

NEWSLETTER

March 2020



Valentine's Luncheon 2020



"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 David Ng
Financial Administrator Tracy Beauchemin
Administrative Support Rita Paju
Program Coordinator Ashley Kern
Senior Systems Navigator Lorri Penner
Reception Administrator I/Social Valerie Arkininstall
Inclusion Outreach Worker Maria Lisun
Reception Administrator II Rita Paju
Rentals Samantha Ajtay
Red Seal Cook Bety Castillo
Cook I Gail Krysak
DR/Kitchen Assistant Marco Escobar
Janitorial

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

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

EDUCATION

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

Application of Water Colour Techniques

Ben Bell* (Chair), Robert Grisak
Heather Newsham
Harry Fischer* (Chair), Pat Santa,
Jim Hahn, David Ng, Frank Deane,
Mike Bennett, Robert Tarleck, Clay
Olsen, George Berg, Tracy Beauchemin
Valerie Arkininstall/Maria Lisun
Rita Paju (Production & Billing)
Rita Paju
Ben Bell* (Chair)
Harry Fischer, Bev Eaton, Sharon Milos

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

George Berg*, Board Rep.
Karina Mak
Elta Buckman
Don Johnson
Denise Savard
Sandy Baceda, Erika Bosters
Lois Cicman
Marilyn Martens
Pat Kincaide
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
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
Judith Beasley

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
Valerie Arkininstall
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
Heather Schmitt
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
Vacant
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

"You have to be the change you want to see."

-Mahatma Gandhi



Nord-Bridge welcomed 51 new members in January, probably our largest monthly intake ever. It is appropriate that we should reach this milestone just as we are preparing to celebrate the fortieth anniversary of this remarkable organization.

In the spring of 1978, a handful of seniors started to meet around kitchen tables to discuss how they might lay the foundation for a seniors' organization in North Lethbridge. Roy Berlando, Minnie Komm, and Gladys Rose were the leaders who planted the first seeds and, as a north-side alderman at that time, I was invited to one of those early meetings around Roy Berlando's kitchen table.

Nord-Bridge was incorporated on April 22, 1980 and its first home was the Westminster Neighbourhood Hall, where it operated until relocating to the Kergan Centre on April 4, 1984. On January 1, 2001 Nord-Bridge acquired the former Chinook Mall and relocated to our present site on July 23 of that year. We will be celebrating Nord-Bridge's 40th anniversary with daily events at the Centre during the week of April 22nd. Watch for details in upcoming newsletters.

Old Favourites (8)

I will remind you that tickets are now available at the Enmax or the Yates (or phone 403-329-7328) for "Old Favourites (8)". This is Nord-Bridge's major fund-raising event. Thanks to Jim Hahn, who organizes this event each year.

AGM, March 4, 9:30 a.m.

I look forward to seeing Nord-Bridge members at the Annual General Meeting scheduled for Wednesday, March 4 at 9:30 a.m. in the Multi-Purpose Hall. If you have been turned off AGMs for other organizations, this one is different. First, I assure you the speeches will be brief and to-the point. Second, your president will furnish coffee, tea, and pastries. Third, you will enjoy the company of good friends. And you can join me in thanking Marko Bosnak and Ben Bell for their service to the board on your behalf.

And finally, a special thanks to the kitchen staff and volunteers who made the Valentine Luncheon such a success!

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

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

Maureen Lukas
Wendy Marshall
Stanley Bosma
Sheila Shea
Lynn Grundy
Candice Edwards
Sandra Kolysher
William Kolysher
Gary Van Voorst
Gerda Van Voorst
Jerry Atkings
Blaine Engel
Lori O'Leary
Brian O'Leary
Doris Schaufert
Don Stevenson

Andrew Schaufert
Terry Gray
Nadia Dykeman
Sheila Meeks
Lynda Brown
Deanna Siewert
Pam Miller
Bob Osborne
Irene Roest
Doreen Williams
Lorelle Cholka
Janet Lawson
Lynne Dodson
Andrew Johnstone
Anonymous (4)



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 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	9:30 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

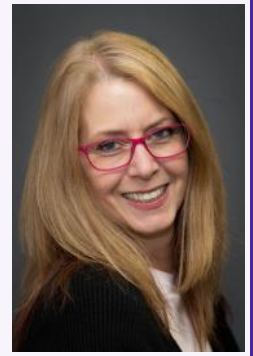
MEMBER OF PARLIAMENT



HERE TO SERVE

RACHAELHARDER.CA 403.320.0070 @RACHAELHARDERP

LORRI'S CORNER



March is Social Work month and I am often asked why I decided to be a Social Worker. This article from "Confessions of a Banshee" says it all!

