



Nord-Bridge Senior Centre

1904 13 Ave. North

Lethbridge, Alberta

Phone: 329-3222

FALL PROGRAM 2019



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

Clay Olsen	Robert Grisak	Donalda Stock
Jim Hahn	Hugh Gordon	Ben Bell
Helen Gepneris	Kathy Ludwig	Marko Bosnak

Staff

Executive Director	David Ng
Administrative Support/ Rentals	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
Cook I	Bety Castillo
Dining Room / Kitchen Assistant	Gail Krysak
Janitorial	Marco Escobar

NORD-BRIDGE Senior Citizens Association

"The Friendly Centre"

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

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

Web Page: www.nordbridgeseniors.com

Email: friendly@nordbridgeseniors.com

[Find us on Facebook](#)



NORD-BRIDGE SENIORS CENTRE

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. 2019 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 –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**. However, if you are a **non-member**, you can try the activity for a maximum of three times before you need to become a member. You do not need to sign-up for the following programs once you are a member:

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. **No class November 6.**

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. **Class also cancelled on October 21.**

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. **No class October 21 or November 28.**

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 1:15 pm.

Cards & Board Games - Open to [Members Only](#), however if you are a non-member, you are welcome to try out the program for a maximum of three times before becoming a member.

Cribbage - Gord Yauch, 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 - Gord Yauch, 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. **No class October 21.**

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. **No class Friday, October 11.**

Duplicate Bridge - Craig Gregory, 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.

Hand & Foot - Gord Yauch, Convener

One of the newest card games at Nord Bridge. Each player is dealt 11 cards as a hand and 13 as a foot. Completed melds of seven cards are called canastas. In melds (other than wild melds) you must have more normal cards than wild cards - so there can be up to 3 wild cards in a dirty canasta, and up to two wild cards in a dirty meld of five or six cards. They play every Thursday at 1:00 pm in the Dining Room Annex.

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, Conveners

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

Trump Whist - Vacant, Conveners

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

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

The subject of many a disagreement in 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 – Members only, unless otherwise stated

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 - Jo-Ann, 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 or Maria at the Reception Desk.

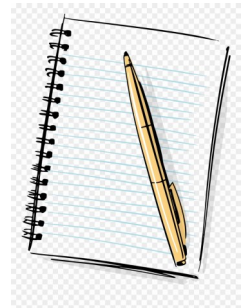
Lethbridge Family Centre (Intergenerational Program) LSKIP

This is an intergenerational program between the Lethbridge Family Centre and Nord-Bridge Senior members, children, and their caregivers between the ages of 2-5 years old who play a variety of group and individual board games and active games. We are always looking for more fun Nord-Bridge Senior members to volunteer in this program. Please talk to Ashley if you have any questions or would like to sign up. This program begins [Tuesday afternoons at 1:00 pm for 6 weeks starting September 24 – October 29.](#)

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 as part of Nord-Bridge's **Seniors Helping Seniors Program**, are on hand to help fill out government forms and counsel on financial assistance programs. For further details on all programs please see below.

Dr. Schow of Chinook Foot and Ankle - Foot care at 10:30 am - 12:30 pm, **Wednesday, Oct. 16 and Dec. 11 in the Craft Room**. 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 \$15.00 co-pay per patient, per visit will be charged by Dr. Schow. Please be advised all nail care patients will be required to provide their own towel to place their feet on for nail care appointments.

Lawyers of Huckvale LLP - Legal Consultation is offered once monthly - Second **Tuesday** 9:00 am to 11:30 am. **They will be at Nord-Bridge starting October, please ask the Front Desk for more information.** 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. They 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** on the first Wednesday of the month. Brad will be here on **Sept. 4, Oct 2, Nov. 6, and Dec. 4** 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.

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 3rd Wednesday of each month from 10:00 am - noon in the board room.

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. 19, Oct. 17, Nov. 21 in the Library and Dec. 19 in the South view Room**. 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. 27, Oct. 18, and Nov. 29](#) from 9:30 am until 11:30 am in the Board 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, from 10 am until noon in the Craft Room on [Sept. 18, Oct. 23, and Nov. 13](#). *This service is for [Members Only](#), please check with the Front Reception Desk for more information.

