



NORD-BRIDGE SENIORS

NEWSLETTER

JANUARY



— HAPPY NEW YEAR —

“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
Vacant
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
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

"The health of nations is more important than the wealth of nations."

Will Durant

The New Year is an appropriate time for us to thank the many people who make Nord-Bridge a wonderful place: our staff and volunteers, the people who entertain us, those who greet us with a smile and provide a helping hand, and the donors who open their wallets so that this dream doesn't have to end.



Nord-Bridge's Christmas Luncheon Continues a Popular Tradition

ATCO helped make Nord-Bridge's December 6 dinner a Christmas success story. Ten enthusiastic ATCO volunteers brought energy and enthusiasm to the sold-out Christmas Luncheon on December 6. ATCO also used the occasion to present a \$4,936.90 donation to Nord-Bridge to support programs for seniors in need. Thank you, ATCO! And thank you as well to Samantha, Bety, Gail and the kitchen crew, the many Nord-bridge servers, pianist Yvonne Nelson, Program Coordinator Ashley Kern and everyone else who made this such a successful afternoon.

Nord-Bridge also used the luncheon as an opportunity to unveil two paintings local artist and Nord-Bridge member Jerry Arnold donated. The paintings, "Days Gone By" and "Weekend Retreat", depict Alberta scenes that have personal meaning to Jerry. They are now on display in our hallway. Check them out the next time you visit Nord-Bridge.

We also welcomed Lethbridge East MLA, Nathan Neudorf, who brought greetings from the Province.

Nord-Bridge Follows City Transit Recommendations That Could Impact Seniors

Nord-Bridge typically tracks federal, provincial, and municipal policy discussions that could affect seniors. The discussion in City Hall about possible changes to how Lethbridge Transit meets the needs of seniors is an example of this.

As a cost-saving measure, the City is considering a reduction in transit service to some Lethbridge routes, including some servicing North Lethbridge during off-rush -hour-periods. If implemented, that change could have important consequences for some of our members. First, it could pose a problem for seniors attempting to schedule medical, dental or professional appointments, or to do grocery shopping. And second, seniors who re-schedule appointments to meet rush-hour transit schedules may find it difficult to find a seat on over-crowded buses. Nord-Bridge will attempt to obtain more information about this proposal.

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

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

Karen McAuley
Janet Millband
Karen Laronde
Albert Laronde
Jill Marshall
Rita Zubach



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

Lethbridge College
Messages
Wednesday
January 22, 2020
10 am to Noon (Craft Room)



SAIM Messages
Friday,
January 31st,
2020
9:30 am to
11:30 am (South View Room)



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.



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

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



NORD-BRIDGE MEETINGS REMINDER

Monthly

Outreach Committee	First Monday (Sept-June)	9:30 a.m.
Directors Meeting	Second Wednesday	9:00 a.m.
Finance Committee	Last Wed. (Feb, May, Sept, Nov)	9:30 a.m.

Annually

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

GO SENIORS SOCIETY

Regular Board Meetings

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

Annual General Meeting	First Tuesday of April	9:00 a.m.
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RACHAEL HARDER

MEMBER OF PARLIAMENT

Wishing you a Happy New Year!



RACHAELHARDER.CA

403.320.0070

@RACHAELHARDERMP



CHINESE NEW YEAR BUFFET

FRIDAY, JANUARY 24, 2020
AT 11:00 A.M.

\$10.00

EUCHRE REPORT *Gord Yauch, Convener*

Another year of fun for us players has come and gone, after all we don't play with full decks. Every Wednesday at 1:00 p.m. we take over the Dunford Diner Annex for a couple of hours which gives us time to visit, play and laugh.

Thank you to the Tuesday afternoon card group for the generous donation to the GO Seniors Society

LORRI'S CORNER



WOW! 2020! How can we be in a new decade? It seems like not long ago we were wondering how the new millennium was going to unfold and now we are 20 years later! It goes by so fast – sometimes I feel like it's a carousel that keeps going around and I'm always running and trying to hop on!

