



LSCO Times

October

A Publication of the Lethbridge Senior Citizens Organization

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

BELONG  CONNECT  THRIVE

403-320-2222 | www.lethseniors.com

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Dinner & A Show: A Night of Theatre, Rock 'n' Roll, and Community Spirit in Lethbridge

On Saturday, November 21, 2026, Lethbridge's community is invited to step back in time (and step up for a good cause) at the LSCO's Rockin' "Dinner & A Show" fundraiser, supported by Life Assure Medical Alert Systems, Lethbridge Hearing Centre and Wellings of Brooks.

Set for 5:00–10:30 pm at the LSCO's Diner, the evening blends classic 1950s flair with local theatre talent, all in support of LSCO's Meals on Wheels program!

Guests will be welcomed with a cocktail hour enlivened by roaming performers from New West Theatre, Lethbridge's long-standing professional theatre company. Dinner will then be served buffet-style, featuring a hearty potato bar and roast beef, designed to be comforting and crowd-pleasing.

The formal program begins after dinner, with a joint address from LSCO and New West Theatre around 7:00 p.m. This segment will:

- ◆ Share stories of how donor support translates into real services for seniors in Lethbridge
- ◆ Highlight the partnership between LSCO and New West Theatre
- ◆ Outline the impact of funds raised for Meals on Wheels and other LSCO programs

After the address, the room transforms into a full-on 1950s dance party. From 8:00 to 10:30 p.m., Rebel Angels, described as Lethbridge's premier high-energy 1950s cover band, will take the stage. Known for authentic vintage performances, Rebel Angels brings the golden age of rock 'n' roll to life with songs from Elvis, Chuck Berry, Buddy Holly, Little Richard, and more.

Why This Night Matters

While the entertainment is a major draw, the heart of the evening is its purpose: supporting LSCO's work with older adults in the community. Proceeds from ticket sales, auctions, and donations will

help fund essential services such as Meals on Wheels.

Tickets:

- ◆ Early bird: \$60 (available until October 15th)
- ◆ General admission: \$70

Tickets and additional donations can be purchased online through LSCO's event page.



LSCO Lethbridge Senior Citizens Organization
ROCKIN' Dinner & A Show
FUNDRAISER
November 21, 2026
5:00 - 10:30 pm
TICKETS ON SALE NOW
*Early Bird Prices until October 15

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community impact,
important updates and
trusted partnerships.

LSCO News



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LEGACY & TRUST

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

Advertising and Editorial inquiries can be directed to finance@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
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Treasurer: Neil Jorgensen



Directors:

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

LSCO Notices

LSCO will be closed on Monday, October 12th for Thanksgiving



Thank you to the United Way of Lethbridge & South Western Alberta for providing us with a \$7,000 grant to update old fitness equipment!



United Way
Lethbridge &
South Western Alberta

Fundraising Corner Updates (As of September 15, 2026)

Dumbo Ears Fundraiser:

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

Support Our Seniors Campaign

- \$49,000 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: \$1,980 raised!

Donor Mural: \$3,500 of \$35,000 Goal

Community Round Up: \$559.60

Sponsorships: \$53,000 (to date)

Thank you to everyone who has supported our fundraising efforts so far this year!!

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

Thank you to Life Assure Medical Alert Systems, Wellings of Brooks, and the Lethbridge Hearing Centre for sponsoring our Rockin' Dinner and a Show Fundraiser!



Thank you to South Country

Co-op for choosing the LSCO's Meals on Wheels program as the recipient of this year's Fuel Good Days! Thanks to their support, we were able to raise \$3,000!

"Fuel Good Day represents something that is at the heart of who we are as a co-operative: the belief that when we come together, we can make a meaningful difference in the communities we serve.

For 10 years, our customers, members and employees have embraced Fuel Good Day and demonstrated the incredible impact that can come from many people contributing to a common cause. We are proud to mark this milestone by supporting Meals on Wheels—a program whose work reflects the importance of caring for our neighbours and ensuring people in

our communities have access to the support they need."



— Josie Doll, Director of Brand, South Country Co-op

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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DELICIOUS SOUPS TO GO



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Thank you for supporting our raffles!

Raised \$1,980

License #: 782277

Autographed Guitar Raffle

License #: 778586

Support Our Seniors 50/50

Raised \$1,840

LSCO COMMUNITY PARTNERS, SPONSORS, & MAJOR DONORS







LEGACY & TRUST

LSCO STAFF

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Meals on Wheels.....403-327-7990
LEARN 403-394-0306

EXECUTIVE DIRECTOR’S MESSAGE

Member+ Cards,
“Dinner & A Show”
Fundraiser, and a
Season of Connection

Hi Friends!
Welcome to fall (and my birthday month! lol). I’m a huge fan of birthdays, so anyone celebrating a birthday in October: HAPPY BIRTHDAY TO YOU!
September moved at a blink of an eye and we are so excited to move into the fall with a couple of upcoming events and a brand new initiative for members! The most exciting is a new, enhanced membership option designed for members who want to make the most of everything LSCO has to offer called the Member + Card.

What Is the Member+ Initiative?

Launching October 1, 2026, LSCO Membership+ is a \$500 annual membership that combines fitness access, everyday perks, and exclusive partner discounts into one premium tier.

- INCLUDED IN THE MEMBER+ CARD:
- Basic LSCO Membership (\$60 value) – already have a basic membership? Upgrade to a membership +!
 - LSCO-branded t-shirt (\$25 retail value)
 - LSCO annual parking pass (\$10 value)
 - 12-month Fitness Centre access (\$300 value)
 - Free regular coffee at the LSCO for the whole year! (\$150 estimated annual value)
 - A charitable tax receipt for \$100!

The Member+ cards also unlock a curated set of discounts with local businesses and professional services, extending the value of your membership well beyond our walls. See page 4 for the list of businesses that are participating! We’re SO excited to partner with them.

Looking to get your member+ card? Go chat with Kari at the admin desk!

A SEASON OF EVENTS!

This September, we also celebrated Senior Discovery Days! Over two days, LSCO opened its doors for exploration, connection, and fun, inviting community members to learn about our programs, meet staff and volunteers, and experience the energy of our centre firsthand. It was such a great time and we were so appreciative of all the instructors who taught free classes, LSCO groups who featured their activities, and the volunteers who served food at our BBQ, led tours, and helped setup/take down.

The turnout, enthusiasm, and conversations we shared reinforced just how much this community values accessible, meaningful opportunities for older adults. Thank you to everyone who attended, volunteered, or helped spread the word—your engagement is what makes LSCO more than a building; it makes us a community!

Finally, I am SO EXCITED about our upcoming ‘Dinner and a Show’ Fundraiser sponsored by Wellings of Brooks. This night is going to be an excellent 50’s themed night out and I can’t wait to dance with all of you to the incredible Rebel Angels. The best part of this fundraiser is that it supports LSCO programs, like Meals on Wheels, and New West Theatre, an incredible professional theatre company!

KAITLYNN WEAVER



LSCO COMMUNITY PARTNERS, SPONSORS, & MAJOR DONORS

Logos for: Healthy Aging Alberta, COMMUNITY FOUNDATION, 94 CABS, LETHBRIDGE DENTURE CLINIC, 94.1 CJOC, THE RANCH, teamworks career centre, SELECT PEOPLE SOLUTIONS, CITY OF Lethbridge, SEAMLESS CARES, RBC, LOW & COMPANY LAWYERS, CUPPERS, Amour & Glow, Wellings OF BROOKS, REAL ESTATE ONE, real Ty Gibson

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!

