

NEWSLETTER

June 2018



Happy Father's Day!

There are a lot of father's and grandfather's that walk the halls of Nord-Bridge Seniors Centre. From left to right are Hugh Gordon, Red Nowell, Mike Bennett, Board President, Bob Tarleck, and Jim Hahn pictured in our *Veres Family Games Room*. These are just some of the gentleman that volunteer to assist at our events, help out around the building, and always find a way to bring more "friendly" into our Centre with a joke, a smile and a piece of knowledge.

Celebrate your father's and grandfather's at our **Father's Day Luncheon & Pie Auction on Friday, June 15th!**
Tickets can be purchased at our Reception Desk.

"The Friendly Centre"

1904—13th Ave. North

Lethbridge, Alberta T1H 4W9

Open Monday to Friday - 7:00 a.m. to 4:30 p.m.

Telephone 403-329-3222 Fax 403-329-8824

E-mail: friendly@nordbridgeseniors.com

**2018-2019
NORD-BRIDGE SENIORS
EXECUTIVE**

President	Robert Tarleck
Vice-President	George Berg
Treasurer	Harry Fischer
Secretary	Anne Pauls
Past-President	Pat Santa

BOARD OF DIRECTORS

FIRST YEAR

Kathy Ludwig
Hugh Gordon
Jim Edwards

SECOND YEAR

Ben Bell
Donalda Stock
Marko Bosnak

THIRD YEAR

Robert Grisak
Clay Olsen
Kaz Tomomitsu

ADMINISTRATIVE STAFF

Executive Director	David Ng
Administrative Support	Rebecca Olsen
Financial Administrator	Tracy Beauchemin
Program Coordinator	Ashley Kern
Member Support Coordinator	Lorri Penner
Reception Supervisor	Valerie Arkinstall
Reception Assistant	Rita Paju
Rentals	Rebecca Olsen
Red Seal Cook	Samantha Ajtay
Cook I	Bety Castillo
DR/Kitchen Assistant	Gail Krysak
Janitorial	Marco Escobar

ON-SITE PARTNER PROGRAMS & SERVICES

National Association of Federal Retirees	Gary Drake	403-328-0801
Chinook Lifecare Assoc.	Jane-Anne J.	403-320-1170

**PROGRAMS, COMMITTEES, CONVENERS, &
BOARD REPRESENTATIVES***

(* indicates individual on Board responsible for Program Area)
(** indicates "Emeritus")

ADMIN. PROGRAMS

By-Laws/Policies Committee
Crafts Boutique
Finance Committee

Ben Bell* (Chair), Robert Grisak
Heather Newsham
Harry Fischer* (Chair), Pat Santa,
Jim Hahn, David Ng, Frank Deane,
Mike Bennett, Robert Tarleck,
Clay Olsen, Tracy Beauchemin
Rebecca Olsen
Rebecca Olsen (Production & Billing)
Rebecca Olsen
Ben Bell* (Chair)
Harry Fischer, Vicki Klassen

Memberships
Newsletter
Newsletter Ad Sales
Nominations Committee
Seniors Helping Seniors

CARDS & BOARD GAMES

Contract Bridge
Crib
Euchre
Military Whist
Trump Whist
Scrabble
Texas Hold'em

Duplicate Bridge
Norwegian Whist

Kaz Tomomitsu*, Board Rep
Hans & Louise Kochan
Paul Cohen
Rodney Foster
Donna Takeda
Vacant
Sheila Brust, Jenny Oleksy**
Mike Bennett, Pino Zucchelli, and
Marilyn Maloff
Pat Kincade
Joe & Dianne Smith

EDUCATION

Acrylic Painting
Paper Tole
Wood Carving
Watercolor
Watercolor Club
Krafters Koffee Klub
Quilters Group
Nord-Bridge Card Crafters
Library
Mind Joggers

Line & Wash
Painting Spring Trees

Donalda Stock*, Board Rep.
Karina Mak
Elta Buckman
Don Johnson
Denise Savard
Sandy Baceda, Erika Bosters
Jo-Ann Adams
Marilyn Martens
Pat Kincade
Patti & Jerry Schwartz
Judy Knox, Jack Simmons
Ted Sillito, Melvin Horn
Donna Gallant
Donna Gallant

**NEW MEMBERSHIPS \$53.00
MEMBERSHIP RENEWALS \$50.00**

NEW HOURS: WE NOW OPEN AT 7 A.M.

FUNDRAISING

GAMING

Casino Coordinator
In-House Bingo Coordinator
Monday Jam Draws
Winners Bingo Rep/Co-ord
Winners Bingo Alternate

HEALTH & FITNESS

Keep Fit Classes
Tai Chi
Yoga/Pilates
Fitball/Exercise With Arthritis
Zumba
Fitness 55 Club

OUTREACH

Bereavement & Get Well Cards
Hospital Visits
Keep-in-Touch Program
Outreach Convener
Outreach Program Liaison

SOCIAL ACTIVITIES

Decorations
Monday Music Jams
Senior Music Makers
Socials Committee & Specials
Social Dance
Clogging
Line Dancing

SPORTS & RECREATION

Bocce
Carpet Bowling
Darts
Floor Curling
Floor Shuffleboard
Golf
Pool
Shuffleboard
Table Tennis

TRAVEL

Travel Agent / Bookings
Driver Co-ordination -Travel
Vehicle (Bus 2) Maintenance

VOLUNTEERISM

Building Set-up Volunteers
Diner Special Events Coordinator

AFFILIATIONS

Alberta 55 Plus—Zone 1
Alberta Assoc. of Senior Centres
Go Seniors Society
Health Education Presentations
Age Friendly Lethbridge
N-B Income Tax Program
Economic Development Lethbridge



Alberta Association of Seniors Centres

**NEWSLETTER submissions must be
received by the 15th of the month.**

View our Website

www.nordbridgeseniors.com

for information, photos, video, Newsletters and more.

