LSCO Times

November

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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The Purpose of the LSCO - A Story from an LSCO Member

GORDON DIXON — THE POWER OF BEING PRESENT

After a lifetime of ministry, Gordon Dixon, now retired and a member of the Lethbridge Senior Citizens Organization (LSCO), has found friendship, connection, and a renewed sense of belonging. His experience reminds us that simple acts can make a great difference.

After 33 years of parish ministry, Gordon realized how important it was to have a community behind you. After retiring and after his wife, Diana, passed away, he found that building connections in a new city was not always easy.

"When I moved several times, there was always a community waiting for me," Gordon recalled of his years in ministry. **"When I moved here, retired, I didn't find it easy to make friends. I didn't have that same community waiting for me."**

Born in Regina and raised in Saskatchewan, Gordon spent much of his life in banking and ministry before retiring in 2009. After Diana passed away, he moved to Lethbridge to be closer to one of his daughters and access needed medical services. While the move brought him closer to family, it also meant starting over socially.

"A lot of our well-being rests on the contacts that we have," he explained.

Fortunately, Kendall and Sandy, old acquaintances, persuaded him to go to LSCO for brunch and take that first step.

A Simple Invitation Makes All the Difference

At first, he was reluctant to go to a seniors' center, and in a humorous account, said that when he lived in Prince Albert he never did, since, as he put it, **"That's for seniors, and I was only in my 70s!"**

When he finally decided to give it a go, he realized most of the members were actually younger than him! Kendall and Sandy introduced him to their Friday lunch group, and what began as a way to get out of the house gradually became long-lasting friendships.

Gordon recognizes that entering an unfamiliar place can feel intimidating, especially for older adults who may be experiencing loneliness or uncertainty about meeting new people. His advice is to start small.

"I think we find life and energy when we take a step. And even if it's just a step coming down here to have lunch," he said, **"that can change the possibilities."**

Small Moments, Lasting Impact

Throughout his childhood and years in ministry, Gordon experienced and saw how isolation could affect people and understood the importance of simply being there for someone.

"... the unknown, I think sometimes seniors get caught up in that fear, so they get caught just staying at home," he said.

At the LSCO, Gordon has experienced firsthand how much these moments of connection can matter. Two interactions with staff members, in particular, have stayed with him.

Continued on Page 5...



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LSCO News

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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

LSCO will be closed on Wednesday, November 11th for Remembrance Day



Fundraising Corner

Updates (As of October 9, 2026)

Support Our Seniors Campaign

- $54,570 out of $75,000 goal (65% of the way to our goal!)

Donor Mural: $3,530 of $35,000 Goal

Community Round Up: $759.00

Sponsorships: $52,500 (to date)

LSCO Meals on Wheels

December's **Sponsor of the Month**

CHERIE BIRCH
THE MORTGAGE GROUP
THINK OUTSIDE THE BRANCH

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

LSCO Quilt Club donates $500 to the Meals on Wheels program!



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

LSCO Lethbridge Senior Citizens Organization

ROCKIN' **Dinner & A Show** FUNDRAISER

Now Accepting Silent Auction Donations!

Please ask for Bernitta or Hannah when dropping off your donation at LSCO.

Questions?
Email: marketing@lethseniors.com | Call: (403) 320 - 2222 x 302

We'll need to know:
- Contact Information
- Estimated Value of Item(s)
- If you need a Tax Receipt
- Whom to thank for the donation

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LEARN **403-394-0306**

EXECUTIVE DIRECTOR'S MESSAGE

The Giving Season Is Upon Us



I feel like I say this every month: how is it already November?!

The months have flown by, and as we head into the giving season, I am filled with gratitude for every donor, volunteer, staff member, and member who contributes to the LSCO. Your generosity, time, and belief in our work continue to make this community what it is and I am deeply honoured to be a part of it.

This year, our donors have contributed more than $238,000 to support LSCO's mission. Every dollar helps stabilize our organization and sustain the free and subsidized programs and services that thousands of seniors access each year. Together, we are building a fun, inclusive, accessible, and supportive community and we could not do it without you.

As you consider your year-end giving, we hope you will keep the LSCO in mind.

The "why" behind giving to the LSCO is simple: a gift keeps older adults in Lethbridge connected, nourished, active, and independent, while protecting the community hub that makes that possible. It is an investment in dignity, health, and belonging.

For many seniors, the LSCO is where they find a friendly face, a hot meal, a class, or simply a reason to get out of the house. Every gift helps sustain essential programs like Meals on Wheels, subsidized recreation, support services, and programs that help people stay healthy, connected, and independent in their own community.

To launch our Giving Season, we are excited to host you at our upcoming (and nearly sold out) Rockin' Dinner and a Show Fundraiser on November 21! Sponsored by Life Assure Medical Alert Systems, Lethbridge Hearing Centre, and Wellings of Brooks, this event will be fun, informal, and rockin'—all in support of Meals on Wheels and other LSCO programs and services.

The evening will feature a silent and live auction, emceed by local performer Andrew Legg, roaming performances from New West Theatre, and a finale from the incredible '50s cover band, The Rebel Angels. Some of the auction items are already amazing, including a $1,000 gift card to Contemporary Concrete (wowza!). If you would like to donate a silent auction item, please connect with Bernitta or Hannah Rayner at the Support Services desk.

Next in our Season of Giving, we are proud to host our 57th Free Annual Christmas Dinner, with a fundraising goal of $25,000. Sponsored by **1st Choice Savings**, we anticipate serving more than 1,000 free meals to seniors, families, and individuals in our community. The dinner also provides meals to on-duty firefighters and police officers, as well as meals for those accessing the Lethbridge Soup Kitchen.

For the price of just one and a half Starbucks coffees ($15 per meal), you can help provide a free meal and a moment of warmth and connection to someone who could use a little extra care this holiday season. To learn more or make a gift, please see page #8.

Finally, I want to "give" a little bit of gratitude to the LSCO's Board of Directors who have provided me with so much kindness and support during my time here at the LSCO. They are an incredible group of people who come together each month to address each challenge that we face as an organization head-on.

Thank you for standing with Lethbridge's seniors. Your support ensures that the LSCO remains a place where everyone can belong, connect, and thrive.

LSCO COMMUNITY PARTNERS, SPONSORS, & MAJOR DONORS

LEGACY & TRUST

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A publication of Lethbridge Senior Citizens Organization

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!

Kathy Wallocha
Les Visser
Lori Harasem
Jim Gagnon
Christine Gagnon
Chirs Eramus
Donna Schenher
Josh Groten
Terrance Reamsbottom
Ken Donkersgood
Anne Papan
Candis Done
Marilynn Christie
Janice Ross
Ursula Hetesi
Don Aos
Krista Brandt
Mary Ann Isaac
Joey Shackleford
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What Is the Member+ Initiative?

Launched 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.

- ✓ 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
- ✓ 10% off at Classique Dancewear

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!

TAKE OUR LSCO General Survey

bitly

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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

The Purpose of the LSCO - A Story from an LSCO Member

GORDON DIXON — THE POWER OF BEING PRESENT

Continued from Page 1...

The first of these events took place on the anniversary of his wife's death in May of this year. On this tough day, Gordon reluctantly changed his plans to relax at home when noisy renovations began in his condominium. He found a quiet spot at the LSCO diner, ordered coffee, and started reading. Executive Director Kaitlynn stopped by to check in. Together, they spent 15 to 20 minutes talking and looking through photographs of his wedding, children, and family memories.

