



**Nord-Bridge Seniors Centre**  
1904 13 Ave. North  
Lethbridge, Alberta  
Phone: 329-3222

# FALL PROGRAMS 2016



Fall Session (September - December)

## **Nord-Bridge Senior Citizens Association Officers and Staff**

### **Executive Committee**

President	Pat Santa
Vice - President	Rodger Halvoresen
Interim Treasurer	Harry Fischer
Secretary	Marilynn Heaton
Past - President	Jim Hahn

### **Directors**

Robert Grisak	George Berg	Donna Farkas
Clay Olsen	Jack Fox	Woody Neely
Bob Tarleck	Marilyn Gillies	Doug Youngren

### **Staff**

Executive Director	Randy Smith
Director of Programming	David Ng
Sr. Administrative Assistant	Kathy Filkowski
Financial Administrator	Tracy Beauchemin
Member Support Coordinator	Lorri Penner
Reception Supervisor	Valerie Arkinstall
Reception Assistant	Heather Belle
Cook II	Sally Reyna
Cook I	Bety Castillo
Red Seal Cook	Samantha Ajtay
Dining Room Supervisor	Gail Krysak
Janitorial	Marco Escobar

### **Nord-Bridge Senior Citizens Association**

"The Friendly Centre"

1904 - 13<sup>th</sup> Ave. North Lethbridge, AB T1H 4W9

Phone [403] 329 - 3222 Fax [403] 329 - 8824

Web Page: [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com)

Email: [friendly@nordbridgeseniors.com](mailto:friendly@nordbridgeseniors.com)



### **MISSION OF THE ASSOCIATION**

The Mission of Nord-Bridge is to provide educational, social, and support service programs for Senior Citizens, and to foster independence, self worth, and a sense of community pride amongst the senior citizen population of Lethbridge and surrounding communities.

### **GOAL AND MOTTO OF NORD-BRIDGE**

To be known as "The Friendly Centre."

### **HOURS OF OPERATION**

The Seniors Centre is open Monday to Friday, 8:30 am - 4:30 pm.

### **MEMBERSHIP**

Membership is open to individuals 55 years of age and older. 2016 membership fees are \$50.00 (January - December). New members joining for the Fall Programming Session will be provided a discount for the balance on the year (a partial year), but must also pay their membership for the upcoming calendar year. First time members, and lapsed renewals are charged an additional \$3.00 administration fee.

### **DUNFORD DINER**

Our dining room serves delicious and nutritious hot home cooked meals Monday to Friday. Breakfast is served from 8:30 am - 1:00 pm (limited breakfast menu after 10:00 am). A breakfast Buffet is served on the first Wednesday of each month. Lunch hours are 11:00 am - 1:00 pm. Lunch "Specials" are featured daily. Hot soup and sandwiches are available until 2:00 pm. All menu items are available for take - out, and coffee is always on.

### **GIFT BOUTIQUE**

The Gift Boutique is an ideal place to purchase hand made gifts for any occasion. The hours of operation for the Gift Boutique are Monday to Friday 9:00 am - 3:00 pm. Consignment items are accepted from members. Everyone is welcome to shop in the Gift Boutique. (For consignment information, see the Gift Boutique).

### **LIBRARY**

Our library is always growing, and content changes as members donate books and puzzles. Choose from a wide variety of genres (mystery, biographies, history, romance, non-fiction and popular fiction). The Library operates on an honour system with no late fees. Check out the great selection of books and puzzles.

## Program Areas

Nord-Bridge Senior Citizens Association provides a well-rounded variety of programs to meet the needs of its membership.

**Educational & Life-Skills Programs** - Nord-Bridge partners with various non-profit agencies, and institutions like the University of Lethbridge, Lethbridge College, Alberta Health Services and others offer classes and programs to members.

**Fitness & Socialization Programs** - Programs are organized and administered for daily socialization and fitness appropriate for seniors. Some activities also interconnect and support participation in the Alberta 55 Plus Games and zone competitions. Fitness & socialization programs support general health and well-being.

**Keep-In-Touch Program** - Daily phone calls are made by Keep-In Touch volunteers to seniors confined at home, and asking for regular contact. Visits by volunteers to members are also a part of this program.

**Monthly Outreach Program** - The Outreach Program organizes socials and in-reach activities geared for isolated seniors. The Outreach committee coordinates its activities with with housing and assisted living facilities, so transportation is available to Nord-Bridge for its monthly social. Hospital visits, get well cards and calls, and bereavement support for members is also provided as part of the Outreach Program. Please see the back of this booklet for dates of Outreach Socials.

**Social Programs** - Themed luncheons and socials are planned for special events and occasions. Please see the back of this booklet for dates of socials and luncheons.

**Travel Programs** - Day excursions and extended trips are offered to various attractions and Southern Alberta venues. Stop by our Travel Board for updates on trips.

**Volunteer Recruitment** - Volunteers are the mainstay of the Nord-Bridge Seniors Centre. Offering volunteer service helps put knowledge and experience back into the community. If you would like a volunteer opportunity at Nord-Bridge, please leave your name at the Reception Desk.