"Want a quick way to kill the buzz, turn off a cute date, or completely murder any conversation in a social setting? Just say, "I'm a **social worker.**" "Oh, so you like to take people's kids?" or "Are you analyzing me right now?"

Over the years I have learned I cannot expect people to understand what social work is, what social workers do, or why I am so deeply committed to such a demanding profession.

The profession of social work is poorly portrayed in mainstream media. It is not surprising that most people are completely clueless, most days I still feel pretty clueless myself. Here is my attempt to put into words what being a social worker means to me.

It means having an honest dialogue with people. It means talking openly about trauma, addiction, suicide, homicide, abuse, homelessness, mental illness, poverty, aging, illness, religious freedom, euthanasia, and finances - among other topics. It means discussing these matters in the complete absence of judgement. It means early mornings, late nights, and hours spent sitting next to someone who mostly cannot stand you in an emergency room, a food bank, or another agency that is supposed to help. It means finding a bed bug crawling on your pants or sitting with someone whose heart is broken.

It means going to sleep on a cold night thinking about the people not lucky enough to have found shelter in time. It means waking up to learn about the man that died of hypothermia while you slept peacefully in a warm bed. It means no longer finding it strange when people talk to themselves, or talk to people you cannot see, or style their hair in front of a mirror that does not exist with an invisible curling iron.

It means you can spend your day surrounded by profound suffering, deep sorrow, and unbearable pain of others. It means acknowledging that many problems have absolutely no solution. It means accepting that not all people want the help of a social worker.

It also means accompanying a human you never would have met had you chosen a different profession on their powerful life journey. It means building meaningful connection with resilient and fascinating individuals. It means the precious opportunity to learn from people very different than you. It means experiencing the struggle with someone who trusts you. It means sitting quietly next to someone in a moment of hardship and realizing that you do not need words to feel someone's intense gratitude for your presence.

It means watching someone unlock the front door of her new apartment after twenty years on the streets. It means being lucky enough to show up for someone in need when no one else would. It means being a voice for those who cannot speak for themselves.

My March Schedule:

March 2020				
M	T	W	T	F
	3		5	6
9	10	11	12	13
16	17	18	19	
23	24	25	26	27
	31			

It means learning to treasure success, however small. It means constantly seeking to uncover the inherent strengths of others. It means triumph and transformation. It means always keeping the faith and never giving up hope.

Social work means getting to fully experience the vast richness and the strange, exquisite beauty found in the rawest parts of our human condition."

Lorri Penner, BSW, RSW
Member Support Coordinator

A NORD-BRIDGE THANK YOU TO

TOLLESTRUP
Construction Inc.



FOR THE DONATION OF THE LUXURY BOX HOCKEY TICKETS for the game against the Spokane Chiefs. The winning volunteers enjoyed the game.

VOLUNTEER OPPORTUNITIES AT NORD-BRIDGE

Reception Desk Volunteer: Need to be able to answer phones, be organized, punctual and enjoy dealing with people. Cash handling experience would be a definite asset. 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. to 3:45 p.m. at Winners Bingo. Call Ashley at (403) 329-3222 for more information.