"And that turned it around for me," Gordon said. "It really did."

Another special moment came when Gordon started writing poetry again. He wanted to read his work aloud, so he asked Hannah, a diner staff member, to listen because the morning wasn't busy. She agreed, and they had a meaningful conversation about his poetry and getting older.

Gordon explained why that interaction mattered: **"For me to speak some of that stuff... you know it's alright on paper, but if I can speak it to somebody, it takes on flesh. New life."**

(Gordon's poem is featured on page 7 for our readers to reflect and enjoy)

These experiences deepened his regard for the people who make LSCO more than just a place to have lunch or take part in activities.

"They are the face of this place," he said of the dining room staff, praising their cheerful attitudes, welcoming personalities, and efforts to learn members' names. For Gordon, feeling seen and heard is an important part of what makes LSCO a place where people can thrive.

Everyone Has a Part to Play

While Gordon values the staff who helped him feel welcome, he believes everyone shares responsibility for building a strong community.

"Everybody here has a stake in how this place is presented," he explained.

He encourages members to start conversations, invite others to join their table, and notice when someone is alone. A friendly greeting can make a new place feel welcoming and foster new friendships. Senior centers offer more than activities; they provide routine, companionship, and opportunities to share interests. For those adjusting to retirement, loss, or relocation, these connections are especially valuable.

Ultimately, it all comes back to one simple idea: ***"being present."***



LSCO Meals on Wheels NOVEMBER 2026 MENU

Meals typically delivered between 10:00 and 12:00

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

Monday, Nov. 2	Tuesday, Nov. 3	Wednesday, Nov. 4	Thursday, Nov. 5	Friday, Nov. 6
Blackened Pork Chops Roast Potato & Veg	Chicken Pot Pie Vegetables	Roasted Chicken Thighs Rice & Veg	Pulled Pork Beans & Corn	Roast Beef with Yorkshire, Mashed Potates & Veg
Monday, Nov. 9	**Tuesday, Nov. 10**	**Wednesday, Nov. 11**	**Thursday, Nov. 12**	**Friday, Nov. 13**
Honey Garlic Pork Rice & Veggies	Perogies with Sausage Mashed Potatoe & Veg	LSCO CLOSED Ginger Beef Rice & Veg	Chicken Penne with Alfredo Garlic Toast & Veg	Pork Chops with Mushroom Sauce Roast Potatoes & Veg
Monday, Nov. 16	**Tuesday, Nov. 17**	**Wednesday, Nov. 18**	**Thursday, Nov. 19**	**Friday, Nov. 20**
Sweet & Sour Chicken with Rice & Veg	Shepard Pie Vegetables	BBQ Pork Chops Roast Potatoes & Veg	Chicken Cordon Bleu Mashed Potato & Veg	Teriyaki Pork with Rice & Veg
Monday, Nov. 23	**Tuesday, Nov. 24**	**Wednesday, Nov. 25**	**Thursday, Nov. 26**	**Friday, Nov. 27**
Chicken Parmesan Spaghetti & Veg	Honey Garlic Meat Balls Rice & Veg	Pork Chops with Apple Sauce Roast Potato & Veg	Beef Stew Mashed Potato	Ham Scallpoed Potato Veg
Monday, Nov. 30				
Meat Loaf Roasted Potato & Veg	**Information for MoW Clients:** • Meals scheduled on Remembrance Day (Nov 11) will be delivered on Nov 10 • All meals include a soup and dessert • Meals are typically delivered between 10:00 and 12:00			

View the menu online at www.lethseniors.com/menu — Menu subject to change without notice

BELONGING & COMMUNITY

LSCO Events

LSCO Guided Tour

Wed., Nov. 4 @ 1:30 pm (1st Wednesday)
Monday, Nov. 16 @ 10:30 am (3rd Monday)
Learn all about our 56,000 sq. ft. building from a volunteer Registration preferred by drop ins welcome.

Palliative Care Program

Nov. 2nd and Nov. 18th 10:00 am–12 p.m
PalliLearn is a series of short courses delivered by Alberta health professionals that help people learn how to offer meaningful support when someone they know is sick, dying, caregiving or grieving.

Service Canada & CRA Clinic

Nov. 4 from 9 - 12 pm
Free on-site CRA and Service Canada representatives available to answer your questions regarding federal benefits and programs.

Income Tax Program (CVITP)

Nov. 4th at 1 pm in the LSCO Stage Area
A CRA representative will host an informational session, training, & volunteer registration for the tax program, ideal for returning volunteers or new ones interested in helping file taxes. This session will include one-on-one assistance with 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 & sign up for the session.

Senior Speaker Series

Nov. 13 | 11:00a.m.–12:00p.m
Your Next Move Starts with a Conversation - Kelli Benis and Norm Lepard of RE/MAX Real Estate Lethbridge will discuss aging in place, downsizing, and planning for a move to senior or assisted living.

Dec. 11 | 11:00 am - 12:00 pm
Planning Ahead with CMS - Presented by Elizabeth Pocock, Cooperative Memorial Society & Fay Brayden, Cornerstone Funeral Home. In this presentation, you will learn why planning ahead matters, how to compare burial, cremation and ceremony choices, which questions to ask about costs, and how to share your wishes with your family and executor.

2nd Friday Social Friday

Nov. 13, 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.

Naughty Bingo

Nov. 27, 6:00–8:00 PM in the LSCO Stage Area
Get ready for a night of laughs, lucky numbers, and a little bit of mischief! Your ticket includes three bingo cards, a delicious appetizer buffet, and a chance to win some naughty prizes. Enjoy $5 drinks, bring your friends, and grab a table before they're gone—only 50 spots available!
*Sponsor **Norbridge Pharmacy** will be on-site to discuss reproductive health, hormones, and safe sex. Aurora (formerly the Chinook Sexual Assault Centre) will join us to share helpful information and resources.*

Alberta Elder Abuse Awareness Council - Power of Attorney & Personal Directive Presentation

Nov. 20, 11:30-12:30 PM
The Power of Attorney workshop gives community members practical knowledge to protect their choices, maintain their dignity, and understand their rights in Alberta.

Rockin' "Dinner and a Show" Fundraiser

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 Life Assure Medical Alert Systems, Wellings of Brooks and the Lethbridge Hearing Centre.

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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Responsible, honest, and animal-loving 9-year-old boy funding a trip to Nova Scotia by walking dogs (with my mom).

Very reasonable rates! **Please contact Zain: coulee_paws@outlook.com**





Volunteer Message:



We are gearing up for some exciting events ahead and opportunities to bring everyone together. With so much to look forward to, we are asking for volunteers to help make this season memorable for our community!

November kicks off with our Dinner and Show, with volunteers needed between November 18–20 for preparation and on November 21st, event day. We are also looking for volunteers for our Naughty Bingo event on November 27. Whether you can lend a hand with event setup, serving, bartending or other duties, your time and support would make a real difference.

As we move into December, we will also need volunteers for our Golden Giving Tree program, including gift wrappers and delivery drivers. We are also preparing for our annual Free Christmas Dinner on December 25, a special day when we come together to share a meal and celebrate the holiday season. Volunteers are essential to making these events welcoming and enjoyable for everyone. If you have some time to spare this winter, we would love to have you join our volunteer team! Every hour and every helping hand counts.