***Go Friendly Shuttle Service*** - This door-to-door transportation service between member homes and Nord-Bridge has been operating since February 2008. The *Go Friendly* service started as a pilot project of the City of Lethbridge, Lethbridge Transit and Nord-Bridge. Today it has been expanded to include service to LSCO. Just phone the Reception Desk at 403-329-3222 the day before to arrange a pick-up.



Available:

**MONDAY THROUGH FRIDAY :**

ALL DAY SERVICE 8:30 a.m. to 4:00 p.m.

**COST:** \$3.00 per one-way trip (CASH)...or...

\$21.00 for 10 ride Transit *Breeze Card*...or...

\$28.00 for monthly *Breeze Card*

## Drop - In Activities

Drop-In Activities are open to all members. You do not need to sign-up for the following programs:

### **Carpet Bowling** - Norene Irwin & Woody Neely, Conveners

Carpet Bowling is a team sport played on an indoor carpet, using bowls and a jack. The object is for the team to gain as many shots as possible by getting their bowls nearer to the jack than their opponents. Our group welcomes new members, and is willing to give instruction if needed. Carpet Bowling is held on Wednesday & Friday at 9:30 am in the Multi-Purpose Hall.

### **Darts** - Robert Grisak, Convener

Darts is an indoor game in which players take turns throwing darts. Players start at a set score of usually 501 and win by reducing their score to zero. There are ten dartboards in the Multi-Purpose Hall. Darts is played every Monday\* and Wednesday at 1:00 pm. New and novice players are welcome. \*There is no Darts on the 3rd Monday of each month to accommodate the Outreach Program.

### **Floor Curling** - Convener (vacant)

Floor Curling is a team sport very similar to ice curling, with a Lead, Second, Third and a Skip. The object of the game is to gain as many shots as possible by getting your team's rocks nearer to the centre of the house than your opponent does. The Floor Curlers meet on Monday at 10:00 am & Thursday at 9:30 am in the Multi-Purpose Hall. Come out and join the fun. Beginners, novice and experienced players are all welcome.

### **Pool** - Convener (vacant)

The Veres Family Games Room is open daily 8:30 am - 4:30 pm and has three pool tables: One Eight / Nine Ball regulation table for both men & ladies, and two twelve-foot tables suitable for pool golf and snooker. Please be advised, a user fee is required for this program. An Annual fee of \$50.00 or a alternate drop-in fee of \$2.00 per day to play can be paid at the drop box located at the entrance of the Veres Family Games room.

### **Shuffleboard** - Clay Olsen, Convener

Shuffleboard is a game in which players slide metal weighted pucks down a long smooth wooden table into a scoring area at the opposite end of the table. There are three shuffleboards in the Veres Family Games Room. The scheduled day and time for the program is Tuesday at 9:00 am, but the shuffleboard tables can be used at other times as available. Members are welcome to drop-in anytime to play a game or two.

### **Table Tennis** - Jerry Mikusek & Dave Bergen, Conveners

This activity is located in the Multi-Purpose Hall on Thursday evenings at 7:00 pm, and includes open play, singles & doubles. New members are welcome and instruction is available if required.

### **Floor Shuffleboard** - Lorna Vandervalk, Convener

Floor Shuffleboard is a game in which players use a pole - called a cue - to drive a flat, circular disc across the floor to a scoring box. Two people or teams can play floor shuffleboard against one another and try to prevent each other from scoring. This activity is played in the Multi-Purpose Hall on Thursday at 1:00 pm.

## **Cards & Board Games**

**Cribbage** - Mike Bennett & Pat Veres, Conveners

Cribbage is played with a regular 52-card deck, by two, three, or four players. The Crib program is played every Friday at 1:00 pm in the Dunford Diner Annex.

**Euchre** - Rodney Foster, Convener

Euchre is generally played by four persons, with a pack of 32 cards, consisting of nines through the aces. The Euchre program runs Wednesdays at 1:00 pm. in the Dunford Diner Annex.

**Contract Bridge** - Kathy Ludwig, Convener

This program meets on Monday and Friday in the West Community Room at 1:00 pm. Anyone wishing to learn the game or wanting to join in, please stop by.

**Duplicate Bridge** - Pat Kincade, Convener

This is a fun Duplicate Bridge Club at Nord-Bridge on Thursday afternoons at 1:00 pm in the Dunford Diner Annex. In Duplicate Bridge, the same hands are played at each table and your score is based upon your performance against other players. A player normally plays with the same partner for that day, but please come even if you don't have a partner, and we will try to match you up with someone. Players must be Nord-Bridge members.

**Canasta** - Norene Irwin, Convener

Canasta is a card game of the Rummy family. Players attempt to make melds of seven cards of the same rank and "go out" by playing all cards in their hands. Canasta is played in the Dunford Diner Annex every Tuesday at 1:00 pm.

### **Cards: Whist Program**

The classic game of whist is a plain-trick game without bidding, for four players in fixed partnerships. Rules are simple, and there are various forms of whist. Three varieties of whist are played at Nord-Bridge: Trump Whist, Military Whist and Norwegian Whist.

**Military Whist** - Donna Takeda, Convener

This program is played every Monday at 1:00 pm in the Dunford Diner Annex.

**Norwegian Whist** - Pat Veres, Convener

This program is played every Tuesday at 1:00 pm in the Dunford Diner Annex.