Reiki Relaxation Therapy – Laura Sebok from Wholeness Reiki- Registered Reiki Practitioner will be at Nord-Bridge the Third Tuesday of every month in the South View Room beside the pool room. \$25.00 per member per 30 minute session. Reiki therapy is an alternative healing modality that was developed in 1922 by Mikao Usai, a Japanese Buddhist. This technique uses the body's own energy to facilitate healing. This is great for those that have high anxiety or pain, and creates a sense of well being which strengthens the immune system. For [members only](#). [Please watch for a sign up sheet beside the front reception desk with scheduled times.](#)

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.

Paid Classes and Special Programs at a Glance:

<input type="checkbox"/>	Acrylic Painting	Session 1 – Sept. 19 Session 2 – Oct. 31	Cost: \$55.00 M Cost: \$55.00 M
<input type="checkbox"/>	Active POUND	Sept. 12	Cost: \$35.00 M
<input type="checkbox"/>	Ballroom Dancing	TBA	Cost: TBA
<input type="checkbox"/>	Beginners Water Color	Session 1 - Sept. 10 Session 2 – Oct. 29	Cost: \$45.00 M Cost: \$45.00 M
<input type="checkbox"/>	Chair Yoga Friday	Session 1 – Sept. 20 Session 2 – Nov. 8	Cost: \$30.00 M Cost: \$30.00 M
<input type="checkbox"/>	Chair/Somatic Yoga Monday	Session 1 – Sept. 23 Session 2 – Nov. 18	Cost: \$30.00 M Cost: \$26.00 M
<input type="checkbox"/>	Cooking For One	A.) Sept. 19 & Oct. 3 B.) Oct. 8 & 22	Cost: \$24.00 M For all classes
<input type="checkbox"/>	Donna Gallants Painting	Sept. 30	Cost: \$50.00 M
<input type="checkbox"/>	Evening POUND	Sept. 10	Cost: \$40.00 M
<input type="checkbox"/>	Exercising with Arth	Sept. 24	Cost: \$35.00 M
<input type="checkbox"/>	Fitball	Sept. 25	Cost: \$35.00 M
<input type="checkbox"/>	Floor Somatics	Sept. 26	Cost: \$40.00 M
<input type="checkbox"/>	Gentle Yoga Monday	Session 1 – Sept. 23 Session 2 – Nov. 18	Cost: \$30.00 M Cost: \$26.00 M
<input type="checkbox"/>	Guided Meditation	Sept. 11	Cost: \$20.00 M
<input type="checkbox"/>	Keep Fit Aerobics	Sept. 24	Cost: \$25.00 M
<input type="checkbox"/>	Keep Fit Combo	Sept. 26	Cost: \$25.00 M
<input type="checkbox"/>	Paint & Sip Nite	Oct. 16	Cost: \$40.00 M/NM
<input type="checkbox"/>	Practicing Happiness	Oct. 28	Cost: FREE
<input type="checkbox"/>	Prep to POUND	Nov. 7	Cost: \$30.00 M
<input type="checkbox"/>	Seated POUND	Sept. 11	Cost: \$35.00 M
<input type="checkbox"/>	Stability Yoga Friday	Session 1 - Sept. 20 Session 2 – Nov. 8	Cost: \$30.00 M Cost: \$30.00 M
<input type="checkbox"/>	Tai Chi	Session 1- Sept. 9 Session 2 – Oct. 28	Cost: \$30.00 M Cost: \$30.00 M
<input type="checkbox"/>	Zumba GOLD	Sept. 11	Cost: \$40.00 M

Fall Program Registration Form: MUST be taken and filled out for Registration Day on Monday, August 26 and/or Tuesday, August 27.

