



## **Nord-Bridge Seniors Centre**

1904 13 Ave. N.

Lethbridge Alberta

Phone: 403-329-3222

# **WINTER PROGRAM 2020**



## Nord-Bridge Seniors Centre Officers and Staff

### **Executive Committee**

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

### **Directors**

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

### **Staff**

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

**Nord-Bridge Seniors Centre**  
 "The Friendly Centre"  
 1904 - 13<sup>th</sup> Ave. North Lethbridge, AB T1H 4W9  
 Phone [403] 329-3222 Fax [403] 329-8824  
 Web Page: [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com)  
 Email: [friendly@nordbridgeseniors.com](mailto:friendly@nordbridgeseniors.com)  
 Find us on Facebook



## **MISSION OF THE ASSOCIATION**

The Mission of Nord-Bridge is to provide educational, social, and support service programs for Senior Citizens, and to foster independence, self worth, and a sense of community pride amongst the senior citizen population of Lethbridge and surrounding communities.

## **GOAL AND MOTTO OF NORD-BRIDGE**

To be known as "The Friendly Centre."

## **HOURS OF OPERATION**

Dunford Diner Grill open Monday - Friday, 7:00 am - 2:00 pm

(After 2 pm coffee, snacks and other refreshments available until 4:30 pm)

Fitness 55 Club open Monday - Friday 7:00 am - 4:30 pm

The Seniors Centre (Reception Desk and General Programming) is open Monday to Friday, 8:30 am - 4:30 pm.

## **MEMBERSHIP**

Membership is open to individuals 55 years of age and older. 2020 membership fees are \$50.00 (January 1st - December 31st). First time members, and lapsed renewals are charged an additional \$3.00 administration fee.

## **DUNFORD DINER**

Our dining room serves delicious and nutritious hot home cooked meals Monday to Friday. Breakfast is served from 7:00 am - 11:00 am. A breakfast buffet is served on the first Wednesday of each month. Lunch hours are 11:00 am - 2:00 pm. Lunch "Specials" are featured daily. All menu items are available for take - out, and coffee is always on.

## **GIFT BOUTIQUE**

The Gift Boutique is an ideal place to purchase hand made gifts for any occasion. The hours of operation for the Gift Boutique are Monday to Friday 9:00 am - 3:00 pm. Consignment items are accepted from members. Everyone is welcome to shop in the Gift Boutique. (For consignment information, see the Gift Boutique).

## **LIBRARY**

Our library is always growing, and content changes as members donate books and puzzles. Choose from a wide variety of genres (mystery, biographies, history, romance, non-fiction and popular fiction). The Library operates on an honor system with no late fees. Check out the great selection of books and puzzles.

## Program Areas

Nord-Bridge Seniors Centre provides a well-rounded variety of programs to meet the needs of its membership.

**Educational & Life-Skills Programs** - Nord-Bridge partners with various non-profit agencies, and institutions like the University of Lethbridge, Lethbridge College, Alberta Health Services and others to offer classes and programs to members.

**Fitness & Socialization Programs** - Programs are organized and administered for daily socialization and fitness appropriate for seniors. Some activities also interconnect and support participation in the Alberta 55 Plus Games and zone competitions. Fitness & socialization programs support general health and well-being.

**Keep-In-Touch Program** - Wellness phone calls are made by Keep-In Touch volunteers to seniors confined at home, or are asking for regular contact. Visits by volunteers to members are also a part of this program.

**Monthly Outreach Program** - The Outreach Program organizes socials and in-reach activities geared for isolated seniors. The Outreach committee coordinates its activities with housing and assisted living facilities, so transportation is available to Nord-Bridge for its monthly social. Hospital visits, get well cards, calls, and bereavement support for members is also provided as part of the Outreach Program. Please see the back of this booklet for dates of Outreach socials.

**Social Programs** - Themed luncheons and socials are planned for special events and occasions. Please see the back of this booklet for dates of socials and luncheons.

**Travel Programs** - Day excursions and extended trips are offered to various attractions and Southern Alberta venues. Stop by our Travel Board for updates on trips.

**Volunteer Programs** - Volunteers are the mainstay of the Nord-Bridge Seniors Centre. Offering volunteer service helps put knowledge and experience back into the community. If you would like a volunteer opportunity at Nord-Bridge, please leave your name at the Front Reception Desk.

**Go Friendly Shuttle Service** - This door-to-door transportation service between member homes and Nord-Bridge has been operating since February 2008. The *Go Friendly* service started as a pilot project of the City of Lethbridge, Lethbridge Transit and Nord-Bridge. Today it has been expanded to include service to LSCO. Just phone the Reception Desk at 403-329-3222 the day before to arrange a pick-up.



Available:

**MONDAY THROUGH FRIDAY :**

ALL DAY SERVICE 8:30 a.m. to 4:00 p.m.

**COST:** \$3.00 per one-way trip (CASH)...or...

\$21.00 for 10 ride Transit *Breeze Card*...or...

\$28.00 for monthly *Breeze Card*

*\*All prices are for Seniors 65+*

## Drop - In Activities

Drop-In Activities are open to **Members Only**. However, if you are a **non-member**, you can try the activity for a maximum of three times before you need to become a member (\*excluding the pool room). You do not need to sign-up for the following programs once you are a member:

### **Carpet Bowling** - Susie Joncas, Convener

Carpet Bowling is a team sport played on an indoor carpet, using bowls and a jack. The object is for the team to gain as many shots as possible by getting their bowls nearer to the jack than their opponents. Our group welcomes new members, and is willing to give instruction if needed. Carpet Bowling is held on Wednesday & Friday at 10:00 am in the Multi-Purpose Hall. **\*No class March 4 and 6.**

### **Darts** - Dianne Reid, Convener

Darts is an indoor game in which players take turns throwing darts. Players start at a set score of usually 501 and win by reducing their score to zero. There are ten dart boards in the Multi-Purpose Hall. Darts is played every Monday\* and Wednesday at 1:00 pm. New and novice players are welcome. **\*Darts is cancelled on 3rd Monday of each month or the Monday on which it falls to accommodate the Outreach Program.**

### **Floor Curling** - Vacant, Convener

Floor Curling is a team sport very similar to ice curling, with a Lead, Second, Third and a Skip. The object of the game is to gain as many shots as possible by getting your team's rocks nearer to the centre of the house than your opponent does. The Floor Curlers meet on Monday at 10:00 am & Thursday at 9:00 am in the Multi-Purpose Hall. Come out and join the fun. Beginners, novice and experienced players are all welcome. **\*No class June 18.**

### **Pool** - Vacant, Convener

The Veres Family Games Room is open daily 8:30 am - 4:30 pm and has three pool tables: One Eight / Nine Ball regulation table for both men & ladies, and two twelve-foot tables suitable for pool golf and snooker. **\*Please be advised, a user fee is required for this program. An Annual fee of \$50.00 or an alternate drop-in fee of \$2.00 per day to play can be paid at the drop box located at the entrance of the Veres Family Games room.**

### **Table Shuffleboard** - Clay Olsen, Convener

Shuffleboard is a game in which players slide metal weighted pucks down a long smooth wooden table into a scoring area at the opposite end of the table. There are three shuffleboards in the Veres Family Games Room. The scheduled day and time for the program is Tuesday at 9:00 am, but the shuffleboard tables can be used at other times as available. **\*Members** are welcome to drop-in for a fee of \$2.00 per day to play a game or two.