**Trump Whist** - Pat Veres, Conveners

This program is played every Thursday at 1:00 pm in the Dunford Diner Annex.

**Texas Hold'em** - Mike Bennett, Pino Zucchelli & Marilyn Maloff, Convener

The subject of many a disagreement in Westerns, was the game Texas Hold'em. Fast forward to present day and minus the saloon / gun fights, Texas Hold'em has become the most popular poker game in North America. Hold'em is a community card game where each player may use any combination of the five community cards and his/her own two hole cards to make a poker hand. This is a fun and easy game to learn. There is a small weekly fee to play the game. Texas Hold'em is played every Tuesday at 1:00 pm in the West Community Room.

**Scrabble** - Sheila Brust, Convener

Scrabble is a word game in which two to four players score points by forming words from individual lettered tiles on a game board. The words are formed across and down in a crossword fashion. Players meet on Tuesday at 1:30 pm in the Dunford Diner Annex. If you are interested in participating, drop in any Tuesday.

## Social Activities

### Jammers - Roy Swidinsky, Convener

Nord-Bridge Music Makers Monday is one of the Centre's most popular programs. If you enjoy music (playing or listening) stop by to be part of this jam, or sit back and enjoy the music. The Jammers meet in the Dunford Diner & Dunford Diner Annex each Monday from 9:30 am - 12:00 pm. As seating is limited, there is a \$2.00 fee for non-members to attend this program.



### Music Makers - Barb Stewart, Convener

The Nord-Bridge Music Makers is a group that gets together weekly to sing. This group's main focus is music and performing at different seniors' health & housing facilities. The group meets weekly at Nord-Bridge in the Dunford Diner Annex on Tuesday from 10:00 - 11:30 am. New singers and acoustic instrumentalists are welcome. This program will start on September 13, 2016.

### Coffee Tea & You – Barb Leclair, Convener

Strangers are just friends we haven't yet met. Do you have trouble going into a room full of people that you would love to have coffee with? Wish you had someone to have coffee with? Lots of seniors attend Nord-Bridge for exercise, cards, or art, but this group makes that special human connection. Here is your chance to come and meet others. The group meets every second and fourth Thursday at 10:00 am in the Dunford Diner (Just look for the "Coffee Tea & You" sign). Join in for a visit and share your stories.

## Education

### Mind Joggers Writing Group - Ted Sillito, Jack Simmons, Judy Knox & Melvin Horn, Conveners

The Mind Joggers Writers Group is a casual, friendly group that is always looking for new members. Each person has memories that are important to record for future generations. This group is here to offer encouragement and support as you get started in writing. You will be pleasantly surprised at how easy it is to write, once you get over the initial fear. Drop-in to the Berlando Boardroom on Thursdays at 9:30 am to see if this program is for you. You may listen to, or join the discussions. Mind Joggers will start on September 15, 2016.

### Spanish for Travelers - Intermediate (Level 4)

HOLA AMIGOS! UN POCO DE ESPANOL!! Are you traveling to a Spanish-speaking country? Wouldn't it be nice to be able to communicate with locals in their own language? This class is a continuation of previous Spanish for Travelers (Level 3) participants. This class is geared towards more in-depth Spanish conversation. Registration is only open to returning students.

Begins: Tuesday & Thursday

October 4 - December 8 (10 weeks)

Location: Berlando Boardroom

Time: 2:00 pm - 3:00 pm

Cost: Members \$25.00 Non-Members \$40.00



## Senior Assistance Programs

On a monthly basis, professionals & Lethbridge College students will provide their services to assist seniors with **legal consultations, foot care, hearing consultations & massages**. Also, during the income tax season, community volunteers help seniors complete their **income tax returns**. Year round, volunteer seniors as part of Nord-Bridge's **Seniors Helping Seniors Program**, are on hand to help fill out government forms and counsel on financial assistance programs. For further details on all programs please see below.

**Dr. Bolokoski - Foot Care** - 8:30 am - 11:30 am, Wednesday September 21 and November 16. This service is available to Nord-Bridge members only. Appointments are necessary. Please book appointments at the Reception Desk. If appointments are all booked - you will be placed on a waitlist and will be given a spot on the next foot clinic date. If you have an appointment and are unable to make it, please call Nord-Bridge to let us know so we can fill your appointment with someone on the wait list. Please be advised a \$10.00 co-pay per patient, per visit will be charged by Dr. Bolokoski. Please be advised all nail care patients will be required to provide their own towel to place their feet on for nail care appointments.

**Mariko Constable of Huckvale LLP - Legal Consultation** is offered once monthly - **Fridays** 9:00 to 11:30 am. Mariko will be at Nord-Bridge on the following dates: September 9, October 14, November 18 and December 9. Members can sign up at the Reception Desk for 1/2 hour free consultations. These are initial consults only. Mariko will discuss members' needs and offer advice on how best to legally proceed.

**Brad Lindsay of Advantage Hearing Centre** offers complimentary hearing tests and consultations once a month on Wednesdays. Brad will be here on September 7, October 5, November 2 and December 7 from 3:00 pm to 4:30 pm. He will provide information, answer questions or concerns about hearing loss, hearing aids and other hearing related topics. Appointments are necessary, please book your 1/2 hour appointment at the Reception Desk.