**Pat Santa* (Chair), Pat Santa*,
Board Rep, Donalda Stock, Jim
Hahn, Lorri Penner**

Pat Santa*, Board Rep

Mike Bennett
Frances Wallace
Helen Gepneris, Pat Santa
Judith Beasley
Vacant

Marko Bosnak*, Board Rep

Melanie Hillaby
Christine Curteanu
Melanie Hillaby
T. J. Dunn
Jeannie Williamson
Jim Scott (Volunteer Trainer)

Jim Edwards*, Board Rep

Valerie Arkinstall
Lydia Prokop/Chris Figenshaw
Valerie Arkinstall
Rodger Halvorsen
Valerie Arkinstall

Kathy Ludwig*, Board Rep

Eva Deringer
Doug Youngren
Barb Stewart
Eva Deringer
Karen Hooper
Sandy Nowell
Della Howg

Robert Grisak*, Board Rep

Diana Neal
Norene Irwin, Woody Neely
Bill Lelievre
Vacant
Lorna Vandervalk
Judy Workman, Kaye Murphy
Ben Bell
Clay Olsen
Jerry Mikusek, Dave Bergen

George Berg*, Board Rep

Valerie Arkinstall
Valerie Arkinstall
Marco Escobar

Vacant (Chair), Hugh Gordon*

**Board Rep, Jim Hahn, Liaison,
Valerie Arkinstall, Volunteer Hours
Reporting Liaison
Vacant
Eva Deringer**

Clay Olsen*, Board Rep

Mike Bennett, Clay Olsen
David Ng, Tracy Beauchemin
Helen Gepneris
Ashley Kern (and Alberta Health)
Lorri Penner
Harry Fischer, Sheila Brust
Pat Santa

Some programs & services are
partially funded by the joint Pro-
vincial and City FCSS Program.

Nord-Bridge is a proud
Member of the Alberta
Association of Seniors Centres

PRESIDENT'S REPORT

"Man, you got'ta move!"

If April and May are the months for cleaning up the residue of winter, June is for dragon boat practices, Golf tee-times and lawn bowling.

Some will no doubt be thinking about Alberta's 30th Annual Seniors' Week celebration.

The Nord-Bridge celebration begins with a jam session on Monday, June 4th, running from 9:30 a.m. to 12:30 p.m. Tuesday kicks off with a Toonie Pancake Breakfast at 8:30 a.m. in the Dunford Diner, followed by two concerts offered by Richard and Deborah Popovich (1:30 and 7:00 p.m.) at \$10 admission.

Wednesday's celebration begins with our monthly \$8 Breakfast Buffet, followed by a Fun Darts Tournament in the Multi-purpose Hall in the afternoon.

The highlight of the week will probably be the Annual Nord-Bridge BBQ Picnic on Thursday, June 7th, which will be held at the Rotary Club Picnic Area in the Lethbridge Sports Park, directly behind Wal-Mart North. Please advise the Nord-Bridge Reception Desk by Friday, June 1st if you require transportation. Seniors Week will wrap up with the Nord-Bridge Jammers on Friday, June 8th. Doors open at 6:30 p.m. in the Multi-Purpose Hall.

At this traditional time of regeneration, I encourage you to think of your own personal growth. You may wish to explore one of the many activities available at Nord-Bridge that you have never tried before. The Monday morning jam sessions come to mind. If you play an instrument, bring it to the jam. But have you considered any of these activities: yoga, floor curling, contract bridge, Keep Fit classes or an individualized fitness program in our in-house gym?

To find additional activities you might enjoy, refer to the *Nord-Bridge Newsletter*. I am so confident you will find something of interest, that I will bet on it. If you can't find an activity that interests you, I will buy you a coffee.

This was another stellar year for "Seniors Helping Seniors." Harry Fischer and his team of volunteers dedicated countless hours helping seniors file over 1,471 income taxes and other federal and provincial forms.

Thanks as well to Pat Santa, Jim Hahn, Eva Deringer, Helen Gepneris, Ben Bell, Clay Olsen, Rodney Foster, Sheila Brust and Jim Scott for their many contributions to the Nord-Bridge success story. And thanks to everyone who has helped a senior this month.

**Robert Tarleck, A ko'tasi (Many Horses)
Board President**



WELCOME, New Members! We're very GLAD you're here.

Bev Caldwell	Sherrie Shanks
Beverly Kurtz	George Shanks
Bill Hollingsworth	Carol Roberts
Anthony Lambert	Lloyd Procure
Reta Court	Robert Rolick
Susan Johnson	Tina Simons
Julie Andres	Cynthia Doiron
Bent Pedersen	Linda St-Onge
Barb Vos	Sheila Peszat
Clayton Helm	Marilyn Court
Marie Helm	Joan Olson
Arlene Hantke	Ron Peterson
Bill Terakita	Roberta Woodard
Stan Shimosawa	Eileen Sawatzky
Loretta Schwartzberger	Anonymous (2)



Available here.

FOR SHAW SUBSCRIBERS: We are pleased to announce that our building is equipped with **Shaw) Go WiFi**. To connect at Nord-Bridge:

1. Access the network / WiFi settings on your device.
2. Select **ShawOpen** from the list of networks.
3. Open your browser.
4. Sign-in using your **@shaw.ca email address and password**.

Any questions? [Please call 1-888-472-2222](tel:1-888-472-2222) or visit <http://www.shaw.ca/internet/wifi/>.

This is a free service to Nord-Bridge provided by Shaw.



**NORD-BRIDGE
SENIORS CENTRE**

While at the Nord-Bridge Centre you can access our in-building internet service at:

User ID: FriendlyCentre
Password: myfriendlycentre
 (Shaw Cable subscribers see above)



NORD-BRIDGE MEETINGS REMINDER

Monthly		
Outreach Committee	First Monday	9:30 a.m.
Directors Meeting	Second Wednesday	9:00 a.m.
Finance Committee	Last Wed. (Feb, May, Sept, Nov)	9:30 a.m.
Annually		
Annual General Mtg	First Wed. of March	9:30 a.m.
General Member Mtg	First Wed. of November	9:30 a.m.

GO SENIORS SOCIETY

Regular Board Meetings		
Feb., April, June, Oct.	Third Tuesday	9:00 a.m.
Annually		
Annual General Meeting	First Tuesday of April	9:00 a.m.

FORE! Golf season has started. Join us every **Tuesday & Thursday at 8:30 a.m.** (weather permitting). We tee off at **Evergreen Golf Center, 5225 - 24 Avenue South (on the Coutts Highway)**. Green Fee is \$9.00 for nine holes. This program is for Nord-Bridge Senior Centre members only. If you would like to play, meet us at the course.

