

# *NEWSLETTER*

# DECEMBER



# 2019

*“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](mailto: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**

Helen Gepneris  
Clay Olsen  
Jim Hahn

**SECOND YEAR**

Robert Grisak  
Hugh Gordon  
Kathy Ludwig

**THIRD YEAR**

Donalda Stock  
Marko Bosnak  
Ben Bell

**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  
  
Duplicate Bridge  
Norwegian Whist  
Bid Euchre  
Canasta  
Hand & Foot

**Hugh Gordon\*, Board Rep**  
Hans & Louise Kochan  
Gord Yauch  
Gord Yauch  
Donna Takeda  
Vacant  
Sheila Brust  
Mike Bennett, Pino Zucchelli, and  
Marilyn Maloff  
Craig Gregory  
Joe & Dianne Smith  
Mike Bennett  
Norene Irwin  
Gord Yauch

**EDUCATION**

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

**George Berg\*, Board Rep.**  
Karina Mak  
Elta Buckman  
Don Johnson  
Denise Savard  
Sandy Baceda, Erika Bosters  
Vacant  
Marilyn Martens  
Pat Kincade  
Patti & Jerry Schwartz  
Judy Knox, Jack Simmons  
Ted Sillito  
Donna Gallant

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

**NEWSLETTER SUBMISSIONS MUST BE RECEIVED BY THE 15<sup>th</sup> OF THE MONTH**

**FUNDRAISING**

**GAMING**

Casino Coordinator  
In-House Bingo Coordinator  
Monday Jam Draws  
Winners Bingo Rep  
Winners Bingo Volunteer Coordinator

**HEALTH & FITNESS**

Keep Fit, Yoga, Somatics  
Tai Chi  
Gentle, Chair, Stability Yoga  
Fitball/Exercise With Arthritis  
Evening Pound®, Zumba Gold  
Fitness 55 Club  
Meditation

**OUTREACH**

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

**SOCIAL ACTIVITIES**

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

**SPORTS & RECREATION**

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

**TRAVEL**

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

**VOLUNTEERISM**

Building Set-up Volunteers  
Diner Special Events Coordinator

**AFFILIATIONS**

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

**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/Bonnie Hammond

Karen Gordon

**Rob Grisak\*, Board Rep**

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

**Jim Hahn\*, Board Rep**

Valerie Arkininstall  
Chris Figenshau  
Valerie Arkininstall  
Vacant  
Valerie Arkininstall

**Helen Gepneris\*, Board Rep**

Elaine Molyneux  
Doug Youngren  
Vacant  
Elaine Molyneux  
Karen Hooper  
Sandy Nowell  
Della Howg

**Kathy Ludwig\*, Board Rep**

Diana Neal  
Susie Joncas  
Dianne Reid  
Vacant  
Lorna Vandervalk  
Kaye Murphy  
Vacant  
Clay Olsen  
Jerry Mikusek, Dave Bergen

**Marko Bosnak\*, Board Rep**

Valerie Arkininstall  
Valerie Arkininstall  
Marco Escobar

**Donalda Stock\*, Board Rep**

Jim Hahn, Liaison,  
Valerie Arkininstall, Volunteer Hours  
Reporting Liaison  
Hugh Gordon, Don Santa  
Elaine Molyneux

**Clay Olsen\*, Board Rep**

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

Some programs & services are partially funded by the joint Provincial and City FCSS Program.



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

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

## PRESIDENT'S REPORT

**"If you could go back in time, what would you tell your younger self?"** A challenge posed at a recent Alberta Council on Ageing Workshop.

### Improving the Quality of Life for Older Persons through Education, Advocacy, and Inclusion

"Stopping Ageism" was the theme of an Alberta Council on Ageing workshop held at Nord-Bridge on November 21. The workshop examined myths, stereotypes and language related to ageism and discussed the connection between ageism and abuse. The goal of the workshop was to challenge Albertans to take concrete steps to end ageism and elder abuse.

### Vision Impaired Seniors Affected by Cuts to Programs Previously Provided by CNIB

Health care services for Albertans with vision impairments were subject to major changes this year. This should interest seniors, as they constitute a significant portion of the "vision impaired". The long established Lethbridge CNIB office was closed as of June 20<sup>th</sup>. Lethbridge residents with vision impairments must now apply for support from the Calgary office of a new organization called "Vision Loss Rehabilitation Alberta" or "VLRA". VLRA is tasked with providing many of the services previously provided by CNIB, but with less money, fewer employees and fewer centres.

### Nord-Bridge Awaits City of Lethbridge Fiscal Cuts

City Manager Bramwell Strain recently announced that the level of City Hall spending is "unsustainable". It is too early to provide a response to the City's study, but enforcing stricter guidelines for Access-a-Ride eligibility, one of Strain's suggestions, could increase pressure on the Go Friendly system. Would this require purchasing an additional van, and if so, who would pay for it? We are hoping the budget adjustments will not restrict the flow of funds from other budget areas we depend on such as Family and Community Support Services (FCSS).

