

MARCH SUPPORT SERVICES

403-329-1544
intake@lethseniors.com

WELLBEING SERVICES

**appointment required*

March 5 1st Tuesday	Community Connect Coffee Group 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.
March 5 1st Tuesday	Prescribing Pharmacist Onsite 10:00 am - 12:00 pm Clinic Room	On-site pharmacist from Medicine Shoppe available for the following services: blood pressure check, laboratory testing requisition, medication review, adjustment of dosing/changes to medication therapy, strep throat testing, minor ailment prescribing (ie. UTI, cold sores, allergies, oral thrush, minor pains, etc.), travel health consultation and vaccinations (ie. covid and flu vaccinations). Vaccinations require appointments, Call intake to book 403-329-1544.
March 5	Single Session Counselling 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.
March 6 1st Wednesday	Service Canada Onsite 10:00 am - 12:00 pm Card Area	On-site Service Canada representative available to answer your questions regarding federal benefits and programs, no appointment necessary.
March 6	Canadian Dental Plan Clinic 12:30 pm - 4:00 pm Card Area	On-site Service Canada representative available to assist in applying for Canadian Dental Care Plan.
March 12	Canadian Dental Plan Clinic 9:00 am - 4:00 pm Card Area	On-site Service Canada representative available to assist in applying for Canadian Dental Care Plan.
March 13 2nd Wednesday	Free Lawyer Consultations* 1:00 pm - 3:00 pm Quiet Room	15-min FREE consultations with a local lawyer. Call LSCO to book appointment 403-320-2222
March 13	Service Canada & CRA Onsite 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.
March 14 2nd Thursday	Lethbridge Hearing Centre Screening* 10:00 am - 12:00 pm Clinic Room	FREE hearing screeners to assist you in understanding your hearing health.
March 21	Manicures* 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.
March 28 4th Thursday	Eyeglasses Adjustments 1:00 pm - 2:00 pm Card Area	FREE eyeglasses adjustments provided by Specsavers.

SUPPORT GROUPS

March 21
3rd Thursday
Registration for Parkinson's Group is encouraged. Call 1-800-561-1911.

Parkinsons Support Group
2:00 - 4:00 pm | Board Room

March 2 - 30
Saturdays

AA Eye Opener
8:30 - 10:30 am | Room C/D