JO ANN KELLY

REALTOR®

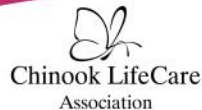


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- money stays locally in southern Alberta
- local office open 5 days a week
- providing in home service and installation, for you and your family's peace of mind
- local personal service technicians with over 10 years experience
- 24-hour monitoring, 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...
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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,
Nord-Bridge will hold its Annual General Membership Meeting (AGM) on March 4, 2020 at 9:30 a.m. All members are encouraged to attend this meeting. The AGM provides members with the opportunity to elect the Officers (Executive) and Directors of the Society. I would like to take this opportunity to highlight and thank the three directors whose term of service on the Board is ending. Ben Bell has completed his three year term as a Director; and chair of the Nominations Committee and By-Laws / Policies Committee. Over the past year, Ben has reviewed all of Nord-Bridge Policies and updated all of the procedures to our policies. This was a big task that Ben tackled and we appreciate all the work he put into updating our policies. Marko Bosnak will also complete his three year term as a Director this month. Marko was the board representative for our Travel portfolio. Marko, was a great asset to any building related matters and brought his business background / trade skills to assist Nord-Bridge with building related issues. Marko will leave his mark here at Nord-Bridge with the welding projects he assisted with (bike rack and stair case hand rails). Director Donalda Stock's three year term will also come to a close this month, however, Donalda has let her name stand for another term as a director. As per our By-Laws, a director can stand for re-election for two consecutive three year terms; after which the director will stand down for one full year. Thank you Donalda for your continued support on our Board. Please join me in thanking Ben and Marko for their dedicated volunteer time and leadership on our Board.

An update on our building tenants; Direct Dental Hygiene has requested to be released from their lease 6 months early. Nord-Bridge has approved to release Direct Dental from their lease; and wish the owners all the best in their future business ventures. Once details are finalized, I will announce the new tenants for the rental space in the upcoming months.

Join me in congratulating our local MP Rachael Harder on her recent appointment as Chair of the Standing Committee on Access to Information, Privacy, and Ethics. Just last month we celebrated Rachael's re-election with cake and coffee (see pictures on the cover of this month's Newsletter).



David Ng
Executive Director

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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



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- * Evergreen's Budget Conscious Pricing

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A Division of the Caring Group Corp.

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.

From the Desk of Val



A warm friendly welcome to all new members and please make sure to mark your calendars for Monday, March 9, 10:00 a.m. to 1:30 a.m. to drop in and smile for our photographer, Sid Lewis. Please note that Sid will only be here in the morning.

A warm welcome to Sharon Sorenson as a new volunteer working on Thursday afternoons. Sharon also volunteers in the Boutique. Thanks to all of our volunteers as we need everyone in order to keep our Centre rocking. If you think you would like to volunteer, please come and see us at the Front Reception Desk and we will provide you with the form and/or answer any questions you might have.

This past month I have been busy out in the community visiting our care facilities and hospitals. It is a very rewarding experience and the people I have visited with have been happy to see me. Before her passing I was able to visit with one of our long time members, Audrey Melvin, who was active at the Centre playing floor curling, cards, Winners Bingo and participating in the Senior 55 Plus games where she won many medals. Audrey and her husband were proud members of Nord-Bridge. I was also able to visit with another old time member, Eileen Watt who was 99, before she passed. Eileen was a great supporter of the Outreach program. I have seen Gus Herresvele who celebrated his 100th birthday last year, Hazel Carol who is always ready for a hug and our previous hospital visit volunteer Lydia Prokop.

Stay alert and stay connected.

Val

LH Life Time Highs

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

Moose Jaw, Sk	Mar. 1 - 4, 2020	Temple Gardens Spa & Casino	\$425 pp/dbl
Bonnars Ferry, Id	April 27-30	"Your home away from home"	\$420 pp/dbl
Camrose, Ab	May 24-28	Camrose Resort & Casino	\$229 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	\$795 pp/dbl

YellowStone National Park & Historic Montana Jun 21 - 27, 2020 \$1400 pp/dbl
Mountains, trees and Geysers (Old Faithful), Hot Springs, Wildlife, Waterfalls, the Fishing Bridge, Yellowstone Lake, Butte featuring the 90-ft tall Our Lady of the Rockies, Copper King Mansion, Underground City Tour, Helena - Capitol State Bldg, city trolley ride and more.