### **Table Tennis** - Jerry Mikusek & Dave Bergen, Conveners

This activity is located in the Multi-Purpose Hall on Wednesday evenings at 7:00 pm, and includes open play, singles & doubles. New members are welcome and instruction is available if required. Non-Members pay a \$2.00 nightly drop-in fee.

### **Floor Shuffleboard** - Lorna Vandervalk, Convener

Floor Shuffleboard is a game in which players use a pole - called a cue - to drive a flat, circular disc across the floor to a scoring box. Two people or teams can play floor shuffleboard against one another and try to prevent each other from scoring. This activity is played in the Multi-Purpose Hall on Thursday at 1:15 pm. **\*No class June 4.**

### **Bocce** - Diana Neal, Convener

Anyone interested in Bocce, should come out to the Nor-Bridge Lions Park at 2:00PM (weather permitting) on Tuesdays. Bocce will start once the weather starts to warm up (May or June) for more information refer to our monthly Newsletter.

### **Golf** - Kaye Murphy, Convener

Bring your golf clubs on Tuesdays and Thursdays (weather permitting) at 8:15 am as the group heads to Evergreen Golf Centre. Watch for more information in the monthly Newsletters as to when the golf program will start.

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

**Cribbage** - Gord Yauch, Convener

Cribbage is played with a regular 52-card deck, by two, three, or four players. The Crib program is played every Friday at 1:00 pm in the Dunford Diner Annex.

**Euchre** - Gord Yauch, Convener

Euchre is generally played by four persons, with a pack of 32 cards, consisting of nines through the aces. The Euchre program runs Wednesdays at 1:00 pm. in the Dunford Diner Annex.

**Bid Euchre** - Mike Bennet, Convener

Bid Euchre is played every Monday evening at 6:30 pm in the Multi-Purpose Hall. 32 cards are dealt (double deck from Ace to Jack) Eight cards per person. Game is finished when all players have dealt twice. Play with partners same as regular Euchre. Each player bids once starting with the person to the left of the dealer, highest bidder leads, if you win the bid you only count the number of tricks bid, not the number of tricks taken. There is a \$3.00 per evening fee for members.

**Contract Bridge** - Hans & Louise Kochan, Convener

This program meets on Monday and Friday in the West Community Room at 1:00 pm. Anyone wishing to learn the game or wanting to join in, please stop by. *\*March 2nd will be in the South View Room.*

**Duplicate Bridge** - Craig Gregory, Convener

This is a fun Duplicate Bridge Club at Nord-Bridge on Thursday afternoons at 1:00 pm in the Dunford Diner Annex. In Duplicate Bridge, the same hands are played at each table and your score is based upon your performance against other players. A player normally plays with the same partner for that day, but please come even if you don't have a partner, and we will try to match you up with someone. Players must be Nord-Bridge members. *\*January 23rd, will be in the South View Room.*

**Canasta** - Vacant, Convener

Canasta is a card game of the Rummy family. Players attempt to make melds of seven cards of the same rank and "go out" by playing all cards in their hands. Canasta is played in the Dining Room Annex every Tuesday at 1:00 pm.

**Hand & Foot** - Gord Yauch, Convener

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

**Whist Program**

The classic game of whist is a plain-trick game without bidding, for four players in fixed partnerships. Rules are simple, and there are various forms of whist. Three varieties of whist are played at Nord-Bridge: Trump Whist, Military Whist and Norwegian Whist.

**Military Whist** - Donna Takeda, Convener

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

**Norwegian Whist** - Joe & Dianne Smith, Conveners

This program is not currently running due to lack of interest. If there is enough interest, Nord-Bridge will look at a new date.

**Trump Whist** - Vacant, Conveners

This program is played every Thursday at 1:00 pm in the Dunford Diner Annex. *\*January 23rd, will be in the South View Room.*

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

The subject of many a disagreement in Westerners, was the game Texas Hold'em. Fast forward to present day and minus the saloon / gun fights, Texas Hold'em has become the most popular poker game in North America. Hold'em is a community card game where each player may use any combination of the five community cards and his/her own two hole cards to make a poker hand. This is a fun and easy game to learn. There is a small weekly fee to play the game. Texas Hold'em is played every Tuesday at 1:00 pm in the West Community Room.

**Scrabble** - Vacant, Convener

Scrabble is a word game in which two to four players score points by forming words from individual lettered tiles on a game board. The words are formed across/down in a crossword fashion. Players meet on Tuesday at 1:00 pm in the Dunford Diner Annex. If you are interested, drop in any Tuesday. *\*July 21st, will be in the South View Room.*

## **Social Activities– Members only unless otherwise stated**

### **Jammers** - Doug Youngren, Convener

Monday Jammers is one of the Centre's most popular programs. If you enjoy music (playing or listening) stop by to be part of this jam, or sit back and enjoy the music. The Jammers meet in the Dunford Diner & Dunford Diner Annex each Monday from 9:30 am - 12:00 pm. As seating is limited, there is a \$2.00 fee for non-members to attend this program.

### **Music Makers** - Louise Kochan, Convener

The Nord-Bridge Music Makers is a group that gets together weekly to sing. This group's main focus is music and performing at different seniors' health & housing facilities. The group meets weekly at Nord-Bridge in the Dunford Diner Annex on Tuesday from 10:00 - 11:30 am. New singers and acoustic instrumentalists are welcome.

### **Coffee Tea & You** – Barb Leclair, Convener

Strangers are just friends we haven't yet met. Do you have trouble going into a room full of people that you would love to have coffee with? Wish you had someone to have coffee with? Lots of seniors attend Nord-Bridge for exercise, cards, or art, but this group makes that special human connection. Here is your chance to come and meet others as we are always looking for new faces. This group meets every Tuesday **starting in September** at 10:00 am in the Dunford Diner.