Name & Member Number: _____

Program Name:	Program Cost:	Session # / Dates
1 _____	_____	_____
2 _____	_____	_____
3 _____	_____	_____
4 _____	_____	_____
5 _____	_____	_____
6 _____	_____	_____
7 _____	_____	_____
8 _____	_____	_____

Member Renewal: YES or NO (circle one) \$50.00

Pro-Rated New Member Fee: YES or NO (circle one) \$73.00

For Reception Staff ONLY: **TOTAL:**
\$ _____

Paid by (cash, debit, credit, cheque): _____

Tear Here

Important Program Registration Information:

Day 1: Monday, August 26 at 9:30 am

Programs to register for on this day: All fitness programs including Keep Fit, POUND®AM and PM*, Somatics, Yoga, Prep to POUND®*, Zumba GOLD ®AM*, Tai Chi, Exercise with Arthritis, and Fitball

Day 2: Tuesday, August 27 at 9:30 am

Programs to register for on this day: Arts/ Crafts, & Cooking such as Beginners Watercolor, Acrylic Painting, Donna Gallant's Simple Collage, Paint Nite®* as well as Guided Meditation, Practicing Happiness*, & Cooking for One*.

***These are new programs, please find more information in this booklet.**

Please note:

If you are registering for fitness classes and arts and crafts/ meditation/cooking, you will need to come in on **both days. No exceptions.**

If you are not able to make it on these days, please find someone to register for you, we cannot reserve a spot for you on registration day. Each person will only be allowed to register for one absentee registrant and no more.

We will also be handing out numbers at 9:30 am and no sooner. Once you have your number you will be welcome to sit in the dining room as we will announce numbers in groups eg. 1-10, followed by 11-20, and so on. This way if you have a number 50, you do not need to wait in line the entire time. We will make sure everyone can hear the numbers being called. To make the registration process smoother, you will be required to **fill out the tear out registration form on page 11 and bring with you on registration day. If you forget this form, we will give you one to fill out ASAP before the numbers are handed out, the morning of registration day.**

Thank you for your cooperation!

Fall 2019 - Classes & Special Programs

In order to take advantage of Nord-Bridge member price for the programs, a current 2019 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.

***Please pick up your supply list when you register.**

Session 1

Begins: Thursdays, Sept. 19

Ends: Oct. 24

Session 2

Begins: Thursdays, Oct. 31

Ends: Dec. 5

Location: West Community Room

Time: 1:00 pm - 3:30 pm

Instructor: Karina Mak

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

Simple Collage - Donna Gallant

Collage is a must for the adventurous artist. You can print over, layer over, add too, take away and create new and exciting pieces of art. The results are always surprising and varied. You will create simple backgrounds for collage, cover the collage principles for design, cut, glue, paint, and draw and just have fun in this mixed media venture. You can even use old art works and found objects to inspire. No experience necessary except a wild imagination. The participant is required to buy their own supplies before the class. ***Please pick up your supply list when you register.**

Begins: Monday, Sept. 30

Ends: Dec. 2

Location: Craft Room

***No Classes on Oct 14 or Nov 11**

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: Mondays & Thursday, Sept. 5

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. ***Please pick up your supply list when you register.**

Begins: Tuesday, Sept. 10 - Oct. 15

Location: Craft Room

Time: 9:30 am – 11:30 am

Instructor: Denise Savard

Fee: Members: \$45.00 Non-Members: \$65.00 Maximum: 8 students

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



Paint & Sip Nite - At Nord-Bridge! NEW

Raise your glass to a NEW kind of night out! Paint Nite® invites you to create art over cocktails at Nord-Bridge, guided by a professional artist and party host. Grab your friends and spend two hours drinking, laughing, and flexing your creative muscles. There's no experience necessary and we'll provide all the supplies, so you don't have to worry about a thing (except having a great time!). Must be 18+. Alcohol may be purchased at the event for members and invited guests, cash only.

Date: Wednesday, October 16

Time: 6:00 pm – 8:00 pm

Location: West Community Room

Fee: Members: \$40.00

Non-Members \$40.00

***Alcohol is not included in this price**



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 11, in the South View 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 4, 2019.

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 4, 2019.

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 Kincaide.

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!