Unbelievable Price for a very unique sightseeing trip

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)

Reg Prawdzik \$304.25 February 6, 2020
Marvin Higa \$91.50 February 18, 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

Joyce Furikawa \$311 on January 24, 2020

Next Draw March 27, 2020

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

Feb. 03 Pat Santa \$41 / Linda Englehart \$41
Feb. 10 Leonard Smith \$34 / Victor Winter \$34
Feb. 17 **CLOSED—FAMILY DAY**
Feb. 24 Rudy Grams \$40 / Norma Firth \$40

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

Friday Dunford Diner Lunchtime Entertainment

Mar. 6 Elaine Unger-Pengilly
Mar. 13 St. Patrick's Day Buffet
John King & Celtic Routes
Mar. 20 Ray Sauer
Mar. 27 Anne Pauls



Schedule Subject to Change



NORD-BRIDGE BUILDING FUND RECENT DONORS

Nord-Bridge Music Makers \$25; Anne Pauls \$100; Anonymous \$100;
Willy Holz \$50; Leonard Hutchinson \$50; Anonymous \$50

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from January 1, 2020 through February 21st, \$3,739.50



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	87%

**Total Contributions to our
Building Fund 1998 through 2020**
Still needed by N-B Fundraising

\$ 2,173,764
\$ 326,236

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

- Mar. 6 Roast Beef with mashed potatoes, gravy and veggies **\$7.50**
- Mar. 13 St. Patrick's Day Buffet: Shepherd's Pie, Corned Beef and Cabbage, Dublin Coddle, Beef & Guinness Pie, Sausages & Onion, Irish Stew & more **\$10.50**
No menu service after 10:00 a.m. Soup & Salad available
- Mar. 20 Liver & Onions with mashed potatoes, veggies and gravy **\$7.50**
- Mar. 27 Lasagne with Caesar salad and garlic toast **\$7.50**

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

*PLEASE NOTE: THE GRILL IS CLOSED DURING SPECIAL EVENTS

MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>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 (South View Room) 6:30 Bid Euchre</p>	<p>3</p> <p>9:00 Active Pound 10:00 Stability Yoga 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</p>	<p>4</p> <p>8:30 Breakfast Buffet 9:30 ANNUAL GENERAL MEETING 9:45 Seated Pound 10:15 Paper Tole 10:45 WINNERS BINGO 1:00 Darts 1:00 Euchre 1:00 Quilt/Kraft 2:30 Swing Dance 3:00 Fitball 7:00 Table Tennis</p> <p><small>* Zumba Gold, Carpet Bowling and Line Dancing cancelled today due to AGM</small></p>	<p>5</p> <p>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 1:00 Floor Shuffleboard</p>	<p>6</p> <p>9:00 Stability Yoga 9:00 Paper Tole 10:15 Chair Yoga 11:00 IN-HOUSE TOURNAMENT LUNCHEON 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p> <p><small>* Carpet Bowling cancelled today</small></p>  <p><small>Sunday March 8th @ 2:00 am</small></p>
<p>9</p> <p>9:00 Gentle Yoga 9:30 Jammers 9:30 Practicing Happiness 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>10</p> <p>9:00 LAWYER 9:00 Active Pound 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 1:00 SCRABBLE 3:00 Exercise with Arthritis 5:15 Evening Pound 7:00 Line Dancing</p>	<p>11</p> <p>8:45 Zumba Gold 9:45 Out & About + coffee TOO 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 2:30 Swing Dance 3:00 Fitball 7:00 Table Tennis</p>  <p><small>Yellowheaded Blackbirds</small></p>	<p>12</p> <p>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 1:00 Floor Shuffleboard</p>  <p><small>St. Patrick's Day Buffet</small></p>	<p>13</p> <p>9:00 Stability Yoga 9:00 Paper Tole 10:00 Carpet Bowling</p>  <p><small>St. Patrick's Day Buffet</small></p> <p>10:15 Chair Yoga 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p>

