

NEWSLETTER

FEBRUARY 2020



Heart over the skies of Lethbridge courtesy of the
431 Air Demonstration Squadron known as the Snowbirds

"The Friendly Centre"
1904—13th Ave. North
Lethbridge, Alberta T1H 4W9
Open Monday to Friday - 7:00 a.m. to 4:30 p.m.
Telephone 403-329-3222 Fax 403-329-8824
E-mail: friendly@nordbridgeseniors.com

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

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

BOARD OF DIRECTORS

FIRST YEAR

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
Gord Yauch
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 15th 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
Louise Kochan
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

"Democracy dies in darkness."

Washington Post

Annual General Meeting Scheduled for March 4, at 9:30 a.m.



I invite you to the Annual Nord-Bridge General Meeting and Board Election to be held on March 4, at 9:30 a.m. The President will provide coffee and pastries and the board and administrative team will do their best to ensure the meeting is informative, entertaining and to the point. But Nord-Bridge needs you to be there. As Nord-Bridge approaches its fortieth anniversary, the AGM will enable us to review the highlights of the last year and our plans for the forty-first year.

Thanks to the many volunteers and board members who are behind the Nord-Bridge success story. We will elect next year's Executive and Board of Directors. If you are interested in serving on either **the Executive or the Board of Directors**, you may obtain information and nomination forms at the front desk. There is also an opening for Chair of the Go-Friendly Society.

The Alberta Government Denies Funding for Two Community Programs Heavily Used by Seniors

The provincial government turned down a request submitted by the City of Lethbridge for funding for low-income transit customers. Although such programs are already available to low income citizens in both Edmonton and Calgary, funding will not be extended to low-income citizens in Lethbridge. Mayor Spearman noted that because Lethbridge has one of the highest poverty rates in the province, "We want to make sure families that live in Lethbridge... have access to the same sort of programs."

Seniors concerned about rising drug threats in our community will also be disappointed to learn that the City's request for funding for a local SCAN Office (Safer Communities and Neighbourhoods) was turned down.

Tax Credit and Fraud Workshop at Nord-Bridge

On the morning of February 21, Nord-Bridge will be hosting a workshop on Tax Credits and Fraud. This is one of a number of financial workshops Nord-Bridge offers our members because, well, money doesn't stop being important to us when we turn 65. Catherine Ford notes that the good news is that of the 500,000 seniors living in Alberta, 58 percent of us are debt-free. The bad news is that there are too many Albertans carrying debt into their senior years. It is for this reason that Nord-Bridge offers a variety of financial workshops throughout the year. I also note that research indicates that seniors without debt live longer, happier lives.

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

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

Patrick Frain
Rose Graveland
Kay Henke

Marisa Hakstol
Linda Rensham
Paul Ewashen
Ray Delongchamp
Muriel Delongchamp

Terry Frain

Bob Cole

Barb Cole

Jack Helle

Mary Ann Helle

Sharon Pierzchala

Ruth Bates



Marilyn Larsen
Barry Larsen
Mary Ambrosi

Heather Fitzhenry
Nick Denecky

Marvin Higa

Sherryl Kerber

Lynne Benjamin

Darlene Waldie

Brenda Lindsay

Laurie Veres

Susan Jacobson

Keith Terry

Joan Durant

Anonymous (6)

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



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

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

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

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



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

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



NORD-BRIDGE MEETINGS REMINDER

Monthly

| | | |
|--------------------|---------------------------------|-----------|
| Outreach Committee | First Monday (Sept-June) | 9:30 a.m. |
| Directors Meeting | Second Wednesday | 9:30 a.m. |
| Finance Committee | Last Wed. (Feb, May, Sept, Nov) | 9:30 a.m. |

Annually

| | | |
|---------------------|------------------------|-----------|
| Annual General Mtg. | First Wed. of March | 9:30 a.m. |
| General Member Mtg. | First Wed. of November | 9:30 a.m. |

GO SENIORS SOCIETY

Regular Board Meetings

| | | |
|-------------------------|---------------|-----------|
| Feb., April, June, Oct. | Third Tuesday | 9:00 a.m. |
|-------------------------|---------------|-----------|

Annually

| | | |
|------------------------|------------------------|-----------|
| Annual General Meeting | First Tuesday of April | 9:00 a.m. |
|------------------------|------------------------|-----------|

RACHAEL HARDER

MEMBER OF PARLIAMENT



RACHAELHARDER.CA 403.320.0070 @RACHAELHARDERMP   

ATTENTION NORD-BRIDGE MEMBERS

We have invited Rachael Harder to Nord-Bridge on Thursday, February 13th at 11:30 a.m. to celebrate her re-election. Please join us to congratulate Rachael and to have a piece of cake with her. 