I'm not writing about how to come up with great resolutions for the year or what your focus should be, but I do love the start of a new year! Somehow my shortcomings from the previous year fade because I know I get a fresh start. Yes, we can get a fresh start anytime we want, but there's just something about the beginning of the calendar year, isn't there? The dawn of January 1st feels like it's bursting with new ideas, new possibilities, and new ways to be awesome.

This is the time to look back over the past year and see what worked and what didn't. It's the time to pat yourself on the back for the challenges you faced and the tough times you survived, but it's also the time to stand up straighter, and step into 2020 with a renewed commitment to being the best you can be in all areas of your life.

It is so incredible to be a part of Nord-Bridge where all areas of our life matter: health and fitness, nutritional needs and a full tummy, finances and taxes, socialization and also personal wellness :)

On January 22 at 9 am in the annex, Dr. Daren Heyland will be at Nord-Bridge sharing information on the **Plan Well Guide**. This is one of the 2 critical advanced care documents we all need to ensure we get the medical care we need and want. Also presenting with Dr. Heyland will be Sarah Lebeau, a local lawyer, who will provide information how the Plan Well Guide can complement your estate planning. There is a sign-up sheet at the front table and please mark this date on your calendar.

The next 8 week **Grief Recovery Program** will be starting on February 6 from 1:30-3:30pm. This program is for all losses we can experience in life. If you want more information, please come see me and I can answer any questions you have. The cost for the program is \$150 and covers all materials. You can register at the Front Reception Desk and if cost is a factor stopping you, please come speak to me as I have a few options that may help.

If you are struggling, please contact me to make an appointment, you don't have to navigate it alone. Until next month, take care of yourself, and your neighbour, be a little kinder and if you see someone without a smile, give them one of yours, it could be the only smile they see!

My January Schedule:

January 2020				
M	T	W	T	F
6	7	8	9	10
	14	15	16	17
20	21	22	23	24
27	29	29		

Lorri Penner, BSW, RSW
Member Support Coordinator

JO ANN KELLY

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Chinook LifeCare
Association

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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*Some conditions may apply.

EXECUTIVE DIRECTOR'S REPORT

Greeting Members,
Happy New Year! Hopefully, everyone was able to get together with family and friends over the holiday season. Nord-Bridge was closed for a combined 4 days over the Christmas break. This was an opportune time for our staff and volunteers to have a bit of a break and time away from Nord-Bridge. We are anticipating great things for Nord-Bridge in 2020 and ready to jump into a full year with renewed energy for all the great things that will be happening here at Nord-Bridge.

As you may have already read in articles in this month's Newsletter, we were so thankful for the generous contribution from the ATCO Gas EPIC campaign donation of \$4936. The ATCO volunteers had a great time volunteering here at the Christmas Luncheon and we would like to once again thank them for choosing senior centres in Lethbridge as the charity of their choice in 2019. Something new for 2020 will be our revised Member Code of Conduct. Over the past few months we have been receiving some member concerns about the conduct of some other members. The administration staff has drafted a revised Member Code of Conduct and will present it to the Nord-Bridge Board of Directors for approval at the January 8th meeting. Once approved copies of the code of conduct will be available at the Front Reception Desk for all current members and a copy will be given to all new members. This will address some of the "gray" areas we have been experiencing with some of our members' concerns and outline the proper procedures to follow should a member's conduct require action.



David Ng

Executive Director



PARK



MEADOWS



INTER-GENERATIONAL DAY
AT NORD-BRIDGE NOVEMBER 2019

Lethbridge HEARING CENTRE

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120, 2037 Mayor Magrath Dr. S. Lethbridge, AB
Candice Elliott-Boldt, BC-HIS
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



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- * Evergreen's Budget Conscious Pricing

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olivia@ddhygiene.ca
403-694-1346



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Free check up with a cleaning.
Direct bill to insurances. Call now to book @
403-694-1346!