Darren Alexander	William Powis
Bobbie Wiberg	Betty Hickey
Barry Ritson	Janie Green
Robert Boisvert	Cheryl Gruninger
Pierre Marchildon	Vanessa MacLean
Susan Pack	Doug Tokai
Ron Pack	John Eng
Jim Campbell	Jing Zhu
Judi Reed	Lourdes Sanchez
Sheila Heinrich	Quintin Bulres
Neil Foster	13 Anonymous



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- ✓ 20% off regular hearing aid batteries from Lethbridge Hearing Centre
- ✓ 10% off in-store purchases at Analog Books
- ✓ 15% off service-only at BikeLane
- ✓ 25% off estate planning and real estate legal services, plus a free 30-minute consultation, with lawyer Austyn Anderson
- ✓ 15% off at Toki Teriyaki
- ✓ 11% off with 94 Cabs, Fifth Avenue Cabs, and Lady Pink Cabs
- ✓ 10% off at Norbridge Pharmacy
- ✓ \$15 off pedicures at Amour and Glow
- ✓ 25% off estate planning documents with lawyer Carson Foggin
- ✓ 10% off all Qualicare home-care services, including personal care, companionship, nursing, respite, and specialized support
- ✓ 15% off at Rezen Medical Aesthetics
- ✓ 10% off at Cookie Crimes Ice Creamery
- ✓ 10% off nutrition services from Elevated Experience Coaching (Gavin Johnson)
- ✓ 20% off New West Theatre shows



These partnerships reflect our commitment to building a broader network of support for older adults in Lethbridge, while offering tangible savings on services many members already use.

Please note that Lifetime Members must purchase a Member+ card if they're interested. They are not automatically eligible for the benefits.

Cards must be present at point of purchase to receive discounts from participating businesses.

Looking to get your member+ card? Go chat with Kari at the admin desk!



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Lethbridge's Bright Spot



305 6th Street S, Lethbridge Open 7 days a week

TRUNK OR TREAT

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



LSCO Lethbridge Senior Citizens Organization



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



OCTOBER 2026 MENU

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

Information for MoW Clients:

- Meals scheduled on Thanksgiving Day (Oct 12) will be delivered on Oct 9th.
- All meals include a soup and desert
- Meals are typically delivered between 10:00am and 12:00pm

		Thursday, Oct 1		Friday, Oct 2
			Chicken Parmigiana w/ Spaghetti & Veg	Beef Stew w/ Mash & Veg
Monday, Oct 5	Tuesday, Oct 6	Wednesday, Oct 7	Thursday, Oct 8	Friday, Oct 9
BBQ Pork Chops w/ Roasted Potatoes & Veg	Chicken & Sausage Gumbo w/ Rice & Veg	Shephard's Pie & Veg	Spaghetti & Meatballs w/ Garlic Toast & Veg	Baked Ham w/ Scalloped Potatoes & Veg
Monday, Oct 12	Tuesday, Oct 13	Wednesday, Oct 14	Thursday, Oct 15	Friday, Oct 16
LSCO CLOSED Honey Garlic Pork w/ Rice & Veg	Chicken Chow Mein w/ Rice & Veg	Beef & Macaroni Casserole w/ Roasted Potatoes & Veg	Nacho Crusted Chicken w/ Cilantro Crema, Tots, & Veg	Roast Beef w/ Yorkshire Pudding, Mashed Potatoes, & Veg
Monday, Oct 19	Tuesday, Oct 20	Wednesday, Oct 21	Thursday, Oct 22	Friday, Oct 23
Chicken Alfredo w/ Penne, Garlic Toast, & Veg	Hunter Schnitzel w/ Spaetzle & Veg	Chicken Cordon Bleu w/ Mashed Potatoes & Veg	Beef Stroganoff w/ Egg Noodles & Veg	Fish & Chips
Monday, Oct 26	Tuesday, Oct 27	Wednesday, Oct 28	Thursday, Oct 29	Friday, Oct 30
Pork Chops w/ Apple Sauce, Roasted Potatoes, & Veg	Butter Chicken w/ Rice & Veg	Pork Stir Fry w/ Rice & Veg	Chicken Cacciatore w/ Rice & Veg	Lasagna w/ Garlic Toast & Veg

FLIGHT RISK

BY MEG BRAEM



SPONSORED BY: 

OCTOBER 15 - 24

STERNDALE BENNETT THEATRE



SPECIAL THANKS:      





GOLDEN Giving Tree SENIOR'S SECRET SANTA

The Golden Giving Tree hosts gift lists of local seniors who are isolated and/or face financial struggles.

Each gift sends the message that the senior is remembered, valued, and important.



Nominate a senior by December 1st using the QR code!

BELONGING & COMMUNITY

LSCO Events

LSCO Guided Tour

Wed., Oct. 7 @ 1:30 pm (1st Wednesday)
Monday, Oct. 21 @ 10:30 am (3rd Monday)
Learn all about our 56,000 sq. ft. building from a volunteer Registration preferred by drop ins welcome.

Speaker’s Outreach Tour

Wednesday, October 7th from 4:00 pm – 6:00 pm | Stage Area
This evening program features an engaging presentation by the Honourable Ric McIver, Speaker of the Legislative Assembly of Alberta, joined by two education staff from Legislative Assembly Visitor Services. Designed for anyone curious about how Alberta’s provincial government works, the session blends a behind-the-scenes look at the legislative process with a live Q&A focused on the roles of the Speaker, MLAs, and the Assembly.

2nd Friday Social Friday, October 9 @ 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*

Flu Shot Clinic, October 19th and 20th 9:30 am – 12:00 pm

Get your flu shot courtesy of Save on Foods!

Halloween Trunk or Treat

Friday, October 30th from 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. *Sponsored by Save on Foods (North)*

Senior Speaker Series – Second Friday of each month in the Stage Area

- Friday, Oct. 9th from 11:00 – 12:00 pm – Lisa Shimozawa from The Caring Group
- Friday, Nov. 13th from 11:00 am – 12:00 pm Kelli Benis and Norm Lepard (Realtors from Remax)

Learn from informative speakers and experts on healthy aging!

Workshop for Community Volunteer

Income Tax Program (CVITP)

– November 4th at 1 pm in the Stage Area
A representative from CRA will host an informational session, training, and volunteer registration about the tax program, ideal for returning volunteers or brand new ones interested in helping file taxes. This session will include one on one assistance getting a Rep ID, registering as a CVITP Volunteer, and registering for an EFILE number, if needed. Please bring a laptop, tablet, or mobile device. For more information, please email Madison at mgauthier@lethseniors.com to learn more and sign up for the session.

Rockin’ “Dinner and a Show”

Fundraiser – Previously known as the Twilight Soiree
Saturday, Nov. 21st from 5:00 – 10:30 pm
Enjoy a buffet dinner, fun, dancing, and live entertainment provided by New West Theatre. Supporting Meals on Wheels. *Sponsored by Wellings of Brooks and the Lethbridge Hearing Centre.*

Lethbridge Therapeutic Recreation Association & LSCO Program

Thursdays in October, beginning October 8th from 11:30 am – 1:30 pm at the LTRA
FREE! Lunch provided – transportation available, if needed. Maximum 10 participants.

Sign up at the admin desk or call the LTRA at (403) 328-2165. For seniors and people with disabilities who will use the adaptive cart, a safe and accessible equine experience.

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.**

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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: couleeyplayers@gmail.com

FREE Bridge Lessons – Mondays from 1 – 3 pm, beginning Sept. 14th in the Basement of the Lutheran Church 2406 – 11 Ave. S

Call Myrna (403) 382-1831 or Chris (403) 327-2222

YOUR CLASSIFIED AD COULD BE HERE!

CONTACT US TODAY TO FIND OUT HOW

Volunteer Message:



As September has come and gone, we settle back into our routines and welcome the familiar busy rhythm of fall at the LSCO! We’re excited to see many of our volunteers back and appreciate the time, energy, and enthusiasm you bring to our centre each day.

There are lots of opportunities to get involved as we head into the next couple of months. October will bring our Halloween Trunk or Treat, and we’ll be looking for volunteers to help make this fun community event a success. Whether you can help with setup or handing out treats, we would love to have you join us!

Looking ahead to November, we’ll also be hosting an informational session about volunteering with our tax program. This is a great opportunity to learn more about the program directly from a CRA representative, what is involved with being a volunteer, and how you can support members of our community during tax season. If you’d like more information please email Madison at mgauthier@lethseniors.com to learn more and sign up for the session.