### Nord-Bridge Jammer Wins National Award

We are accustomed to seeing John King standing before us during our Monday morning jam sessions. But John recently received a different kind of recognition. In November he was awarded with the W. G. Ross Lifetime Achievement Award from the Canadian Urban Transit Association for his lifelong contribution to urban transit in Canada. Congratulations John.

And finally, a special Christmas wish to our many wonderful volunteers!

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



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

Debbie Ancil  
Deborah Hayward  
Judy Rosiak  
Lee Sherwood  
Anita Atkinson  
Walter Kroker  
Iris Kroker  
P. J. Cass  
Lucia Melnick  
Walter Safinuk  
Georgette Safinuk



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



Available here.

**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 call 1-888-472-2222](tel:1-888-472-2222) or visit <http://www.shaw.ca/internet/wifi/>.

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



**NORD-BRIDGE SENIORS CENTRE**

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

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



NORD-BRIDGE MEETINGS REMINDER			
<b>Monthly</b>			
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.
<b>Annually</b>			
Annual General Mtg.	First Wed. of March		9:30 a.m.
General Member Mtg.	First Wed. of November		9:30 a.m.
<b>GO SENIORS SOCIETY</b>			
<b>Regular Board Meetings</b>			
Feb., April, June, Oct.	Third Tuesday		9:00 a.m.
<b>Annually</b>			
Annual General Meeting	First Tuesday of April		9:00 a.m.

**NO IN-HOUSE BINGO  
DECEMBER 27th**



**RACHAEL HARDER**  
MEMBER OF PARLIAMENT

## FAMILY CHRISTMAS OPEN HOUSE

Saturday, December 14th  
1pm - 4pm

Paramount Building  
719 4th Avenue South, Lethbridge

Come visit Santa, decorate cookies, and enjoy hot chocolate while listening to live local music.

RACHAELHARDER.CA

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@RACHAELHARDERMP



## LORRI'S CORNER

Festive lights... Beautiful music... Yummy treats... Everyone around you is anticipating the holidays and the world is full of excitement, love, and joy! Parties are being planned, cookies are being baked, and shopping is happening for the perfect gifts sure to put a smile on the faces of our loved ones! People may grumble about being busy or the holiday rush, but they are a part of the "Most Wonderful Time of the Year!"



But you're grieving. Maybe you're doing your best to act as if you're just fine, and you're going through the motions in a state of dread, gritting your teeth, or spending every moment holding back the tears. Maybe all you want to do is stay home and hide with the covers pulled up over your head. And maybe you're just trying to figure out how to navigate this next month without losing your mind and composure.

Remember, just like every relationship is unique, every loss is also unique. Your best way of dealing with the holidays may not be the same as mine, or your mother's, or your children's, or your friend's. And that is OKAY

So, how do we navigate the holiday season when our heart is broken because of a loss? (Adapted from article by Ellen Monsees).

- You may find comfort in keeping up with the same traditions and if you want to, participate – but monitor your emotional and physical energy levels and scale back if you are tired.
- Consider adding new twists to old traditions: going out to eat instead of cooking, making a charitable donation in memory of their loved one, setting a place at the table for the absent family member and having each person present recount a happy memory they shared with the deceased.
- Don't be afraid to mention your loved one by name. Others may avoid talking about them hoping to not remind you of your loss, so you can show them by example that you want to acknowledge that missing person.
- Talk to your family and friends. Find someone you can share your feelings about the holidays with. Be honest about your feelings. People who love you want to comfort you but they probably don't know how, because grief isn't something that can be fixed – it's something that has to be processed.
- Find what works, for you and tell the people in your life what you need: a hug, company to watch a movie with, someone who will go with you to a party but be willing to leave early if you run out of steam.
- If your friends or family say things that are unhelpful such as: "he wouldn't want you to be sad," "it's time you got over this," "just keep busy and don't think about it" – recognize they are trying to help but don't know how. You can choose to ignore those statements or talk to them about why they're more hurtful than helpful. Know they almost certainly intend to soothe and comfort you, even if they are going about it in a clumsy way.
- Grief usually comes in waves, and you may experience this even more during this time when there's a heightened expectation of cheer.
- Notice the moments of peace, joy, and warmth when you can, and cherish them. Don't force yourself to feel what you don't, or to do what you don't have the energy for.

Remember grief is the normal and natural reaction to loss and it doesn't have a timetable or progress in a measured, predetermined way. Some days will be good and some won't, and that's okay.

### My December Schedule:

December 2019				
M	T	W	T	F
	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24			

If you are struggling, please call me to make an appointment and we can have a chat, you do not have to do this alone. Stay tuned in January for the Grief Recovery Program dates. I want to wish each of you a very Merry Christmas and a wonderful 2020!

