

NEWSLETTER



HAPPY HOLIDAYS



FROM THE
NORD-BRIDGE STAFF

"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
Financial Administrator
Administrative Support
Program Coordinator
Member Support Coordinator
Reception Supervisor
Reception Assistant
Rentals
Red Seal Cook
Cook I
DR/Kitchen Assistant
Janitorial

David Ng
Tracy Beauchemin
Rita Paju
Ashley Kern
Lorri Penner
Valerie Arkininstall
Maria Lisun
Rita Paju
Samantha Ajtay
Bety Castillo
Gail Krysak
Marco Escobar

ON-SITE PARTNER PROGRAMS & SERVICES

National Association of Federal Retirees Gary Drake 403-328-0801
Chinook Lifecare Assoc. Dayna Tilleman 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
Valerie Arkininstall/Maria Lisun
Rita Paju (Production & Billing)
Rita Paju
Ben Bell* (Chair)
Harry Fischer, Vicki Klassen, Bev Eaton

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

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
Mike Bennett

Duplicate Bridge
Norwegian Whist
Bid Euchre

EDUCATION

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

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

Watercolor and Coloured
Pencil Techniques

Donna Gallant

Effective November 15th, 2018
New Member Pro-Rated Membership \$53
Existing Member 2019 Renewal \$50



FUNDRAISING

GAMING

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

**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

HEALTH & FITNESS

Keep Fit, Active/Seated Pound 55+
Tai Chi
Gentle, Chair, Stability Yoga
Fitball/Exercise With Arthritis
Zumba
Fitness 55 Club
Meditation

Marko Bosnak*, Board Rep

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

OUTREACH

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

Jim Edwards*, Board Rep

Valerie Arkininstall
Chris Figenshaw
Valerie Arkininstall
Vacant
Valerie Arkininstall

SOCIAL ACTIVITIES

Decorations
Monday Music Jams
Senior Music Makers
Socials Committee & Specials
Line Dancing (P.M.)
Clogging
Line Dancing (A.M.)

Kathy Ludwig*, Board Rep

Eva Deringer
Doug Youngren
Jo-Ann Adams
Eva Deringer
Karen Hooper
Sandy Nowell
Della How

SPORTS & RECREATION

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

Robert Grisak*, Board Rep

Diana Neal
Billy McTighe
Dianne Reid
Vacant
Lorna Vandervalk
Judy Workman, Kaye Murphy
Ben Bell
Clay Olsen
Jerry Mikusek, Dave Bergen

TRAVEL

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

George Berg*, Board Rep

Valerie Arkininstall
Valerie Arkininstall
Marco Escobar

VOLUNTEERISM

Building Set-up Volunteers
Diner Special Events Coordinator

**Vacant (Chair), Hugh Gordon*
Board Rep, Jim Hahn, Liaison,
Valerie Arkininstall, Volunteer Hours
Reporting Liaison
Vacant
Eva Deringer**

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

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



Alberta Association of Senior Centres

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

**NEWSLETTER SUBMISSIONS FOR THE JANUARY NEWS-
LETTER MUST BE RECEIVED BY THE 12th OF DECEMBER**

View our Website
www.nordbridgeseniors.com
for information, photos, video, Newsletters and more.

PRESIDENT'S REPORT

The Christmas spirit lives throughout the year at Nord-Bridge in the caring and kindness of our many volunteers.



General Members Meeting Has Record Attendance

More than 60 members attended Nord-Bridge's General Meeting of Wednesday, November 7th at 9:30 a.m. in the Multi-Purpose Hall. The meeting dealt with the municipal grants that will enable Nord-Bridge to operate Family and Community Support services over the next year and the success we have experienced in keeping costs in line. Highlighted was the fact that Nord-Bridge membership is approaching 1400, higher than it has been for some years.

Lorri Penner continues to work with the Community Forum Committee with a view to offering programs for 2019. Four programs have been tentatively identified:

1. Marijuana: What Seniors Need to Know about Medical, Pain-Management Issues;
2. Fraud and Personal Safety;
3. Nutrition, Diet and Meal Planning; and
4. Personal Directives and Getting One's Affairs in Order.

Please feel free to provide any thoughts on issues you would like to see covered.