Judy Workman and Kaye Murphy, Conveners

BOCCE BALL season is ready to start. The lines have been painted at the Norbridge Lions Park on 13 Avenue & 16 Street North where we will play on Tuesday evenings at 6:30.

We have started a registration list but still have room for more members. Please contact **Diana Neal or Ashley Kern at Nord-Bridge Seniors Centre** if you would like to register.

Thank you!



LORRI'S CORNER



May proved to be a very busy month, and I certainly put on a **ton of miles!**

At the beginning of May, I attended an amazing conference in **Edmonton** on Elder abuse and I was able to connect with others across Canada whose focus is seniors and keeping them safe. I found some great resources and programs that will benefit you, the members of Nord-Bridge!

Not many of you may know, but I also travelled to **New York...** twice... in less than a month! An opportunity presented itself to attend the School of Social Work at Columbia University, and during these trips, I completed Level 1 and Level 2 training at the world renowned *Center for Complicated Grief*. Complicated grief occurs in about 6% of the population and can mimic depression but it isn't. This method of grief therapy was developed in the 1990's and now is the most extensively tested method available to help people with complicated grief.

I will be offering the 8 week **Grief Recovery Program** at Nord-Bridge again due to so many requests. The program will start on **Thursday, September 6th**. This is not a drop in support group but rather a structured, action based educational group that addresses death, divorces, retirement, and other life changes. Loss and grief are about the emotions we feel when everything we are familiar with changes. This program will be limited to 8 participants so register early. If you are questioning whether or not this would be suitable for you, please stop in for a chat.

I am very grateful that June has arrived, and I hope welcomes us with sunshine and fresh blooms.

June 2018				
M	T	W	Th	F
				1
4	5	6	7	
	12	13	14	15
18	19	20	21	
25	26	27	28	

Here's my June schedule.
As always, my door is open should you need to chat.



Lorri Penner, BSW, RSW
Member Support Coordinator

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Nord-Bridge Seniors Centre would like to extend a very big thank you to **Julie and Tammy** from **Servus Credit Union - Uplands Branch** for offering to assist us at our Father's Day Luncheon & Pie Auction on Friday, June 15th!



Social Activities by Eva Deringer

May was an exceptionally busy month. My volunteers worked many hours and I am appreciative of their dedication and commitment.

On the evening of **May 1st**, we worked to support our **9th Annual Miners Memorial Banquet**. Our team served a delicious roast beef dinner and listened to the stories by former mine workers. Congratulations to our Raffle Prize Winners, Norma Youngren, Marilyn Maloff, Anonymous, and Sheila Tongrun!

On **May 12th** our team served over 144 at our **Mother's Day Luncheon**. VIP guests included MLA East, Maria Fitzpatrick, and Mayor Chris Spearman. Our guests enjoyed a lovely stuffed chicken breast meal complete with salad, and dessert. Door prizes provided by Nord-Bridge (flowers and special event tickets) and Board President, Bob Tarleck (Collectible Blue Jays wine) were won by Mona Hancock, Loraine MacCallum, Judy Dyer, Phyllis Kruszewski, and Edith Deane. All of the ladies present received a lovely **pansy flower**, compliments of our Centre.

June events include our **Members Annual BBQ Picnic on Thursday, June 7th**, our **Father's Day Luncheon & Pie Auction on Friday, June 15th**, all of the events happening during **Seniors Week (June 4th - 8th)** and our **Canada Day BBQ on Friday, June 29th**. *We hope that you will be able to attend these events!*



HAPPY CANADA DAY

Join me at
Henderson Lake
From 12pm to 6pm
On July 1st



 **RACHAEL HARDER**
LETHBRIDGE ALBERTA M.P.

403.320.0070 @RACHAELHARDERMP RACHAELHARDER.CA



EXECUTIVE DIRECTOR'S REPORT

I am quickly learning how much upkeep there is to keeping our Centre looking as good as it does. With all the snow that fell this year our snow removal company earned every penny of their pay. The abundance of snow this winter required a lot more gravel and salt to be spread on our parking lot over the winter months. The snow removal company pushed all the snow, gravel and salt onto the grass boulevard along 19 St N.



When the snow finally all disappeared we were left with a small gravel pit on our lawn. We had to incur an added cost for the clean up stemming from the long harsh winter. Pictured left are before and after pictures of what needed to be cleaned up before

the spring lawn care could take place. Another, pitfall of the higher than normal snow removal from our parking lot was our parking lot lines. The scraping from the snow removal blades and brushes skimmed portions of the yellow lines completely off. The faint line striping caused some chaos during busy days when not all parking stalls were not utilized accordingly; resulting in a loss of 4 - 6 parking spots.




Also, you will notice all the designated handicap parking striping were non-existent. Thankfully, the parking lot lines were all painted at the end of May. This was a budgeted item for next year, however this expense could not be delayed for another year. These extra building / maintenance costs can't always be budgeted for but the reality is they need to be completed.


David Ng
Executive Director



FREE COFFEE
Compliments of
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Compliments of
McDonald's



**NORD-BRIDGE
SENIORS WEEK
TOONIE PANCAKE &
SAUSAGE BREAKFAST**

CELEBRATE SENIORS' WEEK WITH YOUR FRIENDS AT NORD-BRIDGE
SENIORS CENTRE ON **TUESDAY, JUNE 5 FROM 8:30 AM - 10:30 AM**

Where: Nord-Bridge Seniors Centre 1904 13 Ave N.
Cost: \$2.00
EVERYONE WELCOME

* Please note: Dining Room Menu
will not be available during the
Pancake Breakfast

ADVANTAGE HEARING CENTRE

406-6th St. South Lethbridge, Alberta

Nord-Bridge Complimentary Hearing Evaluations

We will offer Complimentary
Hearing Evaluations at
Nord-Bridge the First
Wednesday of every month!

Book your appointment
at the front desk!