From the Desk of Val



HAPPY NEW YEAR! We are reminding you of your membership renewal - \$50. You must be a paid up member to participate in our many recreational activities that we have going Monday to Friday. Show your membership card. If you have lost it please see us at the Front Reception Desk and we can replace it. **Please let us know if you have moved, you have a new phone number or there are changes in your next of kin so we can update our records.** Thanks to all the volunteers for doing an amazing job and helping to make Nord-Bridge "The Friendly Centre". Here's another reminder: we need your monthly hours. Pick up a calendar at the Front Reception Desk and turn them in monthly to Maria. The Outreach program will have some great entertainers in the New Year. It was great to see new people at our December program. The Outreach program is open to all, including members as well seniors living in facilities and the differently abled.

Finally, we will have some great trips for your enjoyment. For the golfers who wanted an extra day, we have a booking date: Sunday, May 24th to Wednesday, May 27th at the newly renovated St. Eugene Golf Resort and Casino just outside of Cranbrook. COST: T.B.A. We are looking at two side trips either to Fairmont Hot Springs, Fort Steele, or shopping in Kimberley or Cranbrook. Tell us what you prefer. Other casino places on our travel map will be Grey Eagle Resort and Casino in Calgary in March and the River Cree Resort and Casino in Edmonton. They want us back. Other trips of interest: Rosebud, Stage West, Lundbreck Falls, Cardston Carriage Theatre/Remington Museum, Zoo Lights, Black Friday shopping trip, Waterton Lakes Boat trip, Calgary Stampede, Heritage Park, Drumheller Passion Play and the Ukrainian Village -near Edmonton. Watch for our popular MYSTERY TRIPS and sign up quickly. Let us know if any of these trips would be of interest to you and of course if you have other suggestions. We are always looking for new and fun places to travel to.

Maria and I would like to wish you a safe and happy holiday season and the very best for the New Year.

Val

LTH Life Time Highs

www.lifetimehighs.club
587-223-0203
cathymunro@lifetimehighs.club ~ Traveling Together ~

Edmonton, Ab	Jan 19 - 21, 2020	River Cree & West Edm Mall	\$285 pp/dbl
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

China April 6-23, 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

Wishing one and all 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!
PS - Give the gift of travel with LTH gift certificates!

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

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

- Dec. 2 Doreen Sandheim \$44 / Jim Hahn \$44
 Dec. 9 Noel Smith \$43 / Ken Thares \$43
 Dec. 16 Randy Butterwick \$42 / Noel Smith \$42

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

Friday Dunford Diner Lunchtime Entertainment

- Jan. 3 John & Dean
 Jan. 10 John King & Celtic Routes
 Jan. 17 Alice Tinordi
 Jan. 24 Chinese New Year-Wilf Ducharme
 Jan. 31 Ray Sauer



Schedule Subject to Change



NORD-BRIDGE BUILDING FUND RECENT DONORS

Anonymous \$100; Fred & Alice Mehlhaff \$200; Nina Waselenak \$200
 Della Howg \$25; Rita Cemulini \$100; Music Makers \$25;
 Larry Hamilton \$200

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2019 through December 13, 2019: **\$20,395.00**



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 \$ 2,154,011
 Still needed by N-B Fundraising \$ 345,989

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

- Jan. 3 Veal Cutlet with mashed potatoes, gravy, and veggies **\$7.50**
 Jan. 10 Liver & Onions with mashed potatoes, veggies and gravy **\$7.50**
 Jan. 17 Lasagna with Caesar Salad and garlic toast **\$7.50**
 Jan. 24 **CHINESE NEW YEAR BUFFET** (no grill orders after 10 am-Soup & Sandwich available) **\$10.00**
 Jan. 31 Fish Burger with fries, gravy and coleslaw **\$7.50**