Thank you to all of our volunteers for continuing to make LSCO such a welcoming and active place. Our growing and expanding volunteer and events team is looking forward to a wonderful fall season together!

-Madison



LTRA & LSCO ADAPTIVE CART PROGRAM

- THURSDAYS IN OCTOBER
- STARTING OCT 8TH
- 11:30 - 1:30 PM
- LIGHT LUNCH PROVIDED
- TRANSPORTATION AVAILABLE
- SIGN UP AT THE ADMIN DESK



FREE



205015 AB-512 #24, LETHBRIDGE, AB T1J 5S2

BELONGING & COMMUNITY

SENIORS DISCOVERY DAY!

On Friday, September 18th and Saturday, September 19th, the LSCO opened its doors for two days of fun, tours, and class demonstrations! Over 300 seniors and their families came to our centre to see all that we have to offer to keep them active, healthy, and well.



Thank you to all of our tour guides, volunteers, and staff who helped make this event a success! And thank you to the team from the Lethbridge Therapeutic Riding Association for bringing their horses to share about the upcoming pilot program with the LSCO!



FUEL GOOD DAYS

On September 15, LSCO staff and volunteers visited both the west and southside Co-op Gas Bars in Lethbridge to promote Fuel Good Days, a region-wide fundraiser that turns everyday fill-ups into support for local Meals on Wheels.

Fuel Good Days is South Country Co-op’s annual one-day campaign where 5¢ from every litre of fuel (and 5¢ per pound of propane) sold on September 15 is donated to local charities; this year, proceeds support LSCO’s Meals on Wheels program. Together we raised \$3,000!!

At both locations, the LSCO team greeted customers during peak times, shared details about the donations, and invited attendees to play a remote-control car parking game—parking the car in a spot to spin a prize wheel for a chance to win. The event turned a routine errand into a moment of community giving and gave drivers an easy way to ask about Meals on Wheels eligibility, referrals, and volunteering.

LSCO welcomes ongoing support for Meals on Wheels year-round through donations, volunteering, and referrals. To learn more or get involved, contact LSCO directly or visit their website.

Thank you so much to South Country Co-op for supporting Meals on Wheels!



New ‘Senior Speaker Series’ Begins in October

Join us for a new Senior Speaker Series, offered on the second Friday of each month beginning on October 9th. From 11:00 a.m. to 12:00 p.m., participants will have the opportunity to hear from knowledgeable guest speakers, explore topics relevant to older adults, and connect with others in a welcoming community setting. Each session will feature an informative presentation followed by time for questions and discussion. Topics will be selected to support healthy, active, and engaged living, with sessions designed to provide practical information, helpful resources, and opportunities to learn from local professionals and community leaders.

Whether you are looking to discover new services, learn more about health and wellness, stay informed about community resources, or simply enjoy an engaging conversation, the Senior Speaker Series offers something for everyone.

The series begins in **October**, with sessions continuing on the **second Friday of each month from 11:00 a.m. to 12:00 p.m.** Participants are invited to attend one session or join us throughout the year. Come learn, ask questions, and connect with your community. We look forward to welcoming you to this exciting new series.

SENIOR SPEAKER SERIES

When: Second Friday of each month (October 9th and November 13th)
Time: 11:00 a.m.–12:00 p.m.
Who: Older adults, caregivers, families, and community members interested in learning and connecting

UPCOMING PRESENTERS:

- ➔ **Lisa Shimozawa and Jes Knoop (The Caring Group) – October 9th:** Presenting on “End of Life Education” Join Jes and Lisa, Funeral Directors and Preneed Specialists from The Caring Group to learn about preparing for end-of-life decisions and conversations, as well as understanding funeral and after-death care options.
- ➔ **Kelli Benis and Norm Lepard (REMAX Real Estate)– November 13, 2026:** Presenting on “Your Next Move Starts with a Conversation” Join REALTORS® Kelli Benis, Certified Canadian Senior Specialist, and Norm Lepard with REMAX Real Estate–Lethbridge for a relaxed and informative discussion about aging in place, downsizing, and moving to senior or assisted living. Learn how planning early—and having the right support—can make the process less overwhelming for seniors and their families.



Speaker's
Outreach Tour

Wednesday, October 7th from
4:00 – 6:00 pm LSCO Stage Area

This evening program features an engaging presentation by the **Honourable Ric McIver, Speaker of the Legislative Assembly of Alberta**, joined by two education staff from Legislative Assembly Visitor Services.

Designed for anyone curious about how Alberta’s provincial government works, the session blends a **behind-the-scenes look at the legislative process** with a live Q&A focused on the roles of the Speaker, MLAs, and the Assembly.



HAPPY
Thanksgiving

RACHAEL THOMAS
MEMBER OF PARLIAMENT

@RachaelThomas.ab

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

Senior Speaker Series LSCO Stage Area
Second Friday of each month from 11:00 am - 12:00 pm

Upcoming Speakers

Lisa Shimozawa & Jes Knoop from The Caring Group presenting on “End of Life Education”

BELONGING & COMMUNITY



Christmas is Coming

We hate to say it, but Christmas is quickly approaching, and so is the Lethbridge Senior Citizens Organization’s annual giving campaign for our Christmas Dinner.

For more than five decades, the LSCO has welcomed people from across the community, seniors and non-seniors, to share a warm Christmas meal, friendly conversation, and a sense of belonging. Every year, LSCO staff, volunteers, donors, and community partners come together to create a welcoming holiday experience for older adults, families, individuals, first responders, and anyone else who could benefit from a meal and a friendly face.

Our Goal:

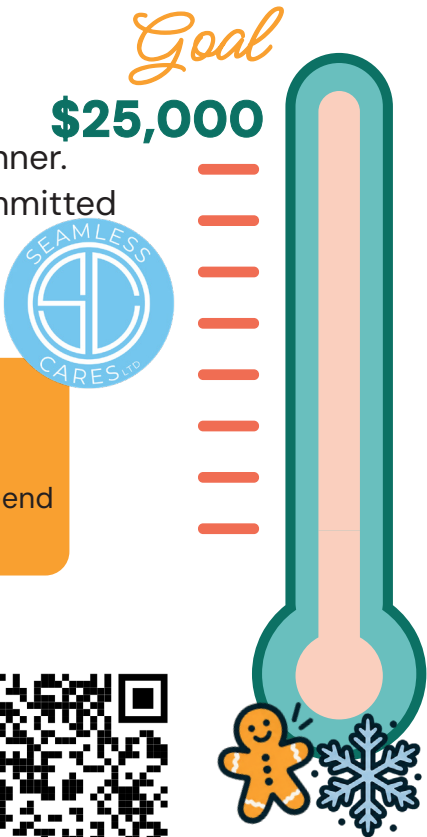
\$25,000 This year, LSCO is working to raise \$25,000 through our annual giving campaign. Your donation will help make the in-person and delivered free Christmas Dinner possible while also supporting LSCO’s programs and services for older adults throughout the year.

A GIFT TO THIS CAMPAIGN HELPS PROVIDE:

- ★ A warm and nourishing Christmas meal.
- ★ A welcoming place for people to gather and connect.
- ★ Support for LSCO programs that promote health, independence, and active living.
- ★ Essential services that help seniors remain connected to their community.
- ★ Ongoing opportunities for socialization, learning, recreation, and support.

Thank You, Seamless Cares

LSCO is grateful to recognize Seamless Cares as the title sponsor of the 57th Free Christmas Dinner. As a locally owned Lethbridge provider of individualized in-home care, Seamless Cares is committed to helping people live independently and comfortably in their own homes. We are thankful to Seamless Cares for helping bring this year’s Christmas Dinner to life.



How You Can Help

- There are several ways to support the campaign:
- ♥ Make a one-time donation in support of the Free Christmas Dinner.
 - ♥ Give a gift in honour or memory of someone special.
 - ♥ Encourage your workplace, service club, family, or community group to contribute.
 - ♥ Share the campaign with friends and neighbours.
 - ♥ Consider making LSCO part of your year-end charitable giving.

