. Maximum 30 participants.				
Mondays, Sept 14 – Oct 26 *No class October 12* Mondays, Nov 2 – Dec 14	9:00 – 9:55 am	\$48 (\$60) \$56 (\$70)	\$9 (\$11)	APR	Gabrielle Dumont
Zumba + Lift	Move to the beat with thrilling international rhythms while also challenging your strength. You will sweat, but you will smile in this exciting fusion of resistance training and dance! Maximum 20 participants.				
Wednesdays, Oct 7 – Dec 2 *No class November 11*	11:00 – 11:45 am	\$64 (\$80)	\$9 (\$11)	APR	Sheila Mulgrew

MIND-BODY & YOGA PROGRAMS

***New Session Dates

Class is full

Member Price
(Non Member Price)

Suitable for All Fitness & Mobility Levels

Class includes sustained walking/standing; suitable for most levels

Class includes sustained, high intensity, exercise

Session	Time	Cost	Drop-In	Room	Instructor
Chair Yoga	Chair-assisted yoga and breathing exercises for all fitness levels, helping improve strength, flexibility, joint mobility, 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 blends dance, martial arts, and healing arts with joyful music to improve coordination, balance, agility, and ease of movement. Maximum 30 participants. Not included in the Ultimate Fitness membership.				
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 offers a slower pace and foundational practice, ideal for beginners or those returning to yoga. Bring a mat, blanket, water, and comfortable clothing. Maximum 25 participants.				
Tuesdays, Sept 8 – Oct 27 Tuesdays, Nov 3 – Dec 22	10:00 – 11:00 am	\$64 (\$80) \$56 (\$70)	\$9 (\$11)	APR	Donna Teifenbach
Thursdays, Sept 10 – Oct 29 Thursdays, Nov 5 – Dec 24	10:00 – 11:00 am	\$64 (\$80) \$56 (\$70)	\$9 (\$11)	APR	Donna Teifenbach

VITALITY & ACTIVE LIVING

Session	Time	Cost	Drop-In	Room	Instructor
Moving To Heal	This one-hour Nia practice uses music and a chair for stability to promote healing, balance, conditioning, and joyful movement. Maximum 20 participants. Not included in the Ultimate Fitness membership.				
Thursdays, Sept 10 – Oct 29 Thursdays, Nov 5 – Dec 17	4:00 – 5:00 pm	\$104 (\$128) \$104 (\$128)	\$15 (\$20)	Gym 2	Lise LeMoine
Saturday Flow Yoga	Energize your weekend with a moderate, breath-guided flow focused on stability, mobility, balance, and mindfulness. Bring a mat, water, and dress in layers.				
Saturdays, dates TBD	10:00 – 11:15 am	N/A	\$9 (\$11)	A/B	
Modern Qigong *New class*	A gentle blend of ancient Chinese movements, breathwork, and modern music, combining traditional practices with inspiring choreography for a calming, uplifting experience.				
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	End your day with flow yoga to release tension, improve flexibility, and build strength. Modifications make it suitable for all levels. Bring a mat and water. Maximum 20 participants. Not included in the Ultimate Fitness Membership.				
Tuesdays, Sept 8 – Oct 27 *No class October 13* Tuesdays Nov 3 – Dec 22	5:00 – 6:00 pm	\$56 (\$70) \$64 (\$80)	\$9 (\$11)	A/B	Donna Tiefenbach
Vinyasa Yoga With Melanie	Gentle Vinyasa yoga combines breath and movement to strengthen the body, improve mobility, stabilize joints, and build body awareness. Adaptable for all ages and abilities. Maximum 25 participants.				
Tuesdays, Sept 8 – Oct 27 Tuesdays, Nov 3 – Dec 15	8:00 – 8:50 am	\$64 (\$80) \$56 (\$70)	N/A	APR	Melanie Hillaby
Thursdays, Sept 10 – Oct 29 Thursdays, Nov 5 – Dec 17	8:00 – 8:50 am	\$64 (\$80) \$64 (\$80)	N/A	APR	Melanie Hillaby
Tai Chi 108 Yang Style Form Practice *New date for Sept/Oct session only*	This session is a dedicated practice time for the 108 Yang Style Form and is not a formal lesson. It is intended for individuals who already have some experience in this specific Tai Chi form. Come and utilize this time to refine your practice.				
Session	Time	Cost	Drop-In	Room	Instructor
Thursdays, Sept 24 – Oct 29 Wednesdays, Nov 4 – Dec 16 **Bonus class on Dec 23 if facilitators are available**	10:15 – 11:15 am	\$30 (\$42) \$35 (\$42)	\$6 (\$8)	Gym 2	N/A
Yin Yoga	A safe, effective yoga class for seniors, supporting flexibility, balance, stress reduction, and better sleep. Bring a mat, water, and comfortable layers. Maximum 15 participants.				
Thursdays, Sep 10 – Oct 1	1:30 – 2:30pm	\$32 (\$40)	\$9 (\$11)	A/B	Carey Vijou
Yoga For Seniors	Safe, effective yoga for seniors, supporting flexibility, balance, stress reduction, and better sleep. Bring a mat, water, and comfortable layers. Maximum 20 Monday/25 Friday participants.				
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

