



Nord-Bridge Senior Centre

1904 13 Ave. North

Lethbridge, Alberta

Phone: 329-3222

WINTER PROGRAM 2018



Nord-Bridge Senior Citizens Association Officers and Staff

Executive Committee

President	Pat Santa
Vice - President	Robert Tarleck
Treasurer	Harry Fischer
Secretary (Acting)	Anne Pauls
Past - President	Jim Hahn

Directors

Ben Bell	Robert Grisak	George Berg
Donalda Stock	Clay Olsen	Marilyn Gillies
Marko Bosnak	Kaz Tomomitsu	

Staff

Executive Director	Randy Smith
Sr. Administrative Assistant	Kathy Filkowski
Financial Administrator	Tracy Beauchemin
Director of Programming	David Ng
Membership Support Coordinator	Lorri Penner
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Reception Assistant	Rita Paju
Red Seal Cook	Samantha Ajtay
Cook I	Bety Castillo
Dining Room / Kitchen Assistant	Gail Krysak
Janitorial	Marco Escobar

NORD-BRIDGE Senior Citizens Association

"The Friendly Centre"

1904 - 13th Ave. North Lethbridge, AB T1H 4W9

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

Web Page: www.nordbridgeseniors.com

Email: friendly@nordbridgeseniors.com

Find us on Facebook



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

Dunford Diner Grill open Monday - Friday, 7:00 am - 2:00 pm

(After 2 pm coffee, snacks and other refreshments available until 4:30 pm)

Fitness 55 Club open Monday - Friday 7:00 am - 4:30 pm

The Seniors Centre is (Reception Desk and General Programming) open Monday to Friday, 8:30 am - 4:30 pm.

MEMBERSHIP

Membership is open to individuals 55 years of age and older. 2018 membership fees are \$50.00 (January - December). 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 7:00 am - 2:00 pm. A breakfast buffet is served on the first Wednesday of each month. Lunch hours are 11:00 am - 2:00 pm. Lunch "Specials" are featured daily. 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 honor 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 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 [Members Only](#). 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 - Vacant, 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 dart boards 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 9:00 am in the Multi-Purpose Hall. Come out and join the fun. Beginners, novice and experienced players are all welcome.

Pool - Ben Bell, Convener

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 Wednesday 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.

Bocce - Diana Neal, Convener

Anyone interested in Bocce, should come out to the Nor-Bridge Lions Park at 6:30 pm (weather permitting) on Tuesdays and Thursdays. Bocce will start once the weather starts to warm up (April or May), for more information refer to our monthly Newsletter.

Golf - Judy Workman & Bob Lemay, Convener

Bring your golf clubs on Tuesdays (weather permitting) at 8:30 am as the group heads to Evergreen Golf Centre. Watch for more information in the monthly Newsletters as to when the golf program will start.

Cards & Board Games - Open to [Members Only](#)

Cribbage - 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 - Hans & Louise Kochan, 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 Dining Room 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, Conveners

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 - Doug Youngren, 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 - Vacant, 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.

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. This group meets every Tuesday at 10:00 am in the Dunford Diner.

Out and About & Coffee Too

Live alone? Need a buddy to socialize with over coffee or someone to go shopping with? Out and About & Coffee Too is the program for you. This program will get you out and about for a ride on the Nord-Bridge Go-Friendly Shuttle Bus #2. For more information on this program please see Val at the Reception Desk.

L-SKIP (Lethbridge Seniors' and Kids' Intergenerational Program)

This program is a partnership between Lethbridge Early Years Coalition, Lethbridge Sport Council, Lethbridge Public Library and Nord-Bridge Seniors. In the spring of 2017 this successful pilot program was launched which saw pre-school aged kids paired with Nord-Bridge members for a one hour program, once a week for three weeks. The first 30 minutes involved Nord-Bridge members engaging in physical motor skilled activities (ie. Bean Bag toss and parachute games) with the preschoolers. Followed by a small nutritious snack and refreshment and wrapping up with Nord-Bridge Members reading to the preschoolers. The aim of this social program is increase the intergenerational connections. This program runs Tuesdays from 1:30 pm - 2:30 pm in the Multi-Purpose Hall (January 23, 30, February 5 and 13).