Two Alberta Ministers visit Nord-Bridge

Minister of Service Alberta, Brian Malkinson and Lethbridge East MLA Maria Fitzpatrick toured Nord-Bridge on November 5, 2018. Minister Malkinson had a sit down and chat with several Nord-Bridge members during his visit. Then on November 13th, Provincial Finance Minister Joe Ceci and Lethbridge East MLA Maria Fitzpatrick toured Nord-Bridge and joined members for coffee. One of the key messages delivered to the Minister is that Nord-Bridge needs a long-term funding path if it is to meet the needs of our growing membership.

A sad farewell to David Stock.

Christmas is a time that brings families together but it is also a time when some seniors experience loneliness. Reach out to a senior during this season of joy!



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

WELCOME
New Members
We're *very* GLAD you're here!



Anneke Nyenhuis
Lily Yamashita
Aldia McCauley
Donna Clark
Laura Lemky
Nick Lepora
Jay Harris
Renea Egeland
Gladys Hagen
Alice Hatt
Gary Hatt
Anna Travagla-Kellogg
Jewel Barber
Cynthia Harris

We hope you enjoy your association with Nord-Bridge "The Friendly Centre"



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

1. Access the network / Wi-Fi 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](mailto:help@shaw.ca) call 1-888-472-2222 or visit <http://www.shaw.ca/internet/wifi/>.

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



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 (Sept-June)	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.

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LORRI'S CORNER



With the holiday season approaching, we are bombarded by images of happy families together sharing the joy of the season. For some people though, this time of year adds an extra measure of pain, this is not the image we have in our minds... *Ours looks very different.* People ask over and over, "what do you want for Christmas?" a question we have all heard before but this year the answer may be quite different... *"I just want my loved one back"*. Then there is the empty seat at the table, the reminder that the one you love is missing, traditions that we used to look forward to, have changed... *The holidays will forever be different.*

Many people want to make this a "good" holiday for you. They include you because they can't bear the thought of you being alone. Some close family members want traditions to stay the same *"we need to honour their memory"* and others want to change everything *"it's time for new traditions"*.

The days can be filled with conflicting feelings, broken hearts, and lots of attention when you'd rather just hide under a blanket until January. The reality is, the holidays are going to be very different and your heart will probably hurt. Here are some tips that may help:

1. Be prepared. - Before plans and expectations sneak up on you, think about what you can and cannot do this year. Friends and family may, with the best of intentions, make plans for you. Know that some things will just be too hard. If you have decided what is best for you, gently decline plans that are too stressful.

2. Talk with others. - We often have others who share in our loss but are approaching it differently. Be honest and tell them what is making you feel anxious, and that you may have some sad emotional moments. Be kind to yourself and take one year at a time.

3. Let others help you. - You may have always been the one to do the beautiful holiday decorating and cooking the anticipated meals. This can be hard to let go of not to mention physically and emotionally exhausting to do everything as you have done in the past. Choose what you want to do yourself then invite others to help with specific tasks. Let someone else bake, clean, or decorate the tree.

4. Being prepared for events and large gatherings. - There will be gatherings where you will be expected to attend. Families want everyone together maybe even more this year. Find out how long the event is expected to last. Will you be able to leave early if you need to? Who will be there? If there will be difficult questions, how will you respond? Will there be any emotional surprises, such as a memorial tribute? Developing a strategy can help reduce some of the anxiety you may be feeling.

5. Honor your loved one. - Light a candle. Invite everyone to share a favorite memory. Make a favorite dessert. Use decorations that remind you of your loved one. Buy a gift in their memory and donate it to a favorite charity.

6. Be honest with yourself and others. - Well-meaning friends and family may try to change old traditions, perhaps where the holiday dinner will take place and that is one tradition you don't want to be different, tell them. They may believe it will be easier for you, but if that isn't the case, tell them. They may be grieving as well and trying to navigate the holidays with an important person gone too. If you can be honest about how you are feeling it can create a safe space for them to be honest too. There is no right or wrong way to get through holidays. The most

important thing is to be gentle with yourself. As always, if you are struggling with a loss or any other concerns, please come have a chat with me. You do not have to do this alone.