Nord-Bridge Seniors Outreach Program

Cupid's Day—Happy Valentines

MONDAY, FEBRUARY 10th, 2020

at 1:30 p.m

LIVE ENTERTAINMENT

TOM PRICE & FRIENDS

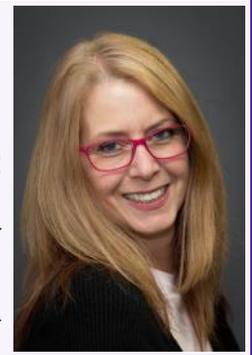
R.S.V.P. by February 7th, 2020 With the Front Reception Desk

COST: \$3.00 per person

LORRI'S CORNER

Grief and the Senior

Seniors grief is not unlike the grief experienced by the rest of society. The only difference is in having lived longer, seniors have had the opportunity to accumulate more loss experiences. Grief is the normal and natural reaction to any change that we encounter in life. Grief accumulates, even when we think we have “moved on” or “gotten over it”, the reality is that very few of us have learned how to grieve effectively and we carry a big burden.



The following are often not recognized as losses that we grieve:

- **Retirement** - Giving up a career is certainly a change from familiar behavior patterns. While most young people see this as an ultimate goal, but upon reaching it, many discover that they miss the elements of routine it brought to their lives as well as having to adjust to a different income level.
- **Empty Nest** - Our relationship with our children changes as we age. While we all hope our children become responsible and move into their own lives as they mature, their lack of dependence on us can become more pronounced as we age.
- **Loss of Stamina** - It can be a grieving experience to find that it now takes longer to accomplish what were once simply everyday tasks. It is not unusual for people to find themselves frustrated when certain tasks now seem far more daunting than they used to be.
- **Loss of Health** - As we age, we sometimes find that we are dealing with more health related issues. It can be as simple as taking longer in recovering from a cold or the flu. For others, it can be joint issues related to sports activities of the past that now come back to haunt us.
- **Changes in Living Situations** - Whenever we move from one place to another, throughout our lives, there can be elements of grief related to that change. When we reach the point that independent living is no longer wise for us, it's certainly a grieving event. Not only are we grieving that loss of independence, but also those things that we must leave behind when we downsize to a smaller living environment.

The list of changes we experience as we age is endless and *change is inevitable*. It's something that we deal with on a daily basis. The problem is that we try to deal with change strictly from a logical standpoint. Change, however, is something that affects us on an emotional level: logic has very little impact on our emotions. No matter how logical we try to be, change can be emotionally painful and we grieve change.

On February 6, I have a new 8 week group starting and if you are grieving changes in your life or losses, this program is for you. It is not a drop in group but a step by step program where you are shown the steps to recognize your grief and not let the burden weigh you down any further.

My February Schedule:

| February 2020 | | | | |
|---------------|----|----|----|----|
| M | T | W | T | F |
| | 4 | 5 | 6 | 7 |
| 10 | 11 | 12 | 13 | 14 |
| | 18 | 19 | 20 | 21 |
| 24 | 25 | 26 | 27 | 28 |

New people are welcomed into the group until the 3rd session so if you are reading this after February 6th, it isn't too late. Register at the front desk or come see me if you have any questions.

(Adapted from article by Stephen Moeller, Grief Recovery Specialist, 2017)

Lorri Penner, BSW, RSW
Member Support Coordinator

JO ANN KELLY

REALTOR®

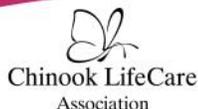


sutton group – lethbridge
AN INDEPENDENT MEMBER BROKER

403-320-6411

Selling and /or Buying...
ONE CALL
Full Service

Over 24 Years Experience



CHINOOK LIFECARE

Helping you live independently at home

Chinook LifeCare Association is southern Alberta's personal emergency response system.

- local non profit, helping keep costs down to help seniors
- money stays locally in southern Alberta
- local office open 5 days a week
- providing in home service and installation, for you and your family's peace of mind
- local personal service technicians with over 10 years experience
- 24-hour monitoring, 365 days a year



Chinook LifeCare Association
403-320-1170 Toll Free 1-855-320-1170
Located within Nord-Bridge Senior Centre
#8, 1904 - 13th Avenue North
Lethbridge, AB T1H 4W9
chinooklifecare@gmail.com

Chinook LifeCare is actively seeking new Board Members

*Delicious pot roast...
no pots required!*



Made for Seniors

Enjoy the fall meals you love without all the work.

Our slow-cooked Traditional Pot Roast falls apart with a fork. The best part? All you have to do is heat and enjoy! Browse our complete menu for over 200 more delicious fully-prepared meals, soups and desserts.

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Get your FREE Menu
1-844-431-2800
HeartToHomeMeals.ca



*Some conditions may apply.

EXECUTIVE DIRECTOR'S REPORT

Greeting Members,

Over the past few months many members have taken the time to stop me in the hallway to commend the staff and Nord-Bridge for all of its services. Those kind of comments illustrate the impact we are making on our members and community. To put it into perspective on how much Nord-Bridge means to our members; during the week long extreme cold temperatures in January (the average wind chill was - 34 degrees) Nord-Bridge daily attendance only dropped by an average 30 people for the week, compared to same week in 2019. Whether members seek social benefits, physical health, mental health or social supports we see clearly that the cold weather will not keep the majority away. *Please note although we love seeing your friendly smiles on cold and wintery weather snow days; we hope all members will practice caution before they travel to Nord-Bridge on inclement weather days.