Donations can be made securely through the LSCO’s online giving page (see the QR code at the bottom of this page) or in person at the Lethbridge Senior Citizens Organization, located at 500 11 Street South, Lethbridge. LSCO’s fundraising page highlights how community gifts support meals, programs, and services for older adults.



For more information about donating, please contact LSCO at 403-320-2222.

Yes! I want to support seniors in Lethbridge!

Name: _____

Address: _____

City: _____ Postal Code: _____

Phone: _____

Email: _____

I would like my tax receipt ☐ mailed ☐ emailed or

☐ Make my donation Anonymous

☐ Sign me up to receive email updates from the LSCO

Donate online at www.lethseniors.com/donate

Charity Number: 119242014 RR0001

Lethbridge Senior Citizens Organization
500 11th Street South
Lethbridge, AB T1J 4G7
403-320-2222
www.lethseniors.com

Amount: _____

☐ I have enclosed a cheque

☐ I sent an e-transfer. Reference # _____

☐ Please Charge my Credit card
Card # _____ Expiry ____/____/____

I would like my donation to go towards:

☐ Christmas Dinner

Write below if you want something other than the default message on meal table of "Merry Christmas from YOUR NAME"

☐ Endowment

☐ General

☐ Meals on Wheels

☐ Programs

☐ Support Services

☐ Other _____

How Do You Know When It's Time for Your Next Chapter?

There comes a point in life when the question isn't "Can I keep doing this?" It's "is this still the way I want to live?"

For many people over 55, that question has nothing to do with slowing down. Life is often opening up. The children are grown. Work is more flexible. Travel plans are growing, hobbies are returning, and time with family and friends feels more valuable than ever. Yet quietly, something else begins to happen. The home that once represented freedom starts asking for more in return. Weekends become filled with maintenance. Lawns need mowing. Snow needs clearing. Repairs never seem to end. Grocery shopping, cooking, cleaning, and household chores slowly consume more of your time—not because you enjoy them, but because they have to

be done. At Wellings, we believe that's an important distinction. The decision to move shouldn't be about what you've lost. It should be about what you still want to gain. That's why every Wellings community is built around the principles of healthy aging—creating an environment that supports connection, movement, purpose, independence, and optimism. These aren't simply amenities. They're the foundations of a life well lived. People often ask us, "Why move now instead of five years from now?" The answer is simple. If you value your independence and want to enjoy it for as long as possible, why wait until daily life becomes harder? By removing the responsibilities that consume your time today, you create more opportunities to enjoy the things that truly enrich your life. It's a decision that expands your life instead of shrinking it. Life doesn't slow down here. It simply gets easier. Perhaps the better question isn't "When should I move?" Perhaps it's, "What kind of life do I want to be living five years from now?" If your answer includes more freedom, more connection, better health, less

stress, and more time for the people and experiences you love, then your next chapter isn't about leaving something behind. It's about moving toward something better. At Wellings, we believe the future belongs to those who stay curious. We simply build the community that helps make that possible. Wellings isn't retirement living. It's the future of healthy aging. Visit us to experience Wellings of Brooks for yourself, and start living life on your own terms, at your own pace.

Jeff@wellingsofBrooks.com

Direct line: 403-427-0832

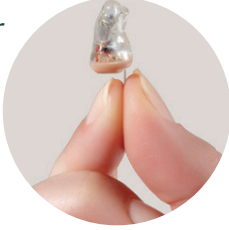
Advertorial contributed by Wellings of Brooks in recognition of their ongoing sponsorship and support of the LSCO

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 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
NBC-HIS Registered Hearing Aid Practitioners

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



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



Better Hearing Starts Here

New budget line available
Hearing aids to fit your lifestyle

- ✓ Local family owned and operated business
- ✓ Complimentary Hearing Tests
- ✓ 45 day free trial of hearing aids
- ✓ AADL, WCB, NIHB and Veterans Affairs
- ✓ Financing options
- ✓ Hearing aid clean, checks and maintenance
- ✓ Ear protection: custom molded ear defenders
- ✓ Ear wax removal services
- ✓ Remote care for virtual assistance



Let the Sakatch family at Beltone Hearing help you hear it!



Call 403-942-HEAR (4327)

or visit us at 221 12 St. N., Lethbridge | lethbridgebeltone.ca

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

Vibrant Programs



VITALITY & ACTIVE LIVING

Program Highlights:



DRAGONBOAT CONDITIONING | Saturdays, Nov.7– Dec.12 | 10:30–11:30am
Build the strength and endurance needed to power your paddle! This specialized class for active participants utilizes dumbbells, barbells, resistance bands, and bodyweight exercises to target the muscles you need for a stronger, more efficient paddle stroke. We will focus on enhancing your rotational core power, developing a strong leg drive, and protecting your shoulders for injury-free paddling. Whether you are prepping for race season or looking for a fun, functional team-style workout, let's get race-ready together!

STEADY MOVES | Tuesdays, October 6 – November 24 | 9:30–11:00am
We have partnered with AHS to bring back this popular series focusing on fall prevention.. Register in advance at the admin desk as spaces fill up quickly!

LEVEL II CONVERSATIONAL GERMAN This class is best for those who have a bit of exposure to the German language or who have completed the Level I course with Konny previously. Practice speaking the language and make some new friends!

WESTCO WOODSHOP PROGRAMS There are so many opportunities for beginners to experience the woodshop right now – check out our ongoing class offerings where even the newest craftsman can create items like kitchen utensils, wooden bowls, spinning tops, and more! A woodshop membership is not required to participate in these classes, so there isn't much commitment needed to try something new under the guidance of our Technician, Megan Rourke. To find out more about current classes, inquire at the admin desk or email mrourke@lethseniors.com

JAM SESSIONS HAVE COME TO LSCO! We are excited to host jam sessions on the last **Wednesday of every month from 1–3:30pm!** Share your vocals or instrumental gifts with the group if you can, or just enjoy the music. There will be a limited amount of seating for those who wish to tap their toes to the beat, but dancing on the spacious dance floor is highly encouraged! \$2 drop in at the admin desk.

Don't miss out! There are still a few spots in some of our more popular programs for the November/December session! Register online or in person at the admin desk.

Woodshop Tech Hours:	Mon: 11am–3pm	Wed: 9am–1pm	Fri: 9am–1pm
	Tues: 9am–1pm	Thurs: 11am–3pm	

Email mrourke@lethseniors.com if you want to know more about the shop!



The quilting group was busy last month! Group members spent their Friday afternoons crafting these beautiful overnight bags. Want to join the group? Inquire about registration at the admin desk

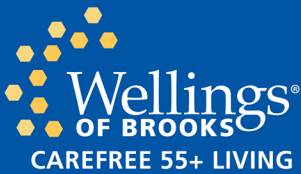


Our first wood turning class with Terry was a success! Students learned to create spinning tops and bud vases as a nice introduction to the laith. More class dates coming soon!

DISCOVER A NEW WAY OF LIFE

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

ASK US ABOUT MOVE-IN INCENTIVES



VISIT US TODAY

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

A Message from Steph, YOUR PROGRAM MANAGER:

September was a whirlwind here at LSCO – so many faces, both new and familiar, have filled our halls once again. As we all settle in, try to spot some new-to-you faces in the crowd. Maybe you'll make a new friend, or at least brighten someone's day with a smile or pleasant conversation. When the sun begins to set a bit earlier and the urge to stay cozy at home creeps in, consider some other ways you might feel connected to others that day. It could be a phone call to a far-away friend or bringing some fresh baking to a neighbour. Connection and community are an important part of holistic wellbeing; we need to feel embedded in our community to feel our best!

Thank you to Phoenix Fire Fitness for servicing our Fitness Centre! We will have some equipment upgrades coming soon thanks to this long standing locally owned business. Give them a call for your home fitness equipment needs!

DON'T MISS OUT! There are still a few spots in some of our more popular programs for the November/December session! Register online or in person at the admin desk.

Welcome to the Team, Bernitta!

"Hi, I'm Bernitta, the new Marketing & Development Coordinator at LSCO!"