Yoga Refresh	A gentle, playful class blending creative movement, nourishment, and challenge. Suitable for all yoga skill levels. Maximum 25 participants.				
Fridays, Sept 11 – Oct 30 Fridays, Nov 6 – Dec 18	9:00 – 10:00 am	\$64 (\$80) \$56 (\$70)	\$9 (\$11)	APR	Stephanie Girodat
Yovascia: Mobility, Balance, Rejuvenation	Yovascia combines mobility work, mindful breathing, and techniques supporting fascia, lymphatic flow, and the vagus nerve. Improve mobility, balance, flexibility, and relaxation. Maximum 18 participants. Not included in the Ultimate Fitness Membership.				
Mondays, Sept 14– Oct 26 *No class October 12* Mondays, November 2 –Dec 7	8:30 – 9:30 am	\$48 (\$60) \$48 (\$60)	\$9 (\$11)	A/B	Elaine Jagielski



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833.596.5483

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Funding Available



Did You Know?

The LSCO offers creative arts, cooking classes, and more!

EST 1975

LSCO

Lethbridge Senior Citizens Organization

VITALITY & ACTIVE LIVING

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.

Upcoming Presentations/ Demonstrations

Artificial Intelligence Presentations by AIRI foundation



- Where: The LSCO Computer lab
- September 9 – October 7 Wednesdays from 1 – 2 pm
- Free to the public.
- Registration required and limited to 20 people. Sign up will be via front desk, NOT via email.
- More details and dates forthcoming, wait for the posters to come out before registering.
- Four 1 hour sessions.

The Computer Club is taking part in LSCO's Senior Discovery Days!

- Friday, September 18 & Saturday, September 19
- Time: 11:00 am to 3:00 pm
- Topics include: Facebook, online banking, reading and recognizing scams, Windows Tweaks, using AI, Disable Bing, Disable extended menu via powershell Remove Widgets, Remove or disable One Drive Edit startup files, Video Editing – Clipchamp etc. Scanning photos and documents Group chat options, iMessage, FaceBook messenger, Google chat, Zoom Cleaning up a computer so it's safe to donate.
- Any or all of these topics may also be covered more in depth in future presentations

REMEMBER WE ARE CLOSED SEPT 7 FOR LABOR DAY AND SEPT 30 FOR NATIONAL DAY FOR TRUTH AND RECONCILIATION

On dates not listed, help sessions will be available to Computer Club members by request between 1 pm and 3 pm on Mondays, Wednesdays and Fridays if there is a member available to help. Socializing and picking each others' brains is always an option.

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SUPPORT & INDEPENDENCE

NEW, UPDATES, CANCELLATIONS:

- ★ Scams & Frauds Consultations with BMO is on September 17 (3rd Thursday of each month) from 1:00 – 3:00 pm
- ★ We apologize for the confusion on these dates.