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

*PLEASE NOTE: THE GRILL IS CLOSED DURING SPECIAL EVENTS

JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Group Swing Dancing at Nord-Bridge!</p> <ul style="list-style-type: none"> Come try out Nord-Bridge Seniors Centre's newest dance class! No experience necessary, singles and couples are welcome. Great exercise while meeting new people and learning new skills. For seniors 55+. Begins: Wednesday, February 5, 2020 Time: 2:30 pm - 3:15 pm Location: West Community Room of Nord-Bridge Seniors Centre - 1904 13 Ave. N. Fee: first class free, rest of classes TBA in February    	 <p>Just a reminder if you have any gently used eyeglasses you would like to donate, please put them in the receptacle in the hallway across from the Pool Room.</p>	<p>1</p> <p>CENTRE</p>  <p>CLOSED</p>	<p>2</p> <p>8:30 Number Handout 9:00 PROGRAM REGISTRATION - Arts, Crafts, Meditation etc.</p> <ul style="list-style-type: none"> 9:00 Floor Curling 1:00 Hand & Foot 1:00 Trump Whist 1:00 Woodcarving 1:00 Duplicate Bridge 7:00 Table Tennis 	<p>3</p> <p>8:30 Number Handout 9:00 PROGRAM REGISTRATION - All Fitness Programs</p> <ul style="list-style-type: none"> 10:00 Carpet Bowling 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib 
<p>6</p> <ul style="list-style-type: none"> 9:00 Gentle Yoga 9:30 Jammers 9:30 Outreach Meeting (Boardroom) 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>7</p> <ul style="list-style-type: none"> 9:00 Active Pound (DEMO) 9:00 Floor/Chair Somatics 9:30 Beginner Watercolour 10:00 Stability Yoga 10:00 Music Makers 11:00 Aerobic Keep Fit 1:00 Canasta 1:00 Texas Hold'em 1:30 SCRABBLE 5:15 Evening Pound (DEMO) 7:00 Line Dancing 	<p>8 8:30 Breakfast Buffet</p> <ul style="list-style-type: none"> 8:45 Zumba Gold (DEMO) 9:45 Seated Pound 9:45 Out & About + after 100 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 7:00 Table Tennis 	<p>9</p> <ul style="list-style-type: none"> 9:00 Floor Curling 9:00 Card Crafters 9:30 Mind Joggers 11:00 Keep Fit Combo 1:00 Hand & Foot 1:00 Trump Whist 1:00 Woodcarving 1:00 Duplicate Bridge 1:15 Floor Shuffleboard 	<p>10</p> <ul style="list-style-type: none"> 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 

<p>13 9:00 Gentle Yoga 9:30 Jammers 9:30 Practicing Happiness 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>14 9:00 LAWYER by appointment 9:00 Active Pound 9:00 Floor/Chair Somatics 9:30 Beginner Watercolour 10:00 Stability Yoga 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 1:30 SCRABBLE 5:15 Evening Pound 7:00 Line Dancing</p>	<p>15 8:45 Zumba Gold 9:00 Guided Meditation 9:45 Seated Pound 10:00 Carpet Bowling 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 7:00 Table Tennis</p>	<p>16 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>17 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</p>  <p>New Year's Resolution... More time on Treadmill</p>
<p>20* & 27 9:00 Gentle Yoga 9:30 Jammers 9:30 Practicing Happiness 10:00 Application of Water-colour Techniques (starts 27th) 10:00 Floor Curling 10:15 Chair Yoga *1:00 OUTREACH 1:00 Darts (cancelled 20th) 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 6:30 Bid Euchre</p>	<p>21 & 28 9:00 Active Pound 9:00 Floor/Chair Somatics 9:30 Beginner Watercolour 10:00 Stability Yoga 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 1:30 SCRABBLE 3:00 Exercise with Arthritis 5:15 Evening Pound 7:00 Line Dancing</p>	<p>22* & 29 8:45 Zumba Gold *9:00 PLAN WELL GUIDE PRESENTATION (Annex) 9:00 Guided Meditation 9:45 Seated Pound *9:45 Out & About + after TOO *10:00 Lethbridge College MASSAGE 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>23* & 30 *9:00 Hand & Foot Tournament 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 (30th) 1:00 Trump Whist *(23rd in Southview Room) 1:00 Woodcarving 1:00 Duplicate Bridge *(23rd in Southview Room) 1:15 Floor Shuffleboard</p>	<p>24 & 31* 9:00 Stability Yoga 9:00 Paper Tole *9:30 SAIM (31st) 10:00 Carpet Bowling 10:15 Chair Yoga 11:00 CHINESE NEW YEAR BUFFET (24th) 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p>   <p>TOONIE DRAW (24TH)</p>
<p>Go Friendly Shuttle door-to-door service: Call 403-329-3222 the day prior, or sooner, to book a ride. Cost is \$3.00 each way, or use your Lethbridge Transit "Breeze Card".</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 SOUTH VIEW MEETING ROOM 		<ul style="list-style-type: none"> NEW YEARS DAY January 1st, 2020 - CENTRE CLOSED SHOPPING TRIPS TO WALMART: WEDNESDAY, January 8th & 22nd, 2020 WINNERS BINGO: January 8, 14, 15, 21, 22, 28 and 29, 2020 FOOT DOCTOR: DR. SCHOW NOW AT 10:30 AM. FUTURE DATES FEB 5, 2020, APRIL 1, MAY 27 AND JULY 22, 2020 (\$15) IN THE CRAFT ROOM 		