I moved to Lethbridge in 2017 to complete my BFA in New Media at the University of Lethbridge, and I've been happily calling the city home ever since. I got to know the community through my work at Nikka Yuko, and I'm excited to continue connecting with the wonderful people of Lethbridge here at LSCO. If you see me around taking photos, exploring the centre, or enjoying a cup of coffee in the dining room, come say hi!"



VITALITY & ACTIVE LIVING

October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SPECIALTY PROGRAMS & GROUPS SUPPORT SERVICES SPECIAL EVENTS SESSIONAL PROGRAMS & FITNESS			1 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 10:15-11:30am: Pilates 10:30-11:30am: Strength Circuit 10:15-12:00pm: Badminton 12-1pm: SACPA 1-2pm: Yin Yoga Mini Series 1-3pm: Crib 1-3:30pm: Ukulele Group 1-4pm: Knitting & Crochet 1:30-2:30pm: Strength & Mobility 4-5pm: Moving To Heal 5:15-6:15pm: Classic Nia 7-9pm: AA Sunset	2 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 3-4:30pm: Pickleball Drop In
5 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 10:15-11am: Gentle Exercise 10:15-11:15am: Seniors Who Lift 11:15-12:45pm: Badminton 11:15am-12:30pm: Pilates 11:30-12:15pm: Functional Fitness 1-2pm: Yoga For Seniors 1-2pm: Modern Qigong 2:30-4pm: Table Tennis 7-9pm: Pickleball Drop In	6 8-8:55am: Vinyasa Yoga 8:30am-4pm: Billiards 8:45-9:45am: Pilates For Beginerrs 9:05-10am: Cycle Combo 9-9:50am: Cardio & Balance 10am-12pm: Prescribing Pharmacist On-Site 10-11am: Gentle Yoga 10:30-11:15am: Essentrics 12-3pm: Quilting 1-3:30pm: Karaoke 1:30-3pm: Community Connect Coffee Group 1:30-2:30pm: Strength & Mobility 5-6pm: Tuesday Evening Flow Yoga 6:30-7:30pm: Queer Senior Peer Support Group	7 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 10:30am-1:30pm: Aurora Centre 11-11:45am: Zumba + Lift 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	8 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 10:15-11:30am: Pilates 10:30-11:30am: Strength Circuit 10:15-12:00pm: Badminton 11:30-12:15pm: Cardio Drumming 12-1pm: SACPA 1-3:30pm: Compass for the Caregiver 1-3pm: Crib 1-4pm: Knitting & Crochet 1:30-2:30pm: Strength & Mobility 4-5pm: Moving To Heal 5:15-6:15pm: Classic Nia 7-9pm: AA Sunset	9 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
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 LSCO CLOSED FOR THANKSGIVING!	9:05–10am: Cycle Combo 9–9:50am: Cardio & Balance 10–11am: Gentle Yoga 10:30–11:15am: Essentrics 12–3pm: Quilting 1–3:30pm: Karaoke 1:30–2:30pm: Strength & Mobility 5–6pm: Tuesday Evening Flow Yoga		9–9:50am: Core & Stretch 9–10am: 20/20/20 9am–12pm: Foot Care – Podiatry 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 11–11:45am: Zumba + Lift 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		17	8:30–10:30am: AA Eye Opener							
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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
Dancing Leaves in Line & Wash	Donna Gallant	Tuesdays, Oct 20 – Nov 3	1 – 3 pm	\$50 (\$75)	Arts & Crafts
Intro to Soft (chalk) Pastel	Donna Gallant	Tuesdays, Nov 17 – Dec 8	1-3pm	\$75 (\$100)	Arts & Crafts
Paint Night	Kendra Sala	TBD	5:30–8:30 pm	\$55 (\$65)	Arts & Crafts

FITNESS & MOVEMENT PROGRAMS

- Suitable for All Fitness & Mobility Levels

Class includes sustained, high intensity exercise

Class includes sustained walking/standing; suitable for most fitness levels
- ***New Session Dates

Class is full

Member Price (Non Member Price)

Session	Time	Cost	Drop-In	Room	Instructor
20/20/20					
Mondays, Nov 2 – Dec 21	10:15 – 11:15 am	\$56 (\$70) \$64 (\$80)	\$9 (\$11)	Gym 2	Jamie Hillier TBD
Cardio & Balance					
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					
Thursdays, Oct 8 – 29	11:30am – 12:15pm	\$32 (\$40)	\$9 (\$11)	Gym 2	Sheila Mulgrew
Cardio Strength					
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					
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					
Thursdays, Nov 5 – Dec 17	9:30 – 10:15 am	\$48 (\$64) \$48 (\$64)	\$7 (\$9)	Stage	Andrea Clarke
Circuit Express *New!					
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					
Mondays, Nov 2 – Dec 21	10:10 – 11:00 am	\$48 (\$60) \$64 (\$80)	\$9 (\$11)	APR	Tracy Simons
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					
Tuesdays, Nov 3 – Dec 15	9:05 – 10:00 am	\$56 (\$70)	\$9 (\$11)	Gym 2	Jamie Hillier TBD
Instructor’s Choice					
Mondays, Nov 2 – Dec 21	9:00 – 9:55 am	\$64 (\$80)	\$9 (\$11)	Gym 1	Jamie Hillier TBD
Cycle For All Levels					
Thursdays, Nov 5 – Dec 17	9:05–10:00 am	\$64 (\$80)	\$9 (\$11)	Gym 2	Jamie Hillier TBD
TGIF Cycle					
Fridays, November 6 – December 18	8:00 – 8:45 am	\$56 (\$70)	\$9 (\$11)	Gym 2	Tracy Simons
Essentrics					
Tuesdays, Nov 3 – Dec 15	10:30 am – 11:15 pm	\$70 (\$91)	\$11 (\$16)	Gym 1	Lindsay Anderson
Functional Fitness					
Mondays, Nov 2 – Dec 21	11:30 am – 12:15 pm	\$48 (\$64)	\$7 (\$9)	Stage	Andrea Clarke
Gentle Exercise					
Mondays, Nov 2 – Dec 21	10:15 – 11:00 am	\$64 (\$80)	\$9 (\$11)	Gym 1	June Dow
Wednesdays, Nov 4 – Dec 23 *No class November 11*	10:15 – 11:00 am	\$56 (\$70)	\$9 (\$11)	Gym 1	Donna Teifenbach
Fridays, Nov 6 – Dec 18	10:15 – 11:00 am	\$56 (\$70)	\$9 (\$11)	Gym 1	Andrea Clarke
Line Dancing - Experienced					
Wednesdays, Nov 4 – Dec 23 *No class November 11*	11:30am – 12:30 pm	\$42 (\$56)	\$7 (\$9)	Gym 2	Gloria–Rose Puurveen
Pilates					
Mondays, Nov 2 – Dec 21	11:15 am – 12:30	\$64 (\$80)	\$9 (\$11)	APR	June Dow
Thursdays, Nov 5 – Dec 17	10:15 am – 11:30	\$64 (\$80)	\$9 (\$11)	A/B	June Dow
Pilates For Beginners					
Tuesdays, Nov 3 – Dec 22	8:45 – 9:45 am	\$64 (\$80)	\$9 (\$11)	A/B	June Dow
Pound					
Thursdays, Nov 5 – Dec 10	11:30am – 12:15pm	\$48 (\$60)	\$9 (\$11)	APR	Sheila Mulgrew
Strength & Mobility					
Tuesdays & Thursdays Nov 3–Dec17	1:30 – 2:30 pm	\$84 (\$112)	\$7 (\$9)	Fitness Centre	Andrea Clarke
Strength & Balance					
Thursdays, Nov 5 – Dec 17	9:00 – 9:50 am	\$64 (\$80)	\$9 (\$11)	Gym 1	Gabrielle Dumont
Strength Circuit					
Thursdays, Nov 5 – Dec 17	10:30 – 11:30 am	\$64 (\$80)	\$9 (\$11)	Fitness Centre	Stephanie Girodat
Tabata					
Fridays, Nov 6 – Dec 18	9:00 – 9:55 am	\$56 (\$70)	\$9 (\$11)	Gym 1	Various

