



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

# FALL PROGRAM 2018



Nord-Bridge Senior Citizens Association  
Officers and Staff

**Executive Committee**

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

**Directors**

Kathy Ludwig	Ben Bell	Robert Grisak
Hugh Gordon	Donalda Stock	Clay Olsen
Jim Edwards	Marko Bosnak	Kaz Tomomitsu

**Staff**

Executive Director	David Ng
Administrative Support	Rita Paju
Financial Administrator	Tracy Beauchemin
Program Coordinator	Ashley Kern
Membership Support Coordinator	Lorri Penner
Reception Supervisor	Valerie Arkinstall
Reception Assistant	Maria Lisun
Red Seal Cook	Samantha Ajtay
Rentals	Rita Paju
Cook I	Bety Castillo
Dining Room / Kitchen Assistant	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)

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## **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 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 which 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 Program** - 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-** Billy McTighe, Convener

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 10:00 am in the Multi-Purpose Hall.

### **Darts** - Dianne Reid, 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 9:00 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 an 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 - Open to [Members Only](#)**

### **Cribbage** - Paul Cohen, Convener

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.

### **Bid Euchre** - Mike Bennet, Convener

Bid Euchre is played every Monday evening at 6:30 pm in the Multi-Purpose Hall. 32 cards are dealt (double deck from Ace to Jack) Eight cards per person. Game is finished when all players have dealt twice. Play with partners same as regular Euchre. Each player bids once starting with the person to the left of the dealer, highest bidder leads, if you win the bid you only count the number of tricks bid, not the number of tricks taken. There is a \$1.00 per evening fee for participants.

### **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 12:45 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** - Joe & Dianne Smith, Convener

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

### **Trump Whist** - Vacant, Convener

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 Westerners, 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/down in a crossword fashion. Players meet on Tuesday at 1:30 pm in the Dunford Diner Annex. If you are interested, drop in any Tuesday.

## Social Activities

### **Jammers** - Doug Youngren, Convener

Monday Jammers 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** - Joanne Adams, 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.

### **Park Meadows (Intergenerational Program)**

This program is a partnership between Park Meadows Elementary school and Nord-Bridge Seniors Centre. Originally started in March, 2018, this successful pilot program was launched which saw 80 children in grades 4 and 5 come in and play board games with the seniors for an hour and half. The classes were split into two different days. The goal was achieved of creating intergenerational bonds between children and seniors. This program will be happening between October/November, so keep an eye out for posters and the monthly newsletters to come, we will be looking for volunteers to participate in this fun program.

## 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 want to just listen 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 are part of Nord-Bridge's **Seniors Helping Seniors Program** and 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**, Sept. 19 and Nov. 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: Sept. 11, Oct. 9, Nov. 13, and Dec. 11. This service is for Nord-Bridge **Members Only**. Members can sign up at the Reception Desk for a half hour free consultation. 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 Sept. 5, Oct. 3, Nov. 7, and Dec. 5 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 half hour appointment at the Reception Desk.

**Coffee with a Constable, Lethbridge 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. Sept. 12, Oct. 10, Nov. 14 and Dec. 12.

**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 10:00 am - noon.

**Candice and Jake Boldt of Lethbridge Hearing Centre** - offer 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 Sept. 20, Oct. 18, Nov. 15 and Dec. 20. Appointments are necessary. Please book your half 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, Special Needs Assistance Programs for Seniors, 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.

**Southern Alberta Institute of Massage - Massage Therapy Students** - Students from this program offer free massages, on a first-come first-served basis. This service is for Nord-Bridge [Members Only](#). Please check with the Reception Desk and Monthly Newsletter for more information. They will be here Friday, Sept. 28, Oct. 26, Nov. 30, and Dec. 21 from 9:30 am until 11:30 am in the South View Room.

**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 Wednesday, Sept. 26, and Oct. 24 from 10 am until noon in the Craft Room. \*This service is for [Members only](#), please check with the Front Reception Desk 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

### **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.

**\*Due to Justin's business expanding, he will no longer be able to provide this service to members.**

### **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 ins are 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.





## Fall 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: Thursdays, Sept. 20

Ends: Oct. 25 (6 weeks)

##### Session 2

Begins: Thursdays, Nov. 1

Ends: Dec. 6 (6 weeks)

Location: West Community Room

Time: 1:00 pm - 3:30 pm

Instructor: Karina Mak

Fee: Members: \$55.00          Non-Members: \$75.00

#### **Watercolor and Colored Pencil Techniques - Donna Gallant**

Colored pencil and watercolor, what a great way to mix painting and drawing. One can achieve such interesting and unique results using colored pencil and watercolor paints. This style of work can create a more intense image, or a softer and sensitive image plus you can create wonderful movement and rhythm throughout your work. This is a great way to work on location or just for sketching.

We will cover some basic watercolor and colored pencil techniques on their own but mostly we will be mixing the two. You may use watercolor pencils but you will still need to use regular colored pencils for different applications. It's a little like drawing but much more dynamic after you add the paint.