### **Out and About & Coffee Too**

Live alone? Need a buddy to socialize with over coffee or someone to go shopping with? Out and About & Coffee Too is the program for you. This program will get you out and about for a ride on the Nord-Bridge Go-Friendly Shuttle Bus #2. For more information on this program please see Val at the Reception Desk.

## **Intergenerational Programs**

**Park Meadows Elementary School** - This is an intergenerational program between the Park Meadows Elementary School grades 4 and 5's and Nord-Bridge Senior members. They play a variety of board games with the seniors followed by a light snack all in one hour. We are always looking for more fun Nord-Bridge Senior members to volunteer in this program. Please talk to Ashley if you have any questions or would like to sign up. [The date of this program will be announced closer to April, so please watch out for posters on more info!](#)



## **Education**

### **Mind Joggers Writing Group** - Ted Sillito, Jack Simmons, Judy Knox & Melvin Horn, Conveners

The Mind Joggers Writers Group is a casual, friendly group that is always looking for new members. Each person has memories that are important to record for future generations. This group is here to offer encouragement and support as you get started in writing. You will be pleasantly surprised at how easy it is to write, once you get over the initial fear. Drop-in to the Berlando Boardroom on Thursdays at 9:30 am to see if this program is for you. You may want to just listen or join the discussions. **\*No class June 18.**

## Senior Assistance Programs

On a monthly basis, professionals and post secondary students will provide their services to assist seniors with **legal consultations, foot care, hearing consultations & massages**. Also, during the income tax season, community volunteers help seniors complete their **income tax returns**. Year round, volunteer seniors as part of Nord-Bridge's **Seniors Helping Seniors Program**, are on hand to help fill out government forms and counsel on financial assistance programs. For further details on all programs please see below.

**Dr. Schow - Foot Care** - 10:30 am - 12:30 pm, **Wednesday, Feb. 5, April 1, May 27, and July 22 in the craft room**. This service is available to Nord-Bridge **Members Only**. Appointments are necessary. Please book appointments at the Front Reception Desk. If appointments are all booked - you will be placed on a waitlist and will be given a spot on the next foot clinic date. If you have an appointment and are unable to make it, please call Nord-Bridge to let us know so we can fill your appointment with someone on the wait list. A \$15.00 co-pay per patient, per visit will be charged by Dr. Schow. Please be advised all nail care patients will be required to provide their own towel to place their feet on for nail care appointments.

**Lawyers of Huckvale LLP - Legal Consultation** is offered every other month - Second **Tuesday** 9:00 am to 11:30 am. The lawyer will be at Nord-Bridge on the following dates: **Mar. 10, May 12, and July 14**. This service is for Nord-Bridge **Members Only**. Members can sign up at the Reception Desk for an half hour free consultation. These are initial consults only. They will discuss members' needs and offer advice on how best to legally proceed.

**Coffee with a Constable, Lethbridge Police Services** - Constable Les Vonkeman will sit down and chat with you about any questions you may have regarding law enforcement, and concerns. Constable Vonkeman will be here the second Wednesday of each month from 10:00 am - 11:00 am.

**Lethbridge Elder Abuse Response Network** - Joanne Blinco is the Lethbridge Elder Abuse Response Network Case Manager. If you or someone close to you who is an older adult has been victimized by a family member, spouse, partner, friend, caregiver or other person in a position of trust, Joanne can help. Joanne will be here on the 3rd Wednesday of each month from 10:00 am - noon in the board room.

**Candice and Jake Boldt of Lethbridge Hearing Centre** - offer FREE hearing tests and consultations every third Thursday of the month from 10:00 am until Noon to Nord-Bridge **Members Only**. Candice or Jake will be here on **Jan. 16, Feb. 20, Mar. 19, April 16, May 21, June 18, July 16, and Aug. 20**. Appointments are necessary. Please book your half hour appointment at the Reception Desk.

### Member Support Coordinator

The goal of this program is to assist **Nord-Bridge Members** in maintaining their quality of life, independence and providing support during times of crisis. If you are struggling in any area of your life: stress, a loss, sadness, changes in your health, family concerns, or are considering moving, just to name a few, please stop in to have a private and confidential conversation with Lorri Penner. You do not have to deal with your concerns alone, help is available. Often a conversation is enough to alleviate a worrisome situation you are facing. Should a conversation not be enough, there are many programs and agencies that are able to provide specialized assistance and the Member Support Coordinator will help make these arrangements for you. Drop in's welcome or you can make an appointment. See the schedule posted outside of Lorri's office located opposite of the Reception Desk and across from the Dunford Diner.



**Seniors Helping Seniors Tax and Form Assistance** - The "Seniors Helping Seniors" program at Nord-Bridge is staffed by a team of knowledgeable volunteers Monday to Friday year round. The team includes six tax preparers and a few administrative volunteers, who assist seniors and the community at-large, with modest tax returns through Revenue Canada's "Community Volunteer Tax Program." This service is offered March 2 through April 30. During the balance of the year, "Seniors Helping Seniors" volunteers assist with filing of late returns, and help seniors qualify, or re-qualify, for benefits available under the Provincial Alberta Seniors Benefits. Special Needs Assistance Programs for Seniors; Federal Old Age Security; Guaranteed Income Supplement; and Canada Pension Plan benefits. Please phone the Reception Desk at 403-329-3222 in advance to make an appointment with one of the volunteers.

**Community Volunteer Income Tax Program** - If you are unable to complete your income tax and benefit return by yourself and are unable to pay for assistance, our Community Volunteer Income Tax Program may be for you. Each year volunteers from the community are trained by Canada Revenue to complete simple income tax returns. Volunteers do not complete income tax and benefit returns for deceased persons, bankrupt individuals, or individuals who have capital gains or losses, employment expenses, or business or rental income and expenses. Please note volunteers cannot prepare returns for incomes over \$25,000 for a single person and \$30,000 for a couple. This program is offered from February to April, dates will be announced once volunteers are confirmed. Please see the Front Reception Desk or check the Newsletter for start dates of this program. Appointments can be made at the Front Reception Desk or by calling 403-329-3222. Income taxes can also be dropped off at Nord-Bridge (please make sure all your tax information is included, along with your birth date, marital status and social insurance number). **This is a FREE service; however donations to Nord-Bridge would be greatly appreciated.**

**Southern Alberta Institute of Massage - Massage Therapy Students** - If your muscles are sore come in for a free massage! Massages are on a first-come first-served basis. The students will be at Nord-Bridge on Fridays, Jan. 31 & Feb. 28 from 9:30 am until 11:30 am. This service is for Nord-Bridge Members Only. Please check with the Reception Desk and Monthly Newsletter for more information



**Lethbridge College - Massage Therapy Students** - If your muscles are sore come in for a free massage! Massages are on a first-come first-served basis. The College students will be at Nord-Bridge on Wednesdays, Jan. 22, Feb. 12, and March 18 from 10:00 am - Noon. This service is for Nord-Bridge Members Only. Please check with the Reception Desk and Monthly Newsletter for more information.