VITALITY & ACTIVE LIVING					
Session	Time	Cost	Drop-In	Room	Instructor
TRX Plus					
Mondays, Nov 2 – Dec 21	9:00 – 9:50 am	\$64 (\$80)	\$9 (\$11)	Gym 2	Andrea Clarke
Zumba®					
Mondays, Nov 2 – Dec 14	9:00 – 9:55 am	\$56 (\$70)	\$9 (\$11)	APR	Gabrielle Dumont
Zumba + Lift					
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

Chair Yoga					
Mondays, Nov 2 – Dec 21	10:00 – 10:45 am	\$48 (\$64)	\$7 (\$9)	Stage Area	Corrine Myers
Wednesdays, Nov 4 – Dec 23 *No class November 11*	10:00 – 10:45 am	\$42 (\$56)	\$7 (\$9)	Stage Area	Corrine Myers
Classic Nia					
Thursdays, Nov 5 – Dec 17	5:15 – 6:15 pm	\$104 (\$128)	\$15 (\$20)	Gym 2	Lise LeMoine
Gentle Yoga					
Tuesdays, Nov 3 – Dec 22	10:00 – 11:00 am	\$56 (\$70)	\$9 (\$11)	APR	Donna Teifenbach
Thursdays, Nov 5 – Dec 24	10:00 – 11:00 am	\$56 (\$70)	\$9 (\$11)	APR	Donna Teifenbach
Moving To Heal					
Thursdays, Nov 5 – Dec 17	4:00 – 5:00 pm	\$104 (\$128) \$104 (\$128)	\$15 (\$20)	Gym 2	Lise LeMoine
Saturday Flow Yoga					
Saturdays, Oct. 24 – Dec. 19	10:00 – 11:15 am	\$72(\$90)	\$9 (\$11)	A/B	Rumi Graham
Modern Qigong					
Mondays, Nov 2 – Dec 21	1:00 – 2:00 pm	\$64 (\$80)	\$9 (\$11)	Stage Area	Christi Pierson
Tuesday Evening Flow Yoga					
Tuesdays Nov 3 – Dec 22	5:00 – 6:00 pm	\$64 (\$80)	\$9 (\$11)	A/B	Donna Tiefenbach
Vinyasa Yoga With Melanie					
Tuesdays, Nov 3 – Dec 15	8:00 – 8:50 am	\$56 (\$70)	N/A	APR	Melanie Hillaby
Thursdays, Nov 5 – Dec 17	8:00 – 8:50 am	\$64 (\$80)	N/A	APR	Melanie Hillaby
Tai Chi 108 Yang Style Form Practice					
Wednesdays, Nov 4 – Dec 16 **Bonus class on Dec 23 if facilitators are available**	10:15 – 11:15 am	\$35 (\$42)	\$6 (\$8)	Gym 2	N/A
Yin Yoga **NEW TIME!**					
Fridays, November 6 – 27	9:00–10:00 am	\$32 (\$40)	\$9 (\$11)	APR	Carey Vijou
Yoga For Seniors					
Mondays, Nov 2 – Dec 21	1:00 – 2:00 pm	\$64 (\$80)	\$9 (\$11)	A/B	Corrine Myers
Fridays, Nov 6 – Dec 18	10:15 – 11:15 am	\$56 (\$70)	\$9 (\$11)	APR	Corrine Myers

VITALITY & ACTIVE LIVING					
Session	Time	Cost	Drop-In	Room	Instructor
Yoga Refresh	Note: All participants registered in Yoga Refresh for November will be participating in Yin Yoga with Carey Vijou.				
Fridays, Dec 4 – Dec 18	9:00 – 10:00 am	\$56 (\$70)	\$9 (\$11)	APR	Stephanie Girodat
Yovascia: Mobility, Balanca, Rejuvenation					
Mondays, November 2 –Dec 7	8:30 – 9:30 am	\$48 (\$60)	\$9 (\$11)	A/B	Elaine Jagielski

Take Your Sweetie to Tahiti!

BY DIXIE FOWLER, FOUR SEASONS TRAVEL

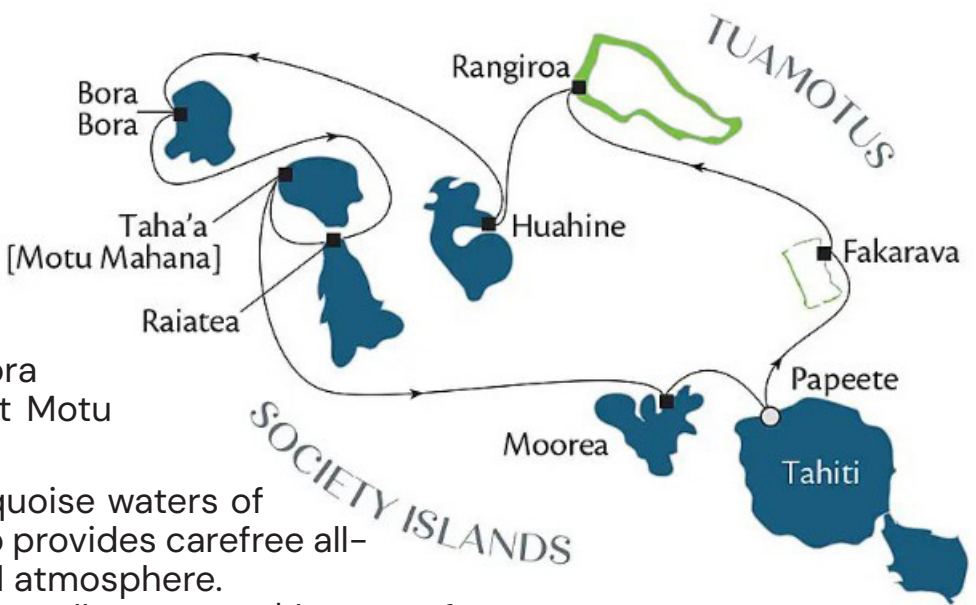
Paul Gauguin Cruises uses this catchy tagline to promote their luxury small-ship cruises in the South Pacific.

The destination expert in Tahiti and her islands, the m/s Paul Gauguin takes you to other iconic tropical destinations like Fiji, the Cook Islands, the Marquesas, Bali and Australia.

My sailing was a 10-night itinerary called More Tuamotus & Society Islands. This sailing includes the iconic islands of Bora Bora and Moorea as well as a private island experience at Motu Mahana.

The m/s Paul Gauguin was purpose-built for the warm turquoise waters of the South Pacific. This intimate 330-guest luxury cruise ship provides carefree all-inclusive value and exceptional service in a relaxed onboard atmosphere. I loved the multiple outdoor dining options. The cuisine is excellent, as you'd expect from a luxury cruise line. I was particularly impressed with the speedy room service – my breakfast arrived hot – not always the case on other cruise lines.

The ship's dive marina provides equipment for Scuba, snorkel, paddle boards, and kayaks. You can even take a PADI Scuba course.





FOUR SEASONS TRAVEL

Dixie Fowler - Owner
403-894-3614
Dixie@FourSeasonsTravel.ca

Escorted Tours Cruises All-Inclusive Flights
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I chose a half-day excursion to a small barrier reef to snorkel with stingrays and reef sharks. These sharks are “only” about 5-6 feet long, passive, but ferocious-looking. It was a heart-pounding experience, and a memory I'll always treasure. On land, explore the steep and twisty roads that take you up the rugged mountainside on a 4x4 excursion. The views from the hilltops are stunning. Visit a market where sarongs are hand-painted while you watch. Enjoy fresh fruit while you wander the lush gardens.

This is a popular place for vow renewals, Polynesian-style. Picture yourselves dressed in traditional tropical pareos, with fresh flower crowns, arriving in an outrigger canoe. When the vows are done, celebrate with champagne and receive your symbolic local wedding certificate. Tahiti is ideal for couples, friends, families, milestone anniversaries and birthdays.