Education

Mind Joggers- 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.

Senior Assistance Programs

On a monthly basis, professionals and post secondary 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 - 10:30 am - 12:30 pm, Wednesdays, February 7, April 4, May 30, July 25, September 19 and November 14. 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. 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.

Allan denBok of Huckvale LLP - Legal Consultation is offered once monthly - **Tuesdays** 9:00 am to 11:30 am. Allan will be at Nord-Bridge on the following dates: January 9, February 13, March 13, April 10, May 8, June 12. This service is for Nord-Bridge [Members Only](#), members can sign up at the Reception Desk for 1/2 hour free consultations. These are initial consults only. Allan 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 to Nord-Bridge [Members Only](#) once a month on Wednesdays. Brad will be here on January 3, February 7, March 7, April 4, May 2, June 6, July 4 and August 1 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 Police Services - Constable Les Vonkeman will sit down & chat with you about any questions you may have regarding law enforcement & concerns. Constable Vonkeman will be here the second Wednesday of each month from 10:00 am - 11:00 am. January 10, February 14, March 14, April 11, May 9, June 13, July 11.

Lethbridge Elder Abuse Response Network - Joanne Blinco is the Lethbridge Elder Abuse Response Network Case Manager. 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, Joanne can help. Joanne will be here on the 1st and 3rd Wednesday of each month from 9:00 am - noon.

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 to Nord-Bridge [Members Only](#). Candice or Jake will be here on January 18, February 15, March 15, April 19, May 17, June 21, July 19 & August 16. Appointments are necessary. Please book your 1/2 hour appointment at the Reception Desk.

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.

Community Volunteer Income Tax Program - If you are unable to complete your income tax and benefit return by yourself and are unable to pay for assistance, our Community Volunteer Income Tax Program may be for you. Each year volunteers from the community are trained by Canada Revenue to complete simple income tax returns. Volunteers do not complete income tax and benefit returns for deceased persons, bankrupt individuals, or individuals who have capital gains or losses, employment expenses, or business or rental income and expenses. Please note volunteers cannot prepare returns for incomes over \$25,000 for a single person and \$30,000 for a couple. This program is offered from February to April, dates will be announced once volunteers are confirmed. Please see the Reception Desk or check the Newsletter for start dates of this program. Appointments can be made at the Front Desk or by calling 403-329-3222. Income taxes can also be dropped off at Nord-Bridge (please make sure all your tax information is included, along with your birth date, marital status and social insurance number). **This is a FREE service; however donations to Nord-Bridge would be greatly appreciated.**

Southern Alberta Institute of Massage - Massage Therapy Students - Students from this program will return in the Fall of 2018.

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, January 31, February 28, April 4 from 10:00 am - Noon. This service is for Nord-Bridge [Members Only](#). Please check with the Reception Desk and Monthly Newsletter for more information.

Coffee with MLA Lethbridge-East Maria Fitzpatrick - Nord-Bridge members can make an appointment to meet with MLA Lethbridge-East Maria Fitzpatrick every 2nd or 4th Friday of the month between 9:30 am & 10:30 am. Appointments can be booked at the Reception Desk

Member Support Coordinator

The goal of this program is to assist [Nord-Bridge 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, just to name a few, please stop in to have a private and confidential conversation with Lorri Penner. You do not have 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 specialized assistance and the Member Support Coordinator will help make these arrangements for you. Drop in's welcome or you can make an appointment. See the schedule posted outside of Lorri's office located opposite of the Reception Desk and across from the Dunford Diner.





Winter 2018 - Classes & Special Programs

In order to take advantage of Nord-Bridge member price for the programs, a current 2018 membership is required. The course registration fee must be paid in full prior to the start of class.

Arts & Crafts Programs

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, January 18 Ends: March 8 (8 weeks)

Session 2

Begins: Thursdays, March 15 Ends: May 3 (8 weeks)

Location: West Community Room

Time: 1:00 pm to 3:30 pm

Instructor: Karina Mak

Fee: Members: \$55.00

Non-Members: \$75.00

Line & Wash - Donna Gallant

This class is an introduction to working with watercolor and pen & ink. The student will learn basic techniques in both pen & ink and watercolor, elements of good compositions, the importance of texture & value, the quality of line with a colored washes, transferring images and the dynamic effects of using these two medias together as well as some new techniques. Although it has been used for many years, the introduction of new materials have given this discipline a whole new look and appreciation. The student should have some understanding of basic drawing principles to help with their progress but it's not mandatory. The class will be an 8 weeks session and will be great for the beginner as well as a more seasoned student.