<u>Begins:</u> Tuesday, Sept. 10 - Nov. 12	Time: 10:00 am	Intermediate Class
<u>Begins:</u> Tuesday, Sept. 10 - Nov. 12	Time: 11:00 am	Advanced Class
Fee: Members: \$42.00 Non-Members: \$50.00	Instructor: Sandy Nowell	*No class Sept. 24
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.

This class is a continuation of the Winter class — this class is full ***No class November 6**

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.

<u>Begins:</u> Tuesday, Sept. 10 – Dec. 17	Location: Multi-Purpose Hall
Time: 6:15pm for Beginners NEW and 7:00 pm for Advanced	Instructor: Karen Hooper
Fee: Monthly registration or \$5.00 / night	*No class September 17

Beginners 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 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.

Session 1 Begins: Monday, September 9 – October 21

Time: 11:15am	
Fee: Members \$30.00 Non-Members: \$50.00	
Location: West Community Room	*No Class on Oct. 14

Session 2 Begins: Monday, October 28 – Dec 9

Time: 11:15 am	
Fee: Members \$30.00 Non-Members: \$50.00	*No Class on Nov 11
Location: West Community Room	Instructor: Christine Curteanu

ZUMBA GOLD® **NEW**

Join Sheila Mulgrew as she leads you through 45 minutes of Zumba GOLD®! This is for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. This class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

<u>Begins:</u> Wednesdays, Sept. 11 – Oct. 30	Location: Multi-Purpose Hall
Time: 8:45 am - 9:30 am	Instructor: Sheila Mulgrew
Fee: Members: \$40.00 Non-Members: \$60.00	Drop-in: \$7.00 M \$9.00 NM

***FREE Demo class on Wednesday, September 4th – No Sign up required!**

Evening POUND® and Day POUND 55+ with Sheila! **NEW**

This energizing workout combines cardio, conditioning, and strength training with Yoga and Pilates-inspired movements from a chair or standing. Evening POUND and 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 ages and abilities.

Evening POUND® **NEW** Begins: Tuesdays, Sept. 10

Time: 5:15 pm– 6:00 pm

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

Drop in Fees: Members: \$8.00/class Non-Members: \$10.00/class Instructor: Sheila Mulgrew

***FREE Demo class on Tuesday, September 3 at 5:15 pm – No Sign up Required!**

Ends: Oct. 29

Location: Multi-Purpose Hall

***No class Sept. 17**

Seated POUND® 55+ Begins: Wednesdays, Sept. 11

Time: 9:45 am– 10:30 am

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

***FREE Demo class on Wednesday, September 4-
No Sign up Required!**

Ends: Oct. 30

Location: West Community Room

Instructor: Sheila Mulgrew

Active POUND® 55+ Begins: Thursdays: Sept. 12

Ends: Oct. 31

Time: 12:00 pm – 12:45 pm

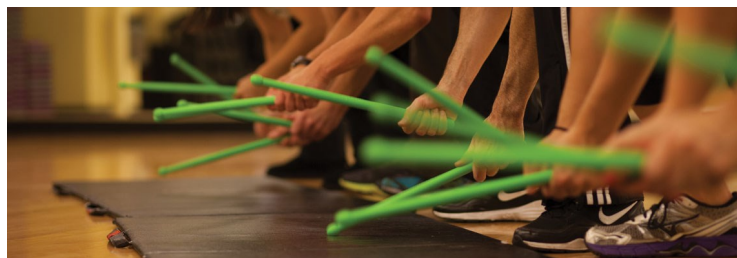
Location: Multi - Purpose Hall

Instructor: Sheila Mulgrew

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

***FREE Demo class on Thursday, Sept. 5 - No sign up required!**

***No drop-ins allowed in Seated or Active POUND classes.**



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. 24- Nov. 19

Location: Multi-Purpose Hall

Time: 3:00 pm - 4:00 pm

Instructor: TJ Dunn (AHS)

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

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

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. 25 - Nov 20

Location: Multi-Purpose Hall

Time: 3:00 pm - 4:00 pm

Instructor: TJ Dunn (AHS)

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

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

Senior Chair Yoga / Somatics **NEW**

This is a combination class for all levels. Melanie brings together the stability and body awareness of somatics with the strength and movement of yoga. With the use of a **chair**, participants work at their own pace building stability in their core while incorporating pain-free muscle contractions and releases of **somatics**. Participants will work with their own individual body mobility and flows through gentle movements and end in relaxation.