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Lethbridge, AB

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

Information on the Alberta Energy Rebate

The Alberta government recently released a one-time \$100 payment designed to help residents with everyday essentials like groceries and fuel. The application portal opened July 1 for individuals to begin applying. To qualify individuals must be 18 years or older as of July 1, 2026, a resident of Alberta, filed a 2025 tax return and have a total household annual income must be \$225,000 or less.

***Please note that any residents who receive Alberta Seniors Benefit, AISH or Income support will automatically be enrolled and will NOT have to apply.*

In order to apply for the rebate, individuals must also have a verified Alberta.ca Account and the information on identification cards must match the information in your Alberta.ca Account. Information required in application will include your SIN number and if you have a partner, their SIN, date of birth and legal names. Individuals who have a partner, will have to wait until their partner has also completed their application in order for your application to be fully processed. Payments are distributed via direct deposit or interac e-transfer depending on your financial institution. Additional steps such as verification with photo identification or recent Notice of Assessment may be required. Payments are said to be deposited within 14 days of applying.

The deadline to complete your application is September 30. Due to an influx in inquiries for support with this application, our Seniors System Navigation Team may not be able to assist prior to the deadline.

- PLEASE CONNECT WITH THE FOLLOWING FOR ASSISTANCE:
- Alberta Supports Contact Centre: Lethbridge 403-380-2272
 - Alberta Energy Rebate: 1-844-401-4014
 - Alberta.ca Account Team: 1-844-643-2789

REFLECTING AND REMEMBERING

September 30th marks the National Day for Truth and Reconciliation, a day to honour the children, survivors, families, and communities who were and are affected by residential schools. It is also an opportunity for each of us to take time to listen, learn, reflect, and better understand the lasting impact that residential schools have had on Indigenous peoples across Canada.

Truth and Reconciliation is not something that happens in just one day, but September 30th gives us an important reminder to continue learning from the past and from one another. We can all take part in reconciliation.

As we recognize this important day, approach it with open hearts, kindness, respect, and a willingness to listen. Every step toward greater understanding matters.

- Mya Brussee, Rural Link Worker



The LSCO has A LOT to offer older adults in our community. SO MUCH SO THAT IT'S SOMETIMES HARD TO COMMUNICATE THEM ALL!



DID YOU KNOW?

Beyond fitness and social groups, LSCO offers wraparound supports: system navigation, elder abuse case management, and Meals on Wheels to help seniors stay safe, independent, and engaged.

DID YOU KNOW?

The LSCO is a registered charity with the Canada Revenue Agency, meaning we can provide tax receipts for donations!

DID YOU KNOW?

The LSCO has a full carpenter's woodshop! For only \$25 a month and a LSCO membership, you can have access to the equipment to build your own projects!! Complete an orientation from our woodshop technician, Megan, and then you're good to go! Need additional support to learn the ropes? Megan offers personalized woodshop instruction and consultation for \$20 per hour for woodshop members.

DID YOU KNOW?

One of our staff members has been working at the LSCO for 30 years!

DID YOU KNOW?

Anyone can access the system navigators, regardless of income. Have questions about your pension, housing, or anything else? The system navigators are an excellent resource.

DID YOU KNOW?

For those who are struggling with finances, you can access the LSCO's 'Welcome Policy', which provides a discount to your membership. Need additional support? Talk to our system navigators and they will be happy to help you access the City of Lethbridge's Recreation Fee Assistance program to subsidize your programs.



Support LSCO
on Co-Op's fuel good day

Tuesday, September 15th

At the Lethbridge Co-Op Gas Bars (West & South)

- 5 cents/litre,
- 5 cents /lb for propane,
- AND \$1 from hot coffee ...

will go towards Meals on Wheels



South Country

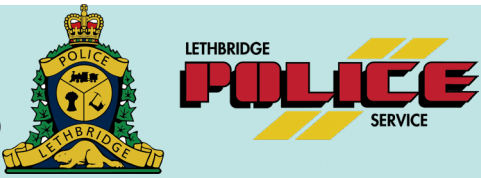


SUPPORT & INDEPENDENCE

SUPPORT & INDEPENDENCE

Tips and Tricks to Stay Safe this Fall

Last month, I had the opportunity to come out and meet a few wonderful people within the LSCO and enjoyed wonderfully prepared food and great conversation.