**Reiki Relaxation Therapy – Laura Sebok from Wholeness Reiki**- Registered Reiki Practitioner will be at Nord-Bridge the Third Tuesday\* of every month in the South View Room beside the pool room. \$25.00 per member per 30 minute session. Reiki therapy uses the body's own energy to facilitate healing. This is great for those that have high anxiety or pain, and creates a sense of well being which strengthens the immune system. For Members Only. Please watch for a sign up sheet beside the front reception desk with scheduled times. \*This will not begin until March 2020.

## Paid Classes and Special Programs at a Glance:

<input type="checkbox"/>	<b>Acrylic Painting</b>	Session 1 – Jan. 16	Cost: \$55.00 M
		Session 2 – Mar. 12	Cost: \$55.00 M
		Session 3 – May 7	Cost: \$55.00 M
<input type="checkbox"/>	<b>Active POUND</b>	Session 1 – Jan. 14	Cost: \$35.00 M
<input type="checkbox"/>		Session 2 – Mar. 31	Cost: \$35.00 M
<input type="checkbox"/>	<b>Appl. Of Water. Tech.</b>	Jan. 27 – Mar. 23	Cost: \$50.00 M
<input type="checkbox"/>	<b>Balance and Beyond</b> *NEW	April 21 – June 9	Cost: \$40.00 M
<input type="checkbox"/>	<b>Begin Water Color</b>	Session 1 - Jan 7	Cost: \$45.00 M
<input type="checkbox"/>		Session 2 – April 21	Cost: \$45.00 M
<input type="checkbox"/>	<b>Chair Yoga</b> Friday	Session 1 – Jan 10	Cost: \$35.00 M
		Session 2 – Feb. 28	Cost: \$35.00 M
		Session 3 – Apr. 24	Cost: \$35.00 M
<input type="checkbox"/>	<b>Chair Yoga</b> Monday	Session 1 – Jan 6	Cost: \$35.00 M
		Session 2 – Mar. 2	Cost: \$35.00 M
		Session 3 – April. 27	Cost: \$35.00 M
<input type="checkbox"/>	<b>Cooking For One</b>	March 5 – April 2 FULL	Cost: FREE M
<input type="checkbox"/>	<b>Exercises with Arthritis</b>	Jan. 21– Mar 24	Cost: \$35.00 M
<input type="checkbox"/>	<b>Evening POUND</b>	Session 1 – Jan 14	Cost: \$40.00 M
<input type="checkbox"/>		Session 2 – Mar. 31	Cost: \$40.00 M
<input type="checkbox"/>	<b>Fitball</b>	Jan. 22 – Apr. 1	Cost: \$35.00 M
<input type="checkbox"/>	<b>Gentle Yoga</b> Monday	Session 1 – FULL	Cost: \$35.00 M
<input type="checkbox"/>		Session 2 – Mar. 2	Cost: \$35.00 M
<input type="checkbox"/>		Session 3 – Apr. 27	Cost: \$35.00 M
<input type="checkbox"/>	<b>Group Swing Dancing</b>	Feb. 5 – FULL	Cost: \$10.00 M
<input type="checkbox"/>	<b>Guided Meditation</b>	Session 1 – Jan. 15	Cost: \$20.00 M
<input type="checkbox"/>		Session 2 – Mar. 25	Cost: \$20.00 M
<input type="checkbox"/>	<b>Keep Fit Aerobics</b>	Jan. 7 – June 16 FULL	Cost: \$25.00 M
<input type="checkbox"/>	<b>Keep Fit Combo</b>	Jan. 9 – June 11	Cost: \$25.00 M
<input type="checkbox"/>	<b>Making Waves w/ Water</b>	Mar. 30 - May 11	Cost: \$50.00 M
<input type="checkbox"/>	<b>Practicing Happiness</b>	Session 1– CANCELLED	Cost: FREE
<input type="checkbox"/>		Session 2 – Mar. 9	Cost: FREE
<input type="checkbox"/>		Session 3 – April 27	Cost: FREE
<input type="checkbox"/>	<b>Seated POUND</b>	Session 1 – Jan. 8	Cost: \$35.00 M
<input type="checkbox"/>		Session 2 – Mar. 25	Cost: \$35.00 M

<input type="checkbox"/>	<b>Seated/ Floor Somatics</b>	Jan 7 - Feb. 25 <b>FULL</b>	Cost: \$40.00 M
<input type="checkbox"/>	<b>Stability Yoga Tuesday *NEW</b>	Session 1 – <b>CANCELLED</b>	Cost: \$35.00 M
<input type="checkbox"/>		Session 2 – Mar. 3	Cost: \$35.00 M
<input type="checkbox"/>	<b>Stability Yoga Friday</b>	Session 1 - <b>FULL</b>	Cost: \$35.00 M
<input type="checkbox"/>		Session 2 – Feb. 28	Cost: \$35.00 M
<input type="checkbox"/>		Session 3 – Apr. 24	Cost: \$35.00 M
<input type="checkbox"/>	<b>Tai Chi Club</b>	May 4	Cost: \$20.00 M
<input type="checkbox"/>	<b>Zumba GOLD</b>	Session 1 – Jan. 15	Cost: \$40.00 M
<input type="checkbox"/>		Session 2 – Apr. 8	Cost: \$40.00 M

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## Important Program Registration Information:

### Day 1: Thursday, January 2 at 9:00 am

Programs to register for on this day: Arts/ Crafts, & Cooking such as Beginners Watercolor, Acrylic Painting, Donna Gallant's Application of Watercolor Techniques, as well as Guided Meditation, Practicing Happiness\*, & Cooking for One\*.

### Day 2: Friday, January 3 at 9:00 am

Programs to register for on this day: All fitness programs including Keep Fit, POUND®AM and PM, Somatics, Tai Chi Club\*, Yoga, Balance & Beyond\*, Zumba GOLD ®AM, Exercise with Arthritis, Fitball, etc.