To get more details on shift times and volunteer roles, please contact volunteer@lethseniors.com or text/call our scheduling assistant, Greer, at 587-691-1381.

Last, but certainly not least, a big ongoing thank you goes out to all our dedicated volunteers who continue to give their time and kindness to the programs that support LSCO. Your loyal support helps make LSCO a place where everyone feels welcome, connected, and cared for, and it does not go unnoticed. Our volunteering group makes LSCO such a unique and wonderful place.

-Madison





BELONGING & COMMUNITY

LTRA & LSCO Adaptive Cart Program

Throughout October, the LTRA welcomed seniors and people with disabilities for a safe, accessible equine experience using an adaptive cart. Held on Thursdays, the program gave participants a wonderful opportunity to connect with horses, enjoy the outdoors, and share a memorable experience.

Thank you to the Lethbridge Therapeutic Riding Association for partnering with the LSCO on this important and innovative program!



Senior Speaker Series

Our first Senior Speaker Series brought community members together for an informative and engaging session focused on end-of-life education.

Guest speakers Lisa Shimozawa and Jes Knoop of The Caring Group shared helpful information about preparing for end-of-life decisions, navigating important conversations, and understanding available care options. Attendees had the opportunity to learn, ask questions, and connect in a welcoming environment.

This was just the beginning! The Senior Speaker Series will continue monthly, featuring new guest speakers and topics relevant to our community. We look forward to welcoming everyone back for future sessions.



Thank you to Lisa, Jes, and everyone who joined us for our first session!

High Tea

Next month's is cancelled due to other events.

Check LSCO Events on Page 6 for more activities





On The Cusp

I am standing on the cusp
Behind me lies the vast expanse of my life
The joys, the pain, forgotten moments, those whom I remember,
fondness embracing me, fears set aside
It is all there, and I offer it to you, my friend!

I am standing on the cusp
Ahead of me lies the vast expanse of,
I know not what!
New joy, new pain, moments to be tossed aside,
moments and people to be remembered!
It is all there, to be found, my friend!

But shall I step out over this edge that beckons me?
I do not know the road ahead,
I do not know the fear that has of yet to render my heart useless,
I do not know the joy that might creep unexpectedly into my soul,
Can I trust when I cannot see the ground, the path, that lies ahead?
It is all there, and life still beckons, my friend!

But I must embrace this moment for this is where I live, and tomorrow may never come,
I must take that first hesitant, wandering step into whatever unknown lies in front of me,
To love, to laugh, to speak the truth, to be honest with myself,
And to be honest, with you, my friend!

Gordon Dixon
2026

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Golden Giving Tree: A Partnership with Christmas Hope

We are once again supporting Christmas Hope in 2026, a community-wide collaborative effort that helps people and families facing financial difficulties obtain the food and gifts they need to enjoy the Christmas season.

Christmas Hope brings together seven local agencies: **Interfaith Food Bank, Lethbridge Food Bank, Lethbridge Family Services Angel Tree, Volunteer Lethbridge, The Salvation Army, My City Care Shop of Wonders, and Lethbridge Senior Citizens Organization Golden Giving Tree.** These partners work together to connect families with food and gift programs, helping make the holidays brighter for those who need extra support.

When the partners share resources, donations, and the single master registration list, they reduce duplication and help more families get the food and gifts they need. This way, we can have a bigger impact and make sure more members of our community can enjoy the joy of Christmas.

By working together, we can make the season brighter for everyone!

LSCO's Golden Giving Tree is now accepting nominations for older adults (55 and over) who are isolated and/or experiencing financial difficulty & would like a gift this holiday season! The nomination deadline is 1st December 2026.

Eligibility Requirements:

- **The recipient must be 55+**
- **The recipient must be facing isolation &/or financial hardship during the holiday season.**
- **The recipient must reside in Lethbridge, or the referral source must arrange gift delivery.**

Christmas Dinner

On December 25th, we are hosting our 57th Annual Christmas Dinner for seniors, families, and individuals who need a hot and delicious meal on Christmas Day. This year, our goal is to raise $25,000 to help make this day possible.

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.

For the price of two Starbucks Coffees ($15), you can help cover the cost of one meal!



Christmas Light Tour For Seniors

THURSDAY DECEMBER 17TH | 6 PM- 7:30 PM

Pick up from LSCO at 5:30-5:45pm; drop off at LSCO
$12 for members | $15 for non-members
Add a drink for $5

Only 20 spots available, LSCO Members have ticket priority until November 20th

Christmas Gnome Workshop

DECEMBER 8TH | 6:30 PM- 8:00 PM

Instructed by Rose & Thistle, located in the LSCO Stage Area

$75 per person, includes all materials and supplies
20 spots available



BELONGING & COMMUNITY

23 Days of Christmas

The holiday season is approaching, and plans are underway for the 18th annual 23 Days of Christmas Campaign, supporting the Meals on Wheels program. Organized by **Select People Solutions** and **Teamworks Career Centre,** this long-standing community initiative helps ensure local seniors and others in need continue to receive affordable, nutritious meals delivered right to their homes, especially during the holidays.

THERE ARE SEVERAL WAYS TO PARTICIPATE IN THIS YEAR'S CAMPAIGN:
$1,000 – Head Chef: Sponsor a full day of meals
$500 – Sous Chef: Co-sponsor a day of meals



Select People Solutions and Teamworks Career Centre invite local businesses, organizations, and community-minded individuals to get involved and help spread Christmas cheer. Every contribution supports seniors and community members who rely on this valuable service.

Between Harvest & the Holidays, November is the Season of Togetherness

At Wellings, November feels like a pause between seasons. Thanksgiving is behind us, the holidays are ahead, and as the days grow shorter, we're given a quiet invitation to turn toward one another. What if we thought of November as the Season of Togetherness—a time to gather, share, and strengthen the connections that carry us through the months ahead?



Research consistently shows that strong social relationships are one of the greatest contributors to healthy aging. Meaningful connections improve our physical and emotional well-being, increase our sense of purpose, and can be just as important to our health as regular exercise or good nutrition. November offers the perfect opportunity to nurture those relationships before winter settles in.

One of the simplest ways to connect is by sharing a meal. There is something timeless about gathering around a table. It doesn't have to be elaborate. A potluck dinner, soup lunch, or even tea and cookies creates space for conversation and laughter. Family recipes, favourite dishes, and the stories that often accompany them remind us that food nourishes far more than our bodies—it strengthens our sense of belonging.



Play is another powerful way to stay connected and has proven essential to healthy aging. Whatever game you choose, play keeps our minds active while encouraging laughter and friendly competition. Studies have linked regular game playing with improved cognitive health and memory, but perhaps more importantly, it gives us permission to simply enjoy the moment together.
Stories are equally important. Every one of us carries a lifetime of experiences worth sharing. A conversation about your first job, a memorable trip, or a lesson learned can spark connection, curiosity, and understanding. Storytelling reminds us that our experiences matter and helps others feel seen through shared memories and perspectives.



And finally, make gratitude part of the season. Taking a few moments each day to notice what you're thankful for has been shown to improve sleep, increase happiness, and build resilience. Sharing gratitude with others—around the dinner table or during a gathering—creates an atmosphere of warmth and appreciation that everyone benefits from.
As winter approaches, consider planning regular coffee dates, game afternoons, shared meals, or simple visits with friends. Having something to look forward to reinforces our sense of connection and gives us moments of joy to anticipate.