403-320-5051



Brad Lindsay, BC-HIS
Registered Hearing Aid Practitioner

EUCHRE REPORT

Rodney Foster, Convener

Our Tournament was a great way to finish the Euchre winter season. Thanks to all of our members who made donations and to all of the business member sponsors. With many great prizes, everyone was a winner. Our 1st Place winner was Tasia Schmie-man, 2nd Place was Margaret Scallon, and 3rd Place was Anonymous. Congratulations!

I'll be taking a break during July and August from my report, but we will continue to play casually in June, July, and August. Regular sessions will resume on Wednesday, Sept. 5.



Happy
Father's
Day

Learn how you can into
the world of online banking.

Join RBC on **Thursday, June 14** from 12:30 p.m. to 2:00 p.m. as they present "Let's Get Digital".

The presentation will cover what you need to discuss with your RBC advisor, how to utilize online banking, and how to continue to make bill payments, check balances, and more.

All on your time.



Royal Bank

From the Desk of Val

Our Centre is certainly going to be buzzing like a bumble bee in June. You are encouraged to read the newsletter for important events that are coming up like the many activities that will take place during **Seniors Week (June 4th - 8th)**, the annual **Father's Day Luncheon & Pie Auction on Friday, June 15th**, and the **Canada Day BBQ on Friday, June 29th**. Come on out and celebrate - the **"friendly"** way!



To kick off summer, we are hosting our **Annual BBQ Picnic on Thursday, June 7th** in a new location, the Rotary Picnic Shelter located near the North side Wal-Mart. Tickets are \$6.00. If you need transportation, or would like to book tickets to the BBQ, contact the Reception Desk.

I give a warm, **full time** welcome to Rita, my amazing side kick in Reception. She will be assisting at the Reception Desk and in Tracy's office and we are very excited to see her around more often!

To my dedicated & committed volunteers. **Thank you** for your time and effort during the Winter season. I look forward to hearing all about your summer plans during the adjusted schedule or when you stop by the Centre.

The fall will be here before we know it, and that means that **Cirque du Soleil is coming to Lethbridge!** Cirque du Soleil has constantly sought to evoke imagination, invoke senses and provoke emotions. Discover the highly creative and artistic show, **Corteo**, as Nord-Bridge Seniors Centre travels to the Enmax Centre on **Wednesday, October 31st**. Tickets are \$75 (inc. bus and show) and can be purchased at the Reception Desk.

At the time of printing this newsletter, I will be off and enjoying my 4th Cranbrook - St. Eugene trip. Those that are going on the adventure are in for a fun and relaxing time. I will be off for the remainder of the week to enjoy some R&R myself. I look forward to seeing your sunny faces when I return on Monday, June 4th.

Smiles & chuckles,

Valerie



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GIFT CERTIFICATES
AVAILABLE

Edmonton, AB	Sept 9 - 11, 2018, Tour Extravaganza	\$425 pp/dbl
Deadwood, SD	Sept 30 - Oct 6, 2018 <i>2 buses</i>	\$665 pp/dbl
Coeur D'Alene, ID	Oct. 26 - 29, 2018 Spokane Shopping	\$400 pp/dbl
	Dec. 2 - 5, 2018, Xmas Tour w Boat Cruise	\$400 pp/dbl
	March 24 - 28, 2019 Spring Fling Break	\$TBA
Edmonton, AB	Jan 13 - 15, 2019, River Cree	\$280 pp/dbl
Bonnars Ferry, ID	Feb 3 - 6, 2019, Super Bowl	\$410 pp/dbl
Moose Jaw, SK	April 23 - 26, 2019, Temple Gardens	\$425 pp/dbl
Camrose, AB	May 5 - 7, 2019	\$240 pp/dbl
Polson-Kalispell, MT	May 27 - 30, 2019, Sights, Shopping & More	\$475 pp/dbl

SERVING SOUTHERN ALBERTA - Calgary, Lethbridge - Pincher Creek and MORE

Let us arrange your group tour, call with destination ideas

Tours depart from Lethbridge or Calgary, other pick ups available

WIN CASH AT NORD-BRIDGE! DAILY 50/50 DRAW

Nord-Bridge hosts a Daily 50/50 Draw to help raise much needed funds. Half of the proceeds go to the Centre. Members may enter for other members and you do not need to be present to win.

IN ORDER TO PARTICIPATE YOU MUST:

1. Hold a current **REGULAR, ASSOCIATE** or **LIFE** Membership.
2. Cost to play is 25¢.
3. Draws are made at 12:15 p.m.
4. After the draw, members may sign in for the next day's draw.



RECENT WINNER(S)

Olai Egeland \$178 - May 3

MONTHLY 50/50 TOONIE DRAW

Nord-Bridge holds a "Monthly 50/50 Toonie Draw" on the third or fourth Friday of each month. Members do not have to be present to win. The Nord-Bridge share of proceeds is dedicated to Programming.

TO PLAY:

1. Fill out an envelope at the draw desk in the Dunford Diner.
2. Drop \$2.00 into the envelope and deposit it into the Draw Box.
3. Come out to lunch on "draw day" to see if you are the winner. The more times you enter, the more chances you have of winning!



RECENT WINNER

Joe Tomiyama \$205 - May 25
Next Draw June 22

MONDAY JAM 50/50 DRAW

Proceeds of Monday Jam draws are earmarked to assist with sound system and AV costs in the building.



RECENT WINNERS

Apr 30 Noel Burles \$47 / Sandy Fischer \$47
May 7 Jim Hahn \$41 / Gladys Rushfeldt \$41
May 14 Gladys Rushfeldt \$38 / Jamie Clover \$38
May 21 Centre Closed
May 28 Floyd Sillito \$40 / Marcie Price \$40

Thanks Jammers, Volunteers and Patrons.
Thanks also to Pat Santa for selling tickets at Monday Jams.

Friday Dunford Diner
Lunchtime Entertainment

June 1 Jill Melody
June 8 Alice
June 15 Yvonne Nelson
June 22 John Dean
June 29 Elaine Unger-Pengilly

Father's Day Luncheon
Canada Day BBQ

Schedule Subject to Change

Happy Father's Day!