**Lorri Penner, BSW, RSW
 Member Support Coordinator**

My December schedule is:

December 2018				
M	T	W	Th	F
	4	5	6	7
10	11	12	13	
17	18	19	20	

ACCOMPANY You



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DECEMBER

Frosty air gives us rosy cheeks
 Blankets of snow cover mountain peaks
 Millions of snowflakes flutter and fall
 No longer is heard the wild goose call
 The birds and the bees have all flown away
 To where the sun shines every day
 Tree branches reach up all gray and bare
 Their colourful leaves no longer there
 The green grass is covered with glistening snow
 Everything will be green again we all know
 Christmas lights twinkle thro' the night
 Colourful, festive, a beautiful sight
 Folks are all bustling and shopping with glee
 Looking for gifts to put under the tree
 But during this time let us look toward heaven
 And be thankful for the gifts God has given

**Doreen Taylor
 Mind Jogger**

IMPRESS your guests this Holiday Season with delicious home-made baked items from Dunford Diner Catering Bakery. **Last day for ordering December 7, 2018**

CHRISTMAS DESSERT TRAYS

- 8 Inch 3-5 people \$15.00
- 10 Inch 5-7 people \$18.00
- 12 Inch 7-10 people \$20.00

Trays are a random assortment. No two platters will be the same.

PIES



	<u>5"</u>	<u>8"</u>
Pumpkin	\$4.00	\$8.00
Cherry	\$3.50	\$7.00
Apple	\$3.50	\$7.00
Raisin	\$4.00	\$8.00
Mincemeat	\$5.50	\$12.50



NOTE: Order pick up will be on Fridays ONLY. Last pick up date December 21, 2018

EXECUTIVE DIRECTOR'S REPORT

Greetings Members,

To say we have been busy would be an understatement. Is it more difficult to find a parking space, or a table in the Dunford Diner during the lunch hour? Are you noticing your elbow to elbow with another member in the Line Dancing class or Keep Fit program? If you answered yes to any of these questions, than you have personally experienced the spike in our membership and daily attendance. At the time of writing this Newsletter, Nord-Bridge membership totaled **1,410** members! The last year we eclipsed 1,400 members was in 2006 when we registered 1,453 members. Many of our registered programs are at capacity and require additional days to accommodate the waitlists / overflow of participants. The Dunford Diner kitchen has experienced one the biggest influx of people. Years ago, when I first started here (2007), the busy days in the Dunford Diner were Mondays and Fridays. Fast forward to 2018 and the busy days now are Monday, Tuesday, Wednesday, Thursday and Friday. The 100 seat Dunford Diner is completely full on most days; which forces many of our patrons to dine in the Dining Room Annex. I would ask all card conveners to be cognizant of patrons dining in the Annex and not rush their lunch when you are setting up for your card program.



Last month we hosted two Ministers who visited Nord-Bridge. On November 5th we had the pleasure of having a meet and greet with Minister of Service Alberta Brian Malkinson and on November 13th the Minister of Finance and President of the Treasury Board Mr. Joe Ceci toured Nord-Bridge. Thank you to MLA East Maria Fitzpatrick for arranging these visits. It was a pleasure meeting the two Ministers and being able to tour them around our facility and share some of our concerns. In closing, I would like to wish all our members a healthy and Merry Christmas. I hope you can enjoy the holiday season with family and friends filling your bellies with food and laughter.

Merry Christmas and Happy New Year.



David Ng
Executive Director

RACHAEL HARDER
MEMBER OF PARLIAMENT

You're Invited!

**FAMILY CHRISTMAS
OPEN HOUSE**

Saturday, December 15th
1:00-4:00pm
Old Paramount Theatre
719 4 Ave South, Lethbridge



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The very talented BAKER FAMILY
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FOR A CHRISTMAS CONCERT

here IN THE DUNFORD DINER ANNEX

on WEDNESDAY, DECEMBER 5, 2018

from 12 NOON to 12:45 P.M.



From the Desk of Val



HO! HO! HO! What does that tell you? It's Christmas. For me it is a time to think of others especially for the ones who have lost loved ones. I still have precious memories sitting around the Christmas tree laughing at our gifts that Santa put in our socks and of course enjoying a festive meal and then sitting down and having a nap. For those who have grandkids coming around to visit, enjoy them as I am sure their laughter along with your smiles will create lots of memories to treasure.