The Annual General Membership Meeting will take place on March 4, at 9:30 am in the Multi-Purpose Hall. Please mark this date and time on your calendars. Nominations for three board of director positions will close February 11th at 4:30 pm. Nomination forms are available at the Front Reception Desk.

2019 membership numbers are in and I am pleased to report Nord-Bridge had another great year. We finished the year with a total of 1,452 members. This number is 25 more members from 2018 and 25 members shy from our record 1,477 set fifteen years ago in 2005. Geographically, 55% of our members live in the north, 33% south, 11% west side and 1% reside in surrounding communities or rural areas. The breakdown of the age groups are: 55 - 64 year olds 7%, 65 - 74 year olds 48%, 75 - 84 year olds 34% and 11% are 85+. One final stat to report is our male to female members; female members make up 67% of our membership while 33% are males. What do these numbers and stats exactly mean? Well, it shows us who are members are and help forecast the direction Nord-Bridge should take with programming, services, events and activities.

Did you know? April 22, 2020 will mark Nord-Bridge's 40th year of being incorporated as a society. We will have many celebration events and activities leading up to the anniversary date. Please stay posted and watch for notices in the Newsletter, Facebook page and posters around the building.

David Ng
Executive Director

Lethbridge HEARING CENTRE

Call 403-320-6000 to make your personal complimentary consultation today!

- Locally owned & family operated
- University educated
- Full hearing evaluations
- AADL, DVA & WCB Vendor
- Digital hearing devices
- Repairs & adjustments on all makes/models
- Devices for all budgets & lifestyles
- Conveniently located with free parking



403.320.6000
www.lethbridgehearing.ca

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

ACCOMPANY You

Provides Freedom and Transportation for Seniors

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

Call Sharon or Jodie

to schedule your appointment
403-380-9072 or 403-894-2484
slmstein@outlook.com



EVERGREEN

Funeral Home and Cremation Services

403-329-4934

Give us a call regarding ...

- * Affordable Pre-arrangement Options
- * Evergreen's Budget Conscious Pricing

Because Cost Is An Option

We lessen the expense Not the care

A Division of the Caring Group Corp.

Lethbridge College
Massages
Wednesday
February 12th, 2020
10 am to Noon (Craft Room)



SAIM Massages
Friday,
February 28th,
2020
9:30 am to
11:30 am (South View Room)



NORD-BRIDGE SENIORS CENTRE
will be closed
MONDAY, FEBRUARY 17th, 2020
For Family Day

From the Desk of Val



Roses are red, violets are blue,
wishing you a Happy Valentines too!
No need to feel blue for the coming
days are warming up.

January has been busy here at the
Front Reception Desk with program
sign ups, the 55+ gym renewals as
well as new and renewing memberships for 2020.
Have you paid your membership renewal yet?
Please check your card or ask us. We don't want you
to get a friendly reminder letter in the mail.

A warm friendly welcome to all new members.
Please mark your calendars for Monday, February
10th 10 a.m. - 11:30 a.m. and 1 p.m. - 2 p.m. to
drop in and smile for our photographer, Sid
Lewis. Pictures go into the photo albums by the
door to the library.

A warm welcome to Joy Cutts, our new Front
Reception Desk volunteer who works Thursday
mornings. "Volunteers don't get paid, not because
they're worthless, but because they are price-
less." (Sherry Anderson). If you would like to order yourself
a name tag they are available at a cost of \$6.50
each. Just ask myself or Maria and we will put in
the order for you. We wish Donna Yauch a speedy
recovery. She will be absent February 12th to have
knee replacement surgery along with recuperation
time. We will miss her friendly smile on Friday
mornings.

The popular Mystery Trips are back as #1 departs
Tuesday, February 11th. Are you signed up? Don't
miss out. They are fun and mysterious. On Thurs-
day, February 27th there is an outing to the Crystal
Springs Cheese Factory. The cost is just \$10, buy
your own lunch and pick up some cheese as well.

Stay alert and stay connected. This is leap year -
29 days in February. Happy Birthday to all who
celebrate every 4 years.

Val

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

| | | | |
|--------------------|------------------------|----------------------------------|---------------|
| Bonners 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 | Camrose Resort & Casino | \$229 pp/dbl |
| Yellow Stone | Jun 21 - 27, 2020 | Old Faithful, Sightseeing | \$1400 pp/dbl |
| Winnipeg, Mb | Aug 9 - 15, 2020 | Folklorama Festival | \$TBA pp/dbl |
| Polson / Kalispell | Sept 9 - 12, 2020 | Sunset Cruise, Smoke Jumper Tour | \$485 pp/dbl |
| Deadwood, Sd | Sept 27 - Oct. 3, 2020 | No rules, no regrets | \$TBA pp/dbl |

China April 7 - 24, 2020 Amazing Deal - 18 days \$5300 pp / dbl

All Inclusive (except your shopping!) - Airfare, visa, tips incl: 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 & More, Full Payment Due Dec. 20, 2020

SERVING SOUTHERN ALBERTA - Calgary, Lethbridge - Pincher Creek and More!