Togetherness is something we create, one invitation, one conversation, and one shared experience at a time. This November, let's plant the seeds of connection that will continue to grow long after the holiday season has passed.
Kathie Donovan, Wellings Ambassador.

VISIT MYWELLINGS.COM FOR MORE!

Article submitted by Wellings of Brooks, a benefit as part of their yearly sponsorship of the LSCO.

Donate, Bid, & Rock Out at LSCO's "Rockin' Dinner & a Show Fundraiser"

The highly anticipated Rockin' Dinner & a Show Fundraiser is fast approaching, and with an exciting evening planned, it's easy to see why! Guests can look forward to an unforgettable night of entertainment, great food, and community spirit, along with exciting Silent and Live Auctions featuring unique treasures and special deals. Every bid is an opportunity to take home something special while supporting a great cause!

LSCO is inviting individuals and local businesses to help make our auctions a success by donating items, gift certificates, services, or other unique treasures. If you have something to donate or your business would like to participate, please contact marketing@lethseniors.com or ask for Hannah or Bernitta when dropping off donations at the LSCO front desk. Our team will do its best to accommodate donations and can provide tax receipts upon request.

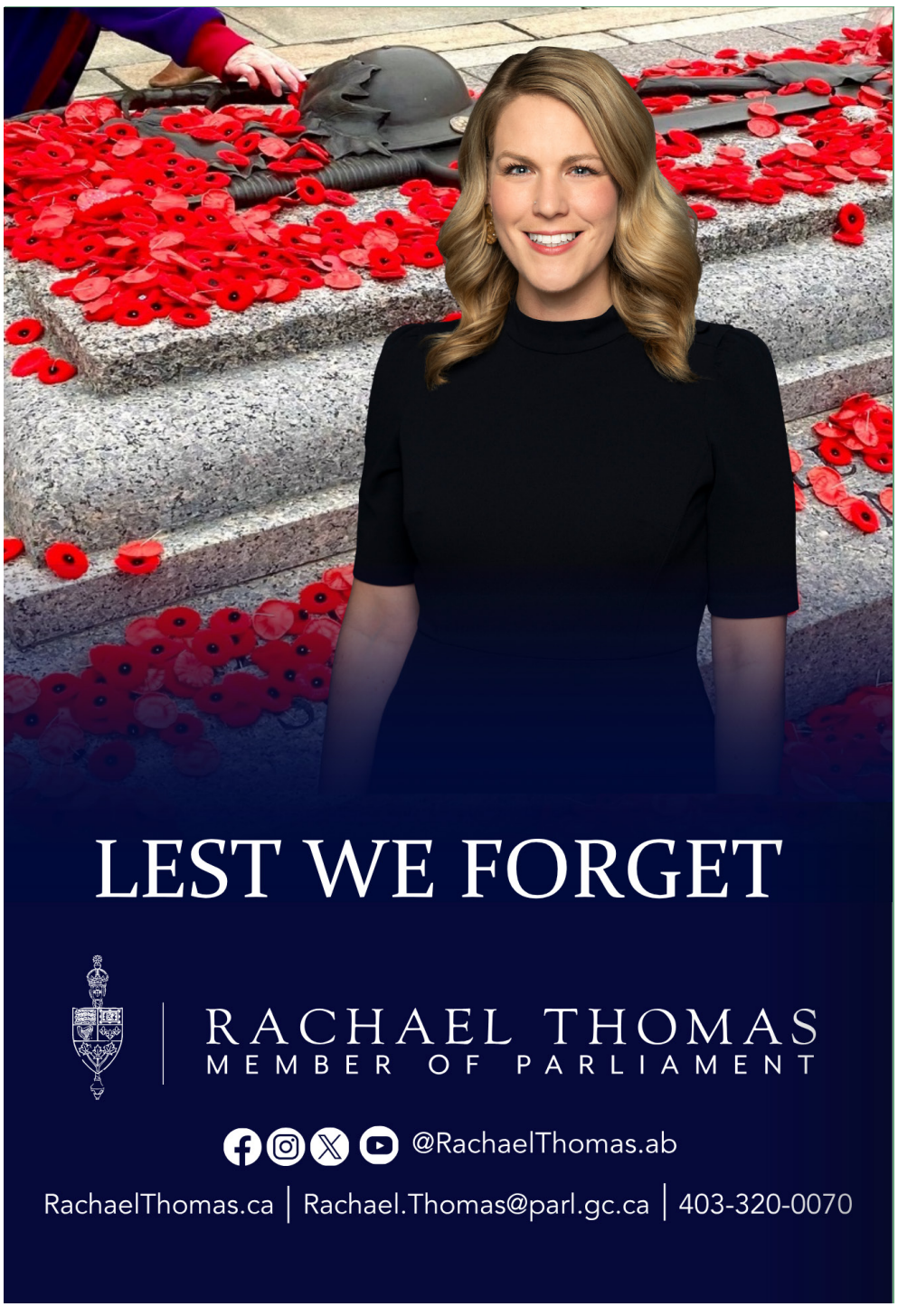
We extend our heartfelt thanks to our generous sponsors, **Life Assure Medical Systems, New West Theatre, Wellings of Brooks,** and **Lethbridge Hearing Centre,** as well as all those who have contributed auction items.

BELONGING & COMMUNITY











LSCO TIMES
A publication of Lethbridge Senior Citizens Organization

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!

GENEALOGY | Wednesdays | 1:00-4:00pm
Our Genealogy group meets on Wednesdays from 10am-3pm in the Boardroom. Pop in and say hello if you are curious about what they do!

BADMINTON Badminton players have the courts a few times a week - check the calendar in the centerfold of the paper or our program guide for more details. All levels are welcome and it's a great way to stay active in the cooler months!

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*

UPCOMING CLASS DATES:
- Nov. 4th & 18th - Cooking Utensil Class 10am - 12pm
- Nov. 25th & 27th - Scroll Saw Bowl Class 10am - 12pm
- Nov. 3rd - 20th (Tuesdays and Fridays) - Lazy Susan course 10am - 12pm

PAINT NIGHT! Join Kendra from Yellow Dot Co for a fun evening painting a winter-themed masterpiece. You'll be guided every step of the way with easy-to-follow instructions and leave feeling like Picasso!

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

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

Programs Message
YOUR PROGRAM MANAGER:

Why Wait Until January?
In only a few weeks we will be facing a new year once again. January first is commonly associated with resolutions, fresh starts, and new challenges. If you have something on your mind, why wait? If you're looking to invest in your physical fitness, grab a punch pass for our group exercise classes or try a month in the Fitness Centre for the low cost of $25 (LSCO member price). If a new skill is in your sights, the woodshop has some fabulous rolling registration offerings including a two-class course on handmade kitchen utensils. Are you trying to buff up your social life? Drop in to one of our special interest groups like Karaoke, Genealogy, or Ukulele. There are so many things to do here that I cannot list them all, but each program offered in our space hosts unique, interesting people with the best hearts. Email me or pop by the admin desk if you want to chat about the best fit for you!

- Stephanie

THANK YOU TO PHOENIX FIRE FITNESS for servicing our Fitness Centre! We will have some equipment upgrades coming soon thanks to this longstanding locally owned business. Give them a call for your home fitness equipment needs!

CHECK OUT THE NEWEST ADDITION TO OUR FITNESS CENTRE!