**Coffee with a Constable, Lethbridge Regional Police Services** - Constable Les Vonkeman will sit down and chat with you about any questions you may have regarding law enforcement, and concerns. Constable Vonkeman will be here the second Wednesday of each month from 10:00 am - 11:00 am. September 14, October 12, November 9, December 14.

**Lethbridge Elder Abuse Response Network** - Tanya Purdy-Fischer is the Lethbridge Elder Abuse Response Network Coordinator. If you or someone close to you who is an older adult has been victimized by a family member, spouse, partner, friend, caregiver or other person in a position of trust, Tanya can help. Tanya will be here Tuesdays, September 6, October 4, November 1 and December 6 from 10:00 am - 11:00 am.

**Candice and Jake Boldt of Lethbridge Hearing Centre** - offers FREE hearing tests and consultations every third Thursday of the month from 10:00 am until Noon. Candice or Jake will be here on September 15, October 20, November 17 and December 15. Appointments are necessary. Please book your 1/2 hour appointment at the Reception Desk.



## Seniors Assistance Programs Continued

**Seniors Helping Seniors** - The "Seniors Helping Seniors" program at Nord-Bridge is staffed by a team of knowledgeable volunteers Monday to Friday year-round. The team includes five tax preparers and an administrative volunteer, who assist seniors and the community at-large, with modest tax returns through Revenue Canada's "Community Volunteer Tax Program." This service is offered March 1 through April 30. During the balance of the year, "Seniors Helping Seniors" volunteers assist with filing of late returns, and help seniors qualify, or re-qualify, for benefits available under the Provincial



Alberta Seniors Benefits, and Special Needs Assistance Programs for Seniors; and Federal Old Age Security, Guaranteed Income Supplement, and Canada Pension Plan benefits. Please phone the Reception Desk at 403-329-3222 in advance to make an appointment with one of the volunteers.

**Lethbridge College - Massage Therapy Students** - If your muscles are sore come in for a free massage! Massages are on a first-come first-served basis. The College students will be at Nord-Bridge on Wednesdays, September 28 & October 19 from 10:00 am - Noon. Please check with the Reception Desk and Monthly Newsletter for more information.

**Southern Alberta Institute of Massage - Massage Therapy Students** - Students from this program offer free massages, on a first-come first-served basis. Dates and time for the free massages are announced in Nord-Bridge's monthly Newsletter, and on signage within the Nord-Bridge Centre. Please check with the Reception Desk or Newsletter for more information.

**Lunch with Lethbridge City Councilors** - Each month Nord-Bridge is visited by City of Lethbridge Councilors over the lunch hour. This is an opportunity for members to learn about the City's governance, and for members to express their feels to their elected Council members. Please refer to the monthly Newsletter for dates and the specific Councilors who have scheduled themselves to attend the Centre during any given month.

### **University of Lethbridge - Nursing Education In Southwestern Alberta**

Nord-Bridge welcomes the University of Lethbridge third and fourth year nursing students, who attend the Centre on Monday and Tuesday through the months of September - December. The students attend to observe, learn, participate with, and assist seniors as a part of their Community Health Studies portfolio. The student's primary objective is to research member needs in the areas of Health Promotion, Health Protection, and Injury Prevention. From their research, they program and implement different learning series / information sessions, and organize an annual "Health Fair" to address the needs and interests of Nord-Bridge's membership. Please give the students and their instructor a warm welcome when you see them around the building.





## Fall 2016 - Classes & Special Programs

In order to take advantage of Nord-Bridge member price for the programs, a current 2016 membership is required. The course registration fee must be paid in full prior to the start of class.

### Arts & Crafts Programs

#### **Paper Tole - Advanced Class (Wednesday)**

This class is for art enthusiasts who enjoy the craft of creating three-dimensional pictures from art prints. Participants in this class take multiple copies of a printed piece of art, and then cut, shape, mold and elevate the artwork to make three dimensional prints. This class is an advanced class, and just for fun as everyone helps each other.

Begins: Wednesday, September 7

Location: West Community Room

Time: 10:15 am to 3:00 pm

Instructor: Elta Buckman

Fee: Members: \$15.00 Non-Members: \$25.00 Maximum 16 students

**\*This is a continuation from the Winter 2016 Class - Class is Full\***

#### **Paper Tole - Advanced Class (Friday)**

To register for this advanced class, paper tole experience is necessary.

Begins: Friday, September 9

Location: Craft Room

Time: 9:00 am to 4:00 pm

Maximum 16 Students

Fee: Members: \$15.00 Non-Members: \$25.00

**\*This is a continuation from the Winter 2016 Class - Class is Full\***

#### **Acrylic Painting**

In this acrylic painting class, you will not only learn how to paint with acrylics, but also experiment with color mixing, develop brush stroke techniques, discover how to glaze, and practice composition using still life and photos for reference. The purpose of this class is to improve your painting skills and to have fun! A complete supply list will be given at the time of registration.