For me, it is always a pleasure to meet new people and get reacquainted with people I have interacted with over the years. As a police service, we hope to make this a monthly event, where we come out, visit and get to know members within your organization. If you ever have a question or query, please do not hesitate to stop any one of us and ask.

As this month is National Preparedness Month and World Alzheimer’s Month, we wanted to focus on preparedness and give some tips and insights into helping all of us remember some important things that are coming up.

School resumes very quickly and with that back to school routines will start in full force meaning people and vehicle safety.

Ensure you slow to 30km/h in school and playground zones in case you are out of the habit; Leave a bit early to account for more vehicles and buses on the roads; Watch out for kids- as they WILL be excited and everywhere.

When it comes to your to-do list around your home the weather here in Southern Alberta has a way of going from hot to cold very quickly and with that home maintenance is very important.

1

2

3

4

SOME THINGS TO CHECK:

If you have trees, and are able or have family members who are able- check your gutters before all the fall leave drop.

Check your furnace filter and test your heating system.

Look at storing your summer furniture, planters and outdoor faucets.

If you find you forget things easily or you have lots on your plate, write it down to assist you with fulfilling your responsibilities and obligations. As someone who has many hats to wear, often organizing and taking the time to plan my week results in the most successful weeks.

“Confidence comes from being prepared.” – John Wooden

Wishing you all a very wonderful start to your September, we look forward to seeing you the week of September 21.

Cst. Dana Holland



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Lethbridge Senior Citizens Organization

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VITALITY & ACTIVE LIVING

CELEBRATING A SHARED PASSION FOR RADIO



CJOC is proud to partner with the Lethbridge Senior Citizens Organization in renaming its radio room the **CJOC Amateur Radio Club**.

The partnership began when the CJOC team toured LSCO and met the dedicated members of its amateur radio club. Broadcasting from LSCO under the call sign VE6LSC, this passionate group of radio enthusiasts keeps the tradition of amateur radio alive while sharing their knowledge, experience and love of the airwaves.

The room is also home to an incredible collection of antique radios and equipment that showcases the history and evolution of radio through the years. As a local radio station, we immediately connected with the club's enthusiasm for broadcasting, communication and community.

Supporting the CJOC Amateur Radio Room felt like a partnership that was simply meant to be.

We are proud to celebrate Lethbridge's radio history, and the people who continue to keep it on the air.



Scan to listen to CJOC live!



In partnership with



LSCO

Lethbridge
Senior Citizens
Organization

SUPPORT & INDEPENDENCE

SEPTEMBER 2026 SUPPORT SERVICES CALENDAR			Drop In	*appointment / registration required	 kmartin@lethseniors.com	 403-320-2222	 EST 1975 Lethbridge Senior Citizens Organization
September 1 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.					
September 1 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.					
September 1 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.					
September 2 1st Wednesday	CRA Clinic 9 am - 12 pm Card Area	FREE on-site CRA representatives available to answer your questions regarding federal benefits and programs.					
September 3	Mobile Food Support 1 pm LCSO Parking Lot	Free, fresh food for all from the Lethbridge Food Bank. Open as long as supplies last.					
September 10 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.					
September 10 2nd Thursday	Hearing Screening* 10 am - 12 pm Clinic Room	FREE hearing screenings from Lethbridge Hearing Centre					
September 14 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.					
September 17 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.					
September 21 Monday	Coffee with a Cop 8:30 am - 10 am LSCO Diner	An opportunity to chat with Constable Dana Holland at the LSCO Diner!					
September 23	Legal Consultations* 1 pm - 4 pm Clinic Room	FREE 15 minute consultations with local lawyer, Austyn Anderson.					
October 8, 15, 22, 29	Compass for the Caregiver* 1 pm - 3:30pm Board Room	4-week supportive facilitated workshop for anyone 55+ who identifies as a caregiver. Topics of discussion include guilt & grief, managing stress, improving communication, navigating the system & planning for the journey ahead.					