Begins: Monday, January 29 - March 26 (8 weeks)

Location: Craft Room

Time: 10:00 am - Noon

Maximum: 8 Students

Fee: Members: \$50.00

Non-Members: \$70.00

***No Class on February 19**

Painting Spring Trees in Watercolor - Donna Gallant

What a perfect time of year to paint spring trees. Bright greens, new buds, and colorful blooms are all gearing up for the warm months ahead. In this short 4 weeks watercolor class we will paint those new fresh greens trees and their wonderful assortment of blossoms. Learn some cool techniques how to paint that foliage like dry brush, splatter and stripling to create those light colors. If you are new at watercolors, this class will be a great starter because we will cover coloring mixing and other brush techniques as well.

Begins: Monday, April 9 - 30 (4 weeks)

Location: Craft Room

Time: 10:00 am - Noon

Maximum: 8 Students

Fee: Members: \$25.00

Non-Members: \$45.00

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, January 4

Location: Craft Room

Time: 1:00 pm - 3:30 pm

Instructor: Don Johnson

Fee: Members: \$10.00

Non-Members: \$20.00

Beginners Watercolor (No Experience Required)

If you are one of many beginners that thinks they cannot paint or draw, this is the Watercolor class for you. I will calm all your fears. I will guide you through different techniques and textures such as bubble wrap, facial tissue and salt and show you how proper use your brushes and mix color on your paper. By the end of these eight sessions you will have the confidence in your ability to paint on your own and have lots of paintings to show your family.

Begins: Tuesday, February 6 - March 27

Location: Craft Room

Time: 9:30 am – 11:30 am

Instructor: Denise Savard

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

Maximum: 8 students

ART CLUB

Paper Tole - (Wednesday & Friday)

The Paper Tole group takes multiple copies of a printed piece of art, and then cut, shape, mold and elevate the artwork to make three dimensional prints. This group meets on Wednesdays in the West Community Room and in the Craft Room on Fridays. For information on this Club, please talk to the coordinator Elta Buckman.

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.

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.

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.

The Card Crafters

We have so much fun, you should really join us every Thursday morning (9:00 am in the Craft Room) as we make new creations from donated greeting cards. Our cards are then sold in the Gift Boutique as a fund-raiser for Nord-Bridge Seniors Centre. No special skills required except a good sense of humor and the ability to cut and paste and create.

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.

Begins:	Tuesday, Jan 16	Time: 10:00 am	Advanced Class
Begins:	Tuesday, Jan 16	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

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, January 3	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: Tuesday, January 23	Location: West Community Room
Time: 7:00 pm	Instructor: Karen Hooper
Fee: Monthly registration or \$5.00 / night	

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 6 week class will practice breathing and meditation techniques and a six form Tai Chi routine.

Begins: Mondays, Feb 5, 12, 26, Mar 5, 12, 19	Location: West Community Room
Time: 11:30 am - 12:30 pm	Instructor: Christine Curteanu
Fee: Members \$25.00 Non-Members: \$45.00	

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, January 4	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.	

Fitball

As a partnership between Nord-Bridge Senior Centre and Alberta Health Services, this group exercise class will involve a variety of movements intended to stimulate the mind & body by using a combination of tools, including fitballs, tennis balls and bodyweight resistance. Build confidence in your strength & balance while you challenge yourself within your individual level of fitness & coordination.

Begins: Wednesdays, January 24 - March 28

Location: Multi-Purpose Hall

Time: 3:00 pm - 4:00 pm

Instructor: TJ Dunn (AHS)

Fee: Members: \$35.00 Non-Members: \$55.00

Drop-in: Members: \$4.00/class Non-Members: \$6.00

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 condition.