WINNERS



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NORD-BRIDGE



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Programmer's Report by Ashley Kern

We are into 2020, which is so hard to believe! Last month began to slow down as some program instructors and conveners took some time to relax at home during the holidays. January is always a busy time for Nord-Bridge with most of the regular paid programs starting up the second week of January. Please grab your copy of the Winter Program booklet beside the



Front Reception Desk. This gives a great overview of all the programs we have to offer at Nord-Bridge, everything from exercises to meditation. Program registration is for two days once again and will be Thursday, January 2nd Arts and Crafts, Meditation, and day two will be Friday, January 3rd for all fitness programs. Please bring your registration form (located inside the Winter Program book) when you come to register. After these dates, you can sign up for all classes whenever you would like.

Special events this month include: our annual themed lunch buffet for Chinese New Year on Friday, January 24 at 11:00 am- 12:30 pm. The cost will be \$10.00 for a plate of delicious Chinese food as well as an alcoholic beverage for an extra charge. We also have a few newer programs continuing or starting up into the new year including: Practicing Happiness, Cooking for one at the Interfaith Foodbank, Evening POUND®, as well as Swing Dance classes thanks to Swing Bridge Dance Community. We also have Exercise with Arthritis and Fitball returning on Tuesday, January 21 and Wednesday, January 22nd, I know all of TJ's dedicated participants, will be happy to have him back again! April and May there will be a brand new class by Melanie Hillaby called Balance & Beyond as well as a new Tai Chi Club with Christine Curteanu.

Members also finished off their Fall In-House Tournament in November and December of last year therefore our Annual Awards Luncheon will be held for all members on Friday, March 6, 2020 at 11:00 am. There will be guest tickets available on [Thursday, February 6, 2020](#) at the Front Reception Desk for \$10.00. This covers a delicious main course served with dessert, coffee, and tea and of course, a medal (or two).

Due to the Hand & Foot Tournament all day in the Dining Room Annex, [Thursday, January 23, Trump Whist and Duplicate Bridge will be moved](#) on this day to the South View Rom which is located beside the Pool Room. Thank you for your understanding.

Lastly, FREE massages for those who get tense just thinking about the cold weather. This is for [members only](#) and is on Wednesday, January 22 at 10:00 am – 12:00 pm in the Craft Room courtesy of the Lethbridge College Massage Students. We are also fortunate to have the Southern Alberta Institute of Massage once again on Friday, January 31 from 9:30 am – 11:30 am in the South View Room (beside the Pool Room). When you attend you will be required to write down your name AND member number.

If you have any questions about these programs, please do not hesitate to ask me.

Until next month, stay happy and healthy!

Ashley



CONDOLENCES TO

...Elsie Gray and her family on the loss of her mother; Connie French on the loss of her brother-in-law; the Gillett family on the loss of Joe and Clara Lapointe on the loss of her brother in law..

GET WELL & HEALTH WISHES TO

...Arlene Adamson who is at home; Olai Eglund who is in hospital; Ken Christensen who is at St. Michael's; Rita Nielson who is at St. Michael's; Trina Williams whose husband is home now; Wes Mudge who is at home and to Betty Alexander who is recuperating at home...