Please see the next page for dates and pricing.

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. Please see below for fees of the classes.

Session 1

Monday Class: Gentle Yoga

Begins: Monday, Sept. 23

Time: 9:00 am

Ends: Nov. 4

*No Class on October 14

Location: West Community Room

Instructor: Melanie Hillaby

Monday Class: Chair Yoga/Somatics (See class description on pg 15)

Begins: Monday, Sept. 23

Time: 10:15 am

Ends: Nov. 4

*No Class on October 14

Location: West Community Room

Instructor: Melanie Hillaby

Friday Class: Stability Yoga

Begins: Friday, Sept. 20

Time: 9:00 am

Ends: Nov. 1

*No class October 11

Location: West Community Room

Instructor: Melanie Hillaby

Friday Class: Chair Yoga (See class description on pg 15)

Begins: Friday, Sept. 20

Time: 10:15 am

Ends: Nov. 1

*No class October 11

Location: West Community Room

Instructor: Melanie Hillaby

Session 2

***Monday Class: Gentle Yoga**

Begins: Monday, Nov. 18

Time: 9:00 am

Ends: Dec. 16

Location: West Community Room

Instructor: Melanie Hillaby

***Monday Class: Chair Yoga/Somatics** (See class description on pg 15)

Begins: Monday, Nov. 18

Time: 10:15 am

Ends: Dec. 16

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, Nov 8

Time: 9:00 am

Ends: Dec 13

Location: West Community Room

Instructor: Melanie Hillaby

Friday Class: Chair Yoga (See class description on pg 15)

Begins: Friday, Nov. 8

Time: 10:15 am

Ends: Dec. 13

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) 25 Students (Chair Yoga/Somatics)

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

Floor Somatics

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

Begins: Thursdays, Sept. 26 – Oct. 31

Time: 10:00 am – 10:45 am

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

Location: West Community Room

Instructor: Melanie Hillaby

Prep to POUND 55+® - Melanie Hillaby **NEW**

Prep to POUND still fuses cardio interval training with drumming to provide a challenging, Heart-Pumping workout. Prep to pound however is focused on learning what the safe forms are in the movements and how to maintain them through-out your workout. We take into consideration individual options while pounding to great songs in our own safe way standing or seated. This class offers more of an individual base adaption but still with challenging choreography for the mind. This class teaches individual members to listen to there bodies by adapting any movements as needed without loosing the opportunity to participate and still increasing their fitness while having fun! Helps with recovery, mental health, reduces blood pressure, builds muscle mass/bones strong, improves breathing and maintains immune functioning.

Begins: Thursday, Nov. 7– Dec. 12

Time: 10:00 am — 10:45 am

Fee: Members: \$30.00 Non-members: \$50.00

Location: West Community Room

Instructor: Melanie Hillaby

Keep Fit – Aerobics and Strength Training

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. This class can be done either standing or seated.

Tuesday Adapted Aerobics (toning, conditioning, increased agility and balance)

Begins: Tuesday, Sept. 24 – Dec. 17

Location: Multi-Purpose Hall

Time: 11:00 am

Fee: \$25.00

Thursday Combo (Aerobic & Strength/Flexibility Combined)

Begins: Thursday, Sept. 26 - Dec. 19

Location: Multi-Purpose Hall

Time: 11:00 am

Fee: \$25.00

***No class November 28**

This class is for Members Only with no drop-ins. \$25.00 is for each Tuesday morning or Thursday morning class. For example, for those who wish to register for both Tuesday morning and Thursday morning Keep Fit classes, the cost will be \$50.00 to register in both classes.

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.

Begins: Wednesday, September 11 - Oct. 23

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

Time: 9:00 – 9:45 am

Location: South View Room

NEW Special Programs for a limited time!