Begins: Tuesday, January 23 - March 27

Location: Multi-Purpose Hall

Time: 3:00 pm - 4:00 pm

Instructor: TJ Dunn (AHS)

Fee: Members: \$35.00 Non-Members: \$55.00

Drop-in: Members: \$4.00/class Non-Members: \$6.00

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, January 9 - June 19

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, January 11 - June 14

Location: Multi-Purpose Hall

Time: 11:00 am

Instructor: Melanie Hillaby

Fee: Members \$20.00 (January - June)

This class is for Members Only.

The fee of \$20.00 is for both the Tuesday and Thursday Class from January - June, 2018

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



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 & bring a yoga mat. Pilates class focuses on increasing the strength of the 'core' muscle group. Core muscles are the abdominals, glutes & upper legs. They are the key to stability, balance, good posture & aid in the reduction of injuries. All classes are beginner to intermediate friendly.

Session 1

Monday Class: Yoga

Begins: Monday, January 15 Ends: March 5 Time: 9:00 am *No Class on Feb 19

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

Begins: Monday, January 15 Ends: March 5 Time: 10:15 am *No Class on Feb 19

Wednesday Class: Yoga

Begins: Wednesday, January 17 Ends: February 28 Time: 8:45 am

Friday Class: Pilates

Begins: Friday, January 19 Ends: March 2 Time: 9:00 am

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

Begins: Friday, January 19 Ends: March 2 Time: 10:15 am

Session 2

Monday Class: Yoga

Begins: Monday, March 12 Ends: April 30 Time: 9:00 am *No Class on Apr 2

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

Begins: Monday, March 12 Ends: April 30 Time: 10:15 am *No Class on Apr 2

Wednesday Class: Yoga

Begins: Wednesday, March 7 Ends: April 18 Time: 8:45 am

Friday Class: Pilates

Begins: Friday, March 9 Ends: April 27 Time: 9:00 am *No Class on Mar 30

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

Begins: Friday, March 9 Ends: April 27 Time: 10:15 am *No Class on Mar 30

Session 3

Monday Class: Yoga

Begins: Monday, May 7 Ends: June 18 Time: 9:00 am *No Class on May 21

***Please note Monday Session 3 Yoga and Chair are only 6 weeks long. Fee adjustment on next page**

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

Begins: Monday, May 7 Ends: June 18 Time: 10:15 am *No Class on May 21

***Please note Monday Session 3 Yoga and Chair are only 6 weeks long. Fee adjustment on next page**

Wednesday Class: Yoga

Begins: Wednesday, April 25 Ends: June 6 Time: 8:45 am

Friday Class: Pilates

Begins: Friday, May 4 Ends: June 15 Time: 9:00 am

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

Begins: Friday, May 4 Ends: June 15 Time: 10:15 am

Continued on next page.

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:

7 Week Fee - Members: \$35.00 Non-Members: \$55.00

6 Week Fee - Members: \$30.00 Non-Members: \$50.00

Maximum: 14 Students (Yoga & Pilates) 20 Students (Chair Yoga)

All Yoga, Chair Yoga and Pilates classes

Golfers Conditioning Yoga (Co-ed)

Come out and get your body moving and prepared for a great golf season! Are you feeling a little stiff and tight? Did last year's season leave you sore and injured? Golf conditioning yoga is one of the easiest ways to enhance your focus while improving and maintaining optimal functional movement patterns. Yoga is ultimately about proper breathing patterns with a high level of stability, internal strength, muscular endurance and balance. This fun and relaxing class is open to all levels with lots of options to fit anyone's needs.

Begins: Thursday, February 22 - March 29 (6 weeks)

Location: West Community Room

Time: 10:00 am - 10:45 am

Fee: Members: \$30.00

Non-Members: \$50.00

Instructor: Melanie Hillaby

Somatics

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.

Begins: Thursday, April 5 - May 10 (6 weeks)

Location: West Community Room

Time: 10:00 am - 10:45 am

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 our 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 this program, contact the Reception Desk for more information. Come out & give your luck a try!

Senior Assistance Programs continued.