Go to the South Pacific if you love stunning scenery, water sports, horticulture, and history. Book a Paul Gauguin cruise if you want all of the above, and the most pampering you'll ever get while on vacation.

For details on Tahiti and other fabulous destinations, contact Dixie Fowler at 403-894-3614 or dixie@fourseasonstravel.ca.



Paul Gauguin
CRUISES

\$1,000 SHIPBOARD CREDIT
per stateroom or suite

Book by October 31, 2026

Get your FREE QUOTE
Dixie@FourSeasonsTravel.ca
Travel any time before December 31, 2027.



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.

Ukulele Group: \$25/year + LSCO Membership

Join this beginner-friendly as we learn the basics, create music, and enjoy good company. Some extra instruments may be available upon request, but all participants are encouraged to have their own ukulele.

Computer Club Events

OCTOBER 2026

Monday, Oct. 5 - Planning & updating Computers

Wednesday – Oct.7

1–2pm - Artificial Intelligence

presentation by AIRI foundation Free to the public. Registration required and limited to 20 people. *Sign up is at front desk.*

Wednesday Oct. 21 - Windows 11 Basics, Fine tuning, Mousing around and Filing

Monday October 26 - Updating Computers

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.

Details and links about upcoming events are available on the LSCO Computer Club Website

Clickfix Scam: What It Is and How to Avoid It

Definition: ClickFix is a scam that turns a simple "prove you're human" (or other fake message) pop-up into a malware trap, using your own keystrokes to install it.

How a ClickFix Attack Works

- The Lure: You visit a compromised or malicious website that shows a fake error, system update warning, or anti-bot CAPTCHA.
- The Trap: The page displays a button with a reassuring fix message (such as "Verify you are human" or "Fix browser error"). When you click it, invisible JavaScript secretly copies a harmful command to your device clipboard.
- The Execution: Simple instructions guide you to press keys like [Win] + [R], paste with [Ctrl] + [V], and hit [Enter].
- The Damage: The command runs inside a tool like PowerShell, Command Prompt, or the Windows Run dialog with your own user permissions, downloading malware like info stealers or remote access tools.

Common Disguises

- Fake CAPTCHAs: Impersonates routine verification screens like Cloudflare to look like a normal web barrier.
- Browser Errors: Pretends Google Chrome or another browser failed to load a security certificate or extension.
- System Updates: Simulates a fake Windows update screen that claims manual steps are required to finish.

Prevention and Safety

- Never Paste Commands: Legitimate websites, CAPTCHAs, and browser fixes will never ask you to open a terminal or run a command sequence.
- Watch the Clipboard: Be suspicious of any prompt that asks you to paste text into a system run box or command line.
- Keep Security Updated: Use reliable endpoint protection and ad blockers to catch malicious web redirection early

SJOERD SCHAAFSMA

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:

★ **NEW SUPPORT SERVICE! Motion – Preventative Maintenance Program**
9 am – 10:30 am I Card Area
Get your wheelchair, scooter, and other mobility devices assessed. Small fixes done on sight for free.

A Message from Constable Dana Holland FROM THE LETHBRIDGE POLICE SERVICE

Welcome to October! First, I would like to share a special thanks for the warm welcome that we have received from members of LSCO, as I hope this is the start of a wonderful partnership with everyone our unit comes in contact with.

Fall came like a whirlwind this year and our weather has changed quickly, as our days have gotten shorter, the need to be aware of our surroundings becomes that much more important. Please ensure you lock your vehicle doors at night and if you are walking from various locations to businesses or your home, please scan the area and be aware of your surroundings.

October is also Breast Cancer Awareness Month and Mental Illness Awareness Month. Most of us know someone who has been diagnosed with Breast Cancer. It is the second leading cause of death in women in Canada, and 83% to 88% of cases occur in women aged 50 and older. So, if you have women in your life who fall into this category please encourage them to meet with their doctor and get their yearly mammogram.

Mental Health is something that can affect any one of us. On average 1-5 Canadians experienced mental illness or mental health issues, with about 50% of the population becoming affected by age 40. There are many factors that come into play with mental health (Family issues, physical ailments, stress, loneliness and traumatic events). We encourage you to seek help if you recognize any signs in your life where you don't feel like yourself. Meet with your doctor, speak to someone you trust and get involved in your community.

Lastly, October will bring out the "Ghoul" in our youth at the end of month with Halloween celebrations. A few extra tips for the week leading up to October 31, 2026.

- 1. Slow down– drive below speed limits as children may get excited and could run out into the road without looking.**
- 2. Watch for dark costumes**
- 3. Eliminate distractions– Put away the phone. Keep your eyes and ears clear.**
- 4. Use full headlights**
- 5. Be cautious of driveway– Kids may pop up while catching up to friends**

Quote of the month:
"Almost everything will work again if you unplug it for a few minutes, including you." – Anne Lamott
Wishing every single one of you who are reading this a Wonderful October full of happiness and positive interactions.

Sincerely, Cst. Dana Holland

Support Services Message

By Tyler Andersen

Hello everyone, and happy October! As we move into the colder months, and begin spending more time indoors and with technology, I want to take this time to talk about AI (or artificial intelligence) and some important considerations to keep in mind if you are utilizing this tool.

With the increasing presence of AI-based tools, the possibilities continue to grow with what they can do and how we're able to utilize them. Some of these might include, but are certainly not limited to ChatGPT, Google Gemini, Claude, Grok, Grammarly, and NotionAI. While these tools can help us with menial tasks, like writing a letter or sending a text message, generate various forms of media like pictures or videos, or even provide different forms of companionship, we must also hold space for limitations, shortcomings, and ethical considerations around AI. So without further ado, let's jump right into 5 different factors you should keep in mind if you do choose to use an AI-based tool.

1 **Remember that AI can be biased, and the information generated can be inaccurate.**

Information generated from AI can be biased or even inaccurate. On the backend, for example, someone is responsible for developing and training the AI tool, who may also have explicit or implicit biases. These biases, much like the human subconscious, can then become embedded, and even inform the AI tool, therefore influencing the generated content.

2 **Avoid sharing personal information with an AI tool.**

If you use an AI tool, take care not to share any personal identifying information, including your full name, address, phone number, financial information, health records, etc. Many AI tools are still developing and changing, and some of these will store information you provide. In some cases, the information that you provide may also be used in further training the AI-based tool. It is also always a good idea to review the privacy settings on any new AI tool you do choose to use, as not all of these will be the same.

3 **AI can also be used against us by people like scammers, hackers, etc.**

While AI-based tools can be helpful, they can and are also being used to cause harm to people. Cybercriminals, for example, may use different forms of AI to try and trick you. A common example of this can be using AI to make a phone call and mimic the voice of a friend or family member and ask for money. AI can also be used to create fake or modified images. To protect yourself, remember to try and stay up to date on how to keep yourself safe while online. If you do ever require support or have questions, Lethbridge Police Service is always a great resource available in the community to consult.

4 **Remember that AI is a tool!**

Although AI-based tools can help us with hammering out tasks or making decisions, it is important for us to establish a healthy balance. Becoming over reliant on AI can have consequences in our daily lives, which may not be evident to us in the moment. Some of these include negative effects on our ability to think critically, using AI to replace visits with health and mental health professionals and services, or becoming dependent on AI, in some circumstances. Call on AI if you think you need it, but try not to let it become a replacement for the skills you already have!

5 **AI's impact on the environment**

Finally, I would be remiss not to talk about the impact that AI has on our environment. Although certain forms of generative AI, like ChatGPT and Google Gemini, allow new possibilities and levels of efficiency, even just entering one prompt uses an alarming amount of energy and natural resources. This expands past just electricity, with one of the biggest concerns being the amount of water required. The current hardware that power generative AI tools requires a great deal of water to cool the machinery, which can have a plethora of unintended consequences, including on our local water supply, or the environment, surrounding ecosystems, and wildlife that call Southern Alberta home.

As mentioned above, AI is a tool but there are many things to consider when using it. Take care to use AI safely and intentionally, ensuring you are thinking about yourself, your safety, and your community.



