

# APRIL SUPPORT SERVICES

## WELLBEING SERVICES

*\*appointment required*



403-329-1544



intake@lethseniors.com

- |                                  |  |   |
|----------------------------------|--|---|
| <b>April 2</b><br>1st Tuesday    | <b>Community Connect Coffee Group</b><br>1:30 pm - 3:00 pm   Room C/D              | FREE opportunity to build connections, grow meaningful connections, and strengthen access to community supports. Drop-in style, no need to register.  |
| <b>April 2</b><br>1st Tuesday    | <b>Prescribing Pharmacist Onsite*</b><br>10:00 am - 12:00 pm   Clinic Room         | On-site pharmacist from Medicine Shoppe available for: blood pressure check, laboratory testing requisition, medication review, adjustment of dosing/changes to medication therapy, strep throat testing, minor ailment prescribing, travel health consultation and vaccinations (ie. covid and flu vaccinations). Vaccinations require appointments, Call intake to book 403-329-1544. |
| <b>April 3</b><br>1st Wednesday  | <b>Service Canada &amp; CRA Onsite</b><br>10:00 am - 12:00 pm   Card Area          | On-site Service Canada and CRA representatives available to answer your questions regarding federal benefits and programs, no appointment necessary.  |
| <b>April 10</b><br>2nd Wednesday | <b>Free Lawyer Consultations*</b><br>1:00 pm - 4:00 pm   Quiet Room                | 15-min FREE consultations with a Ausyn Anderson from Letourneau Law. Call LSCO to book 403-320-2222   |
| <b>April 11</b><br>2nd Thursday  | <b>Hearing Screening*</b><br>10:00 am - 12:00 pm   Clinic Room                     | FREE hearing screenings by Lethbridge Hearing Centre to assist you in understanding your hearing health.  |
| <b>April 17</b>                  | <b>Single Session Counselling*</b><br>9:00a m - 12:00 pm   Quiet Room              | FREE Single session counselling provides an opportunity to individuals interested in exploring counselling. Sessions are 1 ½ hr in length. Call intake to book 403-329-1544.  |
| <b>April 18</b>                  | <b>Parkinson's Association of Alberta Booth</b><br>10:00 am - 12:00 pm   Card Area | On-site rep with information on Parkinson's and to answer your questions.   |
| <b>April 18</b>                  | <b>Manicures*</b><br>11:00 am - 4:00 pm   Clinic Room                              | 30 Minute appointments provided by Back 2 You Esthetics. Regular or Gel polish available. Fee for services \$10 - \$15. Call LSCO to book your appointment 403-320-2222.  |
| <b>April 25</b><br>4th Thursday  | <b>Eyeglasses Adjustments</b><br>1:00 pm - 2:00 pm   Card Area                     | FREE eyeglasses adjustments provided by Specsavers.   |
| <b>April 26</b>                  | <b>Be Fast Friends*</b><br>1:30 pm - 3:30 pm   Stage Area                          | FREE opportunity to build meaningful connections and develop friendships. Please register by calling 403-329-1544.  |

## SUPPORT GROUPS

**April 6 - 27** AA Eye Opener  
Saturdays 8:30 - 10:30 am | Room C/D

**April 18**  
3rd Thursday

**Parkinsons Support Group**  
Registration for Parkinson's Group is encouraged. Call 1-800-561-1911.

**Empathy. Assistance. Advocacy.**