This year has been challenging with a good deal of change with two long time staff retiring as well as new staff coming on board. My career with Nord-Bridge began July 2, 1991. When I worked at Nord-Bridge from 1986 to 1988 there were only about 300 members. Wow, we have come a long way as currently we have just over 1400 members. Our volunteers are the back bone to our growing Centre. Thanks to all for doing such a great job wherever you have spent your volunteer time. Thank you Sharon Davies for all of your great work here at Nord-Bridge and all the best in the future.

This year Lorri and I are having a Volunteer Appreciation just for you which will be Thursday, December 6th at 2:00 p.m. for coffee, hot chocolate, apple cider and treats. We appreciate you and hope to see you there!

Merry Christmas to you all.



Val

ADVANTAGE HEARING CENTRE

406-6th St. South Lethbridge, Alberta

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We will offer Complimentary
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LH Life Time Highs www.lifetimehighs.club 587-223-0203 Cathymunro@lifetimehighs.club ~ Traveling Together ~

Coeur D'Alene, ID	March 24 - 28, 2019 Spring Fling Break <i>Trip offers: Sightseeing, wine tasting, cultural tours</i>	\$575 pp/dbl
Edmonton, AB	Jan 13 - 15, 2019, River Cree + GST	\$280 pp/dbl
Bonnars Ferry, ID	Feb 3 - 6, June 23 - 26, 2019	\$380 pp/dbl
Moose Jaw, SK	April 23 - 26, 2019, Temple Gardens GST included	\$425 pp/dbl
Camrose, AB	May 5 - 7, 2019 + GST	\$229 pp/dbl
Polson-Kalispell, MT	May 27 - 30, 2019, Sights, Shopping & More	\$475 pp/dbl
Winnipeg, Mb	August 11 - 17, 2019 GST included, Call for details	\$820 pp/dbl
Deadwood, SD	Sept 29 - Oct 5, 2019	\$665 pp/dbl

Stoney Nakoda Kananaskis Overnight Trips Jan. 21 - 22, 2019 \$80 pp/dbl
Price based on Calgary Departure

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)

Jean Burnett \$80.50 November 8, 2018

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 WINNERS

Elizabeth Robertson \$170.00

Next Draw December 21st, 2018

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

- Nov. 5 Phyllis Procure \$42 / Nick Brandhorst \$42
 Nov. 12 CENTRE CLOSED
 Nov. 19 Ann Pauls \$52 / Mike Bennett \$52
 Nov. 26 Jim Randa \$43 / Jim Hahn \$43

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



NORD-BRIDGE BUILDING FUND RECENT DONORS

Elaine Unger-Pengilly \$25; Eveline Polczer \$200; Anonymous \$60; Kathy Ludwig \$20 in memory of David Stock; Best wishes to Clark Figenshau on his 91st Birthday (December 22, 1927) \$100; Stan and Phyllis Kruszewski \$500; Fred and Alice Mehlhaff \$200; Music Makers \$50

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2018 through November 23, 2018: **\$20,057.00**



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 2018

\$ 2,129,165

Still needed by N-B Fundraising

\$ 370,835

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 2:00 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 \$7.50

- Dec. 7 Christmas Luncheon
- Dec. 14 Liver and Onions with mashed potatoes, gravy and veggies
- Dec. 21 Spaghetti and meatballs with ceasar salad and garlic toast
- Dec. 28 Veal Cutlet with mashed potatoes, gravy and veggies

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

Friday Dunford Diner Lunchtime Entertainment

Schedule Subject to Change

- December 7 Yvonne Nelson
- December 14 John King
- December 21 John & Dean
- December 28 Don & Vicky