Stay tuned for orientation details with our qualified trainers if you are curious about using a squat rack in your routine. Fitness Centre access is only $25 a month for our members and a drop in fee starts at $8 for those who want to come casually.





A COUPLE OF OUR WOODSHOP MEMBERS LEARNED THE BASICS OF WOOD TURNING IN THE WESTCO WOODSHOP LAST MONTH.
Thank you to Terry Beaton for sharing your knowledge and skills!

PAINT A SNOWMAN WITH KENDRA FROM YELLOW DOT CO THIS DECEMBER!

Spaces are limited, so register in person or online today.

PAINT ME!





OUR QUILTING GROUP SPENT A FEW FRIDAYS LEARNING HOW TO PUT TOGETHER THESE OVERNIGHT BAGS.
Thanks for sharing this fun project with us!

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **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 **10am-12pm:** Palliative Care Education Session **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	**3** **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	**4** **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 **9am-12pm:** CRA and Service Canada Clinic **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 11-11:45pm: 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 **1-4pm:** Genealogy **2:30-4pm:** Table Tennis **3-4:30pm:** Pickleball Drop In	**5** **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 **11am-12:15pm:** Cardio Drumming **12-1pm:** SACPA **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	**6** **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 **7** **8:30-10:30am:** AA Eye Opener
9 **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:** VolunTEAM Meeting **1-2pm:** Yoga For Seniors **1-2pm:** Modern Qigong **2:30-4pm:** Table Tennis **7-9pm:** Pickleball Drop In	**10** **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 **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	**11** LSCO CLOSED FOR REMEMBRANCE DAY 	**12** **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:** Hearing Screening **10:15-11:30am:** Pilates **10:30-11:30am:** Strength Circuit **10:15-12:00pm:** Badminton **11am-12:15pm:** Cardio Drumming **12-1pm:** SACPA **1-3pm:** Cri **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	**13** **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** **8:30-10:30am:** AA Eye Opener
16 **8:15-9:15:** Tai Chi Group **8-8:50am:** Cardio Strength **8:30-9:30am:** Yovascia	**17** **8-8:55am:** Vinyasa Yoga **8:30am-4pm:** Billiards **8:45-9:45am:** Pilates For Beginerrs	**18** **8-8:50:** Cardio to the Core **8:15-9:15am** Tai Chi Group **8:30am-3:30pm:** Billiards	**19** **7-8am:** Sunrise Rotary **8-8:55am:** Vinyasa Yoga	**20** **8-8:50am:** TGIF Cycle **8:15-9:15:** Tai Chi Group

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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

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
9:10-9:55am: Circuit Express
9:30-11am: Amateur Radio
10am-3pm: Lapidary
10-10:45am: Chair Yoga
10am-12pm: Palliative Care Education Session
10:10-11am: Core & Stretch
10:15-11am: Gentle Exercise
11-11:45pm: Zumba Lift
11:15-12:45pm: Badminton
11:30am-12:30pm: Line Dance (Experienced)
12:45-1:45pm: Line Dance (Beginner)
1-4pm: Legal Consultations
1-3pm: Watercolor Group
1-4pm: Genealogy
2:30-4pm: Table Tennis
3-4:30pm: Pickleball Drop In

9-9:50am: Strength & Balance
9:05-10am: Cycle for All Levels
9:30-10:15am: Chair Exercises
10-11am: Gentle Yoga
10:30am-1:30pm: Aurora Center
10:15-11:30am: Pilates
10:30-11:30am: Strength Circuit
10:15-12:00pm: Badminton
11am-12:15pm: Cardio Drumming
12-1pm: SACPA
1-3pm: Crib
1-3pm: Scams & Frauds Consults
1-3:30pm: Compass for the Caregiver
1-3pm: Scams and Frauds Consults
1pm: Mobile Food Support
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

9-9:55am: 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
11:30am-12:30pm: The Power of Attorney Presentation

8:30-10:30am: AA Eye Opener

21

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

23

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
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

24

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
1pm-4pm: Genealogy
10-10:45am: Chair Yoga
10:10-11am: Core & Stretch
10:15-11am: Gentle Exercise
11-11:45pm: 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
1-4pm: Genealogy
2:30-4pm: Table Tennis
3-4:30pm: Pickleball Drop In

25

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
11am-12:15pm: Cardio Drumming
12-1pm: SACPA
1PM: Mobile Food Support
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
11am-12:15pm: Cardio Drumming

26

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

27

8:30-10:30am: AA Eye Opener

28

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

30

SPECIALTY PROGRAMS & GROUPS | SPECIAL EVENTS
SUPPORT SERVICES | SESSIONAL PROGRAMS & FITNESS

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	December 7	6-9pm	$55 ($65)	Arts & Crafts
Scroll Saw Bowl Course	Megan Rourke	November 25, 27	10am-12pm	$25 ($40)	Woodshop
Lazy Susan Course	Megan Rourke	Tuesdays & Fridays, November 3-20	10am-12pm	$70 ($90)	Woodshop
Cooking Utensil Class	Megan Rourke	Nov 4, 18 (two different days to choose from)	10am-12pm	$70 ($90)	Woodshop
Christmas Gnome Workshop	Rose & Thistle	Dec 8th (all supplies included)	6:30-8:00pm	$75	Stage Area

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

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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

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

Computer Club Corner November 2026

JARGON - ACRONYMS – CPU, GPU, NPU

No matter the subject area, it helps to know a bit of jargon. When I'm at the computer and I run into a term I'm not familiar with, I go to a browser window and ask, "What is ???". A new term I run into in print media I jot down on paper as a to-do for later. Why do you need to know computer jargon, well it's always nice to know what you're being sold or told and sounding like you know what's what.

This month's new to me jargon was NPU; a computer chip starting to show up in newer computers.



IN HISTORICAL ORDER WE HAVE:

- CPU, the Central Processing Unit – the "main brain" of the computer.
- GPU, the Graphics Processing Unit – which does the display processing in a computer.
- NPU, the Neural Processing Unit, a specialized computer chip designed to run artificial intelligence (AI) & machine learning tasks efficiently.

Unlike a CPU (Central Processing Unit) that handles general computing or a GPU (Graphics Processing Unit) that renders visuals, an NPU focuses entirely on repetitive, data-heavy AI calculations.

THE NPU IS USED FOR:

- Video Conferencing: Powers real-time background blur, virtual green screens, eye tracking, and live noise cancellation.
- Smart Cameras & Photos: Enhances facial recognition, object detection, live photo editing, & instant image up scaling on phones & PCs.
- Voice & Audio: Handles live speech-to-text transcription, voice dictation, and smart assistant commands.
- Offline Generative AI: Runs local AI assistants, text generators, and image tools directly on your device without needing an internet connection.

WHY NPUS MATTER:

- Saves Power: They perform AI tasks using a fraction of the electricity a CPU or GPU requires, which greatly extends laptop and smartphone battery life.
- Better Privacy: By processing AI requests locally on your gadget rather than sending data to cloud servers, your personal information stays private.
- Frees Up Resources: Offloading AI chores keeps your main processor cool and leaves your system fast for gaming or regular multitasking.

https://www.hp.com/us-en/tech-takes/components/explainer/what-is-npu-neural-processing-unit-explained.html

BY SJOERD SCHAAFSMA—WITH A LOT OF HELP FROM AI :-) BUT NO NPU CHIP

SACPA November Topics

NOVEMBER 5

Chris Gallaway, Friends of Medicare
Diminishing public health care?