NORD-BRIDGE BUILDING FUND RECENT DONORS

Isabel Duell \$200, Anonymous \$60
William Davison \$50

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2018 through May 25, 2018 : **\$8,089**



BUILDING FUND UPDATE:

	Goal	Achieved
Total Fund-Raising Goal	\$6,250,000	
From City of Lethbridge	750,000	82%
From Various Provincial Grants	2,500,000	66%
From Various Federal Grants	500,000	7%
From Nord-Bridge		
- by Fundraising	2,500,000	85%

Total Contributions to our Building Fund 1998 through 2017

\$ 2,125,985

Still needed by N-B Fundraising

\$ 374,015

WE THANK Judith Beasley and her team of over 20 volunteers who work up to nine Winner's Bingo events every month. Their dedication has translated into significant funding for our Centre.



Dunford Diner

NORD-BRIDGE SENIORS CENTRE

Breakfast & Grill Items 7:00 a.m. to 2 p.m.

Daily lunch specials 11 a.m. to 2 p.m. *plus...*

Homemade soups & treats, breakfast, hot & cold sandwiches, burgers, fish, fries, onion rings, salads, desserts and more!

PUBLIC WELCOME/ NO SURCHARGE/
CASH, DEBIT, MASTERCARD & VISA ACCEPTED

Friday Lunch Features

June 1 Veal Cutlets, Mashed Potatoes & Gravy, Veggies \$7.50
June 8 Liver & Onions, Mashed Potatoes & Gravy, Veggies \$7.50
June 15* **FATHER'S DAY LUNCHEON - BACON WRAPPED FILET, POTATOES & VEGGIES - TICKETS \$13.00**
SOUP, SANDWICHES & SNACKS AVAILABLE IN THE MULTI-PURPOSE HALL
June 22 Build Your Own Sub Sandwich, Homemade Potato Chips & Coleslaw \$7.50
June 29 **Canada Day BBQ - Burgers, Steaks, Hot Dogs, Baked Potatoes & More \$10.00** 🍁



All You Can Eat Breakfast Buffet First
Wednesday of each month 8:30 to 10:30

\$8.00

***PLEASE NOTE: THE GRILL IS CLOSED DURING SPECIAL EVENTS**



Happy
FATHER'S DAY
♥

JUNE



Monday	Tuesday	Wednesday	Thursday	Friday
4 9:00 Gentle Yoga 9:30 Jammers 10:00 Floor Curling 10:15 Chair Yoga 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts 	5 8:30 Seniors Week \$2 Pancake Breakfast 8:30 Golf (at Evergreen) 10:00 Coffee, Tea & You 11:00 Keep Fit 1:00 Texas Hold'em 1:00 Canasta 1:00 Norwegian Whist 1:30 "SaddleSores" Popovich Show 1:30 SCRABBLE 7:00 "50s, 60s, 70s Rock & Roll Comedy" Popovich Show 6:30 Bocce Ball Lions Park	6 8:30 Breakfast Buffet 8:45 Gentle Yoga 9:30 Carpet Bowling 10:00 LEARN (Elder Abuse Network) 10:15 Paper Tole 10:45 WINNERS BINGO 11:00 Line Dancing 1:00 Fun Darts Tournament with Prizes! 1:00 Euchre 1:00 Quilt/Kraft 3:00 Advantage Hearing By Appointment 3:00 Fitball 7:00 Table Tennis	7 8:30 Golf (at Evergreen) 9:00 Floor Curling 9:00 Card Crafters 9:30 Mind Joggers 11:00 Member Annual BBQ Picnic Rotary Picnic Shelter 11:00 Centre Closed 5:30 Zumba 	1 & 8 9:00 Stability Yoga 9:00 Paper Tole 9:30 Carpet Bowling 10:15 Chair Yoga 1:00 In-House Bingo Special Prizes available! 1:00 Contract Bridge 1:00 Crib 6:30 Music & Dancing with the Nord-Bridge Jammers 
11 9:00 Gentle Yoga 9:30 Jammers 10:00 Floor Curling 10:15 Chair Yoga 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts 	12 8:30 Legal Consults By Appointment 8:30 Golf (at Evergreen) 10:00 Coffee, Tea & You 10:45 WINNERS BINGO 11:00 Keep Fit 1:00 Texas Hold'em 1:00 Canasta 1:00 Norwegian Whist 1:30 SCRABBLE 2:30 Arthritis Exercise 6:30 Bocce Ball Lions Park 	13 9:30 Carpet Bowling 9:45 Out & About + after TUX 10:00 Coffee With a Constable 10:00 Floyd Sillito & Friends 10:15 Paper Tole 10:45 WINNERS BINGO 11:00 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft 7:00 Table Tennis	14 8:30 Golf (at Evergreen) 9:00 Floor Curling 9:00 Card Crafters 9:30 Mind Joggers 12:30 Let's Get Digital: Online Banking Seminar  1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 1:00 Duplicate Bridge	15 9:00 Stability Yoga 9:00 Paper Tole 9:30 Carpet Bowling 10:15 Chair Yoga 11:30 "Father's Day" Luncheon & Pie Auction *Snacks in Multi-Purpose Hall 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib 