December

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>9:00 Gentle Yoga 9:30 Jammers 9:30 Outreach Meeting (Boardroom) 10:00 Floor Curling 10:15 Chair Yoga 10:45 Nursing Students Presentation (Boardroom) 11:30 Tai Chi for Health, Balance & Relaxation 1:00 Darts 1:00 Bridge 1:00 Military Whist 6:30 Bid Euchre</p>	<p>4</p> <p>9:30 Beginner Watercolour 10:00/11:00 Clogging 10:00 Music Makers 10:00 Coffee Tea & You 11:00 Keep Fit 1:00 Texas Hold'em 12:45 Canasta 1:00 Norwegian Whist 1:30 SCRABBLE 1:30 Keep Fit Combo 7:00 Line Dancing</p> 	<p>5</p> <p>8:30 Breakfast Buffet 8:45 Active Pound 9:00 Guided Meditation 10:00 Carpet Bowling 10:00 LEARN (Elder Abuse Network) 10:15 Paper Tole 10:45 WINNERS BINGO Noon Baker Family Christmas Concert 11:30 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball 3:00 Advantage Hearing By Appointment 7:00 Table Tennis</p>	<p>6</p> <p>9:00 Floor Curling 9:00 Card Crafters 9:30 Mind Joggers 10:15 Seated Pound 11:00 Keep Fit 1:00 Acrylic Painting 1:00 Woodcarving 1:00 Floor Shuffleboard 1:00 Trump Whist 1:00 Duplicate Bridge 5:30 Zumba</p> 	<p>7</p> <p>9:00 Paper Tole 10:00 Carpet Bowling</p> <p style="text-align: center;"> 11:30 CHRISTMAS LUNCHEON </p> <p>1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p>
<p>10</p> <p>9:30 Jammers 10:00 Floor Curling 11:30 Tai Chi for Health, Balance & Relaxation 1:00 Bridge 1:00 Military Whist 1:30 OUTREACH 6:30 Bid Euchre</p> <p>Darts will be cancelled today</p> 	<p>11</p> <p>9:00 Legal Consultations By Appointment 9:30 Beginner Watercolour 10:00/11:00 Clogging 10:00 Coffee Tea & You 10:00 Music Makers 10:45 WINNERS BINGO 12:45 Canasta 1:00 Texas Hold'em 1:00 Norwegian Whist 1:30 SCRABBLE 7:00 Line Dancing</p>	<p>12</p> <p>9:45 Out & About + coffee 700 10:00 Carpet Bowling 10:00 Coffee With a Constable 10:15 Paper Tole 10:45 WINNERS BINGO 11:30 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft 5:30 Table Tennis</p> 	<p>13</p> <p>9:00 Floor Curling 9:00 Card Crafters 9:30 Mind Joggers 1:00 Woodcarving 1:00 Trump Whist 1:00 Duplicate Bridge 1:00 Floor Shuffleboard</p> 	<p>14</p> <p>9:00 Paper Tole 10:00 Carpet Bowling 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p> 

17
 9:30 Jammers
 10:00 Floor Curling
 11:30 Tai Chi for Health, Balance & Relaxation
 1:00 Darts
 1:00 Military Whist
 1:00 Bridge

WINTER PROGRAM BOOKLET AVAILABLE TODAY



18
 9:30 Beginner Watercolour
 10:00 Music Makers
10:45 WINNERS BINGO
 12:45 Canasta
 1:00 Texas Hold'em
 1:00 Norwegian Whist
 1:30 **SCRABBLE**
 7:00 Line Dancing



19
*****9:00 PROGRAM REGISTRATION TODAY*****
 10:00 Carpet Bowling
10:00 LEARN (Elder Abuse Network)
10:45 WINNERS BINGO
 11:30 Line Dancing
 1:00 Darts/Euchre
 1:00 Quilt/Kraft
 7:00 Table Tennis



20
 9:00 Card Crafters
 9:30 Floor Curling
10:00 Lethbridge Hearing
By Appointment
 1:00 Woodcarving
 1:00 Floor Shuffleboard
 1:00 Trump Whist
 1:00 Duplicate Bridge



21
 10:00 Carpet Bowling
1:00 In-House Bingo
 1:00 Contract Bridge
 1:00 Crib

BOUTIQUE CLOSSES TODAY AT 3:00 P.M. RE-OPENS JANUARY 2, 2019 AT 9:00 A.M.



TOONIE DRAW

24 & 31
 10:00 Floor Curling

24TH CENTRE OPEN 7:00 A.M. UNTIL NOON



31ST CENTRE OPEN 7:00 A.M. UNTIL NOON
KITCHEN OPEN 8:30 A.M. UNTIL NOON. Grill will not be open.