Let us arrange your group tour, call with destination ideas

Tours depart from Lethbridge or Calgary, other pick ups available

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

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

IN ORDER TO PARTICIPATE YOU MUST:

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



RECENT WINNER(S)

Helen Gepneris \$455.00 December 23, 2019
Donna Yauch \$170.75 January 13, 2020

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

Eva Deringer, \$375.00 December 20, 2019
Joyce Furukawa \$311.00 January 24, 2020

Next Draw February 28, 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

Dec. 23 Clay Olsen \$56 / Ernie Woodgate \$56
Dec. 30 Doreen Smid \$46 / Pat Liptak \$46
Jan. 6 Eva Deringer \$52 / Gladys Rushfeldt \$52
Jan. 13 Doreen Smid \$32 / Jim Hahn \$32
Jan. 20 Nina Waselenak \$42 / Lorri Penner \$42
Jan. 27 Sandy Fischer \$39 / Dan Deringer \$39

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

Friday Dunford Diner Lunchtime Entertainment

Feb. 7 Anne Pauls
Feb. 14 Valentine's Luncheon
- Yvonne Nelson
Feb. 21 Alice Tinordi
Feb. 28 Dean & John



Schedule Subject to Change



NORD-BRIDGE BUILDING FUND RECENT DONORS
Douglas Cole \$150; Frances Wallace \$100; Denise Cole \$250; Eva Deringer \$100; Robert Tarleck \$100; Nord-Bridge Music Makers \$25

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from January 1, 2020 through January 24, 2020: **\$1,864.50**



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 \$ 2,154,736
Still needed by N-B Fundraising \$ 345,264

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

- Feb. 7 Liver & Onions with mashed potatoes, veggies and gravy **\$7.50**
- Feb. 14 Valentines Luncheon: Chicken Oscar with dill baby Potatoes, veggies, salad and dessert **\$13.00** (ticketed event) **No menu service after 10:00 a.m.**
- Feb. 21 Veal Cutlet with mashed potatoes, veggies and gravy **\$7.50**
- Feb. 28 Omelet Bar: Make your own omelet with hash browns and toast **\$7.50** Mimosas \$2.50

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

*PLEASE NOTE: THE GRILL IS CLOSED DURING SPECIAL EVENTS

FEBRUARY

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
| 3 9:00 Gentle Yoga 9:30 Jammers 9:30 Outreach Meeting (Boardroom) 10:00 Application of Water-colour Techniques 10:00 Floor Curling 10:15 Chair Yoga 1:00 Darts 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 6:30 Bid Euchre | 4 9:00 Active Pound 9:30 Beginner Watercolour 10:00 Floor/Chair Somatics 10:00 Music Makers 10:00/11:00 Clogging 11:00 Aerobic Keep Fit 1:00 Canasta 1:00 Texas Hold'em 1:00 SCRABBLE 3:00 Exercise with Arthritis 5:15 Evening Pound 7:00 Line Dancing | 5 8:30 Breakfast Buffet 8:45 Zumba Gold 9:00 Guided Meditation 9:45 Seated Pound 9:45 Out & About + coffee TOO 10:00 Carpet Bowling 10:15 Paper Tole 10:30 FOOT DOCTOR 10:45 WINNERS BINGO 11:15 Line Dancing 1:00 Darts 1:00 Euchre 1:00 Quilt/Kraft 2:30 Swing Dance 3:00 Fitball 7:00 Table Tennis | 6 9:00 Floor Curling 9:00 Card Crafters 9:30 Mind Joggers 11:00 Keep Fit Combo 1:00 Acrylic Painting 1:00 Hand & Foot 1:00 Trump Whist 1:00 Woodcarving 1:00 Duplicate Bridge 1:15 Floor Shuffleboard  | 7 9:00 Stability Yoga 9:00 Paper Tole 10:00 Carpet Bowling 10:15 Chair Yoga 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib  Canadian Lynx |
| 10 9:00 Gentle Yoga 9:30 Jammers 10:00 Application of Water-colour Techniques 10:00 Floor Curling 10:15 Chair Yoga 1:00 OUTREACH 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 6:30 Bid Euchre <i>*Darts cancelled today</i> | 11 9:00 Active Pound 9:30 Beginner Watercolour 10:00 Floor/Chair Somatics 10:00 Music Makers 10:00/11:00 Clogging 10:45 WINNERS BINGO 11:00 Aerobic Keep Fit 1:00 Canasta 1:00 Texas Hold'em 1:00 SCRABBLE 3:00 Exercise with Arthritis 5:15 Evening Pound 7:00 Line Dancing | 12 8:45 Zumba Gold 9:00 Guided Meditation 10:00 Lethbridge College MASSAGE 9:45 Seated Pound 10:00 Carpet Bowling 10:00 Coffee With a Constable 10:15 Paper Tole 10:45 WINNERS BINGO 11:15 Line Dancing 1:00 Darts 1:00 Euchre 1:00 Quilt/Kraft 3:00 Fitball 7:00 Table Tennis | 13 9:00 Floor Curling 9:00 Card Crafters 9:30 Mind Joggers 11:00 Keep Fit Combo 11:30 CAKE WITH RACHAEL HARDER (Dunford Diner) 1:00 Acrylic Painting 1:00 Hand & Foot 1:00 Trump Whist 1:00 Woodcarving 1:00 Duplicate Bridge 1:15 Floor Shuffleboard | 14 9:00 Stability Yoga 9:00 Paper Tole 10:00 Carpet Bowling 10:15 Chair Yoga 11:30 VALENTINES LUNCHEON 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib |

| | | | | | |
|---|---|--|---|---|--|
| <p>17</p> <p>CENTRE CLOSED FOR FAMILY DAY</p>  | <p>18</p> <p>9:00 Active Pound 9:30 Beginner Watercolour 10:00 Floor/Chair Somatics 10:00 Music Makers 10:00/11:00 Clogging 10:45 WINNERS BINGO 11:00 Aerobic Keep Fit 1:00 Canasta 1:00 Texas Hold'em 1:00 SCRABBLE 3:00 Exercise with Arthritis 5:15 Evening Pound 7:00 Line Dancing</p> | <p>19</p> <p>8:45 Zumba Gold 9:00 Guided Meditation 9:45 Seated Pound 10:00 Carpet Bowling 9:45 Out & About + after TOO 10:00 LEARN (Elder Abuse Network) 10:15 Paper Tole 10:45 WINNERS BINGO 11:15 Line Dancing 1:00 Darts 1:00 Euchre 1:00 Quilt/Kraft 3:00 Fitball 7:00 Table Tennis</p> | <p>20</p> <p>9:00 Card Crafters 9:00 Floor Curling 9:30 Mind Joggers 10:00 Lethbridge Hearing (South View Room) 11:00 Keep Fit Combo 1:00 Acrylic Painting 1:00 Hand & Foot 1:00 Trump Whist 1:00 Woodcarving 1:00 Duplicate Bridge 1:15 Floor Shuffleboard</p>  <p>Acrylic Painting</p> | <p>21</p> <p>9:00 Stability Yoga 9:00 Paper Tole 10:00 Carpet Bowling 10:15 Chair Yoga 10:15 REVENUE CANADA PRESENTATION (Dunford Diner Annex) 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p>  <p>Arctic Fox</p> | |
| <p>24</p> <p>9:00 Gentle Yoga 9:30 Jammers 10:00 Application of Water-colour Techniques 10:00 Floor Curling 10:15 Chair Yoga 1:00 Darts 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 6:30 Bid Euchre</p>  <p>Snowshoe Hare</p> | <p>25</p> <p>9:00 Active Pound 9:30 Beginner Watercolour 10:00 Floor/Chair Somatics 10:00 Music Makers 10:00/11:00 Clogging 10:45 WINNERS BINGO 11:00 Aerobic Keep Fit 1:00 Canasta 1:00 Texas Hold'em 1:00 SCRABBLE 3:00 Exercise with Arthritis 5:15 Evening Pound 7:00 Line Dancing</p> | <p>26</p> <p>8:45 Zumba Gold 9:00 Guided Meditation 9:45 Seated Pound 10:00 Carpet Bowling 10:15 Paper Tole 10:45 WINNERS BINGO 11:15 Line Dancing 1:00 Darts 1:00 Euchre 1:00 Quilt/Kraft 3:00 Fitball 7:00 Table Tennis</p>  | <p>27</p> <p>9:00 Card Crafters 9:00 Floor Curling 9:30 Mind Joggers 11:00 Keep Fit Combo 1:00 Acrylic Painting 1:00 Hand & Foot 1:00 Trump Whist 1:00 Woodcarving 1:00 Duplicate Bridge 1:15 Floor Shuffleboard</p>  <p>Tufted Titmouse</p> | <p>28</p> <p>9:00 Stability Yoga 9:00 Paper Tole 9:30 SAIM 10:00 Carpet Bowling 10:15 Chair Yoga 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p>  <p>Snowy Owl</p>  <p>TOONIE DRAW</p> | |
| <p>Go Friendly Shuttle from your door to our door service: Call 403-329-3222 the day prior, or sooner, to book a ride. Cost is \$3.00 each way, or use your Lethbridge Transit "Breeze Card".</p> <ul style="list-style-type: none"> LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL FIND A PHONE FRIEND FOR YOU. CALL VAL AT 403-329-3222 TO ARRANGE. LETHBRIDGE HEARING - THIRD THURSDAY OF THE MONTH (by appointment). JOANNE BLINCO OF LEARN (Elder Abuse Network) THIRD WEDNESDAY OF EVERY MONTH, 10 - NOON, IN THE BOARDROOM | | | | | <ul style="list-style-type: none"> FAMILY DAY February 17th, 2020 - CENTRE CLOSED SHOPPING TRIPS TO WALMART: Wednesday, February 5th & 19th, 2020 WINNERS BINGO: February 5, 11, 12, 18, 19, 25 & 26, 2020 FOOT DOCTOR: DR. SCHOW NOW AT 10:30 AM. FUTURE DATES APRIL 1, MAY 27 AND JULY 22, 2020 (\$15) IN THE CRAFT ROOM  |