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

## Please note:

If you are registering for fitness classes and arts and crafts/meditation/ cooking, you will need to come in on **both** days. No exceptions. If you are not able to make it on these days, please find someone to register for you, we cannot reserve a spot for you on registration day. Each person will only be allowed to register for one absentee registrant and no more. We will also be handing out numbers at 8:30 am and no sooner. Once you have your number you will be welcome to sit in the dining room. We will make sure everyone can hear the numbers being called. To make the registration process smoother, you will be required to **fill out the tear out registration form on page 12** and bring with you on registration day. If you forget this form, we will give you one to fill out ASAP before the numbers are handed out, the morning of registration day or you will be able to find an electronic copy online to print out at home on our website:

[www.nordbridgeseniors.com](http://www.nordbridgeseniors.com) under the programs tab.

Thank you for your cooperation!



## Winter 2020 - Classes & Special Programs

In order to take advantage of Nord-Bridge member price for the programs, a current 2020 membership is required. The course registration fee must be paid in full prior to the start of class.

### Arts & Crafts Programs

#### Acrylic Painting

In this acrylic painting class, you will not only learn how to paint with acrylics, but also experiment with color mixing, develop brush stroke techniques, discover how to glaze, and practice composition using still life and photos for reference. The purpose of this class is to improve your painting skills and to have fun! The participant is required to buy their own supplies before the class.

##### Session 1

Begins: Thursday, January 16

Ends: March 5

##### Session 2

Begins: Thursdays, March 12

Ends: April 30

##### Session 3

Begins: Thursdays, May 7

Ends: July 2

\*No class June 4

Location: West Community Room

Time: 1:00 pm to 3:30 pm

Instructor: Karina Mak

Fee: Members: \$55.00

Non-Members: \$75.00

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

#### **The Application of Watercolor Techniques (All Levels Welcome) - Donna Gallant**

After a suggestion from my students, I will be offering this class on how to use those wonderful watercolor techniques we always try. Techniques like salt, plastic wrap, resist, rubbing alcohol and soap just to name a few. We will follow through with these techniques to complete a finished piece of work. Sounds like fun doesn't it. It's great for any level.

Begins: Monday, January 27 - March 23

Location: Craft Room

Time: 10:00 am - Noon

Maximum: 8 Students

Fee: Members: \$50.00

Non-Members: \$70.00

\*No class February 17

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

#### **Making Waves with Watercolor (All Levels Welcome) - Donna Gallant**

Learn how to paint the eye of the wave, breaking waves and white tops, deep water depth and rocky shorelines in this seascape class using watercolor and watercolor pencils. Basic techniques will be covered like transparencies, mixing the right colors, the perspective dimensions to make your spatial relationships right and creating deep intense colors. But the most important thing to understand is how the light affects water and waves. Learn how to incorporate watercolor pencils to add in your initial drawing of the subject which can be used instead of a full palette of watercolors.

Begins: Monday, March 30- May 11

Location: Craft Room

Time: 10:00 am - Noon

Maximum: 8 Students

Fee: Members: \$50.00

Non-Members: \$70.00

\*No class April 13

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

#### Woodcarving

In this class you will learn the art of carving wood. You will be able to create your own carved projects. Beginning students who have little or no experience in carving are welcome. Come join in for an adventure in Woodcarving. This class is ongoing so you can register and join anytime.

Begins: Mondays and Thursdays

Location: Craft Room

Time: 1:00 pm - 3:30 pm

Instructor: Don Johnson

Fee: Members: \$10.00

Non-Members: \$20.00



### **Beginners Watercolor (No Experience Required)**

If you are one of many beginners who think they cannot paint or draw, this is the watercolor class for you. It will calm all your fears. You will be guided through different techniques and textures such as bubble wrap, facial tissue and salt, and show you how to properly use your brushes and mix color on your paper. By the end of eight sessions, you will have the confidence in your ability to paint on your own and to have lots of paintings to show your family. The first class will be an introduction to the world of watercolor. The participant is required to buy their own supplies before the class. **\*Please pick up your supply list when you register.**

#### Session 1

Begins: Tuesday, January 7

Ends: February 25

#### Session 2

Begins: Tuesday, April 21

Ends: June 9

Time: 9:30 am – 11:30 am

Location: Craft Room

Instructor: Denise Savard

Maximum: 8 students

Fee: Members: \$45.00

Non-Members: \$65.00

### **ART CLUB- Members Only**

#### **Paper Tole - (Wednesday & Friday)**

The Paper Tole group takes multiple copies of a printed piece of art, and then cut, shape, mold and elevate the artwork to make three dimensional prints. This group meets on Wednesdays in the South View Room and in the Craft Room on Fridays. For information on this Club, please talk to the coordinator Elta Buckman. There is a member annual fee of \$15.00 on Wednesdays and \$15.00 on Fridays.

#### **Watercolor Club**

The Watercolor Club is a group of painters who have been meeting on a regular basis, sharing ideas, techniques and resources. While their primary purpose is to paint, it is important that the group retain its friendly, positive, encouraging atmosphere. The group plans occasional one day workshops, and would welcome artists who are willing to teach. The Watercolor Club meets every Tuesday afternoon at 1:00 pm in the Craft Room. For information on this Club, please talk to the co-coordinators Sandy Baceda and Erika Bosters. \$20.00 fee for members. **\*The Nord-Bridge Watercolor club now has openings for a maximum of 2 new members. We welcome those with some watercolor background. Applicants must be a member of Nordbridge and will be accepted on a first come first serve basis. Please contact Nord-Bridge and ask for Ashley at 403 329 3222.**

#### **Krafters Koffee Klub**

This group of crafters is calling all knitters, crocheters, quilters, and crafters. They invite you to meet with them on a weekly basis for a social get-together. Bring your own work projects to work on, and ideas to share. The Klub meets every Wednesday in the Craft Room from 1:00 pm - 3:00 pm. For more information on this club please contact Ashley Kern.

#### **Quilters Group**

Are you interested in getting together with other quilters one day a week? You will need to have basic quilting skills as this is not a class. This is a group that show and share, while having someone to talk to with similar interests. You do not need a machine every week. Group members work on individual projects, and sometimes on charity quilts. The group meets every Wednesday in the Craft Room from 1:00 pm - 3:00 pm. For more information please contact Lois Cicman.

#### **The Card Crafters**

We have so much fun, you should really join us every Thursday morning (9:00 am in the Craft Room) as we make new creations from donated greeting cards. Our cards are then sold in the Gift Boutique as a fund-raiser for Nord-Bridge Seniors Centre. No special skills required except a good sense of humor and the ability to cut and paste and create. For more information, please talk with the coordinator, Pat Kincaide.

