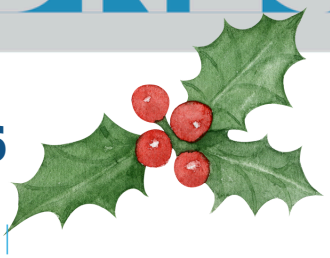
AGE WELL, EXPECT MORE.

WELLNESS WEDNESDAYS

EVENTS Dec 2026



👉**Senior Tour & Tea**
Dec 1| **Tues, 10:30 am - 12 pm** |
Join the SAAG for a free tour of their newest exhibition | **In-person** SAAG. |More info **here**



👉**Lunch & Listen**
Dec 4| **Fri, 12:15-1 pm** |
Listen to local music featuring Tanner Lapointe & Jaimee Jarvie (Tan&Jam) |**FREE In-person** Casa |More info **here**



👉**Rebuilding Health Cooking Class**
Dec 10| **Thus, 10 am - 12 pm** |
Join Dietitians to learn why protein is important for health with easy recipe ideas | **FREE Online** | Register **here**



👉**Holiday Traditions Around the World**
Dec 12| **Sat, 5 - 12 pm** |
Celebrate & experience different holiday traditions from around the world! | **FREE In-person** SAEA |More info **here**

👉**D-Stress**
Dec 16|**Wed, 10 am- 12 pm** | An interactive online workshop to learn about stress, with a variety of coping skills | **FREE Online** | More info **here**



👉**Crafternoon**
Dec 19| **Sat 1-4 pm** |Join the SAAG for a drop-in art activity. All supplies are provided for free. **In-Person** Downtown Public Library | More info **here**

💌Wellspring Alberta

➡️ **Wellspring Alberta** is here to help if you're living with cancer or have family member living with cancer. Wellspring AB provides support for patients, loved ones, and caregivers.
Join for **FREE** **here**. See their online or in-person sessions **here**.
Wellspring offers in person programs in **Lethbridge** which includes:
🧘**Yoga for Well-Being** - Wednesdays from 1:30-2:30 pm at **Harvest Yoga Studio**
👂**Cancer Connect** - Friday, Dec 18, 2026 at 10-11:30 am at **Lethbridge Family Services**



👉**Reducing the Impacts of Ageism in Health**
1 in 5 older adults experience ageism in healthcare system. This webinar is a great resource to help identify ageism when navigating the healthcare system.
🧐Watch it **here**



Holiday Mocktail!



Create a bright, refreshing & festive mocktail that supports your health without sacrifcing taste or enjoyment! Find the **Green Lantern** recipe or watch the cooking demo **here**

👨‍⚕️Prescription to Get Active (RxTGA)

RxTGA's offerings go beyond traditional gym memberships. Recognizing that gyms aren't for everyone, the program partners with online programs like **Seven Movements,** which features accessible seven-minute movement pattern sessions and **All Trails** a resource for walking and hiking routes.



🔎Find a prescriber **here**



Funded by the Government of Canada's New Horizons for Seniors Program | Canada

Healthy Lethbridge

Funded by the Government of Canada's New Horizons for Seniors Grant, and presented by Healthy Lethbridge