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Programmer's Report by Ashley Kern

What a cold first of the year we have had so far! I had the chance to attend an NHL battle of Alberta, Calgary Flames and Edmonton Oilers, hockey game last month with my hubby. What a game it was, other than my team (Oilers) losing and the chilly arena, it was fun.



We have a few new programs starting up in the next few months. Firstly, Swing Dancing will be starting Wednesday, February 5 at 2:30 - 3:30 pm thanks to a partnership with The Swing Bridge Dance Community and Nord-Bridge. They will be teaching this class and depending on the interest, we will continue this class for six weeks. If you are interested, please talk to me, as space is limited. Secondly, we will be doing another five-week Cooking for One class at the Interfaith Foodbank, starting Thursday, March 5. We are looking for **one** more Nord-Bridge member to join this amazing program! This is FREE, not to mention great information on cooking for one, hands on experience, and enough food to take home for the entire week!



Thirdly, we are also looking for more participants for Session two of Sheila Mulgrew's POUND® (a.m. and p.m.) classes beginning in March. Please find the dates and times in the Winter Program Booklet. This is a fun, energizing workout which combines cardio and strength, with yoga and Pilates inspired movements all while using ¼ lb. drumsticks! Lastly, Della Howg's morning Line Dancing is welcoming new participants interested in this fun form of dance for any level. There is however, a fee of \$2.00 for members and \$3.00 for non-members. Please pay the instructor.

Special events for this month include; Friday, February 14th is our annual Valentines Day Themed Luncheon at 11:30 am. Get your tickets at the Front Reception Desk today as tickets will be gone soon! Canada Revenue Agency's Community Outreach Liaison - Nicole Frandsen will be presenting on seniors fraud and income tax forms on Friday, February 21 at 10:15 am in the Dining Room Annex. Please sign up beside the Front Reception Desk. Lastly, the Massage Therapy Students from both the Lethbridge College and Southern Alberta Institute will be in Nord-Bridge for members on Wednesday, February 12 at 10:00 a.m. -12:00 p.m. and Friday, February 28 at 9:30 a.m. - 11:30 a.m.

Next month, the Community Volunteer Income Tax Program led by many volunteers, will begin. Appointments begin on Monday, March 2nd, however, you can call into Nord-Bridge one week before (February 24th) to book an appointment with one of our income tax volunteers. Please make sure to bring in all of your 2019 income tax documents.

One last reminder, we will be closed for Family Day on Monday, February 17th, 2020. Until next month, stay happy and healthy!

Ashley



CONDOLENCES TO

...The family of Janet Groeneweg on her passing; Doreen Sanheim on the loss of her brother-in-law; the family of Ruth James on her passing; the family of Lauren Kiemele on her passing; Margaret Thole on the loss of her husband Bob and the family of Norm Metz on his passing...

GET WELL & HEALTH WISHES TO

...Laverne Hamabata who had a fall and is at home; Fran Didyk who is in the hospital; Rita McEwen who is now home from the hospital; Buella Chervinski who is in the hospital; Joan Hansen who is in the hospital; Joyce Ellingson who is now home from the hospital; Don Johnson who is now home from the hospital; Vera Miechkota who is in the hospital; Bev Caldwell who is home from the hospital; June Cameron who is home from hospital and Lorna Thomson who is home from the hospital...

NORD-BRIDGE GIFT CERTIFICATES

We have gift certificates available in denominations of **\$5 \$10 \$20 and \$50**
Just ask for Tracy at the Front Reception Desk.

NORD-BRIDGE 2019 AGM & BOARD ELECTION

Wednesday, March 4, 2020, 9:30 a.m.
Nominations Notice for Board & Executive Positions

At the Association's **upcoming Annual General Meeting**, scheduled for **March 4, 2020, 9:30 am**, the membership of Nord-Bridge will be asked to elect a new Executive. This occurs annually. Executive Officers can serve a maximum of 3 years in the same position, excepting for the Treasurer and Board Secretary, who can be elected for extended terms. In 2019 our membership will minimally elect (or re-elect) the President and Vice-President. Members will also be asked to vote on the Treasurer and Board Secretary. The By-Laws outline that [where possible] nominations for Executive positions are made from individuals who have served on the most recent Board, and have been a Director on the Board for a period of at least one year.