NOVEMBER 12

Katharina Stevens U of Lethbridge
Should K12 students be taught ethics in argumentation?

NOVEMBER 19

Chris Plumb, Cyber Security Enthusiast
Inside the Mind of a Hacker: How are Trust, AI, and Our Digital Identities Being Exploited?

NOVEMBER 26

Kris Hodgeson-Bright & Dr. Kirsten Fantazir, Lethbridge Polytechnic
How does online misinformation disproportionately affect Alberta's indigenous population?

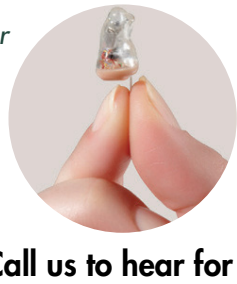
SACPA
Southern Alberta Council on Public Affairs

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 clearning & repairs
- Free parking & wheelchair accessible

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





Candice Elliott-Boldt Jake Boldt
NBC-HIS Registered Hearing Aid Practitioners

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

#120 2037 Mayor Magrath Dr S
Lethbridge, AB T1K 2S2
Like us on

www.lethbridgehearing.ca
403-320-6000

LSCO TIMES
A publication of Lethbridge Senior Citizens Organization

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.

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.

Watercolor *$60/Year + LSCO Membership*

Join this self-led watercolor group to work on your projects, share techniques, and enjoy a creative and social atmosphere. Bring your own supplies and paint at your own pace. All skill levels are welcome.

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

Computer Club Events



NOVEMBER 2026
Wednesday, Nov. 4 DICTATION - talking to your devices from Windows to Macs to Tablets & Phones

Wednesday, Nov. 11 LSCO CLOSED FOR REMEMBRANCE DAY

Monday, Nov. 16 FACEBOOK SESSION 1: Facebook Made Easy
Need a Facebook refresher or want to feel more comfortable using it? We'll review how to create posts, add photos, connect with friends, join groups and use Messenger, including group chats.

Please bring your own phone, tablet or laptop if possible. Computers will also be available to use. Be sure you know the email address or phone number connected to your Facebook account and your Facebook password so you can log in and follow along.

Wednesday, Nov. 18 FILE EXPLORER AND ORGANIZING: hard drives, portable drives, Flash Drives

Monday, Nov. 23 FACEBOOK– SESSION 2: Staying Safe on Facebook
Learn simple ways to make your Facebook and Messenger accounts safer and more private. We'll look at security settings, passwords, scams, suspicious messages, privacy controls and what to do when something just doesn't look right.

Please bring your own phone, tablet or laptop if possible. Computers will also be available to use. Be sure you know the email address or phone number connected to your Facebook account and your Facebook password so you can participate in the hands-on activities.

Wednesday, Nov. 25 GADGET DAY: when we take a look at gadgets of all sorts, from electronics to the coolest whatever you didn't know you were missing.

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 https://sites.google.com/view/lscocomputerclub

Club Updates & News

Radio Club Announcement

The Radio Club is considering implementing a "Repair/Maintenance" program for older tube-type AM/FM radios of pre-1965 origin. We are looking for feedback to see if there is any interest within the LSCO member community for such a service.

If you own an older radio that isn't working, email us at **VE6LSC@google.com** or leave a note with Kari at the front desk with your name and telephone number, and we will get back to you as soon as possible.

Costs will be minimal: a small service charge which we will pass on to the LSCO, and any charge for parts that we may have to purchase (with your pre-approval, of course).

Please feel free to visit the Club Room on the second floor and have a tour and a chat on Wednesday mornings. All are welcome.

Line Dancing Announcement

Line Dance Classes are coming! Mark your calendars: Tuesdays, November 3 -24, 7- 8 pm in the APR. $10 drop-in (cash only)

Pickleball Announcement

Coach-Led Open Play: Keep an eye on our pickleball schedule for opportunities to play with a local coach! Learn new open play dynamics, challenge your skills, & have fun with other players. Dates & times will be posted in Pickle Planner.

Photography Inquiry

Do you have a knack for photography? Reach out to our volunteer team if you'd like to photograph programs and events at LSCO! Email **volunteer@lethseniors.com for details.**

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 CLASS:**

Line Dancing
Tuesdays, November 3-24,
7-8 pm in the APR.
$10 drop-in (cash only)

A Message from Constable Dana Holland

FROM THE LETHBRIDGE POLICE SERVICE

Wow, this year is flying by! With that being said, I will get right into it. November is a month where remembrance is key. For those of you who are veterans, **THANK YOU FOR YOUR SERVICE** that has allowed so many of us to live free because of your sacrifice. I also want to thank those of you who had family members who served or are still serving.

There are many observances highlighted in November that are significant. Many of you know people who do **Movember**, which focuses on Men's Health with a specific focus on prostate/testicular cancer, mental health and suicide prevention. Prostate cancer is the most common cancer in men and accounts for 23% of new cancer cases in Canadian men. If you have not seen your doctor recently, please schedule a check-up.

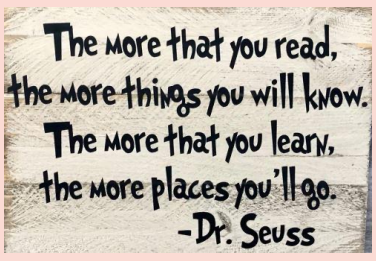
Nationally, November is also **Family Violence Prevention Month** and is a time of year that agencies showcase warning signs and resources as winter can be quite difficult for many Canadians. The family violence info line is toll-free: 310-1818 or text 310-1818. Domestic Violence Awareness Month.

Another item that falls within our realm is Alzheimer's. November is officially recognized for **Alzheimer's Disease Awareness** and is designated to support patients and family caregivers. It is estimated that approximately 772 000 people in Canada are living with Dementia, of which Alzheimer's disease is the most common form, accounting for roughly 60% to 70% of all cases.

10 EARLY SIGNS AND SYMPTOMS:

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks
4. Confusion with time or place
5. Trouble understanding visual images & spatial relationships
6. New Problems with words in speaking or writing
7. Misplacing things & losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality

Ultimately, life can change in an instant, and each of us must seek knowledge that helps us continue to thrive.



QUOTE OF THE MONTH

Sincerely, Cst. Dana Holland

Lest We Forget



November is naturally a time of year when we focus on remembering.

This month we mark Remembrance Day and Veterans' Week by honouring those who have served and sacrificed to protect our country and our freedom.

One way we remember is through sharing stories.

My Great Uncle Bob served during the Second World War. He flew a Spitfire for four years and would tell the story of how he was almost shot down over Dieppe, France.

My Grandpa Zip hauled coal during the Dirty Thirties, a time when there was widespread economic hardship and many people struggled to make ends meet. Grandpa was a generous man. He would sometimes haul coal for people knowing they didn't have the means to pay. He would simply say, "Pay what you can", and/or "pay when you can."

These are stories I don't want to forget.

But remembering is more than looking backwards and honouring those who came before us. Remembering can also be a way of connecting with people right now.

People are more than their current circumstances.

As social workers and support workers on the Senior System Navigation team, we have the privilege of hearing many stories. Remembering the stories people share with us helps us see beyond the current struggle and see the whole person. It is a way of telling someone, "Your story matters. And I see you."