25

26
10:45 WINNERS BINGO




CENTRE CLOSED



27
 9:00 Floor Curling
 1:00 Woodcarving
 1:00 Trump Whist
 1:00 Duplicate Bridge



28
 10:00 Carpet Bowling
1:00 In-House Bingo
 1:00 Contract Bridge
 1:00 Crib



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".

- 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).**
- LETHBRIDGE HEARING - THIRD THURSDAY OF THE MONTH (by appointment).**

- Christmas Day & Boxing Day December 25 & 26 CENTRE CLOSED**
- JOANNE BLINCO OF LEARN (Elder Abuse Network) FIRST & THIRD WEDNESDAY OF EVERY MONTH, 10 - NOON, IN THE SOUTH VIEW MEETING ROOM**
- SHOPPING TRIPS TO WALMART: WEDNESDAY, December 12, 2018**
- WINNERS BINGO: Dec. 5, 11, 12, 18, 19, 26, 2018**
- FOOT DOCTOR: DR. BOLOKOSKI NOW AT 10:30 AM. FUTURE DATES JAN 9, 2019, FEB 27, 2019, MAY 1, 2019**



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or Email: winners_bingo@telus.net

Programmer's Report by Ashley Kern

Merry Christmas everyone! December is upon us, it feels like just yesterday that it was the beginning of September. Last month was a busy one with the University of Lethbridge Nursing Students' – Health Fair on November 27th. We had a great turnout! The last few years it has been proven to increase knowledge on everything health for the senior population from fraud protection to Alzheimer awareness. The nursing students did a great job in putting this event together along with all the vendors and donated door prizes! Check this Newsletter for their farewell write up as the nursing students last day at Nord-Bridge will be on Monday, December 3rd. So please give them a fond farewell, it was a great group! Good luck on your last year, Katie, Alicia, Vanessa, Rheann, Sam, Brook, Rebecca, Rylie, Dana, Aiden, and Simran!



As always, the fall programs are coming to a close as instructors take some time off to relax before we start into January. **The 2019 Winter Program Booklet will be on our shelves by Monday, December 17th followed by registration for winter classes on Wednesday, December 19th at 9: 00 am.**



The reason the registration date is sooner is due to higher levels of participants registering in programs the last few months. Higher demand means changing what we have done in the past and less waiting times for those that know what programs they want to register for. We understand with the Christmas season, sometimes it is hard to pay for extra classes at this time of the year, therefore you will have the option to post-date cheques for January 3rd, the first business working day after the holidays. We appreciate your patience on the day of and as always it is first come first serve to get into your desired class.

Lastly, we will be closed on the afternoon of Monday December 24th and closed all day for Christmas on December 25th & 26th. On December 31st we will be open half the day.

Merry Christmas and stay happy and healthy!



Ashley



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OUTREACH REPORT Val Arkininstall, Outreach Coordinator

It was a rompin' great tail gate party with Doug Youngren and friends playing the old favourites that got people clapping and even up dancing. Our very own M.C. new comer Randy Butterwick was seen having a good time kicking up his heels. Way to go Randy! It is nice to see the volunteers enjoying themselves too. We had a grand total of 122 including groups, walk-ins, volunteers, and 4 entertainers. Thanks Doug for making everybody happy. It was a great time to kick off the 2018 Grey Cup. Who will win? GO STAMPEDERS GO!



Door prizes donated by Judy Dyer went to 3 lucky clients from the Quest group. It was very nice to see members who we haven't been around Nord-Bridge for a while like Nancy Knapik who is able to get out through programs like our Outreach. We also had a visitor from Nova Scotia who

enjoyed herself as she is here until January but soon will be a resident of Lethbridge.

Up next – is our 12 Gifts of Christmas on Monday, December 10th with our very own Music Makers to entertain. Come dressed in red and green and we we'll have a great time. Next month we will be short on volunteers so if you want to lend a hand, please come speak with me at the Front Reception Desk as new helpers are always needed.



In closing, once again we are giving back to the community to give a special family a Christmas tree so I am asking for donations of a new small ornament so that the elves can decorate. The tree will be delivered to the Interfaith Food Bank on Monday, December 17th.



CHEERS!



CONDOLENCES WERE SENT TO...