YOUR AD CAN GO HERE

CONTACT US TODAY TO FIND OUT HOW



SUPPORT & INDEPENDENCE

SUPPORT & INDEPENDENCE

LEARN Message

OCTOBER 10 IS WORLD MENTAL HEALTH DAY!

To take care of your physical health, you must also take care of your mental health! Taking care of your mental health as you age can be as easy as using the CARE method:



The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world, some of which can be caused by elder abuse, and to mobilize efforts in support of mental health. Make it a priority to try the CARE method in honor of World Mental Health Day on October 10!

- C : CONNECT WITH OTHERS
- A : ACTIVE BODY, ACTIVE MIND
- R : REST, NUTRITION, AND RELAXATION
- E : EXPRESS YOUR FEELINGS AND SEEK SUPPORT WHEN NEEDED

Look Out for the Upcoming 2027 LEARN Calendar!

A FREE CALENDAR THAT HELPS LETHBRIDGE SENIORS STAY SAFE ALL YEAR.
Each year, the Lethbridge Senior Citizens Organization (LSCO) and the Lethbridge Elder Abuse Response Network (LEARN) produce and distribute a free, year-long calendar packed with practical safety tips and elder-abuse prevention information for older adults and the community.
The LEARN calendar is designed as a free and accessible resource that reaches seniors where they already go in the community. Every monthly page combines actionable safety advice with reminders about rights, warning signs of mistreatment, and how to get help—making it both a planning tool and an ongoing education campaign.
Because elder abuse can be hidden and hard to talk about, having this information visible in homes, agencies, and public spaces all year long helps people recognize risks earlier and seek support sooner.

WHO IT'S FOR AND HOW TO GET IT

The calendar is intended for adults 55+, their families, caregivers, and anyone who works with or supports seniors in Lethbridge and the region. Copies are distributed at no charge at the LSCO and other locations throughout Lethbridge and rural areas around Lethbridge.

THANK YOU TO OUR SPONSORS!

We are so grateful for the support of our sponsors, who contributed to both the content and the cost of printing the calendar. This includes Travis Bissett, a lawyer and partner from Stringam Law, Aurora Sexual Assault Centre, and the Lethbridge Police Services.

2027

Senior's Safety Calendar

LEARN
LETHBRIDGE ELDER ABUSE
RESPONSE NETWORK

 learn@lethseniors.com

 403-394-0306

 lethseniors.com/learn

 500 11 St. South, Lethbridge (LSCO)
8:00AM - 4:00PM

INFORMATION AND RESOURCES TO
PROTECT YOUR RIGHTS & SAFETY

Lethbridge Folk Club

One spectacular 47th Fall Season!
September 12th 2026 through
December 11th 2026

WAPA KING & THE BOOZEMEN

Friday, September 12

7:00-8:00 PM

CONNIE KALDOR

Saturday, October 17

7:00-8:00 PM

JAMES KEELAGHAN AND THE LOVERBULLIES

Friday, November 21

7:00-8:00 PM

THE LOVERBULLIES

Saturday, December 12

7:00-8:00 PM

CROOKED PATH

Saturday, October 17

7:00-8:00 PM

FRIENDS & FOLK HOLIDAY FUNDRAISER

Friday, December 11

7:00-8:00 PM

October is feeling
THANKFUL
FOR ALL THE MUSIC IN YOUR LIFE

LIFE IS SHORT.
BUY THE TICKETS.

SCAN FOR
TICKETS today!



lethbridgefolkclub.ca

Farewell, Hannah!

We wish Hannah a sincere and heartfelt farewell from her position as the Marketing and Events Coordinator. Hannah has been with the organization for over four years and her impact and legacy has not gone unnoticed. She has helped the LSCO rebrand, create, plan, and implement fund-raising events, including the Twilight Soiree, and has been a friendly face who has always been willing to help out. Thank you for all your hard work over the years, Hannah, and we wish you luck in all your future endeavours!

VITALITY & ACTIVE LIVING

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



Fall 2026

Steady Moves

Education and exercise series

Steady Moves is an 8-week falls prevention series. Each session includes a 45-minute expert-led talk on evidence-based falls prevention strategies, followed by a 45-minute exercise class focused on strength and balance.

Additional Information

This program is aimed at older adults who:

- Live independently (e.g., at home or a lodge).
- Walk independently without assistive devices (e.g., canes, walkers, wheelchairs).
- Are capable of exercising without assistance and can manage movements independently.

Educational topics may include:

Pharmacy, physiotherapy, exercise physiology, occupational therapy, nutrition, optometry, hearing, health promotion and community connection.

October 6 - November 24
Tuesdays 9:30 am - 11:00 am
at Lethbridge Senior Citizens Organization (LSCO)
500 11th Street South, Lethbridge, AB

Registration required!
To register, call LSCO (403) 320-2222.



Primary Care Alberta



LSCO Lethbridge Senior Citizens Organization



Healthy Lethbridge

September 2026

SUPPORT & INDEPENDENCE

OCTOBER 2026
SUPPORT SERVICES CALENDAR

Drop In *appointment / registration required

 kmartin@lethseniors.com
 403-320-2222


EST 1975
Lethbridge Senior
Citizens Organization

October 6 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. Presentation from YWCA Lethbridge.
October 6 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.
October 6 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.
October 7	Aurora Centre 10:30 am - 1:30 pm Card Area	Staff from Aurora Centre will be offering information and supports for opening the conversation around personal autonomy, self-respect, body boundaries and healthy relationships.
October 8 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.
October 8 2nd Thursday	Hearing Screening* 10 am - 12 pm Clinic Room	FREE hearing screenings from Lethbridge Hearing Centre
October 14	Foot Care - Podiatry* 9 am - 12 pm Room C/D	Basic podiatry services provided by Dr. Bolokoski from the Chinnok Foot & Ankle Clinic. Cost is \$20 and LSCO membership required.
October 15 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.
October 19 th & 20 th	Flu Shot Clinic 9:30 am - 12:00 pm	Get your FREE flu shot courtesy of Save on Foods
October 22	Mobile Food Support 1 pm LCSO Parking Lot	Free, fresh food for all from the Lethbridge Food Bank. Open as long as supplies last.
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.

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SUPPORT & INDEPENDENCE



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info@couleehomecare.ca
833.596.5483



Did You Know?

The LSCO's Diner is open to the public, Monday to Friday, for breakfast and lunch!



LSCO
Lethbridge Senior Citizens Organization



Did You Know?

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



LSCO
Lethbridge Senior Citizens Organization



Did You Know?

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



LSCO
Lethbridge Senior Citizens Organization



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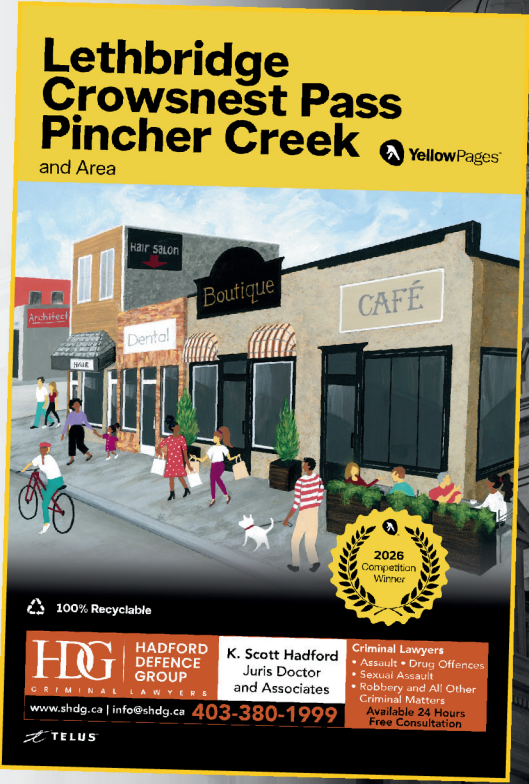
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Could Better Hearing Help Protect Your Brain?

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.



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