Begins: Monday, Oct. 15

Ends: Nov. 26

Location: Craft Room

**\*No Classes on Nov 12**

Time: 10:00 am - Noon

Fee: Members: \$50.00          Non-Members: \$70.00          Maximum: 8 Students

#### **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, Sept. 6

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 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 to have lots of paintings to show your family. A list of materials required for the class will be given at time of registration. The first class will be an introduction to the world of watercolor.

Begins: Tuesday, Sept. 11 - Oct. 30 (8 weeks)

Location: Craft Room

Time: 9:30 am - 11:30 am

Instructor: Denise Savard

Fee: Members: \$40.00          Non-Members: \$60.00          Maximum: 9 students

**\*Please ask for the Front Reception desk when Session two begins for this class\***

## **ART CLUB**

### **Paper Tole - (Wednesday and Friday)**

The Paper Tole Group takes multiple copies of a printed piece of art, and cut, shape, mold, and elevate the artwork to make three dimensional prints. This group meets every Wednesday, starting on September 12, in the West Community Room and in the Craft Room on Fridays. Session fees are \$15.00 for members only. For information on this Club, please talk with 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

**\*\*The Watercolor Club is a continuation from the Winter 2018 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 5, 2018.

### **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 5, 2018.

### **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. For more information, please talk with the coordinator, Pat Kincade.



## **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. This is a great form of exercise, so come out and try this form of dance!

Begins: Tuesday, Sept. 4 - Dec. 11	Time: 10:00 am	Intermediate Class
Begins: Tuesday, Sept. 4 - Dec. 11	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, Sept. 5 - Dec. 12	Location: Multi-Purpose Hall
Time: 11:30 am	Instructor: Della Howg

**\*No Class on Oct 24– Housing Fair**

### **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, Sept. 11 – Dec. 18	Location: West Community Room
Time: 7:00 pm	Instructor: Karen Hooper
Fee: Monthly registration or \$5.00 / night	

### **Tai Chi for Health, Balance, and Relaxation**

Tai Chi, a mind-body exercise, is gentle flowing and low impact. This 6 week class will practice breathing and meditation techniques and a six form Tai Chi routine. Many benefits include, 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.

Begins: Monday, Nov 5 – Dec. 17	Time: 11:30am	Beginner Class
Fee: Members \$25.00 Non-Members: \$45.00	Instructor: Christine Curteanu	
Location: West Community Room	<b>*No Class on November 12</b>	

### **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: Thursday, Sept. 6 – Dec. 6	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

**\*No Class on Nov 15– Sgt. Wilson Army Show**

### Exercising with Arthritis

This is a group exercise class focusing on individuals with osteo-arthritis. 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, Sept. 25 - Nov. 13

Time: 2:30 pm - 3:30 pm

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

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

Location: Multi-Purpose Hall

Instructor: TJ Dunn (AHS)

### 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, Sept. 26 - Nov. 21

Time: 3:00 pm - 4:00 pm

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

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

Location: Multi-Purpose Hall

Instructor: TJ Dunn (AHS)

**\*No Class on Oct. 24 – Housing Fair**

### 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. 11 - Dec. 4

Time: 11:00 am

Location: Multi-Purpose Hall

**\*No Class Nov 27– Health Fair**

### 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. 13 – Dec. 6 Location: Multi-Purpose Hall

Time: 11:00 am

Instructor: Melanie Hillaby

**\*No Class Nov. 15 – Sgt. Wilson Army Show**

**Fee: Members \$20.00 (September - December)**

**\*This class is for Members Only. The fee of \$20.00 is for both the Tuesday and Thursday Class from Sept - Dec, 2018. For a complete workout, both Keep Fit Classes complement each other.**



## Gentle/ Stability Yoga

**Gentle Yoga** Offers an opportunity for students to strengthen the body and mind connection. The instructor will explore aging, anatomy, meditation, breathing and relaxation. Vinyasa yoga focuses on guiding the movements through the breath. Slow gentle movements are done in a non-intimidating, friendly manner and modifications are always offered by the instructor. Participants are asked to wear loose clothing & bring a yoga mat. **Stability Yoga** 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: Gentle Yoga

Begins: Monday, Sept. 10                      Ends: Oct. 22  
Time: 9:00 am                      **No Class on October 8**

Location: West Community Room  
Instructor: Melanie Hillaby

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

Begins: Monday, Sept. 10                      Ends: Oct. 22  
Time: 10:15 am                      **No Class on October 8**

Location: West Community Room  
Instructor: Melanie Hillaby

#### Friday Class: Stability Yoga

Begins: Friday, Sept. 14                      Ends: Oct. 19  
Time: 9:00 am

Location: West Community Room  
Instructor: Melanie Hillaby

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

Begins: Friday, Sept. 14                      Ends: Oct. 19  
Time: 10:15 am

Location: West Community Room  
Instructor: Melanie Hillaby  
Instructor: Melanie Hillaby

### Session 2

#### \*Monday Class: Gentle Yoga

Begins: Monday, Oct. 29                      Ends: Dec 3  
Time: 9:00 am                      **No Class on November 12**

Location: West Community Room  
Instructor: Melanie Hillaby

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

Begins: Monday, Oct. 29                      Ends: Dec. 3  
Time: 10:15 am                      **No Class on November 12**