##### Session 1

Begins: Thursday, September 15 Ends: October 20

##### Session 2

Begins: Thursdays, October 27 Ends: December 1

Location: West Community Room

Time: 1:00 pm to 3:30 pm

Instructor: Karina Mak

Fee: Members: \$40.00 Non-Members: \$60.00

#### **Value & Perspective Drawing - Donna Gallant**

Understanding value and perspective are the two most important elements to master in drawing and in making all other two dimensional art works. Value helps define your form, and perspective gives your form a place to live. This eight (8) week class will be an in-depth look at and study of these two elements. This is certainly a must for becoming a better drawer and artist. Beginners are welcome, as well as the more seasoned drawer.

Begins: Monday, September 19 - November 28 (10 weeks) Location: Craft Room

Time: 9:30 am - 11:30 am

Maximum: 8 Students

Fee: Members: \$45.00 Non-Members: \$65.00

**\*No Class on October 10, 2016**

## **Woodcarving**

In this class you will learn the art of carving wood. You will be able to create your own carved projects. Beginning students who have little or no experience in carving are welcome. Come join in for an adventure in Woodcarving. This class is ongoing so you can register and join anytime.

Begins: Thursday, September 1

Time: 1:00 pm - 3:30 pm

Fee: Members: \$10.00 Non-Members: \$20.00

Location: Craft Room

Instructor: Don Johnson

## **Beginners Watercolor (No Experience Required)**

If you are one of many beginners who think they cannot paint or draw, this is the watercolor class for you. It will calm all your fears. You will be guided through different techniques and textures such as bubble wrap, facial tissue and salt, and show you how to properly use your brushes and mix color on your paper. By the end of eight sessions, you will have the confidence in your ability to paint on your own, and have lots of paintings to show your family. A list of materials required for the class will be given at time of registration.



Begins: Tuesday, October 4 - November 22

Time: 9:30 am – 11:30 am

Fee: Members: \$40.00 Non-Members: \$60.00

Location: Craft Room

Instructor: Denise Savard

Maximum: 8 students

## **ART CLUB**

### **Watercolor Club**

The Watercolor Club is a group of painters who have been meeting on a regular basis, sharing ideas, techniques and resources. While their primary purpose is to paint, it is important that the group retain its friendly, positive, encouraging atmosphere. The group plans occasional one day workshops, and would welcome artists who are willing to teach. The Watercolor Club meets every Tuesday afternoon at 1:00 pm in the Craft Room. For information on this Club, please talk to the co-coordinators Sandy Baceda and Erika Bosters

**\*\*The Watercolor Club is a continuation from the Winter 2016 program - Club is full\*\***

### **Krafters Koffee Klub**

This group of crafters is calling all knitters, crocheters, quilters, and crafters. They invite you to meet with them on a weekly basis for a social get-together. Bring your own work projects to work on, and ideas to share. The Klub meets every Wednesday in the Craft Room from 1:00 pm - 3:00 pm, starting September 7, 2016.

### **Quilters Group**

Are you interested in getting together with other quilters one day a week? You will need to have basic quilting skills as this is not a class. This is a group that show and share, while having someone to talk to with similar interests. You do not need a machine every week. Group members work on individual projects, and sometimes on charity quilts. The group meets every Wednesday in the Craft Room from 1:00 pm - 3:00 pm, starting on September 7, 2016.

**Art Club Cont.****The Card Crafters**

If you can cut along the lines you're hired! The group uses parts from used greeting cards which are then recycled onto new cardstock with envelopes, and sold in our "Craft Boutique". Please check out our finished products for purchase in the Craft Boutique! The Card Crafters meet every Thursday in the Craft Room at 9:00 am. New crafters welcome.

**Fitness Programs****Clogging**

Clogging is an American folk dance that is similar to tap dancing. Clogging is done to almost any kind of upbeat music. Country and traditional bluegrass music are the most popular types of music for clogging. The activity is a great form of exercise, so come out and try this form of dance. The program runs for 10 weeks in the West Community Room starting September 13, 2016.

Begins: Tuesday, Sept 13	Time: 9:30 am	Beginners Class
Begins: Tuesday, Sept 13	Time: 10:00 am	Intermediate Class
Begins: Tuesday, Sept 13	Time: 11:00 am	Advanced Class
Fee: Members: \$42.00	Non-Members: \$50.00	Instructor: Sandy Nowell
Drop In Fee: \$5.00 Members	\$6.00 Non-Members	Location: West Community Room

**Roll and Stroll Walkers**

Join this active group of seniors each Wednesday morning as they walk at various parks and pathways in our beautiful City. Walkers choose a different venue each week. Enjoy the scenic paths of Henderson Lake, Nicholas Sheran Park, Indian Battle Park or stroll around one of the several man-made lakes we have in the City. On days that the weather does not cooperate, the group will walk indoors (ie. Shopping Malls).

Begins: Wednesday, September 7	Time: 10:00 am
Fee: Participants of this program are responsible for the cost of transportation on the "Go Friendly Shuttle". Please see the Reception Desk for more information.	

**Line Dancing (AM Class)**

Line Dancing is a relaxed and fun form of country and western dancing, and you don't need a partner. Also, it is excellent exercise for both body and mind. Just one stipulation – you MUST enjoy music (The group dances to various music types, not just country)! Join in or just drop by to enjoy the music.