Beginners Ball Room Dancing

Are you looking for a fun, low impact exercise where you can feel confident and active while meeting new people? Ballroom dancing is a wonderful exercise for all abilities. This type of dance is very versatile with many versions including: The Foxtrot, The Jive, Waltz, Rumba etc. Dancing also creates many health benefits including:

- ⇒ improved balance, strength, endurance, coordination, & flexibility, improved motor skills, improved cardiovascular and bone health, better memory, stress relief, better sleep, and increased social connectivity!

All dance movements taught in this class can be modified to suit different ability levels. Come to class dressed in comfortable shoes and clothes for easy movement! This class is for members **ONLY**. *Please sign up on beside the Front Reception Desk. Prices and times will be announced closer to October.

Practicing Happiness

Nord-Bridge has partnered with AHS to offer this FREE 6 week workshop. AHS Seniors Mental Health Outreach Facilitator, Tammy Winder, will be instructing this course on how mindfulness can help free us from stress, anxiousness, and depression. This group looks into finding purpose and direction in life but also inner peace of mind through life's ups and downs. This program is especially good for Caregivers! Please register by calling 403-329-3222 or stop by the Front Reception Desk.

Begins: Monday, October 28 – December 9

Fee: FREE for members and non-members

Time: 9:30 am - 11:00 am

Location: South View Room

Cooking For One at the Interfaith Food Bank – Chinook Country / Community Kitchen

Members will learn about **meal prep for one, food budgeting, as well as meeting new people!** This is a partnership between Nord-Bridge and Interfaith Food Bank, featuring a two part four class - cooking course. Part One: first two classes you are cooking a meal and dessert for one; Part Two: the last two classes are the next step where YOU and the group select the recipes and cook enough food for a week to take home and freeze! All classes have instruction on food budgeting , safe food handling, and hands on cooking. Sign up on Tuesday, August 27 at 9:30 am, for Members **ONLY**.

Part One: Thursday, September 19 & October 3

Part Two: Tuesday, October 8 & 22

Fee: \$24.00 (Part 1 & 2) for members including bus ride fee.
3rd. Ave. N.

Time: 9:30 am – 11:30 am

Location: Interfaith Food Bank– 1103

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! No Bingo on December 27, 2019.



Information Sessions

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 Thursday and Friday through the months of September - December. The students attend to observe, learn, participate with, and assist seniors as a part of their Community Health Studies portfolio. The student's primary objective is to research member needs in the areas of Health Promotion, Health Protection, and Injury Prevention. From their research, they program and implement different learning series / information sessions, and organize an annual "Health Fair" to held on **Thursday, November 28** 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 and watch for specific times advertised closer to November.



Outreach Program

Nord-Bridge Seniors Outreach Program provides special programs for Seniors 55+. Socials are organized on the 3rd Monday of each month. Transportation is available to and from home. (Participants requiring only "light hand lift assistance" can book to attend the Centre on the "GO FRIENDLY SHUTTLE" at 403-329-3222. Should you need wheelchair accessible transportation, book with Lethbridge Access-A-Ride at 403-329-6464. A small monthly program cost of \$3.00 is charged for Outreach Socials. This fee helps with food and related expenses.

September 16, 2019 1:00 pm Program: Welcome Back– School Days Fun– Anne Pauls
 October 28, 2019 1:00 pm Program: Halloween Spooktacular! - Don & Vicki
 November 18, 2019 1:00 pm Program: Shine on Harvest Moon Celebrity Music- Los Gringos
 December 9, 2019 1:00 pm Program: Snowflakes, Snowmen, Sleigh bells, and Santa -TBA

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 17, 2019	President's Dinner & Auction	5:00 pm
Friday, October 4, 2018	Oktoberfest	11:00 am
Friday, October 11, 2019	Thanksgiving Luncheon	11:30 am
Saturday, October 26, 2019	Craft/ Bake Sale	9:00 am
Sunday, Nov 17, 2019	Country Blend Brunch	12:00 pm
Friday December 6, 2018	Christmas Luncheon	11:30 am



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.