In addition, at least 3 Directors are elected to the Board annually. Directors on the Board are elected from members of the Society in "good standing", per By-Law Item 7.1.4. Directors can serve up to two terms of 3 years each.



If you would like to serve on the Executive or Board of Directors, please see the By-Laws in the Library or at the Front Reception Desk; or speak with a member of the Nominations Committee, chaired by Past-President Pat Santa; or with Executive Director David Ng. You might also wish to speak with a current member of the Board to learn of their duties and experiences. We are announcing the AGM and Election now to give all members a chance to contemplate this governance opportunity. Nomination Forms will be available at the Reception Desk on January 6 with nominations being accepted at the Front Reception Desk until **4:30 p.m. on Tuesday, February 11, 2020.**

Canada Revenue Agency / Agence du revenu du Canada

DOING YOUR TAXES SENIORS -WHAT'S IN IT FOR YOU?

Come to an information session to find out about benefit and credit payments you could get from the Canada Revenue Agency if you do your taxes every year.

Nicole Frandsen, from the Canada Revenue Agency, will share information on the GST/HST credit, Medical Expenses, Pension Income Splitting, Disability Tax Credit, Canada Caregiver Credit, How to Protect Yourself From Scams, and answer any questions you might have.

WHEN: Friday February 21st, 2020 @ 10:15am

WHERE: Nord-Bridge Seniors Centre
1904 13 Ave N. Lethbridge, AB
Dunford Diner Annex

FITNESS 55 CLUB



Come join the Fitness 55 Club at Nord-Bridge Seniors Centre



A current 2020 Nord-Bridge membership is required (Must be 55 years+)

Plus user fees: Annual Pass \$ 180
Monthly Pass \$ 18
20 Visit Pass \$ 25

(A \$10 refundable key fob deposit is also required)

Free orientation with Jim Scott, Personal Trainer (Wednesday mornings)

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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 Arkinstall, Outreach Coordinator

Our outreach program was another success. Thanks to Ashley who prepared a beautiful presentation of Scotland. Randy Butterwick, our M.C., welcomed everyone with a poem 'Winter in Alberta'. It was wonderful to have some good weather



for the event which brought out a total of 114 including groups, walk ins, volunteers, and 4 entertainers – The Celtic Routes. They played Scottish music with lots of participation, clapping, and dancing. John King even donned his kilt. Prizes were awarded to a Da Capo client, a Nord-Bridge member, and a guest of the entertainers. Randy B. had them laughing again when he sang a song on how nice it is to be a senior with all the aches and pains. The best medicine for a senior is having a good laugh. Refreshments of raisin bread with cheese and grapes were enjoyed by all. Many thanks to the 17 outreach volunteers for doing a superb job.



All in all everyone was happy and enjoyed the fun atmosphere and getting out for a good time. In closing, a few Scottish sayings: "Don't be a wee clipe" (don't be a little tell-tale) or my favourite: "You're a wee scunner" (term of endearment for a toddler). My late grandmother was born in Berwick-Upon-Tweed a town just on the border of England and Scotland. She always said grace before meals in Scottish and enjoyed telling stories of the great Edinburgh castle.



NEXT UP – Our February program; Monday, February 10th a **Valentines party** with **Tom Price and Friends**. Please remember to book early (by February 6th) as this program will sell out. We will not be able to take walk-ins on the day of the program. It will be a week earlier because the 3rd Monday the Centre is closed. If you know someone who needs a cheery visit either in the hospital or living on their own, please let me know.



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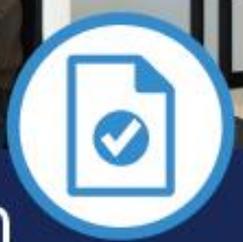
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Full house at the Plan Well Guide presentation by Dr. Daren Heyland, Critical Care Physician and Professor of Medicine from Queens University and lawyer Sarah Lebeau of Davidson & Williams LLP. Watch for another presentation in the fall!



**Nord-Bridge Seniors Centre
#2, 1904 - 13 Avenue N, Lethbridge
(403) 381-0700**

BOUTIQUE NEWS by Heather Newsham

Wanted: a) New consignees-Bring in your unique crafts between 9:00 a.m. & 11:00 a.m. every Friday. b) Donations of yarn, fabric and craft supplies for the Spring Sale; and c) Plastic bags.

EUCHRE REPORT Gord Yauch, Convener

Well it looks like the cold weather is upon us. On Wednesday come in from the cold and have a great warm lunch at the Dunford Diner and then stay out of the cold a little longer to join us at 1:00 p.m. for fun and laughter and a game of Euchre.



Terry Toth
B.Sc Pharm
Pharmacist

Chad Baker
B.Sc Pharm
Pharmacist/
Owner



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Upcoming FREE consultation dates:
Tuesday March 10, May 12, July 7, Sept. 8, Nov. 10, 2020
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.