Begins: Wednesday, September 7	Location: Multi-Purpose Hall
Time: 11:00 am	Instructor: Della Howg

**Social Line Dancing (PM Class)**

Steps are simple and don't involve dancing with a partner. Basic line dance focuses on movement of the legs and feet with more advanced dances including the arms and hands. Come join in for some fun and exercise.

Begins: Tuesdays, September 13	Location: West Community Room
Time: 7:00 pm	Instructor: Karen Hooper
Fee: Monthly registration or \$5.00 / night	

## Fitball

A partnership between Nord-Bridge Seniors Centre and Alberta Health Services, this group exercise class involves a variety of movements intended to stimulate the mind and body by using a combination of tools, including fitballs, tennis balls and bodyweight resistance. Build confidence in your strength and balance while you challenge yourself within your individual level of fitness and coordination. This class runs on Wednesdays for 1 hour. A qualified instructor will guide you through a session that blurs the line between work and play.

Begins: Wednesdays, Oct 12 - Dec 14 (10 weeks)      Location: Multi-Purpose Hall  
 Time: 3:00 pm - 4:00 pm      Instructor: TJ Dunn (AHS)  
 Fee: Members: \$30.00      Non-Members: \$50.00  
 Drop-in: Members: \$4.00/class      Non-Members: \$6.00/class

## Exercising with Arthritis

This is a group exercise class focusing on individuals with osteoarthritis. The class is offered in a partnership between Alberta Health Services and Nord-Bridge. The instructor TJ Dunn is a Kinesiologist with Alberta Health Services. TJ will teach participants various strengthening and "range of movement" exercises. Along with the exercises, an education component will be taught to help participants manage their chronic conditions.

Begins: Tuesday, Oct 11 - Dec 13 (10 weeks)  
 Location: Multi-Purpose Hall  
 Time: 3:00 pm - 4:00 pm  
 Instructor: TJ Dunn (AHS)  
 Fee: Members: \$30.00      Non-Members: \$50.00  
 Drop-in: Members: \$4.00/class      Non-Members: \$6.00/class



## ZUMBA

Join Jeannie Williamson as she leads you through an hour of Zumba! Zumba involves dance and aerobic elements. Zumba uses a mix of Latin and International music to create a dynamic, exciting, fun and effective cardio workout! This class is designed to utilize an interval training format, combining various rhythms with movements. *ZUMBA®* is for all people, ages and fitness levels!

Begins: Thursdays, September 8      Location: Multi-Purpose Hall  
 Time: 5:30 pm - 6:30 pm      Instructor: Jeannie Williamson  
 Fee: \$8.00/class or purchase a session pass - please see instructor for details.

## Beginner's Tai Chi for Health

Tai Chi, a mind-body exercise is a recognized part of Traditional Chinese Medicine. It has proven health benefits: Increased muscle strength and bone density, lower blood pressure, improved balance, coordination and flexibility, reduced pain and stiffness, increased immunity, stress reduction and mental peace. Tai Chi is slow, gentle, flowing and low impact. This 8 week class will practice breathing and meditation techniques and a six form Tai Chi routine.

Begins: Mondays, Sept 12 - November 14      Location: Multi-Purpose Hall  
 Time: 9:00 am - 9:45 am      Instructor: Christine Curteanu  
 Fee: Members \$30.00 - Non-Members: \$50.00

**No Class on October 3 & 10**

## Yoga / Pilates

This class offers an opportunity for students to strengthen the body and mind connection. The instructor will explore aging, anatomy, meditation, breathing and relaxation. Asanas [postures adopted in performing hatha yoga] are slow gentle movements done in a non-intimidating, friendly manner. Participants are asked to wear loose clothing and bring a yoga mat. Pilates class focuses on increasing the strength of the 'core' muscle group. Core muscles are the abdominals, glutes, and upper legs. They are the key to stability, balance, good posture and also aid in the reduction of injuries. All Pilates classes are beginner to intermediate friendly.