...To Donalda Stock and her family on the loss of David; to the Onda family on the loss of Margaret; to Margaret Scallon on the loss of her husband; to Irene Jones on the loss of Tony Rosteski; to Audrey MacDonald on the loss of her husband Allan; and condolences were sent to the funeral home on the loss of Elwood Sherman

GET WELL & HEALTH WISHES WERE SENT TO...

...In hospital: John Rodger, George Nemeth and Jim Tyrer in St. Michaels

...At home Yvonne Fawcett and Marg Gazerek...



NOTICE

Do you like gardening all year?
A helper is needed for plant care
here at Nord-Bridge Seniors Centre.
Please ask to speak with Ashley.



Shannon Phillips,
MLA Lethbridge West

402 8th St S
Lethbridge, AB T1J 2J7
lethbridge.west@assembly.ab.ca
403-329-4644



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Registered Hearing Aid Practitioners

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

f MariaFitzpatrickAB



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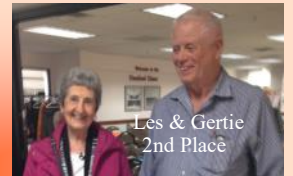


SGT. WILSON ARMY SHOW
MAKING A STOP AT NORD-BRIDGE
ON NOVEMBER 15, 2018

NORD-BRIDGE HALLOWEEN BRIDGE TOURNAMENT WINNERS



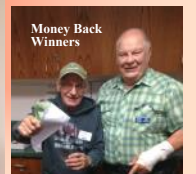
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Les & Gertie
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Hi! My name is **Joanne Blinco**, I am the Case Manager of **LEARN - Lethbridge Elder Abuse Response Network**. I have been coming to Nord-Bridge on the first and third Wednesday from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

Our time here at Nord-Bridge was a huge success! Thank you so much for having us and sharing your time and space with us. We appreciate all your participation in our events. We hope you gained valuable knowledge and connected with resources during our time here. We enjoyed meeting the members and building relationships with them.

During our stay, we put on various presentations about a variety of health topics. We ended our stay with the Health Fair, which was a huge success! We had a lot of fun participating in activities like clogging and the Monday Jam session. We learned how to play canasta and a few new words in scrabble.

To finish off, we are ending with a winter health tip. It's important during the cold months to have a balanced diet.

There are plenty of delicious, wholesome vegetables available during winter and roast vegetables, soups and winter salads will ensure you get the natural vitamins you need to stay healthy. Make sure you get a variety of colours in your vegetables to ensure a variety of vitamins and minerals and team with some fruit, low fat protein and dairy. During the winter, look for recipes with butternut squash, parsnips, cabbage, winter squash and beets!

Thank you all again for such a great semester, we will look back at our time here fondly.

The Nursing Students

University of
Lethbridge



Finance Minister Joe Ceci and Lethbridge East MLA Maria Fitzpatrick Touring Nord-Bridge Seniors Centre November 13th, 2018



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NORD-BRIDGE BOUTIQUE HOLIDAY HOURS

Open until 3:00 p.m. on December 21, 2018

Re-opening 9:00 a.m. on January 2, 2019

Are you buried under a pile of paperwork? Confused about government forms?

Contact "Seniors Helping Seniors" here at Nord-Bridge Seniors Centre.

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Call: **403-329-3222**

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(403)-380-2272

It gives me great pleasure to support the Nord-Bridge Senior Citizens Association.

Each month I'll be sharing with you real estate market tips and trends to better help you and your loved ones make sense of the confusion surrounding selling & purchasing a home. My Focus on Real Estate is all about making the entire process as simple and stress free as possible.



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Merry Christmas



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Upcoming **FREE** consultation dates:

Tuesday(s) December 11, 2018 & January 8, 2019

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.

EUCHRE REPORT

Rodney Foster, Convener

First, let me wish you all a very Merry Christmas. We are still playing with about six tables on Wednesday at 1:00 p.m. with lessons at 12:30 p.m. You can also try your luck at Bid Euchre on Monday evenings at 6:30 p.m. in the Multi Purpose Hall. I understand it is a fun time. Just remember, winter starts this month on the 21st. Enjoy the holiday season with family and friends.