<p>18</p> <p>9:00 Gentle Yoga 9:30 Jammers 10:00 Floor Curling 10:15 Chair Yoga 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts</p> 	<p>19</p> <p>8:30 Golf (at Evergreen) 10:00 Coffee, Tea & You 10:45 WINNERS BINGO 1:00 Texas Hold'em 1:00 Canasta 1:00 Norwegian Whist 1:30 SCRABBLE 2:30 Arthritis Exercise 6:30 Bocce Ball Lions Park</p> 	<p>20</p> <p>9:30 Carpet Bowling 10:00 LEARN (Elder Abuse Network) 10:45 WINNERS BINGO 11:00 Line Dancing 1:00 Darts 1:00 Euchre 1:00 Quilt/Kraft 7:00 Table Tennis</p> 	<p>21</p> <p>8:30 Golf (at Evergreen) 9:00 Floor Curling 10:00 Leth. Hearing By Appointment 1:00 Woodcarving 1:00 Trump Whist 1:00 Duplicate Bridge 5:30 Zumba</p> 	<p>22</p> <p>9:30 Carpet Bowling 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p> <p>TOONIE DRAW</p> 	
<p>25</p> <p>9:30 Jammers 10:00 Floor Curling 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts</p> 	<p>26</p> <p>8:30 Golf (at Evergreen) 10:00 Coffee, Tea & You 10:45 WINNERS BINGO 1:00 Texas Hold'em 1:00 Canasta 1:00 Norwegian Whist 1:30 SCRABBLE 6:30 Bocce Ball Lions Park</p> 	<p>27</p> <p>9:30 Carpet Bowling 9:45 Out & About +affix 700 10:45 WINNERS BINGO 11:00 Line Dancing 1:00 Darts 1:00 Euchre 1:00 Quilt/Kraft 7:00 Table Tennis</p> 	<p>28</p> <p>8:30 Golf (at Evergreen) 9:00 Floor Curling 1:00 Woodcarving 1:00 Trump Whist 1:00 Duplicate Bridge 5:30 Zumba</p> 	<p>29</p> <p>9:30 Carpet Bowling 11:30 Canada Day BBQ *Snacks in Multi-Purpose Hall</p>  <p>1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p>	
<p>Go Friendly Shuttle door-to-door service: Call 403-329-3222 the day prior, or sooner, to book a ride. Cost is \$3.00 each way, or use your Lethbridge Transit "Breeze Card".</p> <ul style="list-style-type: none">LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL FIND A PHONE FRIEND FOR YOU. CALL VAL AT 403-329-3222 TO ARRANGE.ADVANTAGE HEARING - FIRST WEDNESDAY OF THE MONTH (by appointment).ALZHEIMER SOCIETY'S REP. MIKAELA, THIRD WEDNESDAY OF EACH MONTH AT 10 A.M. IN THE DUNFORD DINER.LETHBRIDGE HEARING - THIRD THURSDAY OF THE MONTH (by appointment).					<ul style="list-style-type: none">MEMBERS BBQ PICNIC - THURSDAY, JUNE 7, 11 A.M. *Centre closed at 11 A.M.FATHER'S DAY LUNCHEON & PIE AUCTION - FRIDAY, JUNE 15JOANNE BLINCO OF LEARN (Elder Abuse Network) FIRST & THIRD WEDNESDAY OF EVERY MONTH, 10 - NOON, IN THE SOUTH VIEW MEETING ROOMSHOPPING TRIPS TO WALMART: WEDNESDAYS, June 13 & June 27THURSDAY, June 14 - MYSTERY TRIP #5WINNERS BINGO: June 6, 12, 13, 19, 20, 26, 27FOOT DOCTOR: DR. BOLOKOSKI NOW AT 10:30 AM. FUTURE DATES INCLUDE: JULY 25, SEPT. 19, NOV. 14 ALL 2018 

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Thank You...

Nord-Bridge Seniors Centre would like to extend a thank you to **McDonald's** for providing juice at our Toonie Breakfast, held on Tuesday, June 5th and our Annual BBQ Picnic, held on Thursday, June 7th.

Without you, our kick off to summer wouldn't be as **sweet!**



Programmer's Report by Ashley Kern

It has been a great learning curve for me this past month but I am loving the **friendly** atmosphere that everyone has embraced me with!

June is set up to be a busy month! Seniors' Week is from June 4th - 8th and there will be plenty of activities happening where you can celebrate. We kick off the week with our annual **Jam Session** on Monday, June 4th from 9:30 a.m. - 12:30 p.m. in the Dunford Diner.



Tuesday, June 5th from 8:30 a.m. - 10:30 a.m. will host a **Toonie Pancake & Sausage Breakfast** in the Dunford Diner. **Servus Credit Union - Uplands Branch**, has once again sponsored the coffee for the event and their representatives will be here to help serve coffee! **McDonald's** has added some sweetness this year by supplying the juice. Thank you to both of these wonderful sponsors!

Later on, we will host musical guests, **Richard and Deborah Popovich**, who will perform two concerts; One in the afternoon at 1:30 p.m. and one in the evening at 7:00 p.m. in the Multi-Purpose Hall. Tickets are \$10.00 each and can be purchased at the front Reception Desk.

Wednesday, June 6th is our regular monthly **Breakfast Buffet** from 8:30 a.m. - 10:30 a.m. in the Dunford Diner, followed by a **Fun Darts Tournament** in the Multi-Purpose Hall from 1:00 p.m. - 4:00 p.m. A regular game will be played and the rest will be for fun. Prizes will be included.

Thursday, June 7th will be the **Annual BBQ Picnic** at The Rotary Picnic Shelter located in the Lethbridge Sports Park from 11:00 a.m. - 3:00 p.m. This event is reserved for members and invited guests. Entertainment by the Nord-Bridge Jammers and tickets available at the Reception Desk for \$6.00.

Friday, June 8th, we will have prizes at our **In-House Bingo** in the Multi-Purpose Hall starting at 1 p.m. There will also be an **evening Jam Session** by the Nord-Bridge Jammers from 6:30 p.m. - 10:00 p.m. in the Multi-Purpose Hall. Tickets are \$5.00 and can be purchased at the Reception Desk.

Other big events happening at Nord-Bridge include: The Father's Day Luncheon & Pie Auction on Friday, June 15th at 11:30 a.m. and our annual Canada Day BBQ on Friday, June 29th at 11:30 a.m. Please keep an eye out for posters full of information.

Registration has started for **Summer Programs** beginning July 11th such as Yoga, Chair Yoga, and Keep Fit. There is also Golf happening every Tuesday and Thursday at 8:30 a.m. at Evergreen Golf Centre and Bocce Ball in the Nord-Bridge Lions Park on Tuesday's at 6:30 p.m. starting May 22nd. These are members only programs. Please use the sign-up sheet for Bocce Ball beside the front Reception Desk.

If none of these programs are of interest to you, members are always welcome to join the drop-in activities such as Carpet Bowling, Floor Curling, and Pool as well as Cards and Board Games happening all summer.



Enjoy the Sunshine!



Happy Fathers' Day!

CONDOLENCES WERE SENT TO...

... The Yalowega Family, loss of Alex; The McDonald Family, loss of Neil; The Ebbert Family, loss of Conner; The Daniels Family, loss of Victor; The Corrigan Family, loss of Ivy

GET WELL & HEALTH WISHES WERE SENT TO...