### Session 1

#### Monday Class: Yoga

Begins: Monday, Sept 12                      Ends: Oct 24

Time: 9:00 am            **\*No Class on Oct 10**

Location: West Community Room

Instructor: Melanie Hillaby

#### Monday Class: Chair Yoga (\*See class description on pg 17)

Begins: Monday, Sept 12                      Ends: Oct 24

Time: 10:15 am            **\*No Class on Oct 10**

Location: West Community Room

Instructor: Melanie Hillaby

#### Wednesday Class: Yoga

Begins: Wednesday, Sept 21                Ends: Oct 26

Time: 8:45 am

Location: West Community Room

Instructor: Melanie Hillaby

#### Friday Class: Pilates

Begins: Friday, Sept 16                      Ends: Oct 21

Time: 9:00 am

Location: West Community Room

Instructor: Melanie Hillaby

#### Friday Class: Chair Yoga (\*See class description on pg 17)

Begins: Friday, Sept 16                      Ends: Oct 21

Time: 10:15 am

Location: West Community Room

Instructor: Melanie Hillaby

### Session 2

#### Monday Class: Yoga

Begins: Monday, Oct 31                      Ends: Dec 5

Time: 9:00 am

Location: West Community Room

Instructor: Melanie Hillaby

#### Monday Class: Chair Yoga (\*See class description on pg 17)

Begins: Monday, Oct 31                      Ends: Dec 5

Time: 10:15 am

Location: West Community Room

Instructor: Melanie Hillaby

#### Wednesday Class: Yoga

Begins: Wednesday, Nov 2                Ends: Dec 7

Time: 8:45 am

Location: West Community Room

Instructor: Melanie Hillaby

#### Friday Class: Pilates

Begins: Friday, Oct 28                      Ends: Dec 9

Time: 9:00 am            **\*No Class on Nov 11**

Location: West Community Room

Instructor: Melanie Hillaby

#### Friday Class: Chair Yoga (\*See class description on pg 17)

Begins: Friday, Oct 28                      Ends: Dec 9

Time: 10:15 am            **\*No Class on Nov 11**

Location: West Community Room

Instructor: Melanie Hillaby

Continued on next page.



### **Seniors Chair Yoga**

Chair Yoga is the term generally used to describe a gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support. Chair yoga has helped people with the symptoms of many health issues including: Hypertension (high blood pressure), anxiety, chronic fatigue syndrome, arthritis, vertigo (medical), multiple sclerosis, carpal tunnel syndrome, clinical depression, and chronic pain. Chair Yoga is one of the gentlest forms of yoga available. Complicated maneuvers and complex movements are not present in a Chair Yoga class. Within this type of yoga class, you can cover standing, seated, and prone postures. Most of these classes use the chair only, due to the difficulty of getting down or up from the floor.

\*\*Please refrain from wearing perfume during Yoga & Pilates classes.

### **PRICES FOR EACH YOGA SESSION & Maximum Students Allowed are:**

**Fee: Members: \$25.00                      Non-Members: \$40.00**

**Maximum: 14 Students (Yoga & Pilates) 25 Students (Chair Yoga)**

### **Keep Fit - Adapted Aerobic Class \***

This class is geared toward a gradual and safe improvement in fitness levels. Class instruction will focus on aerobic conditioning and toning, with a focus on increasing agility and balance. This is a fun, safe, enjoyable effective exercise class specifically designed for the active senior. Please see below for the fee for this class.

Begins: Tuesday, Sept 13

Location: Multi-Purpose Hall

Time: 11:00 am

### **Keep Fit - Strength & Flexibility Class \***

Want to tone and shape your muscles? This class is geared to develop muscular strength and endurance. Light hand weights and resistance bands will be utilized in this class. No impact functional exercises will focus on strengthening independence in daily living activities. Please see below for fees.

Begins: Thursday, Sept 15

Location: Multi-Purpose Hall

Time: 11:00 am

Instructor: Melanie Hillaby

Fee: Members \$10.00 (September - December 2016) - This class is for Members only.

The fee of \$10.00 is for both the Tuesday and Thursday Class from Sept. – Dec., 2016

\* For a complete workout, both Keep Fit Classes complement each other.

### **Somatic**

Somatics is a complement to any activity you participate in and helps improve your daily functional movements. As you explore the movements of Somatics you are connecting the body and mind through movement and meditation. As we bring awareness to our bodies (Soma's) we can then help relieve pain, recover from injury, reduce stress and maximize flexibility. These exercises do not just address the body's movement gateways as we walk and breath, but how we carry our stress and tension that leads into chronic neck, shoulders, hips and low back pain. We as individuals view ourselves from the inside looking out otherwise the distinction between mind and body disappears. "We are our own best healers". Somatics is great for MS, Stroke recovery, chronic pain, migraines and much more. Note: This class requires participants to do mat work on the floor. The instructor is able to assist participants getting down / up from mats.

Session 1 Begins: Thursday, Sept 22 - Oct 27 (6 weeks)

Session 2 Begins: Thursday, Nov 3 - Dec 8 (6 weeks)

Location: West Community Room

Time: 10:00 am - 10:45 am

Maximum: 10 Students

Fee: Members: \$50.00

Non-Members: \$70.00

Instructor: Melanie Hillaby

## Gaming

### **In House Bingo** - Frances Wallace, Convener

All members and their friends (over the age of 18) are welcome to attend Nord-Bridge's weekly bingo program. This popular program is held on Fridays at 1:00 pm in the Multi-Purpose Hall. The Go Friendly Shuttle service is available for transportation to the Centre. Contact the Reception Desk for more information, and come out and give your luck a try!

### **The FRIENDLY Geek - Nord-Bridges very own Tech Desk**

Justin Kroeker from Talk Nerdy to Me Inc. is Nord-Bridge's very own Friendly Geek. We all know technology can be confusing and frustrating when it doesn't work, so bring your portable devices or your questions and let Justin help you.

The Friendly Geek is ready, willing and able to get you the most use and amusement out of your hi-tech devices. Here is a list of de-



**Talk Nerdy  
To Me Inc**

VICES, software and some common problems the Friendly Geek can help with:

- ◆ Desktops
- ◆ Laptops
- ◆ Tablets
- ◆ Smart Phones
- ◆ iPad
- ◆ iPhones
- ◆ Printers
- ◆ Hard Drives
- ◆ Apple
- ◆ Windows
- ◆ Microsoft
- ◆ Apps
- ◆ iTunes
- ◆ Android
- ◆ Emails
- ◆ Music
- ◆ Not turning on
- ◆ Slow
- ◆ No Wi-Fi Signal
- ◆ Pop Ups
- ◆ Not Charging
- ◆ No Sounds
- ◆ Lost Passwords
- ◆ Photographs

The Friendly Geek is a partnership between Nord-Bridge and Talk Nerdy to Me Inc.