<p>16 9:00 Gentle Yoga 9:30 Jammers 9:30 Practicing Happiness 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</p> <p><i>*Darts cancelled today</i></p>	<p>17 8:30 REIKI 9:00 Active Pound 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 1:00 SCRABBLE 3:00 Exercise with Arthritis 5:15 Evening Pound 7:00 Line Dancing</p>	<p>18 8:45 Zumba Gold 9:45 Seated Pound 10:00 Carpet Bowling 10:00 Lethbridge College MASSAGE 10:00 LEARN (Elder Abuse Network) 10:15 Paper Tole 10:45 WINNERS BINGO 11:15 Line Dancing 1:00 MOVIE DAY 1:00 Darts 1:00 Euchre 1:00 Quilt/Kraft 3:00 Fitball 7:00 Table Tennis</p>	<p>19 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 1:00 Floor Shuffleboard</p> 	<p>20 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>Bald Eagle</p>
<p>23 & 30 9:00 Gentle Yoga 9:30 Jammers 9:30 Practicing Happiness 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>24* & 31 *8:30 CANASTA TOURNAMENT 9:00 Active Pound 10:00/11:00 Clogging (31st) 10:00 Stability Yoga *10:00 Music Makers (24th in the West Community Room) 10:45 WINNERS BINGO 11:00 Aerobic Keep Fit 1:00 Canasta 1:00 Texas Hold'em *1:00 SCRABBLE (24th in the South View Room) 3:00 Exercise with Arthritis 5:15 Evening Pound 7:00 Line Dancing</p>	<p>25 8:45 Zumba Gold 9:00 Guided Meditation 9:45 Seated Pound 9:45 Out & About + after TOO 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>Sparrows</p>	<p>26 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 1:00 Floor Shuffleboard</p>  <p>Red Crossbills</p>	<p>27 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>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"> SHOPPING TRIPS TO WALMART: Wednesday, March 11th & 25th, 2020 WINNERS BINGO: March 4, 10, 11, 17, 18, 24, 25, & 31, 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 		

WINNERS



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Programmer's Report by Ashley Kern

What a busy place the last few weeks with our Valentines Luncheon last month and the Community Volunteer Income Tax Program starting up this month! We also had the pleasure of receiving a donation of \$500.00 from the Therapeutic Recreation Students at the Lethbridge College as part of their bake sale. This will go towards our recreation programs at Nord-Bridge. We thank them very much for this kind donation! Nord-Bridge's inter-generational programs will return on Tuesday, April 7 at 1:00 p.m. in the Multi-Purpose Hall for another games afternoon with our senior members. This will be with the Park Meadows Elementary grade four & five students. We are always looking for a few fun Nord-Bridge seniors to participate in this, so please sign up beside the Front Reception Desk or talk to me.



Back by popular demand, Paint Nite® will be happening again at Nord-Bridge for the second time. This will be on Thursday, April 9, 6:00 p.m. to 8:00 p.m. with a fee of \$40.00 for members and non-members aged 18+. There is an extra cost for a glass of wine, so please bring cash with you.

This is a great class even if you think you are not a painter! Please call 403-329-3222 if you are interested or stop by Nord-Bridge to register today!

We are looking for more participants in the following classes: Practicing Happiness, beginning March 9 at 9:30 a.m., Seated POUND® beginning March 25 at 9:45 a.m., Active POUND® beginning March 31 at 9:00 a.m. and Evening POUND® at 5:15 p.m. In April, Zumba GOLD® will start on April 8 at 8:45 a.m. You can find more information on these programs in the Winter Program Booklet located beside the Front Reception Desk, go online at www.nordbridgeseniors.com, or ask me if you have any questions.

Dragon Boat dry land practices have begun and we are at max capacity for our paddlers. They cannot wait to get onto the water in June for the festival!

Other upcoming special events include the In-House Tournament Awards Luncheon on Friday, March 6 at 11:00 a.m. This is for anyone who participated in the Fall In-House Tournament in 2019. Our annual St. Patrick's Day Buffet with live entertainment by Celtic Routes will be the following week on Friday, March 13 at 10:00 a.m. to 1:00 p.m.! Delicious food and alcoholic beverages will be available for purchase along with a few fun prizes.