We all want to feel seen. It is an important part of our sense of connection and wellbeing.

When we don't feel seen, it can sometimes feel as though the world is moving on without us. That feeling can contribute to loneliness and deep sadness.

Sometimes people reach out to us because they are navigating something difficult or something new to them, and they aren't sure where to turn. Whatever brings someone to our door, they don't have to have everything figured out before they ask for help. Sometimes the first step is simply telling your story.

Life brings change. We may find ourselves navigating new circumstances with our health, finances, housing, family relationships or sense of connection. We may experience grief or loneliness, or simply find ourselves in a season of life that looks different than what we expected.

But none of these circumstances tell the whole story.

Each of us is so much more than what we may be facing today. We are people who have raised children, built careers, volunteered, travelled, cared for others, survived difficult seasons, learned things, made mistakes, celebrated milestones and experienced countless ordinary and extraordinary moments.

We have accumulated decades of stories. And those stories matter. We all deserve to be seen.

I encourage you to share your stories. And I also encourage those who are listening to remember that stories are precious. We have a responsibility to preserve the dignity of the stories people share with us.

In the LSCO Community Connect program, there is a simple rule: "Your stories are yours to share, and other people's stories are theirs to share."

While writing this article, I asked my Dad to share some of his stories with me. It turned into a wonderful bonding moment for the two of us. I learned things I hadn't heard before, and I was reminded that there is always more to discover about the people we love.

So this month, I invite you to take one of two challenges.
First, really see someone you care about. Ask them to share one of their life stories with you. You could ask:

- What is something you wish people remembered about you?
- What is a story from your life you don't want forgotten?
- Who had a big influence on the person you became?
- What are you proud of that people might not know about?



Second, introduce yourself to someone you haven't had a chance to meet at LSCO. There are an abundance of members, volunteers and staff with stories, experiences and wisdom that you haven't heard yet. A simple hello can be the beginning of a new friendship. And if your own story currently includes a challenge you aren't sure how to navigate, remember that asking for help doesn't mean you've failed. Sometimes it simply means you're ready to let someone walk alongside you.

Remember: stories can help us honour and feel connected to those who have gone before us. But they can also help us honour and connect with the people we care about now—and sometimes, they can help us create new connections and friendships, too.
Lest we forget — every person has a story worth hearing, including our own.

WRITTEN BY: BONNIE JENSEN (SHE/HER) RURAL SENIOR SYSTEM NAVIGATOR

SUPPORT & INDEPENDENCE

LEARN Message

NOVEMBER IS FAMILY VIOLENCE AWARENESS MONTH

November is Family Violence Awareness Month, an opportunity to raise awareness, recognize the impact of family violence, and remind our community that everyone deserves to feel safe, respected, and valued.

Family violence can affect people of all ages, including older adults. Elder abuse may take many forms, including physical, emotional, sexual, or financial abuse, neglect, and controlling behaviours. Unfortunately, abuse can sometimes go unnoticed, especially when the person causing harm is a family member or caregiver.

Signs of abuse may include social withdrawal, unexplained financial difficulties, unmet basic needs, or changes in mood and behaviour. While these signs do not always indicate abuse, they can be an opportunity to check in and offer support. How can we help? Start small! Take time to connect with older adults in your life, listen to one another without judgment, and let them know they are not alone. If you are concerned about someone, approach them with compassion, respect their choices, and help them explore available support.

Remember, abuse is never the fault of the person experiencing it. Every older adult deserves dignity, independence, safety, and respect. This November, let's work together to recognize the signs of abuse, break the stigma surrounding family violence, and build a community where older adults feel safe and supported.

IF YOU OR SOMEONE YOU KNOW IS EXPERIENCING ELDER ABUSE, SUPPORT IS AVAILABLE WITH THE LETHBRIDGE ELDER ABUSE RESPONSE NETWORK AT 403-394-0306



WORKSHOP OVERVIEW:

The Power of Attorney workshop provides community members with practical knowledge to protect their choices, retain their dignity, and understand their rights in Alberta.

In this one-hour session, we will look at how planning for the future protects your life and your choices. You will learn how to choose the right people to handle your finances, as well as how a Personal Directive allows a trusted person to make your healthcare and personal decisions if you ever need the support. The session also covers your right to remain the ultimate decision-maker, including how and when you can update or cancel your documents.

Whether you are looking to plan ahead for yourself, or supporting an older loved one, this session will give you the tools, confidence, and peace of mind to ensure you always remain in control of your own life decisions.

albertaelderabuse.ca

FACILITATED BY:

Lucia Ruskova BSW, RSW
POA Education and Community Outreach Coordinator, AEAAC

SESSION DETAILS:

Friday, November 20
11:30 am - 12:30 pm

Stage Area at LSCO
500 11 St S, Lethbridge.

This is a FREE workshop. Registration is required.

REGISTER HERE

If you have any questions or need additional information, please feel free to reach out to lucia@aeaac.ca or by phone at 639.471.1403





Lethbridge FOLK CLUB — LIVE MUSIC SINCE 1979

Fall with us for Music

James Keelaghan & Jez Lowe
Friday November 6th

The Lovebullies
Saturday, November 21st

Both are at the Army Navy Air Force Club at 7 pm

***As of November 1st, LSCO members save 10% on tickets at the door. Some conditions apply.**

Scan for info

Alberta Foundation for the Arts · allied arts council Lethbridge · ckua · LSCO Lethbridge Senior Citizens Organization

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

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 _____

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

SUPPORT & INDEPENDENCE

Funeral Choices Without the Pressure: Questions Worth Asking:

When someone dies, families face important decisions at an already difficult time. Thinking about funeral arrangements in advance can help reduce uncertainty, avoid unnecessary expenses and give loved ones greater peace of mind.

HOW CMS HELPS:

Established in Alberta in 1966, CMS is a member-owned, not-for-profit cooperative that helps people understand their funeral options, document their wishes and access preferred pricing through participating, locally owned funeral homes. CMS is not a funeral home and does not sell prepaid funerals. For Lethbridge and area members, CMS works with Cornerstone Funeral Home. Members can access pre-negotiated funeral, burial and cremation arrangements, with clear choices to suit different needs and preferences. These arrangements can provide meaningful savings compared with regular prices, depending on the services selected.

A lifetime CMS membership costs just $40 plus GST per adult. There are no annual dues. Membership must be established before death to access member arrangements, so joining while you are able to consider your options is important.

Membership is about more than pricing. CMS provides practical education, planning resources and a Funeral Planning Registry to help members record important information for their families. You do not need to make every decision today. Even a conversation about your preferences and where to find your documents can make a real difference.