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

PLAN  
WELL

## GETTING THE MEDICAL CARE THAT'S RIGHT FOR YOU

IN ORDER TO KEEP YOU  
TICKING, WE NEED TO KNOW  
**WHAT MAKES  
YOU TICK?**

**DATE:** Wednesday, January 22nd, 2020  
**TIME:** 9:00 a.m. to 11:00 a.m.  
**WHERE:** Nord-Bridge Seniors Centre  
1904 13 Ave. N.  
Dunford Diner Annex



Join Dr. Daren Heyland, Critical Care Physician and Professor of Medicine from Queen's University who will provide information on the Plan Well guide, which is a new tool to help you learn about medical treatments and prepare you for decision making during a serious illness, by helping you communicate important values and preferences. Get the medical care that's right for you or your loved one. Dr. Heyland is an expert in communication and decision making as it relates to serious illness. He is the developer of the Plan Well Guide and will explain how to use the Guide and why planning care in advance is so important. Check out this new tool at [www.planwellguide.com](http://www.planwellguide.com). He will be joined by lawyer Sarah Lebeau of Davidson & Williams LLP to discuss how the PlanWell Guide can compliment your estate planning as well as answer legal questions you may have.

**DW** DAVIDSON & WILLIAMS LLP  
Lawyers Est. 1885



Sarah A. Lebeau  
Barrister & Solicitor  
[www.dwlaw.pro](http://www.dwlaw.pro)  
301 - 4<sup>th</sup> Street South  
Direct Line: 403-331-2895

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## EXECUTIVE DIRECTOR'S REPORT

Greeting Members,

The month of December usually centers around Christmas, as a time of giving and sharing with those around us. The giving is not always limited to just those around us; as many individuals, families, groups or organizations extend the spirit



of giving to those they have never met or sometimes will never see. Giving does not need to be financial or something tangible. It could be a simple gesture of a random act of kindness; holding a door open, helping someone across a slippery parking lot or sending cards to military service men and women.

Continuing with the generosity of giving and acts of kindness I would like to highlight the local Lethbridge ATCO Gas office. In October, representatives from ATCO Gas invited myself and LSCO's Executive Director to their office to inform our two organizations that the local ATCO office chose 'Seniors' as their charity of choice for their EPIC Campaign (Employees Participating in Communities). The ATCO EPIC campaign is a grassroots initiative involving employee-led committees that plan, implement and administer workplace fundraising campaigns. The employees at ATCO had two full weeks of fundraising events, auctions, 'Friendly' team competitions and the employees could also pledge to the charities as well. ATCO graciously matched all employees pledge amounts to our two senior centres. To complete the generous giving theme, 10 ATCO Gas employees will volunteer at our annual Christmas Luncheon on December 6th serving meals and they will also have a cheque presentation to Nord-Bridge from all the funds raised through their two week campaign. If you're attending the Christmas Luncheon, please be sure to give a big thank you to the ATCO employees serving that day. Nord-Bridge greatly appreciates the kindness of companies like ATCO that recognize "Seniors" and non-profit organizations like Nord-Bridge.

During the Christmas luncheon, we would also like to take the time to thank one of our talented local artists Jerry Arnold who donated two beautiful paintings to Nord-Bridge. We will unveil the paintings during the luncheon and thank Jerry for his donation. After the luncheon, the paintings will be hung in the main corridor (behind the kiosk desk) and behind the couch in the hallway. Thank you very much Jerry.

Wishing everyone a Merry Christmas and happy new year; may the holiday season fill your home with joy, your heart with love and life with laughter.

*David Ng*

Executive Director

# Lethbridge HEARING CENTRE

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120, 2037 Mayor Magrath Dr. S. Lethbridge, AB  
Candice Elliott-Boldt, BC-HIS Registered Hearing Aid Practitioner  
Jake Boldt, BC-HIS Registered Hearing Aid Practitioner

## ACCOMPANY You

Provides Freedom and Transportation for Seniors

- Medical Appointments
- Visiting Friends
- Recreational Outings
- Shopping
- Curb to Door Assistance
- Grocery Shopping
- Banking and Paying Bills
- Genuine Companionship
- Lethbridge to Calgary Service
- Accompanied Appointments

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to schedule your appointment  
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slmstein@outlook.com



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### EUCHRE REPORT Gord Yauch, Convener

I can't believe it's December already. We have had a good year at our Wednesday afternoon Euchre games. Our attendance didn't even drop drastically over the summer months so things seem to be sailing along smoothly. After many years as convener Rodney Foster handed the job over to me and I have instituted a few changes which seem to have been accepted for the most part. A big thanks to Donna T for giving lessons every week. My good wife and I wish every member a very Merry Christmas and we look forward to seeing you all in the new year. Thanks for your support.

Come walk with Tracy and Rita on Thursday, December 5th for 45 minutes at 4:30 p.m. in the Multi-Purpose Hall.

## From the Desk of Val



HO! HO! HO! Welcome all new members! Do you need or want a name tag? Ask us and we will certainly order you one at a cost of \$6.50. The festive season is upon us and we have been busy with our programs, the crowded Dunford Diner, and the Front Reception Desk selling tickets, trip sign ups, etc.

The festive time is a time to think of others so there will be a small tree by the Front Reception Desk. I am asking for donations of small NEW ornaments for the tree. The deadline for the tree ornaments will be Friday, December 13<sup>th</sup>. The Interfaith Food Bank will be picking up the tree so that a special family will be able to have it just in time for Christmas.