Please note: Monday, March 2, **Contract Bridge** will be moved for the day to the South View room beside the pool room. In addition, due to the Annual General Meeting on Wednesday, March 4, there will be **no Zumba GOLD®, Carpet Bowling, or Line Dancing**; all members are strongly encouraged to attend this meeting. There will also be **no Carpet Bowling** on Friday, March 6. Until, next month, stay happy and healthy!

Ashley



CONDOLENCES TO

...The family of Ruth Orchard on her passing; the family of Helen Deal on the loss of her sister; the family of Keith Atkinson on his passing; the family of Marlene Tarnoczi on the loss of her son-in-law; the family of Audrey Melvin on her passing and the family of Eileen Watt on her passing...

GET WELL & HEALTH WISHES TO

...Pat Veres who was in the hospital; Betty Thompson who is now home from the hospital; Patrick Frain who is now home from the hospital; Donna Yauch who is now home after her surgery; John Hanam who was in the hospital; Carol Taylor who is now home from the hospital; Gord Vaselenak who is now home from the hospital; Pauline Archer who is in the hospital and Clair Zuback who is at home...



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MONDAY, MAY 11, 2020 | YATES MEMORIAL CENTRE

TWO SHOWS - 2 PM & 7:30 PM | TICKETS - EARLY BIRD \$30 - REGULAR \$35

TICKETS AT ENMAX OR YATES TICKET CENTRE OR CALL 403-329-SEAT

PROCEEDS TO NORD-BRIDGE SENIOR CENTRE

EARLY BIRD TICKETS: MARCH 2ND REGULAR TICKETS: APRIL 1ST

Social Activities *By Elaine Molyneux*



Our Valentine's luncheon was again filled to capacity with 144 hungry patrons enjoying a lovely chicken breast topped with shrimp, crab and bernaise sauce along with asparagus spears and baby potatoes. Dessert was a lovely cake topped with a chocolate heart. President Bob Tarleck was the MC and Mike Bennett said the prayer. Yvonne Nelson tickled the ivories throughout the luncheon. Thank you to all of the volunteers who helped served and a big thanks to Samantha and crew for the amazing meal. Five door prizes were also given out.

Notice to Members

Annual General Meeting Wednesday, March 4, 2020

9:30 a.m.

Multi-Purpose Hall

On the Agenda will be Activity and Program Reports
2019 Audited Financial Statements

All regularly scheduled activities in the Multi-Purpose Hall will be cancelled during the AGM

Free Coffee & Treats



NORD-BRIDGE
SENIOR CITIZENS ASSOCIATION



Lethbridge College
Massages
Wednesday, March 18, 2020
10 a.m. to Noon
(Craft Room)



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.**



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Shuttle on the Go

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



"Old Favourites" (8)

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

Christensen Salmon
GENERATIONS
Funeral Home & Cremation Services

Lethbridge
HEARING CENTRE



Tickets available at the Enmax, Yates or call 403.329.7328

Proceeds go to the Nord-Bridge Centre

TICKETS ON SALE NOW!

Nord-Bridge Seniors Outreach Program

An Irish Leprechaun Party

MONDAY, March 16th, 2020

at 1:30 p.m.



LIVE ENTERTAINMENT



Classic Legends

R.S.V.P. by March 13th, 2020 With the Front Reception Desk

COST: \$3.00 per person

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ST. PATRICK'S DAY BUFFET on Friday, March 13th, 2020. Come enjoy a great meal and some great entertainment with John King and Celtic Routes



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OUTREACH REPORT
Val Arkininstall, Outreach Coordinator

ROSES ARE RED, VIOLETS ARE BLUE! It was a fun Valentine's party with 121 guests which included walk ins, groups, and 19 volunteers all dressed in red. Back by popular demand was Tom Price and Friends singing great songs like Alberta Bound, Sweet Caroline, and songs by Johnny Cash. It was Tom's birthday so we sang Happy Birthday to him. Thanks Tom as you always do such a swell job. We sure love it when you visit us at Nord-Bridge.



A lovely snack was served with a cupcake, a cookie and a chocolate heart along with a sparkling red drink. We had 3 lovely door prizes donated by Mae Pearson and the winners were: Mary Potvin, a Nord-Bridge member, Da Capo and Ability Resource clients.



fun time with all our guests.