To Will or Not to Will (a family matter)

Dean Sallenback a certified Retirement Planner and Executor Advisor will present information and answer questions about wills. Some of the key questions to be addressed:

What is a will and do I really need to have one? What happens if I just avoid writing a will? Are there ways to settle my estate without using a will ? Who will be appointed to oversee my estate without a will? What will my descendants go through if I don't have a will? If I choose to write a will, do I have to use a lawyer? What else should I know about wills and basic estate planning?

When: Wednesday, January 17, 2018

Where: Dunford Diner Annex

Time: 10:00 am - Noon

This Presentation is FREE to attend, please register with Lorri at the Reception Desk

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.

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

When: 1st & 3rd Tuesday of the month

Time: 10:00 am - 2:00 pm

Locations: Nord-Bridge Main Lobby

*For Nord-Bridge [Members Only](#)

Personal Safety

Basic SELF-DEFENSE Class with Dan Walton (Savoy Six Advisor Group)

Nord-Bridge Seniors Centre is happy to present in association with Dan Walton from Savoy Six Advisor Group a BASIC introduction to self-defense to be held on Tuesday mornings at the Nord-Bridge Seniors Centre from 9:00 to 10:00 am. This one-hour class over six weeks will speak to basic rights and defense options if you are attacked, how not to be a target as well as introduction into how to use your voice, defense stance, blocking strikes, striking back, and how to kick as well as how to get out of a holds and chokes. This is a fun, go at your own pace introduction to self-defense. If this sounds like something that interest you, we hope to see you there.

Dan Walton is a retired police sergeant with 28 years of experience that brings practical easy to learn techniques, and has been instructing in self-defense since 1999 and currently does training for men and women, seniors and children with his company Savoy Six Advisor Group for the past 2 years.

Begins: Tuesdays, March 6 - April 10 (6 Weeks)

Location: Multi-Purpose Hall

Time: 9:00 am - 10:00 am

Instructor: Dan Walton

Fee: Members: \$60.00

Non-Members: \$80.00



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 7:00 am - 4:30 pm.

Monday - Friday

All Nord-Bridge members are invited to visit the FITNESS 55 CLUB. Prospective Nord-Bridge members are welcome to a free orientation to the Fitness 55 Club by booking an appointment with the Seniors Programmer or come and visit our volunteer

Jim Scott (Personal Training Specialist & Older Adult Specialist) on Wednesdays from 9:00 am - 12:00 pm

*Membership is available if either you or your spouse is 55 or older.





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

Outreach Program

Nord-Bridge Seniors Outreach Program provides special programs for Seniors 55+. Socials are organized on the 3rd 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.

January 15, 2018	1:30 pm	Program: New Beginnings! Welcome a New Year - 2018 Entertainment - Los Gringo's
February 12, 2018	1:30 pm	Program: Hearts and More Hearts - Cupid's Special Day Entertainment - Back by Popular Demand - Tom & Curt
March 19, 2018	1:30 pm	Program: A Leprechaun Party - Wearin' of the GREEN Entertainment - John King and his Irish Songs
April 16, 2018	1:30 pm	Program: Hip Hop Party - Wear your Favourite Spring Hat Entertainment - T.B.A.
May 14, 2018	1:30 pm	Program: Royalty Tea Party Entertainment - T.B.A.

Social / Fundraiser Functions

Come out and enjoy companionship and good food at the same time. Everyone is welcome to attend these events. (Please note events highlighted in **BLUE** require tickets can be purchased at the Reception Desk, events highlighted in **RED** are buffet style and don't require tickets to be purchased). Dates are as follows:

Friday, February 9, 2018	Valentines Day Luncheon	11:30 am
Friday, February 16, 2018	Chinese New Year Buffet	11:00 am
Friday, March 16, 2018	St. Patrick's Day Celebration	11:00 am
Friday, April 13, 2017	Spring Luncheon	11:30 am
Friday, May 4, 2018	Cinco de Mayo	11:00 am
Friday, May 11, 2018	Mother's Day Luncheon	11:30 am
Tuesday, June 5, 2018	Seniors' Week Pancake Breakfast	8:00 am
Thursday, June 7, 2018(*tentative date)	Seniors' Week BBQ Picnic	11:30 am
Friday, June 15, 2018	Father's Day Luncheon	11:30 am
Friday, June 29, 2018	Canada Day BBQ	11:00 am