Location: West Community Room  
Instructor: Melanie Hillaby

*\*Please note Monday Session 2 Gentle Yoga and Chair are only 5 weeks long. Fee adjustment below.*

#### Friday Class: Stability Yoga

Begins: Friday, Oct. 26                      Ends: Nov. 30  
Time: 9:00 am

Location: West Community Room  
Instructor: Melanie Hillaby

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

Begins: Friday, Oct 26                      Ends: Nov. 30  
Time: 10:15 am

Location: West Community Room  
Instructor: Melanie Hillaby

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

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

**5 Week Fee - Members: \$26.00 Non-Members: 46.00**

**Maximum: 14 Students (Gentle Yoga/Stability Yoga) 20 Students (Chair Yoga)**

**\*\*Please refrain from wearing perfume during Gentle, Stability, and Chair Yoga classes.\*\***



### Senior 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.

### Guided Meditation

Feeling stressed by life's unpredictable events? Stress no more in this Guided Meditation with Ashley Kern, Program Coordinator at Nord-Bridge Senior's Centre! We will be working on progressive relaxation, guided imagery, and mindfulness. Newcomers welcome to join, no experience required. This class will be done seated in a chair for 45 minutes, please wear loose clothing. My hope for the end is to feel rejuvenated, relaxed, and at peace. Sign up at Front Reception Desk, and ask Ashley for more information.

Date: Wednesday, Oct. 3 - Dec. 5

Time: 9:00– 9:45 am

Location: South View Room

Fee: Members: \$20.00 Non-Members: \$40.00



### POUND® 55+ - Melanie Hillaby

This energizing seated workout combines cardio, conditioning, and strength training with Yoga and Pilates-inspired movements on a chair. POUND® 55+, uses 1/4lb drumsticks engineered specially for exercising. This drumming exercise works the shoulders, biceps, triceps, forearms and back. You will increase your rhythm, timing, coordination, speed, agility, and endurance. This work out is easily modifiable and appeals to all age and abilities.

**Active POUND® 55+ begins: Wed., Oct 10**

**Time: 8:45 am - 9:30 am**

**Ends: November 28**

**Location: Multi - Purpose Hall**

**\*No Class Nov. 7- General Meeting**

**Seated POUND® 55+ begins: Thurs., October 11**

**Time: 10:00-10:45 am**

**Ends: November 29**

**Location: West Community Room**

**Fee: Members: \$32.00 Non-Members: \$48.00**

**\*Limited space available, please register for classes starting August 29th at 10 am.**

## YMCA – Water Fit

This class is held in the shallow end at the YMCA and is a great way to increase your cardiovascular and muscular condition in a low impact environment. This class is great for those going through rehabilitation or have suffered some kind of brain injury or stroke. Beginner level. First come, first serve.

**\*Try a FREE demo introductory class on the morning of Friday, September 28, afterwards regular classes will begin from October - December, in which members would pay accordingly.\* This is for members only, please sign up beside the Front Reception Desk. Transportation is provided! \***

**Enjoy the demo class? Regular dates and prices will be announced in October.**

## 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!

## Information Sessions

### Lethbridge Housing Fair Information Session – Lorri Penner

When it is time to consider downsizing and moving into a lodge or supported living, there are many questions and who better to provide the correct information than these exhibitors including: Green Acres, Seasons Lethbridge-The Gardens, Lethbridge Housing Authority, Extendicare, Elim Society, and many more!

For more information contact Lorri Penner at Nord-Bridge Senior Centre. We invite you to be a part of this day which is so beneficial for Seniors and Families.

Date: Wednesday, October 24

Time: 1:00 pm - 4:00 pm

Location: Multi-Purpose Hall

### 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" on Tuesday, November 27 from 10:00 am – 12:00 pm 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.



# 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 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 accessible 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 17, 2018 1:30 pm Program: An Ethnic Celebration  
 Entertainment - Vicki Klassen & Don Moore

October 15, 2018 1:30 pm Program: Fabulous Fall  
 Entertainment - Los Gringos

November 19, 2018 1:30 pm Program: Tail Gate Party  
 Entertainment - Doug Youngren & Friends

December 10, 2018 1:30 pm Program: Christmas Merriment– A Time To Be Jolly  
 Entertainment - Nord-Bridge Music Makers

## **Social / Fundraiser Functions**

Everyone is welcome to attend these events. 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 which will be available for purchase at the Reception Desk, events highlighted in **RED** are buffet style and don't require tickets to be purchased). Dates are as follows:

Tuesday, September 18, 2018	President's Dinner & Auction	4:00 pm
Friday, September 28, 2018	Oktoberfest	11:00 am
Saturday, September 29, 2018	Rockin' with Elvis (Matinee or Evening Show)	1:30 pm or 7:00 pm
Friday, October 5, 2018	Thanksgiving Luncheon	11:30 am
Saturday, Oct 27th, 2018	Craft/Bake Sale	9:00 am
Thursday Nov 15, 2018	Sgt. Wilson Army Show	2:00pm (matinee)
Friday December 7, 2018	Christmas Luncheon	11:30 am