Community Volunteer Income Tax Program



Starting to take appointments on Monday, February 24th, 2020

Please note: Volunteers only file simple tax returns. Volunteers will not file self-employed, business or rental income, bankruptcy or returns for a deceased person.



VOLUNTEER OPPORTUNITIES AT NORD-BRIDGE

Reception Desk Volunteer: Need to be able to answer phones, be organized, punctual and enjoy dealing with people. Training will be provided. Preferably a Nord-Bridge member or 55 years of age or older. Ask at the Front Reception Desk or call (403) 329-3222 for more information.

Winners Bingo Rep Volunteer: Volunteer will work with advisor to count and check money, cards in office and make sure all volunteers are present. All training will be provided. Need to be organized and energetic. Complimentary lunch provided. Hours: Wednesdays 11:00 a.m.—3:45 p.m. at Winners Bingo. Call Ashley at (403) 329-3222 for more information.

Ashley is looking for one volunteer who is a Nord-Bridge member for the Movie and

Popcorn Afternoon at Nord-Bridge on Wednesday, March 18 at 12:30-3:00 pm!

The volunteer will be required to make popcorn, serve refreshments, and set up the movie. They will also need to clean up after the movie.

If interested, please ask for Ashley at the Front Reception Desk today!

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50's, 60's & 70's Music & Comedy Revue
Starring...

Greg, Kelly, Jordana, Scott, Jeff, Erica, Andre and Kyle



with special guest magician Ben Price

April 7, 8 & 9, 2020 | 7:30 PM
YATES MEMORIAL THEATRE



Tickets available at the Enmax, Yates or call 403.329.7328
Proceeds go to the Nord-Bridge Centre

NORD-BRIDGE VALENTINE'S LUNCHEON

FRIDAY, FEBRUARY 14TH, 2020 @ 11:30 AM

Tickets: \$13

Available at the Front Reception Desk

TICKETS GO ON SALE TUESDAY, FEBRUARY 4TH, 2020



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

Travel for 2020 started with 45 on board on a very cold Wednesday traveling to Calgary to the Stage West Theatre to enjoy the live performance of "Mama Mia". Then on the 23rd a small group went to enjoy a movie at the Movie Mill. We welcome our new driver Patrick Frain who took his first trip with us to the Movie Mill.

A big thank you goes out to Carefree Express Ltd., and our new driver Patrick Frain for their time and commitment to driving our bus for these outings.

Mystery Trip #1 - Tuesday, February 11th, 2020
Cost: \$5 (Bus only) Why not join the mysterious gang on the bus and guess where you are going. Bus will depart Centre at 1:00 p.m. and return at 3:30 p.m. Seats still available.



THURSDAY, FEBRUARY 27, 2020

An outing to the Crystal Cheese Factory for a tour and a chance to stop and buy some CHEESE! Cost: \$10 (Includes Bus only) Buy your own lunch. Bus will depart Centre at 11:30 a.m. and will return at 2:45 p.m.



UPCOMING TRIPS

OTHER OUTINGS COMING UP:

Mystery Trip #2 is scheduled for Thursday, March 12th. Get your name on the list early as seats go quickly; Old Favourites at the Yates - The show runs April 7, 8 and 9 and the Nord-Bridge small bus (12 people) will go on the evening of Wednesday, April 8th. The Passion Play in Drumheller: If you are interested, please leave your name with Val or Maria so that tickets can be booked early. Also a trip to Edmonton staying at the River Cree Resort and Casino along with a side trip scheduled for September 27th through September 29th, 2020. Watch for other trips in the planning stages in the next edition of the Newsletter.

Our annual Golf & Gamble trip to **Cranbrook's St. Eugene Mission** is scheduled for **Sunday, May 24th to Wednesday, May 27th**. Cost: \$325 each (Dble Cost) \$500 (Single Occ). Now taking deposits. This year we have the extra day and a possible side trip being considered is Fairmont Hot Springs. Other suggestions are also welcome. Come relax, have fun, visit with friends in the area and try your luck in the newly renovated casino.

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.

Monday, March 23, 2020 - A day visit to GREY EAGLE RESORT AND CASINO for Bingo and gambling. Cost: \$40 (Member) \$65 (Non-Member). Everyone will receive soup & sandwich for a \$2.00 gratuity. Payment Deadline: February 23rd, 2020

GREAT NEWS! We are now taking bookings for the

Broadway show **WICKED**

coming to Calgary at the Jubilee Auditorium this summer.

Date: THURSDAY, JULY 30TH

The untold story of the witches of Oz.

It will make you laugh, cry and think.

COST: \$105 (Member) \$130 (Non-Member) includes bus

and show ticket. Deposit of \$25 on sign up and the balance of payment will be due by June 30th, 2020.



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, February 5 & 19, 2020**

COST \$3

Save the Date



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April 25, 2020

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