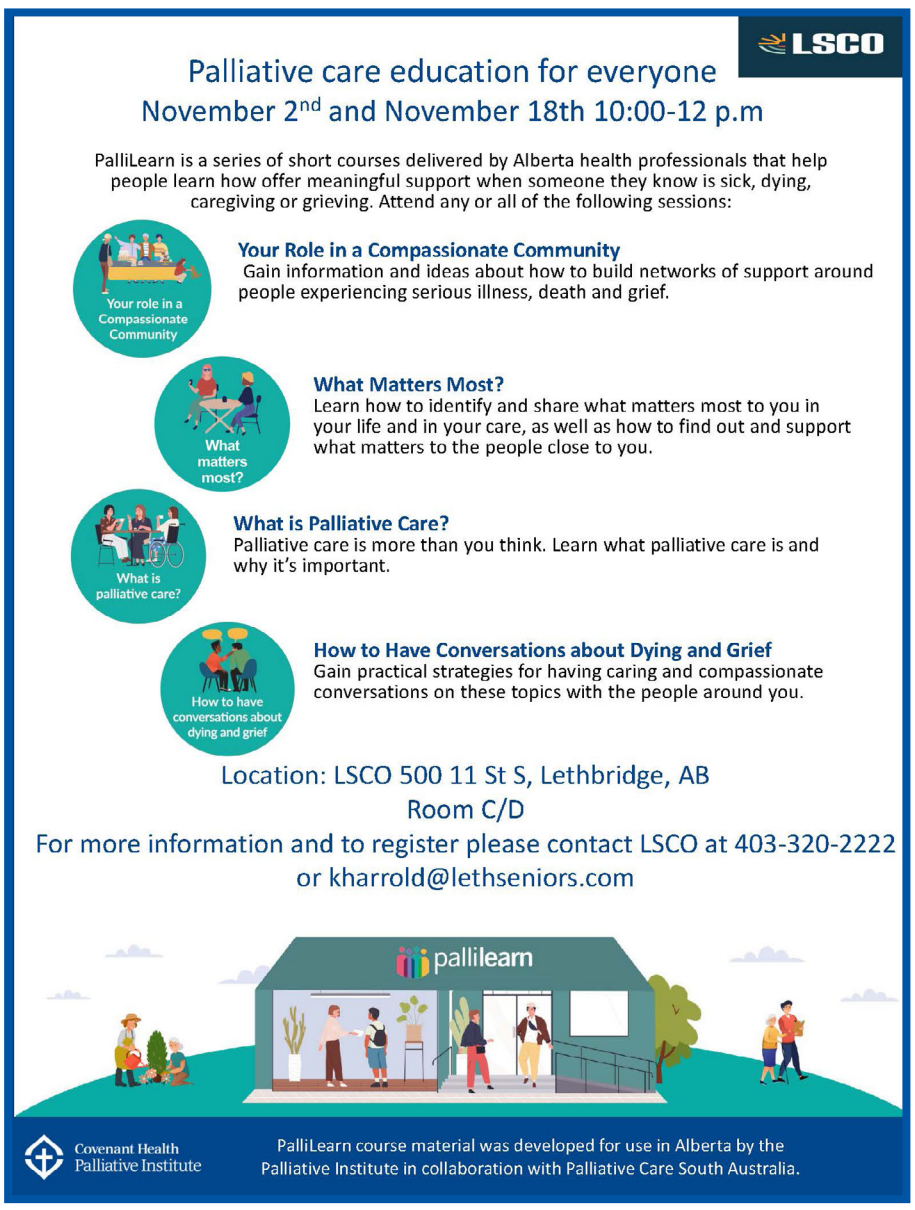
Whether you prefer burial, cremation or simply want to learn what is available, CMS encourages informed choices without pressure. Planning ahead is one way to care for the people who may one day have to make decisions on your behalf.

ARTICLE SUBMITTED BY THE COOPERATIVE MEMORIAL SOCIETY.

COOPERATIVE MEMORIAL SOCIETY



For more information, contact Terry Geib, Executive Director
Cell: 403-400-5274
Email: terrygeib@coopmemorial.org
Website: coopmemorial.org





SUPPORT & INDEPENDENCE

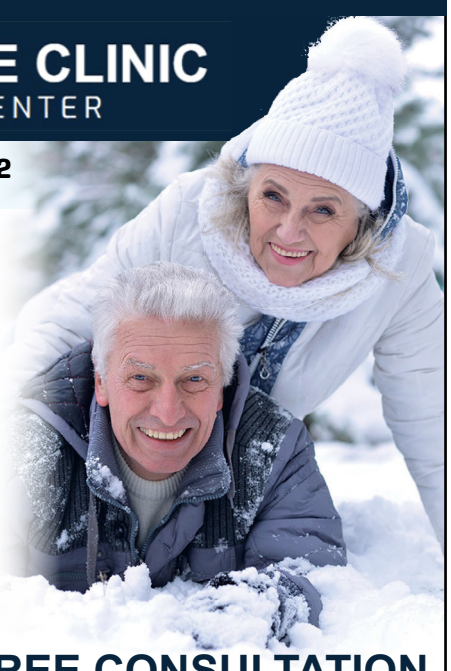
NOVEMBER 2026 SUPPORT SERVICES CALENDAR

Drop In | *appointment / registration required

kmartin@lethseniors.com
403-320-2222
EST 1975 Lethbridge Senior Citizens Organization

November 3 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.
November 3 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.
November 3 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.
November 4 1st Wednesday	**CRA & Service Canada Clinic** 9 am - 12 pm | Card Area	FREE on-site CRA & Service Canada representatives available to answer your questions regarding federal benefits and programs.
November 9 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.
November 12 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.
November 12 2nd Thursday	**Hearing Screening*** 10 am - 12 pm | Clinic Room	FREE hearing screenings from Lethbridge Hearing Centre
November 2 & November 18	**Palliative Care Education Sessions*** 10am - 12pm | Room C/D	PalliLearn series delivered by Alberta Health professionals to support individuals in learning how to offer meaningful support when someone they know is sick, dying, caregiving or grieving. Register by calling LSCO.
November 18	**Legal Consultations*** 1 pm - 4 pm | Clinic Room	FREE 15 minute consultations with local lawyer, Austyn Anderson.
November 18	**Seniors Addictions & Mental Health Mental Health Therapist*** 10:30-11:30Aam | Card Area	FREE talk booth session about senior mental health, with Recovery Alberta
November 19	**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.
November 19 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.
November 19	**Mobile Food Support** 1 pm | LCSO Parking Lot	Free, fresh food for all from the Lethbridge Food Bank. Open as long as supplies last.

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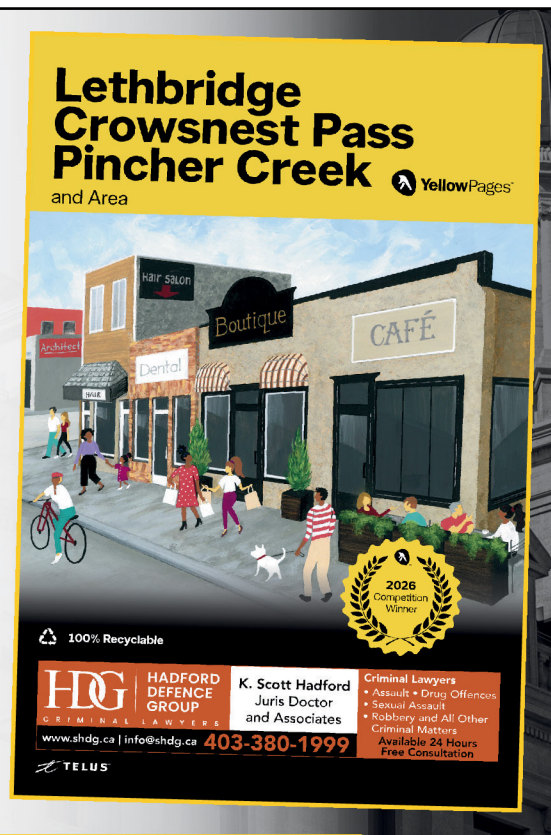
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Could Better Hearing Help Protect Your Brain?

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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