...Mary D'Andrea, recovering from a broken leg; Katherine Ludwig, in hospital until May 3; Lydia Prokop, not feeling well; Alyce Ries, in hospital until May 4; Marie Lafournie, loss of mother; Roberta Kimber, not feeling well; Eileen Habdas, recovering from broken pelvis/cracked back; Lois Clark, recovering from an infectious disease; George Nemeth, recovering from infections; Nina Waselenak, recovering from internal bleeding; Randy Butterwick, loss of father



OUTREACH REPORT

Val Arkinstall, Outreach Coordinator

On a bright, sunny day we had another enjoyable afternoon celebrating the marriage of Meghan Markle and Prince Harry, now the Duke & Duchess of Sussex, with a Royal Tea Party. All of the guests dressed in black and white and donned dazzling spring hats while enjoying the fine music of Floyd Sillito & Friends. Congratulations to the six lucky winners of the beautiful, **Spring** themed door prizes.

Many thanks to the Outreach team of volunteers for doing a superb job, especially Judy, Donalda, Joan, and Susan. To Donalda and Joan, your talent comes through each month when you decorate with bright and cheerful colors.

Finally, I would like to thank Marie for the hard work she has done for the Outreach program; Having a dedicated team of volunteers is the key to a successful Outreach Program. If you would like to get involved with a fun and energetic team please join us at the next **planning meeting on Monday, June 4th** at 10 a.m. We are looking for more volunteers in setting up tables, hosts, server kitchen, bus hosts at the door, and group and walk-in tables taking money.

Your Outreach Program is now on summer vacation and will resume Monday, Sept. 17th.

Wishing you a lot of happy hours this summer!



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Thank You...

Nord-Bridge Seniors Centre would like to extend a thank you to **Servus Credit Union**



- **Uplands Branch** for providing coffee at our Toonie Breakfast, held on Tuesday, June 5th.

Without you, our kick off to summer wouldn't be as **strong!**

Father's Day SPECIAL Luncheon & Pie Auction



Friday, June 15th at 11:30 a.m. in our Dunford Diner. Lunch will feature a starter salad, **bacon wrapped filet**, potatoes, and vegetables, and a delicious dessert. Tickets \$13.00

Live Pie Auction immediately following lunch, with Auctioneer Dean Oseen.

Bid on your old favorites plus **NEW** and **UNIQUE** pies such as Harry Fischer's "Goulash Pie", Clay Olsen's "Lumber Jack Pie", Jim Edwards' "Famous Cow Pie" & many more!

Is your pie the best in Lethbridge? Why not show it off at the auction? Our volunteers will be calling to ask you to donate your best pie.

Please join in on the **BIDDING!**

Guaranteed **FUN!**

Proceeds will supplement our Travel and Outreach Programs

Shannon Phillips, MLA Lethbridge West

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Nord Bridge members can make an appointment at the Reception desk to meet with Maria here at the Centre on the 2nd & 4th Friday of each month between 9:30 am & 10:30 am.

Maria Fitzpatrick

MLA, Lethbridge East

(403) 320-1011 lethbridge.east@assembly.ab.ca

www.MariaFitzpatrick.AlbertaNDPcaucus.ca

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Nord-Bridge Seniors Centre



June 4-8, 2018

Monday, June 4th

Jam Session -Nord-Bridge Dunford Diner
9:30 a.m. - 12:30 p.m.

This event is FREE for Members, Non-Members -\$2.00 and is open to the public,

Tuesday, June 5th

Toonie Pancake Breakfast- Nord-Bridge Dunford Diner
8:30 a.m. - 10:30 a.m. \$2.00 per person, Open to public

Richard & Deborah Popovich- Multi-Purpose Hall of Nord-Bridge Seniors Centre

"SaddleSores" at 1:30 p.m. and "50s, 60s, & 70s Rock n' Roll Comedy Show" at 7:00 p.m. showings

\$10.00 per person, Open to public Contact 403-329-3222 ask for Val



Wednesday, June 6th

Monthly Breakfast Buffet- Dunford Diner

This event is open to all from 8:30 a.m. - 10:30 a.m. cost is \$8.00.

Fun Darts Tournament- Multi-Purpose Hall

From 1:00 p.m. - 4:00 p.m. This event is FREE, there will also be prizes. Please sign up at the Reception Desk. For more information ask for Ashley.



Thursday, June 7th

Annual BBQ Picnic- Rotary Club – Lethbridge Sports park- 2925- 30 Ave North

11:00 a.m. - 3:00 p.m. members and invited guests only.

\$6.00 per person. Tickets Available at the Reception Desk.

Friday, June 8th

Friday Bingo – Multi-Purpose Hall

This event is open to all – please note our BINGO program is a cash bingo (licensed with Alberta Gaming) so there are costs associated to play this activity. There will be prizes as well. 1pm-3pm

Nord-Bridge Jammers - Multi-Purpose Hall.

Evening jam session from 6:30 p.m. - 10:00 p.m. Tickets are \$5.00 each which includes cake, coffee, and juice and are available at the Reception Desk.



Hi! My name is **Joanne Blinco**, I am the Case Manager of **LEARN - Lethbridge Elder Abuse Response Network**. I have been coming to Nord-Bridge on the first and third Wednesday from 10 a.m. - Noon to be available to talk about elder abuse.

June 15 is World Elder Abuse Awareness Day; Knowledge and information can prevent abuse from happening. If you, or

someone you know is experiencing elder abuse, please give me a call at **403-394-0306** or drop by on the at the times I am at the Centre. **When it comes to Elder Abuse, silence is not an option.**

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Thank you to the Nord-Bridge Music Makers for the \$185.00 donation to the Nord-Bridge Seniors Centre Building Fund!

I Like Drinks

Judith A. Knox ~ Mind Joggers

I like drinks I surely do
Not drinks that make you act a fool
Not drinks that make you topsy turvy
Nor ones that make you think you're curvy

I like drinks that keep you cool
And container drinks you take to school
I like drinks that keep you warm
On days that bring in sudden storms

I like drinks that comfort when your sick
And powered drinks that make you quick
I like instant drinks a lot
Or any powered drinks you've got

I like drinks that taste so sweet
Not sour ones that curl the feet
I like Christmas drinks of Nog
Thick creamy ones that make arteries clog

Drinks for babies so little and wee
Those are exceptions and not for me
But drinks like water on a thirsty day
I like all drinks... what can I say?
I like drinks when I swim and dive
But I will never drink and drive.