#### **Paint & Sip Nite® - At Nord-Bridge! NEW**

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

## **Fitness Programs**

### **Clogging**

Clogging is an American folk dance that is similar to tap dancing. Clogging is done to almost any kind of upbeat music. Country and traditional bluegrass music are the most popular types of music for clogging. The activity is a great form of exercise, so come out and try this form of dance.

Begins: Tuesday, January 14 – March 17

Time: 10:00 am (**Intermediate**)

Time: 11:00 am (**Advanced**)

Fee: Members: \$42.00 Non-Members: \$50.00

Drop In Fee: \$5.00 Members \$6.00 Non-Members

Instructor: Sandy Nowell

Location: West Community Room

### **Line Dancing (AM Class)**

Line Dancing is a relaxed and fun form of country and western dancing, as well as an excellent exercise for both body and mind. Some experience required. This is a continuation of the Fall 2019 class but there is still room for more dancers. Please come and join us in the fun in the Multi-Purpose Hall!

Begins: Wednesday, Jan 8 – June 24

Time: 11:15 am

Location: Multi-Purpose Hall

Instructor: Della Howg

**\*No class March 4 or June 3**

### **Line Dancing (PM Class)**

Steps are simple and don't involve dancing with a partner. Basic line dance focuses on movement of the legs and feet with more advanced dances including the arms and hands. Come join in for some fun and exercise.

Begins: Tuesday, January 7 - May 26

Time: 7:00 pm

Fee: Monthly registration or \$5.00 / night

Location: Multi-Purpose Hall

Instructor: Karen Hooper

### **Tai Chi Club \*NEW**

Tai Chi, a mind-body exercise, is gentle flowing and low impact. This is for anyone interested in practicing Tai Chi and has previous experience, this is not for beginners. They will practice breathing and various techniques. Many benefits include, increased muscle strength and bone density, lower blood pressure, improved balance, coordination and flexibility, reduced pain and stiffness, increased immunity, stress reduction and mental peace. This club is for **Members Only** and payment for this class is \$20.00 for the year and can be paid at the Front Reception Desk. This club will be every Monday starting May 4 at 11:15 am in the West Community Room. Any questions, please speak to Ashley Kern, Program Coordinator.

### **ZUMBA GOLD® \*NEW**

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

#### Session 1

Begins: Wednesdays, January 15

Ends: April 1 **\*No class March 4**

#### Session 2

**\*FREE Demo class on Wednesday, January 8th – No Sign up required**

Begins: Wednesdays, April 8

Ends: June 17

Location: Multi-Purpose Hall

Time: 8:45 am - 9:30 am

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



## Exercising with Arthritis

This is a group exercise class focusing on individuals with osteo-arthritis. The class is offered in a partnership between Alberta Health Services and Nord-Bridge. The instructor TJ Dunn is a Kinesiologist with Alberta Health Services. TJ will teach participants various strengthening and "range of movement" exercises. Along with the exercises, an education component will be taught to help participants manage their chronic condition.

Begins: Tuesdays, January 21– March 24

Time: 3:00 pm - 4:00 pm

Fee: Members: \$35.00

Drop-in: Members: \$4.00/class

Location: Multi-Purpose Hall

Instructor: TJ Dunn (AHS)

Non-Members: \$55.00

Non-Members: \$6.00/class

## Fitball

As a partnership between Nord-Bridge Senior Centre and Alberta Health Services, this group exercise class will involve a variety of movements intended to stimulate the mind & body by using a combination of tools, including fitballs, tennis balls and bodyweight resistance. Build confidence in your strength & balance while you challenge yourself within your individual level of fitness & coordination.

Begins: Wednesdays, January 22– April 1

Time: 3:00 pm - 4:00 pm

Fee: Members: \$35.00

Drop-in: Members: \$4.00/class

Location: Multi-Purpose Hall

Instructor: TJ Dunn (AHS)

Non-Members: \$55.00

Non-Members: \$6.00/class

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

This energizing workout combines cardio, conditioning, and strength training with Yoga and Pilates-inspired movements from a chair or standing. Evening POUND and POUND® 55+, uses 1/4lb drumsticks engineered specially for exercising. This drumming exercise works the shoulders, biceps, triceps, forearms and back. You will increase your rhythm, timing, coordination, speed, agility, and endurance. This work out is easily modifiable and appeals to all ages and abilities. [Please bring your own yoga mat for all POUND classes and wear indoor shoes.](#)

### Tuesday Evening POUND®

Session 1

Begins: Tuesdays, January 14

Ends: March 24

Session 2

Begins: Tuesdays, March 31

Ends: June 9

Time: 5:15 pm – 6:00 pm

Location: Multi-Purpose Hall

Fee: Members: \$40.00

Non-Members: \$60.00

Drop in Fees: Members: \$8.00/class

Non-Members: \$10.00/class

Instructor: Sheila Mulgrew

**\*Please bring your own yoga mat to this class**

**\*FREE Demo class on Tuesday, January 7 at 5:15 pm – No Sign up Required!**

### Tuesday Active POUND® 55+

Session 1

Begins: Tuesdays, January 14

Ends: March 24

Session 2

Begins: Tuesdays, March 31

Ends: June 9

Time: 9:00 am – 9:45 am

Location: Multi - Purpose Hall

Fee: Members: \$35.00

Non-Members: \$55.00

Drop in Fees: Members: \$5.00/class

Non-Members: \$7.00/class

Instructor: Sheila Mulgrew

**\*Please bring your own yoga mat to this class**

**\*FREE Demo class on Tuesday January 7 at 9:00 am - No sign up required!**

### Wednesday Seated POUND® 55+

Session 1

Begins: Wednesdays, January 8

Ends: March 18

Session 2

Begins: Wednesdays, March 25

Ends: June 3

Time: 9:45 am – 10:30 am

Location: West Community Room

Fee: Members: \$35.00

Non-Members: \$55.00

Instructor: Sheila Mulgrew

**\*Please bring your own yoga mat to this class**



## Keep Fit – Tuesday Aerobics and Thursday Aerobic & Strength Training

Want to tone and shape your muscles? This class is geared to develop muscular strength and endurance. Light hand weights and resistance bands will be utilized in this class. No impact functional exercises will focus on strengthening independence in daily living activities. Please see below for fees. This class can be done either standing or seated.