The Outreach program will be having their Christmas fun time on Monday, December 9<sup>th</sup> with Doug Youngren and friends entertaining. There will be music, gifts from Santa, and a festive treat to enjoy. I am inviting Nord-Bridge members to come out for a good time. Please R.S.V.P. at the Front Reception Desk by December 6<sup>th</sup>.

Just a friendly reminder to all volunteers – you are all worth a mint! We need the hours you do so please submit them as soon as possible. Ask at the Front Reception Desk for a monthly sheet and turn them in to us. Please mark your calendars for our annual Volunteer Appreciation get together on Wednesday, December 18<sup>th</sup> from 1:30 p.m. until 3:00 p.m.

We have some interesting trips planned for your enjoyment in 2020. The popular Mystery Trips will be resuming in February, 2020. Watch for a list of proposed 2020 trips on the travel bulletin board. The Out and About trips to Wal-Mart twice a month have been successful so if you need personal items, mark your calendar for Wednesday, December 11<sup>th</sup> from 10 a.m. until noon.

In closing, I wish everyone a happy and healthy festive season as you take time to rest and relax with family and friends.

Stay alert and stay connected.  
Cheers,

*Val*

## LH Life Time Highs www.lifetimehighs.club 587-223-0203 cathymunro@lifetimehighs.club ~ Traveling Together ~

Edmonton, Ab	Jan 19 - 21, 2020	River Cree and West Ed. Mall	\$285 pp/dbl
Bonnars Ferry, Id	Feb 2 - 5, 2020	Super Bowl Action	\$385 pp/dbl
Moose Jaw, Sk	Mar. 1 - 4, 2020	Temple Gardens, Spa, Casino	\$425 pp/dbl
Camrose, Ab	May 24-28, 2000	Camrose Resort & Casino	\$229 pp/dbl
Yellow Stone	Jun 21 - 27, 2020	Old Faithful, Sightseeing	\$1400 pp/dbl

**China** April 6-23, 2020 **Amazing Deal - 18 days \$5300 pp / dbl**  
**All Inclusive except your shopping** - Airfare, visa, tips inc: Great Wall, Tiananmen Square, 4 day luxury Yangtze River Cruise Ship w Cabins and Balconies, Bullet Train, Panda Research Center Silk, Pearl, and Jade Factory Shopping, Ghost City, Bird's Nest Olympic Center, Shanghai, Beijing & More. Full Payment Due Dec. 20, 2020

Wishing everyone a Merry Xmas & a Happy New Year - Thanks to everyone for traveling with us and we look forward to creating more great memories together in 2020! Give the gift of travel with LTH gift certificates!

SERVING SOUTHERN ALBERTA - Calgary, Lethbridge - Pincher Creek and MORE  
Let us arrange your group tour, call with questions or 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)

**Annette Johansen \$336.00 November 18, 2019**

## 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

**Marko Bosnak \$339.00 on November 22, 2019**

Next Draw December 20, 2019

## 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. 4 Janet Bobinec \$41 / Rudy Grams \$41  
 Nov. 11 CLOSED—REMEMBRANCE DAY  
 Nov. 18 Kelly Peak \$59 / Lorri Penner \$59  
 Nov. 25 Lorri Penner \$40 / Anonymous \$40

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



**NORD-BRIDGE BUILDING FUND RECENT DONORS**  
 Music Makers \$55; Anonymous \$100; Eveline Polczer \$200; Sumiko & Joe Tomiyama \$100; Robert Tarleck \$100; Tim & June Greenlee \$100; Willy & Hildegard Holz \$100;

### NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2019 through November 22, 2019: **\$19,401**



### BUILDING FUND UPDATE:

Achieved	Goal	
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	86%

**Total Contributions to our Building Fund 1998 through 2019** \$ 2,153,161  
 Still needed by N-B Fundraising \$ 346,839

**WE THANK Karen Gordon 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. 6 Christmas Luncheon (event) Turkey, mashed potatoes, stuffing, veggies, bun, salad, dessert **SOLD OUT**
- Dec. 13 Liver & Onions with mashed potatoes, veggies and gravy
- Dec. 20 Fish Friday: 2 piece fish and chips with coleslaw
- Dec. 27 Veal Cutlet with mashed potatoes, gravy and veggies

**All You Can Eat Breakfast Buffet First Wednesday of each month 8:30 to 10:30 \$9.00**

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

### Friday Dunford Diner Lunchtime Entertainment

- Dec. 6 Yvonne Nelson** (Xmas Luncheon)  
**Dec. 13 Dean & John**  
**Dec. 20 Anne Pauls**  
**Dec. 27 Karen's Entertainment**