When: Every Tuesday

Time: 10:00 am - 2:00 pm

Locations: Nord-Bridge Main Lobby

Fee: FREE to Nord-Bridge Members

### **Nord-Bridge Member Support Coordinator - Lorri Penner**

Lorri is here at Nord-Bridge to assist our members in maintaining their quality of life, independence and providing support during times of crisis. If you are struggling in any area of your life: stress, a loss, sadness changes in your health family concerns or are considering moving, please stop in to have a private and confidential conversation with Lorri. You do not need to deal with your concerns alone, help is available. Often a conversation is enough to alleviate a worrisome situation you are facing. Should a conversation not be enough, there are many programs and agencies that are able to provide special assistance and Lorri will help make these arrangements for you. Drop in or make an appointment. Please see Lorri's work schedule posted by her office located opposite of the Reception Desk and Dunford Diner.

Lorri will be hosting information sessions throughout the Fall months as well as a Fall Housing Fair on **Thursday, October 27th**. Please check with the Reception Desk and monthly Newsletters for more information.

# NORD-BRIDGE SENIORS FITNESS 55 PLUS CLUB



The "Fitness 55 Club" operates on a special pass program. A current year paid in full Nord-Bridge membership\* is required (\$50 per year) plus a special pass user fee will be charged to access the Fitness Room. The fee assists Nord-Bridge with fitness room capital costs and ongoing maintenance.

The "Fitness 55 Club" offers something for everyone. It features a wide variety of cardio-vascular equipment for all physical abilities (4 treadmills, 2 ellipticals, 2 recumbent



bikes, 2 upright bikes, and 1 recumbent elliptical). All cardiovascular equipment is low impact and senior friendly. The "Fitness 55 Club" facility also includes a wide variety of strength equipment, including a multi-jungle machine which offers four stations for upper body strengthening. There are three separate machines that are devoted for lower body strengthening, as well as a chest press for your upper body. Also, there is a good selection of free weights for muscle strengthening. Two Vibration Trainers are available for Fitness 55 Club members.

## FEES

Annual Pass - \$180\*

Monthly Pass - \$18\*

20 Visit Pass - \$25\*

\*Plus a \$10 refundable deposit on the electronic access key fob.

## HOURS

Fitness 55 Club hours  
of operation  
are from 8:30 am - 4:30 pm.  
Monday - Friday

All Nord-Bridge members are invited to visit the FITNESS 55 CLUB facility. Prospective Nord-Bridge members are welcome to attend a free orientation to the Fitness 55 Club. Just book an appointment with the Centre's Director of Programming, or come and visit our fitness program volunteer:



**Jim Scott**

**(Personal Training Specialist & Older Adult Specialist), Wednesdays from 9:00 am - 12:00 pm**



Nord-Bridge Senior Centre  
 1904 13 Avenue North, Lethbridge  
 Phone: 329-3222

## Outreach Program Schedule

Nord-Bridge Seniors Outreach Program provides special programs for Seniors 55+. Socials are organized on the 3<sup>rd</sup> Monday of each month. Transportation is available to and from home. (Participants requiring only "light hand lift assistance" can book to attend the Centre on the "GO FRIENDLY SHUTTLE" at 403-329-3222. Should you need wheelchair assessable transportation, book with Lethbridge Access-A-Ride at 403-329-6464. A small monthly program cost of \$2.50 is charged for Outreach Socials. This fee helps with food and related expenses.

- September 19, 2016 1:30 pm Program: Mexican Fiesta Fun Party  
 Entertainment - Jill Timleck
- October 17, 2016 1:30 pm Program: Oktoberfest  
 Entertainment - Classic Legends
- November 21, 2016 1:30 pm Program: Golden Oldies  
 Entertainment - Floyd Sillito
- December 12, 2016 1:30 pm Program: Christmas in the Rockies  
 Entertainment - Nord-Bridge Music Makers

## Social Functions

Come out and enjoy companionship and good food at the same time. Everyone is welcome to attend these events. (Please note there is a charge to attend these events and tickets can be purchased at the Reception Desk). Dates are as follows:

- |                             |   |          |
|-----------------------------|---|----------|
| Wednesday, August 24, 2016  | Whoop-Up Toonie Pancake Breakfast                                     | 8:00 am  |
| Wednesday, August 24, 2016  | Tribute to the Alberta Ranch Boys<br>Performed by Many Shades of Grey | 7:30 pm  |
| Tuesday, September 13, 2016 | President's Dinner & Auction  | 4:00 pm  |
| Thursday, October 6, 2016   | Thanksgiving Luncheon   | 11:30 am |
| Thursday, November 17, 2016 | Sgt. Wilson's Army Show   | 1:30 pm  |
| Friday, December 2, 2016    | Annual Christmas Bake Sale  | 9:00 am  |
| Thursday, December 8, 2016  | Christmas Luncheon  | 11:30 am |