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TRAVEL

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

ROAD REPORT

The Rosebud Christmas show was a huge success with good food, a delightful production, good shopping and great people. Thanks to Maria on her first time adventure for not losing any of our members. The final mystery trip was another success where our members headed to Park Place Mall and then having tea at Heather Belle's mansion. A small bus journeyed

to the Enmax Centre to see all of the decorated and festive trees for the Annual Christmas Tree Festival. Thank you to Carefree Bus Lines Lucy, Ashley and Jim for their driver safety.



MYSTERY TRIPS 2018

ALL OF THE MYSTERY TRIPS FOR 2018 ARE NOW DONE. THANK YOU EVERYONE FOR YOUR CONTINUED SUPPORT OF THESE FUN TRIPS.

Friday, December 7th Come join us at the Great Canadian Barn Dance in Hillspring, Alberta for their annual Cowboy Christmas show. Member Cost **SOLD OUT** a traditional Christmas luncheon and wonderful Cowboy Christmas concert they always put on. There is limited seating available. Payment is due as soon as possible.

Wednesday, December 12 CROSS IRON MILLS for shopping and Christmas lights of Calgary area. Cost: \$45 (Member Cost) Payment A.S.A.P. There are seats still available. Bus will depart Nord-Bridge at 10:00 a.m. and return at 11:00 p.m. **Money down guarantees your seat!**



Thursday, December 13/18 – Local MOVIE MILL outing. A time just to get out to beat the Christmas rush to relax and enjoy a show. COST: \$10 (INC. BUS & \$5 coupon for lunch in the Dunford Diner. Taking names and \$\$ NOW. Enjoy lunch at 11:30 a.m

Wednesday, December 19 – Enjoy a Christmas outing to Broxburn Vegetable Café for lunch then to Green Haven Garden Centre to see the unique Christmas gifts. COST: \$10 (INC. BUS). When you sign up let us know what you would like to pre-order for lunch from their menu (we will have a copy of the menu at the Front Reception Desk).

Please bring your SUGGESTIONS FOR OUR 2019 TRAVEL PROGRAM IN TO VAL OR MARIA. We want your destination on the NBSC map!



UPCOMING TRIPS

GOOD NEWS-Announcing the first trip of 2019. Wednesday, February 20th STAGE WEST DINNER THEATRE in Calgary. A comedy: "DRINKING HABITS 2". Member Cost \$100 (Inc. bus, show and meal) Now taking bookings.

Saturday, March 23, 2018 - "COME FROM AWAY" A true story coming to the Jubilee Auditorium in Calgary. Cost : \$150 (includes bus and show). We are taking names and deposits now.

6th Annual Cranbrook/St. Eugene is booked for May 26—28, 2019. Cost: \$225 (Double Occupancy) \$335 (Single Occupancy). The cost will include the bus and accommodation. Side Trip will possibly be the Kimberley Train Mine Tour for an additional \$20. Please let us know if you would like to do this tour. A deposit is expected upon sign up FULL BALANCE DUE BY April 26, 2019.

2019 PROPOSED OUTINGS

Mystery trips will resume February until November. A day visit to Calgary's Grey Eagle Casino for gambling and bingo; River Cree Casino, Edmonton in October; Canmore Chocolate Factory; Medalta Pottery Factory in Medicine Hat with shopping and gambling; Stettler Train; Christmas show at Rosebud; Antique Stores in Nanton; and Chinook Honey Farm, Okotoks. We are open to suggestions you may have for future Nord-Bridge travel adventures.

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, December 12th.

COST \$3



Lethbridge East MLA Maria Fitzpatrick and Minister of Service Alberta Brian Malkinson chatting with Nord-Bridge members after their tour of our amazing facility on November 5, 2018



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Nord-Bridge Seniors Centre

Christmas Luncheon

Friday, December 7, 2018
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TIME: 11:30 A.M.
SEATING STARTS AT 11 A.M.
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**WINTER PROGRAM BOOKLET OUT
 MONDAY, DECEMBER 17TH, 2018**

Nord-Bridge Senior Centre
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 Lethbridge, Alberta
 Phone: 329-3222

WINTER PROGRAM 2019

**PROGRAM REGISTRATION DAY
WEDNESDAY, DECEMBER 19, 2018
AT 9:00 A.M.**