NEXT UP – An Irish Leprechaun Party on Monday, March 16th. Classic Legends will be back so book your seat early and come out and meet new friends. **Wear Green.**



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and other matters as you may require.
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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.



The Boutique sends out a huge thank you to all who donated the most wool ever donated for the Spring Yarn Sale.
Heather Newsham

MIND JOGGERS

Mind joggers are defined as "things and/or essences that stimulate one's memory and/or mental acuity". That has certainly proved true for me in my two year, thus far, experience with the Nord-Bridge Mind Joggers group. I look forward to Thursday mornings.

I attend Mind Joggers
Though I am not sure I am one.
It's the talent of the others in the room
That makes it so much fun.

There's fictitious stories
As well as biographical prose
And there are different kinds of poetry
Some of the cornier stuff was written by me
I do hope this group grows

Sometimes a famous author piece
A group member will share
That speaks of things or ideas
About which they care.

Sometimes a member might read
What they wrote ten years past
But the humour or moral
Still make it a blast

Once I'd been here for a while
Each person felt like a friend
As the stories they share
And support they do extend

So if you have things to say
And if you want somewhere to go
Come join Mind Joggers
And help our group grow.

Tammi Gaudry, Mind Joggers

Community Volunteer Income Tax Program

TIME FOR TAX

Book your appointment by calling
403-329-3222
to file your 2019 Income Tax return
This is a FREE service

*Please ensure you have all your tax documents before making an appointment.

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.





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

Mystery Trip #1 was a success as a full bus went to the Jasmine Tea Room for a treat and special teas. We had huge interest for the Crystal Cheese Factory with a long wait list so watch for another trip to go there possibly in May. A big thank you to Lucy Graham, Ashley Kern, Clay Olsen, John

Johnson and George Berg for their volunteer commitment as drivers of our trips and Walmart shopping days.

Mystery Trip #2 - Thursday, March 12th, 2020
 Cost: \$10 (Bus only). This trip will depart the Centre at 10:45 a.m. and return at approximately 2:45 p.m. **SOLD OUT**
 Lunch. 

Mystery Trip #3 - Thursday, April 30th, 2020
 Cost: T.B.A. This destination is somewhere unique and different. Bus will depart the Centre at 10:00 a.m. p.m. and return at approximately 3:45 p.m. 



FRIDAY, MARCH 20, 2020

Raymond Dinner Theatre Trip
 COST: \$68 (Inc. Bus, Show & Supper) **NOTE:** Evening Performance. Bus departs Centre at 5 pm



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: March 15th

OTHER OUTINGS COMING UP:

Thursday, May 7th Outing #2 to the Crystal Springs Cheese Factory. Cost: \$10. Mystery Trip #4 is scheduled for Thursday, May 21st. Details will follow in next month's Newsletter. The Passion Play in Drumheller: Friday July 17th. If you are interested, please leave your name with Val or Maria so that tickets can be booked early. 2nd Annual Edmonton trip staying at the River Cree Resort and Casino along with a side trip to the Edmonton Zoo is scheduled for September 27th through September 29th, 2020. Cost \$200 (Dbl Occ) or \$320 (Sing. Occ.) Watch for other trips in the planning stages in the next edition of the Newsletter.

Wednesday, April 8th, 2020

Old Favourites #8 at the Yates - A fun evening of a 50s, 60s and 70s music comedy revue. Cost: \$40 (Inc. Bus and Ticket)

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.

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, March 11 & 25, 2020**

COST \$3

UNDER

NORTHERN LIGHTS

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COAST LETHBRIDGE HOTEL & CONFERENCE CENTER

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Saturday, April 25, 2020 at 6 p.m.

Semi-Formal Attire

\$80 Per Person (plus online ticket fees) - Table of 8 \$550

Champagne Hospitality Welcome

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Musical Stylings of Cal Toth - Dueling Pianos

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Silent Auction

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Dinner catered by LA Chefs

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Come celebrate Nord-Bridge Seniors Centre's 40th Anniversary