YOU ARE CORDIALLY INVITED TO

**LSCO**
Lethbridge Senior Citizens Organization

“DINNER & A SHOW”
FUNDRAISER

NOVEMBER 21, 2026
5:00 - 10:30 PM

Enjoy a buffet dinner, fun, dancing,
and live entertainment provided by
New West Theatre

Tickets: \$70 | Early bird: \$60
Tickets on sale beginning September 18th





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SUPPORT & INDEPENDENCE

LEARN MESSAGE

Hello everyone, happy September! I am back in the newspaper to promote and encourage folks to join our upcoming session of Building Healthy Relationships!



Relationships evolve as we grow older, bringing new dynamics, joys, and challenges. Whether you are navigating family relationships, friendships, life changes, or personal boundaries, having a supportive space to learn and share can make all the difference. Returning this October, Lethbridge Family Services, LEARN, & LSCO are pleased to host Building Healthy Relationships, a free, 8-week educational and psychosocial group designed specifically for older adults!

The group will meet weekly on Tuesdays from October 6 through November 24, from 10:00 AM to 12:00 PM in the LSCO Board Room. Throughout the eight weeks, participants will explore key topics including setting healthy boundaries, effective communication, managing feelings, grief, and life transitions. The group will also address navigating relationship challenges, mental health and addiction support, recognizing elder abuse, and applying practical wellness tools alongside supportive peers.

Space for this group is limited. To register or for more information, please contact the LEARN Case Manager by calling 403-394-0306 or emailing learn@lethseniors.com. Take a step toward healthier, more fulfilling relationships this fall, we look forward to seeing you there!



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LSCO

Lethbridge
Senior Citizens
Organization

You are cordially invited to:

High Tea

Friday 1 pm-3pm

Sept 25

in the LSCO Atrium
500 11th St. S., Lethbridge

High Tea will continue every other month on the last Friday.

Sweet and Savory Menu:

Crumpets, Scones, Macaroons
Biscuits, Cupcakes, Cookies
Sausage Rolls, Quarter Sandwiches
Mini Quiche, Deviled Eggs, Mini Tarts & more

Please purchase your tickets in
advance as space is limited.

\$15 for members, \$20 for non-members.

Formal attire is not required but dressing up is encouraged!

403-320-2222 | www.lethseniors.com

SUPPORT & INDEPENDENCE

DID YOU KNOW?

Approximately 10% of older adults aged 65 and older experience elder abuse in Canada each year.

Data from Statistics Canada and the Canadian Longitudinal Study on Aging show that financial exploitation and emotional abuse are the most common forms, and many incidents remain severely underreported

- 1 in 10 seniors face mistreatment annually.
- According to Statistics Canada victimization data, rates of violent crime are lower for seniors than younger populations, but police-reported violence against older adults has trended upward.
- Physical, cognitive, and mental health challenges increase the risk of abuse.
- Older adults who faced childhood maltreatment experience higher rates of mistreatment later in life.
- Seniors with strong, active social support networks significantly lower the likelihood of elder abuse.

BUILDING HEALTHY RELATIONSHIPS

AN 8 WEEK EDUCATIONAL GROUP

TUESDAYS
OCTOBER 6-
NOVEMBER 24
10 am-12 pm
LSCO Board Room
500 11 St. S. Lethbridge

Free!

Topics include:
Boundaries
Feelings
Grief
Communication
Relationship challenges
Addiction
Mental health
Elder abuse
Wellness tools

To register or for more info:

- LEARN Case Manager
- 403-394-0306
- learn@lethseniors.com

Lethbridge Family Services Lethbridge Senior Citizens Organization

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Did You Know?

Individuals 35 - 54 can get a membership to the LSCO! For only \$90 a year!

LSCO Lethbridge Senior Citizens Organization

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.



AUDIOLOGYFIRST Hearing Excellence

Book a Free Hearing test:
403 394 9903