Valentine's Luncheon
Friday, February 14, 2020
Tickets will be on sale on
January 14th, 2020
\$13.00

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 over the holidays 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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Lethbridge, AB
403-382-3601

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.**



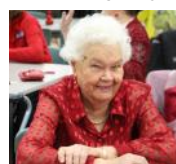
OUTREACH REPORT

Val Arkinstall, Outreach Coordinator

We had a lot of fun finishing our Outreach for 2019. A total of 107 including groups, walk-ins, entertainers and volunteers. Thank you Doug Youngren and friends for the great Christmas songs. Thank you Doug for being



such a jolly Santa. M.C. Randy Butterwick



opened the festivities with a revised version of "Twas the Night Before Christmas" to laughter and cheers. A new

Da Capo group was also in attendance. Lots of gifts were donated to Outreach. Congratulations to all winners. Cake was served along with a candy cane and an orange. A big



thanks to all the volunteers who have done a

swell job in 2019. Thanks also



to Julie Sarich and Erin Bates, the two elves from Servus Credit Union. Next



up on Monday, January 20th, 2020, Celtic Routes will be giving us a mini Scottish tour. New members are invited to join us. Please pre-book at the Front Reception Desk by Friday, January 17th, 2020.



HAPPY NEW YEAR and may 2020 be a good one for all.



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Nord-Bridge Seniors Outreach Program

It's Haggis time
Imaginary tour of Scotland

MONDAY, JANUARY 20th, 2020

at 1:30 p.m.

LIVE ENTERTAINMENT

John King

R.S.V.P. by January 16th
With the Front Reception Desk

COST: \$3.00 per person

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What a treat we had on December 11th when the Park Meadows Choir came to sing for us and with us at Nord-Bridge. A big thank you to them all.



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PHARMACY



Medication Reviews

Is your medication treatment working for you?

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Terry Toth
B.Sc Pharm
Pharmacist

Chad Baker
B.Sc Pharm
Pharmacist/
Owner



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**Free Initial Legal Consultation
Wills...Estate Planning...**
and other matters as you may require.
Nord-Bridge offers this service through



Upcoming FREE consultation dates:
Tuesday(s) January 14, 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.

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)



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



**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. 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.

Nord-Bridge Centre & Medicine Shoppe Pharmacy
Presents...



"Old Favourites" (8)

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



Jeff Carlson



Jordana Kohn



Andre Royer



Eric Hunt



Greg Pankuski



Scott Carpenter



Kelly Roberts



Arlene Bedster

Tickets \$35
10% Discount (Purchase of 10 or more tickets)
Tickets available at the Enmax, Yates or call 403.329.7328

Proceeds go to the Nord-Bridge Centre



**April 7, 8 & 9, 2020
7:30 PM**



YATES MEMORIAL THEATRE





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**.



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

ROAD REPORT

As we wind down 2019, a group of 33 went to the Canmore Chocolate Factory and enjoyed how scrumptious chocolates are made. They enjoyed shopping on main street and lunch at the Golf Club. Then a small bus went to Broxburn Vegetables & Café and Green Haven Garden Centre. They enjoyed lunch and a few even had some Broxburn pie.

A big thank you goes out to Carefree Express Ltd., George Berg, Jim Cumming and Lucy Graham for their time and commitment for driving.

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.



Thursday, January 23, 2020—Beat the January blues and hop on our bus to the Movie Mill to enjoy a show of your choice. Cost: \$5 (Inc. Bus Only) Movie admission 1/2 price for seniors at your own cost. Depart 12:30 p.m. E.T.R. 3:30 p.m.



WEDNESDAY, JANUARY 15, 2020

Stage West Dinner Theatre
 Cost: \$100 (Member)
 \$125 Non-Member
 Includes Luxury Bus, Show and Meal



Monday, March 23, 2020 - A day visit to GREY EAGLE RESORT AND CASINO for Bingo and gambling. Leave your name at the Front Reception Desk. Cost: T.B.A.