Schedule Subject to Change



# DECEMBER



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p>9:00 Gentle Yoga            9:30 Outreach Meeting            9:00 Practicing Happiness            9:30 Jammers            10:00 Simple Collage            10:00 Floor Curling            10:15 Chair Yoga/Somatics            11:15 Beginners Tai Chi for Health, Balance &amp; Wellness            1:00 Military Whist            1:00 Woodcarving            1:00 Contract Bridge            1:00 Darts            6:30 Bid Euchre</p>	<p><b>3</b></p> <p>9:30 Beginner Watercolour            10:00 Music Makers            11:00 Adapted Aerobic Keep Fit            12:45 Canasta            1:00 Texas Hold'em            1:30 <b>SCRABBLE</b>            6:15 Beginners Line Dance            7:00 Advanced Line Dance</p> 	<p><b>4</b></p> <p><b>8:30 Breakfast Buffet</b>            10:00 Carpet Bowling            10:00 Paper Tole <small>(South View Room)</small>  <b>10:45 WINNERS BINGO</b>            11:15 Line Dancing            1:00 Darts            1:00 Euchre            1:00 Quilt/Craft</p>  <p><b>1:00 MOVIE AFTERNOON</b>  <small>(West Community Room)</small></p> <p><b>3:00 Advantage Hearing</b>            By appointment            7:00 Table Tennis</p>	<p><b>5</b></p> <p>9:00 Card Crafters            9:00 Floor Curling            9:30 Mind Joggers            10:00 Prep to Pound            11:00 Combo Keep Fit            1:00 Acrylic Painting            1:00 Hand &amp; Foot <small>(Diner Annex)</small>            1:00 Trump Whist            1:00 Woodcarving            1:00 Duplicate Bridge            1:15 Floor Shuffleboard</p>	<p><b>6</b></p> <p>9:00 Paper Tole            9:00 Stability Yoga            10:00 Carpet Bowling            10:15 Chair Yoga</p>  <p><b>11:30 Christmas Luncheon</b></p> <p><b>1:00 In-House Bingo</b>            1:00 Contract Bridge            1:00 Crib</p>
<p><b>9</b></p> <p>9:00 Gentle Yoga            9:30 Practicing Happiness            9:30 Jammers            10:00 Simple Collage            10:00 Floor Curling            10:15 Chair Yoga/Somatics            11:15 Beginners Tai Chi for Health, Balance &amp; Wellness            1:00 Military Whist            1:00 Woodcarving            1:00 Contract Bridge  <b>1:30 OUTREACH</b>            6:30 Bid Euchre</p> <p><small>*Darts cancelled</small></p>	<p><b>10</b></p> <p><b>9:00 LAWYER</b> by appointment            10:00 Music Makers            11:00 Adapted Aerobic Keep Fit  <b>10:45 WINNERS BINGO</b>            12:45 Canasta            1:00 Texas Hold'em            1:30 <b>SCRABBLE</b>            6:15 Beginners Line Dance            7:00 Advanced Line Dance</p>	<p><b>11</b></p> <p><b>9:45 Out &amp; About + coffee TOO</b>            10:00 Carpet Bowling            10:00 Paper Tole <small>(South View Room)</small>  <b>10:00 Coffee With a Constable</b>  <b>10:30 FOOT DOCTOR (Craft Room)</b>  <b>10:45 Park Meadows Choir</b>  <b>10:45 WINNERS BINGO</b>            11:15 Line Dancing            1:00 Darts            1:00 Euchre  <b>1:30 Quilt/Kraft</b>            5:30 Table Tennis</p>	<p><b>12</b></p> <p>9:00 Card Crafters            9:00 Floor Curling            9:30 Mind Joggers            10:00 Prep to Pound            11:00 Combo Keep Fit            1:00 Acrylic Painting            1:00 Hand &amp; Foot <small>(Diner Annex)</small>            1:00 Trump Whist            1:00 Woodcarving            1:00 Duplicate Bridge            1:15 Floor Shuffleboard</p>	<p><b>13</b></p> <p>9:00 Paper Tole            9:00 Stability Yoga            10:00 Carpet Bowling            10:15 Chair Yoga  <b>1:00 In-House Bingo</b>            1:00 Contract Bridge            1:00 Crib</p> 



**16**  
 9:00 Gentle Yoga  
 9:30 Jammers  
 10:00 Floor Curling  
 10:15 Chair Yoga/Somatics  
 1:00 Military Whist  
 1:00 Woodcarving  
 1:00 Contract Bridge  
 1:00 Darts

*\*Bid Euchre cancelled*



**17**  
 10:00 Music Makers  
 11:00 Adapted Aerobic  
 Keep Fit  
**10:45 WINNERS BINGO**  
 12:45 Canasta  
 1:00 Texas Hold'em  
 1:30 **SCRABBLE**  
 6:15 Beginners Line Dance  
 7:00 Advanced Line Dance

**18**  
 10:00 Carpet Bowling  
**10:00 LEARN** (Boardroom)  
**10:45 WINNERS BINGO**  
 11:15 Line Dancing  
 1:00 Darts  
 1:00 Euchre  
 1:00 Quilt/Kraft  
 7:00 Table Tennis