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Hours of Operation

Monday-Friday: 9:00 am - 5:30 pm
Weekends & Holidays: Closed



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Upcoming FREE consultation dates:

Tuesday(s) June 12 & July 10

between the hours of 9:00 a.m. & 11:30 a.m.

Contact the Nord-Bridge Reception Desk to schedule
an appointment. **Phone: (403)329-3222**

This free service is for Nord-Bridge members only.

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For more information please contact

**Nord-Bridge member, NEIL WILLIAMS,
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PLEASE NOTE: ALL NON-MEMBERS must pay an additional \$25 for all Nord-Bridge trips.

ROAD REPORT

On May 17th, **Mystery Trip #4** took a journey to **Nanton** to see the **Museum of Miniatures**. It was an awesome adventure and proved that good things can come in small packages. Later in the month, 39 passengers traveled to **Cranbrook** for a stay at the **St. Eugene Golf Resort & Casino**. A great time was had by all whether winning or losing money, relaxing, playing some golf and enjoying the extra trip to the Railway Museum.

The **"Out and About"** program is growing. This is a great trip to Wal-Mart for those who do not drive. See more details below.

Thank you to Marilynn Marshman, Lucy Graham and Care Free Express for their safe driving in May.

Bring us your travel ideas. We're always looking for new and interesting places to visit, with relaxing, scenic vistas along the way.

If you cancel your trip, we cannot give you a refund but let us know as we may have a waiting list, and someone may reimburse you.

Please Note: For all night trips – everyone must have their own transportation to the Centre (where you'll meet the bus) and then back home from the Centre afterward.

*July & August will come fast!
Don't wait to book your trip.*



MYSTERY TRIPS 2018

Trip #5: Thursday, June 14th.
Enjoy lunch in the Diner and then a mystery destination!



SORRY SOLD OUT

Trip #6: Tuesday July 10th.

Another spectacular mystery destination! Pack or buy your own lunch and be ready to enjoy an exciting day! Bus departs Centre at 11:45 a.m. Member cost: \$35

ANNUAL FISHING DERBY WED. JUNE 20TH

COST: \$26 ONLY 2 SPOTS AVAILABLE!

PAYMENT DEADLINE: JUNE 13TH

This event is always a blast. Includes a lunch catered by the Pincher Creek Legion and prizes for: Largest Fish, Smallest Fish, Oldest Fisherman & Oldest Fisherwoman. Wear your sun hat and pack a water bottle. Bus will depart Centre at 8:30 a.m.



Windmill Garden Centre in Medicine Hat Thursday, June 28

Cost \$35 (inc. bus & admission)

Browse, lunch and wander through the butterfly house! Water will be provided.

BRAND NEW!



WATERTON LAKES NATIONAL PARK - Tuesday, July 31

Nothing like a day in the fresh mountain air. Leave the driving to our luxury tour bus driver: **COST: \$50.**

Do your own thing: walk, shop and enjoy lunch or a big scrumptious ice cream treat.

Bus will depart Centre at 9 a.m.



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Available only for members.
Includes a side trip to the **TORRINGTON GOPHER MUSEUM**.
A \$100 deposit is required; balance due by June 7th.

CANCELLED



Cortéo
CIRQUE DU SOLEIL

Cirque Du Soleil
Wednesday, October 31st

Cortéo—an Italian word meaning "cortège" or procession—was a contemporary circus show about a clown who watches his own funeral taking place in a carnival-like atmosphere.

Members can sign up at the Nord-Bridge Seniors Centre Reception Desk. Tickets are \$75 (Incl. bus and admission). If there is enough interest, our shuttle bus will depart Centre at 6:00 p.m.

NEW! OUT & ABOUT+coffee TOO This program runs twice monthly on Wednesdays at 9:45 a.m. Our **Friendly Shuttle** will take you from the Centre for a shopping run to **Walmart** and back by Noon. Shop, browse or have a coffee. Book now for Wednesday, June 13th and 27th.

COST
\$3

Nord-Bridge Seniors Centre Presents



Richard & Deborah Popovich "SaddleSores Show"

Date: June 5, 2018
Time: 1:30 p.m.
Tickets: \$10.00

You'll be delighted and entertained as they blend a healthy dash of comedy into a mix of famous classic country songs.

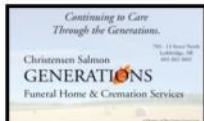
Richard & Deborah Popovich "50's 60's 70's Rock & Roll Comedy Show"

Date: June 5, 2018
Time: 7:00 p.m.
Tickets: \$10.00

Nothing gets the party rockin' faster than hits from the 50's 60's & 70's. This music has stood the test of time and is guaranteed to get you shakin' & twistin' with some fun and a lot of laughs.



Thanks to our community sponsors!



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SENIORS CENTRE BUILDING FUND



Annual Bar-B-Que Picnic

Thursday, June 7th

Lethbridge Rotary Picnic Shelter

2925 - 30 Ave N

11 a.m. - 3 p.m.

Lunch served at 11:30 a.m.

Tickets: \$6.00

Members may join us at the Picnic
Shelter to enjoy a beautiful day!



Nord-Bridge would like to extend a
sweet thank you to McDonald's for
providing juice at our event.

Centre will be closed at 11 a.m. and all
afternoon programming will be suspended.
We apologize for any inconvenience.



Grandmother & Granddaughter



MARCH 22 & 29
PARK
MEADOWS
GRADE 4/5
PLAY DATE WITH
NORD-BRIDGE
SENIORS



How Kids Shine and Glow in talent!

On May 3rd, the students of Park Meadows School invited the Nord-Bridge Seniors to their talent show. It was a beautiful, sunny day filled with music, dancing, acrobats, piano stars, and artists. We had V.I.P seating that was specially marked and we were gifted with a letter signed by the students that attended our Play Date in March 2018. To our surprise, they remembered coming to our Centre and playing board games with a group of seniors and one girl even asked if she could meet with us again to play a game. Thank you to the students and teachers of Park Meadows School.

We hope you will be back to *The Friendly Centre* soon!