GOOD NEWS! We are going to Moose Jaw with a side trip to Regina! **April 27th to 30th**. 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)**. 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.**

Date for the annual Golf & Gamble trip to Cranbrook's St. Eugene Mission is Sunday, May 24th to Wednesday, May 27th. Last year we had a large number of golfers who were interested in the extra golfing day. For those who don't golf, plans are in the works for the extra day. Cost T.B.A. in February. Leave your name at the Front Reception Desk now if you are interested in going.

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.

GREAT NEWS! A Broadway show is coming to Calgary at the Jubilee Auditorium next summer. Tentative Date: Thursday, July 30th. We will be taking names in January for the Broadway sensation **"WICKED"** the untold story of the witches of Oz. It will make you laugh, cry and think. **COST: T.B.A.**



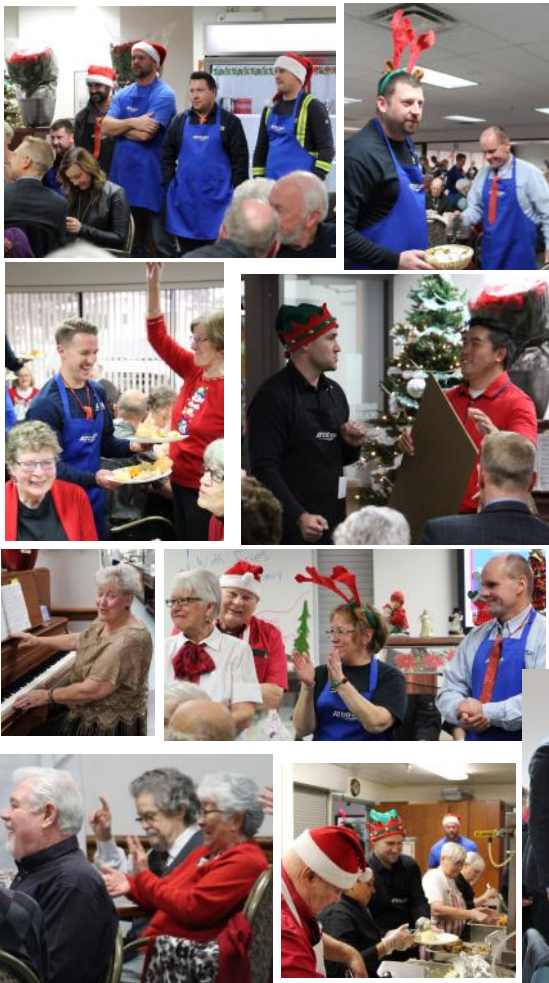
NEW! **OUT & ABOUT+coffee TOO** This program runs twice monthly on Wednesdays at 9:45 a.m. Our **Friendly Shuttle** will take you from the Centre for a shopping run to **Walmart and back by Noon**. Shop, browse or have a coffee. **Book now for Wednesday, January 8 & 28, 2020**

COST \$3

Social Activities

By Elaine Molyneux

Oh what fun we had at the Christmas Luncheon with our usual 144 guests. Thank you so much to the 10 energetic volunteers from ATCO who helped to serve the lunch. Yvonne Nelson tickled the ivories with lovely holiday music once more. Mike Bennett said the prayer and Bob Tarleck was the M.C. Thanks to Jerry Arnold for his generous gift of two paintings for the building. Congrats to the seven winners of our door prizes. A big thanks to Samantha, Bety, Gail and the kitchen volunteers and of course to our dedicated servers.



Save the Date



Celebrating
Nord-Bridge's
40th Anniversary

April 25, 2020

Coast Lethbridge Hotel and
 Conference Center



Thank you Jerry Arnold for your donation to Nord-Bridge of two beautiful paintings "Days Gone By" and "Weekend Retreat". The paintings will be hung in the main corridor (behind the kiosk desk) and behind the couch in the hallway for all to enjoy.



Ho, Ho, Ho!

A HUGE thanks to the employees of ATCO. Through their EPIC (Employees Participating in communities) program of working in the community they raised \$4,936.90 which they chose to donate to Nord-Bridge Seniors Centre.