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

Begins: Tuesday, January 7 – June 16

Time: 11:00 am

Fee: \$25.00

Location: Multi-Purpose Hall

### Thursday Combo (Aerobic & Strength/Flexibility Combined)

Begins: Thursday, January 9 - June 11

Time: 11:00 am

Fee: \$25.00

Location: Multi-Purpose Hall

\*No class Jan 23, June 4 & 18

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

### Tuesday Seated/ Floor Somatics \*NEW

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

Begins: Tuesday, January 7

Time: 10:00 am - 10:45am

Fee: \$40.00

Instructor: Melanie Hillaby

Ends: February 25 (8 weeks)

Location: South View Room (Beside the pool room)

Non-Members: \$60.00

Maximum Participants: 9

### Tuesday Balance and Beyond with Melanie Hillaby \*NEW

This is a gentle chair based class that any level of fitness ability can participate in safely. The focus is on balance, strength, and coordination in a fun, guided class. Participants will learn to connect with their bodies, build physical and mental strength and mobility.

Begins: Tuesday, April 21

Time: 10:00 am

Fee: \$40.00

Ends: June 9

Location: Multi-Purpose Hall

Non-Members: \$60.00 \*Max of 20

### Yoga with Melanie Hillaby

**Gentle Yoga** Offers an opportunity for students to strengthen the body and mind connection. The instructor will explore aging, anatomy, meditation, breathing and relaxation. Vinyasa yoga focuses on guiding the movements through the breath. Slow gentle movements are done in a non-intimidating, friendly manner and modifications are always offered by the instructor. Participants are asked to wear loose clothing & bring a yoga mat. **Stability Yoga** class focuses on increasing the strength of the 'core' muscle group. Core muscles are the abdominals, glutes & upper legs. They are the key to stability, balance, good posture & aid in the reduction of injuries. All classes are beginner to intermediate friendly.

#### Senior Chair Yoga

Chair Yoga is the term generally used to describe a gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support. Chair yoga has helped people with the symptoms of many health issues including: Hypertension (high blood pressure), anxiety, chronic fatigue syndrome, arthritis, vertigo (medical), multiple sclerosis, carpal tunnel syndrome, clinical depression, and chronic pain. Chair Yoga is one of the gentlest forms of yoga available. Complicated maneuvers and complex movements are not present in a Chair Yoga class. Within this type of yoga class, you can cover standing, seated, and prone postures. Most of these classes use the chair only, due to the difficulty of getting down or up from the floor. **\*Please find session prices on the next page\***

**Session 1**Monday Class: Gentle Yoga- **FULL**Begins: Monday, January 6    Ends: Feb 24    Time: 9:00 am    **\*No Class on Feb 17**Monday Class: Chair YogaBegins: Monday, January 6    Ends: Feb 24    Time: 10:15 am    **\*No Class on Feb 17**Tuesday Class: Stability Yoga **\*NEW CANCELLED**Begins: Tuesday, January 7    Ends: Feb 18    Time: 10:00 am    *\*Only yoga class in the Multi-Purpose Hall*Friday Class: Stability Yoga- **FULL**

Begins: Friday, January 10    Ends: Feb 21    Time: 9:00 am

Friday Class: Chair Yoga

Begins: Friday, January 10    Ends: Feb 21    Time: 10:15 am

**Session 2**Monday Class: Gentle YogaBegins: Monday, March 2    Ends: April 20    Time: 9:00 am    **\*No class April 13**Monday Class: Chair Yoga

Begins: Monday, March 2    Ends: April 20    Time: 10:15 am

Tuesday Class: Stability Yoga **\*NEW**Begins: Tuesday, March 3    Ends: April 14    Time: 10:00 am    *\*Only yoga class in the Multi-Purpose Hall*Friday Class: Stability YogaBegins: Friday, Feb 28    Ends: April 17    Time: 9:00 am    **\*No class April 10**Friday Class: Chair YogaBegins: Friday, Feb 28    Ends: April 17    Time: 10:15 am    **\*No class April 10****Session 3**Monday Class: Gentle YogaBegins: Monday, April 27    Ends: June 15    Time: 9:00 am    **\*No Class on May 18**Monday Class: Chair YogaBegins: Monday, April 27    Ends: June 15    Time: 10:15 am    **\*No Class on May 18**Friday Class: Stability Yoga

Begins: Friday, April 24    Ends: June 5    Time: 9:00 am

Friday Class: Chair Yoga

Begins: Friday, April 24    Ends: June 5    Time: 10:15 am

**PRICES FOR EACH YOGA SESSION & Maximum Students Allowed are:****7 Week Fee - Members: \$35.00 Non-Members: \$55.00****Maximum: 14 Students (Gentle Yoga/Stability Yoga) 25 Students (Chair Yoga)****\*\*Please refrain from wearing perfume or any scented products during Gentle, Stability, and Chair Yoga classes.\*\*****\*Tuesday Stability Yoga class is the only yoga class in the Multi-Purpose Hall**

## Mental Health and Wellness Programs

### **Guided Meditation**

Feeling stressed by life's unpredictable events? Stress no more in this Guided Meditation with Ashley Kern, Program Coordinator at Nord-Bridge Senior's Centre! We will be working on progressive relaxation, guided imagery, tapping, and mindfulness. Newcomers welcome to join, no experience required. This class will be done seated in a chair for 45 minutes, please wear comfortable clothing. My hope for the end is to feel rejuvenated, relaxed, and at peace. Sign up at Front Reception Desk, and ask Ashley for more information.

\*Please pick up a consent form when you register.

#### Session 1:

Begins: Wednesday, January 15

Ends: February 26

#### Session 2:

Begins: Wednesday, March 25

Ends: May 6

Time: 9:00 – 9:45 am

Location: South View Room

Fee: Members: \$20.00

Non-Members: \$40.00

### **Practicing Happiness**

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

#### Session 1 \*Session 1- CANCELLED

Begins: Monday, January 13

Ends: February 24\*No Class Feb 17

#### Session 2:

Begins: Monday, March 9

Ends: April 13

#### Session 3:

Begins: Monday, April 27

Ends: June 8 \*No Cass May 18

Time: 9:30 am - 11:00 am

Location: South View Room

Fee: FREE for members and non-members

## Other NEW programs for a limited time!

### **Cooking For One at the Interfaith Food Bank – Co-Op Community/Chinook Country Kitchen**

Members will learn about meal prep for one, food budgeting, as well as meeting new people! This is a partnership between Nord-Bridge and Interfaith Food Bank, featuring a two part, five class - cooking course. First class is an information session on food budgeting and safe food handling. After this, YOU and the group select the recipes and cook enough food for a week to take home and freeze in the Co-Op Community Kitchen! The last week you are cooking a meal and dessert for one in the Chinook Country Kitchen. For Members Only, sign up at reception desk. \*This class is full\*

Begins: Thursday, March 5 – April 2

Time: 9:30 am – 11:30 am

Maximum participants: 6

Fee: FREE for Members ONLY

Location: Interfaith Food Bank– 1103 3rd. Ave. N.