**19**  
 9:00 Card Crafters  
 9:00 Floor Curling  
 9:30 Mind Joggers  
**10:00 Lethbridge Hearing**  
**(South View Room)**  
 11:00 Combo Keep Fit  
 1:00 Hand & Foot (Diner Annex)  
 1:00 Trump Whist  
 1:00 Woodcarving  
 1:00 Duplicate Bridge  
 1:15 Floor Shuffleboard

**\*Winter Program\***  
**\*Booklet Out\***  
**\*Today\***

**20**  
 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 6,  
 2020 AT 9:00 A.M.*



**\*TOONIE  
 DRAW**

**23 & 30**  
 9:30 Jammers  
 10:00 Floor Curling  
 1:00 Military Whist  
 1:00 Woodcarving  
 1:00 Contract Bridge  
 1:00 Darts  
 6:30 Bid Euchre



**24TH**  
 10:45 WINNERS BINGO  
**CENTRE OPEN 7:00 A.M.  
 UNTIL NOON**  
*\*Afternoon programs cancelled*




**31ST**  
 10:45 WINNERS BINGO  
**CENTRE OPEN 7:00 A.M.  
 until NOON**  
*\*Afternoon programs cancelled*

**25 & 26  
 CENTRE  
 CLOSED**



**27**  
 10:00 Carpet Bowling  
 1:00 Contract Bridge  
 1:00 Crib


**\* No In-House  
 Bingo today.**



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- LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL FIND A PHONE FRIEND FOR YOU. CALL VAL AT 403-329-3222 TO ARRANGE.**
- ALZHEIMER SOCIETY'S REP. MONICA, THIRD WEDNESDAY OF EACH MONTH AT 10 A.M. IN THE DUNFORD DINER.**
- ADVANTAGE HEARING - FIRST WEDNESDAY OF THE MONTH (by appointment).**
- LETHBRIDGE HEARING - THIRD THURSDAY OF THE MONTH (by appointment)**

- CENTRE CLOSED DECEMBER 25TH AND 26TH FOR CHRISTMAS DAY AND BOXING DAY**
- JOANNE BLINCO OF LEARN (Elder Abuse Network) THIRD WEDNESDAY OF EVERY MONTH, 10 - NOON, IN THE BOARDROOM (NEW LOCATION)**
- SHOPPING TRIPS TO WALMART: WEDNESDAY, December 11, 2019**
- WINNERS BINGO: Dec. 4, 10, 11, 17, 18, 24, 31 2019**
- FOOT DOCTOR: DR. SCHOW NOW AT 10:30 AM. FUTURE DATES: Dec. 11th, 2019, Feb. 5, 2020 and Apr. 1, 2020 (NOW \$15) New location - Craft Room**



WINNERS



Two blocks west of the casino on Crowsnest Trail

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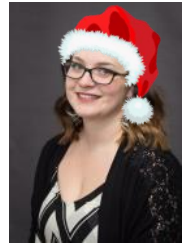
NORD-BRIDGE



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TRANSACTIONS AT OUR RECEPTION DESK & DUNFORD DINER

## Programmer's Report by Ashley Kern

Hard to believe it will be 2020 next month! Last month was quite busy. Half way through the month I held a convener information meeting for all drop in, card programs, art and social programs. The meeting was great to illustrate awareness of what the role of the convener is at Nord-Bridge and what their responsibility is if a problem should arise in the program. We discussed a few good points including: a sign in sheet to keep track of who is a member with their name and member number as well as keeping track of all the volunteer hours *every time* you set up and run your program. This is important for our stats to illustrate how much our volunteers contribute to the programs here at Nord-Bridge. You can find a blank monthly volunteer calendar beside the Front Reception Desk to record your hours. For more information on this meeting please talk to me. As mentioned last month, there is a laminated copy regarding the role of the convener in the Multi-Purpose Hall, Dining Room Annex, Craft Room, and West Community Room.



There was also the Annual Nursing Health Fair put on by the University of Lethbridge Nursing Students. We had a great turnout with over 20 vendors! Please check out the next page of this newsletter to find out more about this. We do bid them a fond farewell and we are grateful for the continued partnership between Nord-Bridge and the University of Lethbridge Nursing faculty. Thank you to Mary, Tola, Janelle, Kayla-Marie, Sarah, Mandy, Abdul, Jen, Kemi, Tayla, and Lexi as you all created lasting relationships with our members in various programs here at Nord-Bridge along with your amazing information sessions! Best of luck.