### **Group Swing Dancing** \*This class is FULL

Come try out Nord-Bridge Seniors Centre's newest dance class in partnership with *Swing Bridge Dance Community!* No experience necessary, singles and couples are welcome. Great exercise, while meeting new people and learning new skills. For seniors 55+. If interested, please sign up at the Front Reception Desk or talk to Ashley Kern.

Begins: Wednesday, February 5-March 11\* Tentative

Time: 2:30 pm – 3:15 pm

Location: West Community Room

Instructor: Sheldon

Fee: Members: \$10.00

Non-Members: \$30.00

### **Pop-Up Movie and Popcorn Afternoon at Nord-Bridge!**

Come and have some delicious popcorn and a refreshment while watching a classic movie! This is a FREE event for Members Only. The movie will be announced closer to the date, please watch out for posters and sign up beside the Front Reception Desk.

Date: Wednesday, March 18

Time: 1:00 pm

Location: West Community Room

\*Please sign up beside the Front Reception Desk.

## **Gaming**

### **In House Bingo** - Frances Wallace, Convener

All members and their friends (over the age of 18) are welcome to attend our weekly bingo program. This popular program is held on Fridays at 1:00 pm in the Multi-Purpose Hall. The Go Friendly Shuttle service is available for this program, for members only. Contact the Front Reception Desk for more information. Come out & give your luck a try! This is for anyone in the community.

### **Sea 'n' Oars 2020 – Nord-Bridge's very own Dragon Boat team for Seniors 55+!**

Come and join Nord-Bridge's Dragon Boat team as a paddler! If you have ever thought of joining a fun and energetic group, ask Ashley at the Front Reception Desk! Dry land training begins in March of 2020 and race day is Friday, June 26 - Sunday, June 28. Must be energetic, fun, and a reliable team player!



## **Information Sessions for 2020:**

Dr. Darren Heyland– Plan Well Guide

Wednesday, January 22, 2020 at 9:00 am

Senior Tax Credits and Scams

Friday, February 21, 2020 at 10:15 am

Annual General Meeting

Wednesday, March 4, 2020 at 9:00 am





## NORD-BRIDGE SENIORS FITNESS 55 PLUS CLUB

The "Fitness 55 Club" operates on a special pass program. A current year paid in full Nord-Bridge membership\* is required (\$50 per year) plus a special pass user fee will be charged to access the Fitness Room. The fee assists Nord-Bridge with fitness room capital costs and ongoing maintenance.

The "Fitness 55 Club" offers something for everyone. It features a wide variety of cardiovascular equipment for all physical abilities (4 treadmills, 2 ellipticals, 2 recumbent bikes, 2 upright bikes, and 1 recumbent elliptical). All cardiovascular equipment is low impact and senior friendly. The "Fitness 55 Club" facility also includes a wide variety of strength equipment, including a multi-jungle machine which offers four stations for upper body strengthening. There are three separate machines that are devoted for lower body strengthening, as well as a chest press for your upper body. Also, there is a good selection of free weights for muscle strengthening. Two Vibration Trainers are available for Fitness 55 Club members.

All Nord-Bridge members are invited to visit the FITNESS 55 CLUB. Prospective Nord-Bridge members are welcome to a free orientation to the Fitness 55 Club by booking an appointment with the Seniors Programmer or come and visit our volunteer **Jim Scott (Personal Training Specialist & Older Adult Specialist)** on **Wednesdays from 9:00 am - 12:00 pm.** Please come ready to work out and always **wear indoor shoes for the gym.**



\*Membership is available if either you or your spouse is 55 or older.

### FEES

Annual Pass - \$180\*  
 Monthly Pass - \$18\*  
 20 Visit Pass - \$25\*

\*Plus a \$10 refundable deposit  
 on the electronic access key fob.

### HOURS

Fitness 55 Club hours  
 of operation  
 are from 7:00 am - 4:30 pm.  
 Monday - Friday



**Nord-Bridge Seniors Centre**  
**1904 13 Avenue North, Lethbridge**  
**Phone: 329-3222**



## **Outreach Program**

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

January 20, 2020	1:30 pm	Program: It's Haggis Time – Imaginary Scotland Tour Entertainment - John King
February 10, 2020	1:30 pm	Program: Cupid's Day! Happy Valentines! Entertainment - Tom Price & Friends
March 16, 2020	1:30 pm	Program: An Irish Leprechaun Party – Be Wearin' Green! Entertainment - Classic Legends
April 20, 2020	1:30 pm	Program: Spring Time in the Rockies! Entertainment - Karen's Karaoke
May 11, 2020	1:30 pm	Program: Summer Indoor Beach Party! Entertainment - T.B.A.

## **Social / Fundraiser Functions**

Come out and enjoy companionship and good food at the same time. Everyone is welcome to attend these events. (Please note events highlighted in **BLUE** require tickets can be purchased at the Front Reception Desk, events highlighted in **RED** are buffet style and don't require tickets to be purchased). Dates are as follows:

Friday, January 24, 2020	Chinese New Year Buffet	11:00 am
Friday, February 14, 2020	Valentines Luncheon	11:30am
Friday, March 6, 2020	Tournament Awards Luncheon	11:00 am
Friday, March 13, 2020	St. Patricks Day Buffet	11:00 am
Tuesday, April 7 – 9, 2020	Old Favourites at the Yates	7:30 pm
Wednesday, April 15, 2020	Life Members Luncheon	11:00 am
Saturday, April 25, 2020	Under the Northern Lights Gala (Coast Hotel and Conference Center)	5:00 pm
Friday, May 1, 2020	Cinco de Mayo	11:00 am
Friday, May 8, 2020	Mother's Day Luncheon	11:30 am
Monday, May 11, 2020	Popovich Variety Show (Yates)	2:00 pm & 7:30 pm
Tuesday, June 2, 2020	Seniors' Week Pancake Breakfast	8:00 am
Thursday, June 4, 2020	Seniors' Week BBQ Picnic (Location TBA)	11:00 am
Friday, June 19 2020	Fathers Day Luncheon & Pie Auction	11:30 am
Friday, June 26, 2020	Canada Day BBQ	11:00 am
Wednesday, August 19, 2020	Whoop - Up Pancake Breakfast	8:00am