This year, the winter program booklet will be published on **Thursday, December 19** followed by program registration on two separate days. Like last registration day, you will be **required** to bring the registration form found in the program booklet on the day of registration. Numbers will be handed out at 8:30 am and registration of programs will begin at 9:00 am, giving some time to grab a number and have some coffee in the dining room annex. Please note: the administration office does not open UNTIL 8:30 a.m., however the dining room opens at 7:00 a.m. First day of registration will be **Thursday, January 2<sup>nd</sup>** - Arts, Crafts, and Meditation, and the second day will be on **Friday, January 3<sup>rd</sup>** for all fitness programs such as keep fit, POUND®55+, Yoga, Zumba GOLD etc. If you are registering for both types of programs you will be required to come in both days. If you cannot make it, please find someone who can register for you. With this in mind please do not register more than yourself and one other person at a time. Some class spaces are smaller, this therefore makes it fair for those waiting in line. Some special announcements: we will be closed at noon on Tuesday, December 24<sup>th</sup> and closed all day on Wednesday, December 25 and Thursday, December 26. On Tuesday, December 31 we will be open until noon and closed all day on Wednesday, January 1<sup>st</sup>. There will be no Bid Euchre on Monday, December 16 and no afternoon programs on December 24 and 31. Tai Chi with Christine is sadly finished but we wish her the best in the future!



New programs continuing into the New Year will include: Practicing Happiness, Evening, Seated, and Active POUND®, Zumba GOLD®, and Cooking for One at the Interfaith Food-bank. Please watch out for posters around the building for more information! Until next month, stay happy and healthy!

Ashley



### CONDOLENCES TO

...Reta Court and family on the loss of Reta's husband; Velma Cote and family on the loss of Velma's sister; to the family of John Kormos on his passing ...

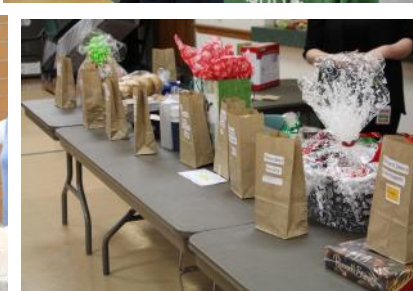
### GET WELL & HEALTH WISHES TO

...Connie Hubka is in hospital; Olai Egeland is in the hospital; Heather Schmitt had surgery; Wally Ellingson had surgery; Bob Wasilenko is in hospital; Ken Christiansen is in St. Michaels; Arlene Adamson broke her arm and Marina Vannatta is in hospital...

## NURSING STUDENTS UP-DATE

Sadly, it's time to say our farewell. We all had such an amazing time at the Centre getting to know members through conversations and participation in activities. You welcomed us with open arms, we are going to miss you all! Thank you to everyone who came out to our presentations, who stopped by to look at our posters, and to those who attended the Health Fair on November 28th. It was a great success! We wish you a healthy and safe holiday and new year!

**December Health Tip:** Remember that decreased sun exposure means that your body doesn't produce as much Vitamin D, which impacts your ability to absorb calcium for strong bones. Osteoporosis Canada recommends seniors receive 800-2,000 IU (international units) of vitamin D daily.



## HEALTH FAIR

2019



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Christensen Salmon

**GENERATIONS**

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Hi! My name is **Joanne Blinco**. I am the Case Manager of **LEARN - Lethbridge Elder Abuse Response Network**. I will be at Nord-Bridge, in the Boardroom, on the **third Wednesday of the month from 10 a.m. until Noon** to be available to talk about elder abuse. If you, or someone you know is experiencing elder abuse, please give me a call at **403-394-0306** or drop by at the time I am at the Centre. **When it comes to Elder Abuse, silence is not an option.**



## OUTREACH REPORT

**Val Arkininstall, Outreach Coordinator**

We welcomed a new entertainer, Bryan and Kara for a fun time of Karaoke. Lots of singing with a lot of participation from the



groups who attended. We had a much smaller group; 33 groups, 15 walk-ins, and 17 happy volunteers in attendance. Door prizes donated by Clara Lapointe were

awarded to a Quest client, Nina Waselenak, and Alice Strickland. A lovely snack of raisin bread with cheese and grapes was served with fruit punch, coffee, and tea. All in all a good time was had by all with lots of smiles and laughter. Laughter is the certainly the best medicine.



What's up next month – our Christmas Party will be on Monday, December 9<sup>th</sup> with Doug Youngren and friends. Santa will be here so I invite any member who would like to come to enjoy a fun time. Please R.S.V.P by December 6<sup>th</sup> at the Front Reception

Desk. Merry Christmas to all and may the season be safe and healthy.



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Nord-Bridge Seniors Outreach Program



Will be having a  
**CHRISTMAS PARTY**

Come on out and Ring those Bells  
HO HO HO

**MONDAY, DECEMBER 9TH, 2019**

at 1:30 p.m.

**LIVE ENTERTAINMENT**

*Doug Youngren & Friends*

R.S.V.P. by December 6th  
With the Front Reception Desk

**COST: \$3.00 per person**

**LOTS OF GIFTS GOOD FOOD  
AND A JOLLY GOOD TIME**

*Come dressed in RED AND GREEN*



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chinooklifecare@gmail.com

*Chinook LifeCare is actively seeking new Board Members*

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and other matters as you may require.  
Nord-Bridge offers this service through



Upcoming **FREE** consultation dates:  
**Tuesday(s) December 10, 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.**

## Save the Date



Celebrating  
Nord-Bridge's  
40th Anniversary

**April 25, 2020**

Coast Lethbridge Hotel and  
Conference Center



## CHRISTMAS DESSERT TRAYS AND PIES

**Pick Up Dates**  
**December 6th**  
**December 13th**  
**December 20th**

## NORD-BRIDGE BOUTIQUE HOLIDAY HOURS

Open until 3:00 p.m. on Friday,  
December 20, 2019 and re-opening  
9:00 a.m. on Monday, January 6,  
2020

## CHRISTMAS LUNCHEON

Friday, December 6, 2019

Tickets will be on sale starting

TIME: 11:30 a.m.

**SOLD OUT**

## ENTERTAINMENT

Menu: Turkey, Cranberry Sauce, Mashed  
Potatoes, Gravy, Stuffing, Veggies, Salad,  
Buns and Dessert

**COST: \$13 per Ticket**

Take out tickets only available for purchase  
at the Front Reception Desk  
\$13 - Pick up at 1:00 p.m.



**No** wheels? That's not a reason to stay at home. Let our **Go Friendly Shuttle** do the driving. Call us at **403-329-3222** a day ahead and we'll schedule convenient, direct service from your door to our door. The cost to use the **Go Friendly Shuttle** is **\$3.00 each way**, or use your **Lethbridge Transit Breeze Card**.



## TRAVEL

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

### ROAD REPORT

**N**ovember was another successful month with a full bus journeying to Rosebud with lots of laughs watching "A Christmas Story" and good buffet. Then a small bus travelled to Stirling to enjoy the Victorian Christmas at the Galt Railway Museum. Finally, Mystery Trip #10 was popular with a full bus going to Park Place Mall for browsing and shopping and then going to Judy Cartwright's for tea

and goodies. Thank you to Carefree Bus Lines, our newest driver, John Johnson and Ashley for their safe driving skills and keeping everyone happy.

**2020 Travel Outings:** Please bring your travel suggestions for new destinations and new ideas to Val or Maria for the small and larger buses. We love arranging trips to fun or exciting places. Please stop by and let us know.

Out & About in January will be January 8th and 22nd, 2020

**Mystery Trips - The Mystery Trips are now done for 2019. The first Mystery Trip for 2020 will be on Tuesday, February 11th. Details will be out in the January Newsletter. Don't miss out, sign up quickly.**



### WEDNESDAY, JANUARY 15, 2020

Stage West Dinner Theatre

Cost: \$100 (Member)

\$125 Non-Member

Includes Luxury Bus, Show and Meal

Payment deadline is

December 15, 2019

Limited seats available. Sign up now!



### THURSDAY, DECEMBER 5th, 2019

Canmore Chocolate Factory Tour

Cost: \$50 (Member) \$75 (Non-Member)

Depart: 7:00 a.m. ETR 7:00 p.m.

Lunch (at own cost) at the Canmore Golf Club. Tour will be in two groups and there will be time to shop on main street before bus leaves Canmore. Limited seats available. Get your seat booked today.



### TUESDAY, DECEMBER 10th - Broxburn/Green Haven

Cost: \$10 (Includes Bus) This outing will be an afternoon outing. Treat yourself to pie and tea at own cost. Bus departs Centre at 12:30 p.m. and returns at 2:45 p.m. Green Haven's Christmas Garden display is worth the trip as well as unique gifts for someone on your list.

**GOOD NEWS!** We are going to Moose Jaw with a side trip to Regina! **April 27<sup>th</sup> to 30<sup>th</sup>**. This trip will be hosted by GETAWAY TRAVEL. If there is enough interest there will be a pick up here at Nord-Bridge Senior Centre. COST: \$369 (DBLE.) and \$579 (SINGLE). Watch for poster coming. If you are interested, we ask that you phone GETAWAY TRAVEL and they will complete the payment over the phone. Nord-Bridge will receive a commission for each person booked. **Please make sure to let them know that you are a Nord-Bridge Member.**

**TRAVEL POLICY REMINDER** – For the New Year coming, refunds will not be issued if you cancel a trip yourself. We sometimes have a wait list or please find your own replacement. The only time refunds are issued is when Nord-Bridge has to cancel due to lack of interest. Also if you are sick, please let us know as there are times when the bus is here ready for departure and we are waiting. When you sign up for a trip, remember to ask us for a written receipt as it is a record of what you have signed up for.

**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 11th, 2019**

**COST \$3**

# WINTER PROGRAM BOOKLET OUT MONDAY, DECEMBER 19TH, 2019



**Nord-Bridge Seniors Centre**

1904 13 Ave. N.  
Lethbridge Alberta  
Phone: 403-329-3222

## WINTER PROGRAM 2020



### PROGRAM REGISTRATION DAYS

**Thursday, January 2nd** (Arts, Crafts, Meditation, etc.)

**Friday, January 3rd** (All Fitness Programs, including Pound®  
55+, Keep Fit, Yoga, Zumba GOLD®, Evening Pound®,  
Somatics, etc.)

Number Hand Out at 8:30 a.m. Registration at 9:00 a.m.

Please remember to bring your completed Registration Form  
(form is in the centre of the Program Booklet)  
when you attend on registration day(s)