



NORD-BRIDGE SENIORS

NEWSLETTER

JULY



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

PRESIDENT'S REPORT

For 40 years Nord-Bridge Seniors Centre has been a voice for seniors in our community who have identified programs and services essential to a happy, healthy retirement. With the recent appearance of the COVID-19 crisis, there is one more item to add to the bucket list: support and supervision for long-term care homes.



COVID-19 fatality statistics consistently conclude that elderly residents of long-term care facilities, in Canada and elsewhere in the world, represent an alarming share of the total COVID-19 deaths. The situation has been so desperate in Quebec and Ontario that they have reached out to hundreds Canadian Forces personnel to provide care for seniors.

While Alberta has not yet requested the federal government to provide Canadian Forces personnel for long-term care facilities in our province, conditions in these homes are nevertheless dire, if we are to believe news reports. Consider these observations.

1. There is abundant evidence that one of the underlying weaknesses in the long-term care available to Canadian seniors is a shortage of trained, long-term care workers.

Prior to COVID-19, some residents may have had the good fortune to have frequent, even daily visits from family members. But for many long-term care residents the brief time they had with a care worker each morning may have been the only real personal contact they had in a day. Workers with case overloads may have very little time to spend with lonely clients. With the appearance of COVID-19, there is even less opportunity for personal contact.

2. Workers need both protective equipment and protection from aggressive clients.

3. Care workers must be provided with a living wage so there is no need for them to work at multiple sites. Multi-site work placement increases the risk of COVID-19 contamination in long-term care facilities.

4. As in all work situations, long-term care workers must be provided with adequate training.

5. Many of the operational problems evident in long-term care facilities appear to be related to the need for private corporations to maximize profits. In the context of a comprehensive review of long-term care in Alberta, a review of the Alberta ownership model may be in order.

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

Please follow us on our **FaceBook** page
or on our website
www.nordbridgeseniors.com
as to when we might be re-opening

If you are following us on **FaceBook** you will see that Melanie Hillaby has been posting Yoga videos for all to follow. There's Gentle Yoga, Chair Yoga, Neck and Shoulders release and many, many more. Join Melanie for an exercise class at home today!



COVID-19 RESOURCES

Grief Recovery Institute® link for handling Covid-19

<https://www.griefrecoverymethod.com/blog/2020/03/you-might-be-grieving-how-coronavirus-changed-your-life-and-thats-okay>



Eldercare Edmonton has partnered with Caregivers Alberta to support caregivers during COVID-19. If you go to their page, you will be able to register through EventBrite under the register tab. There is no cost for this.

https://www.eldercareedmonton.ca/?fbclid=IwAR0qX6DiBxwF5bBFydpX2qPf2WNkgBo0KctoGGa0pDJAKRdc_E2akCz2RhM

Caregivers Alberta also has a You Tube channel with a variety of online resources for Caregivers.

<https://www.youtube.com/user/ABCaregivers/featured>

If you are on Facebook, Caregivers Alberta has a Facebook page you can access for resources that can help you during this time. Look for the Community Caregiver Group on this page to connect with other caregivers.

<https://www.facebook.com/CaregiversAB/>




RACHAEL HARDER
 LETHBRIDGE ALBERTA MP

✉ Rachael.Harder@parl.gc.ca 📱 @RachaelHarderMP
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LORRI'S CORNER (Continued)



LORRI'S CORNER

Summer 2020!
I absolutely LOVE summer!
Next to spring, this is my all time favourite season!



But this summer is sure looking different than past summers due to Covid -19. Activities of summer such as camping, outdoor concerts, fireworks, summer vacations and family reunions have been drastically changed or canceled to keep us all safe.

This doesn't mean summer 2020 has to be a summer however... instead of focusing on activities that have been canceled or put on the unsafe list, take this time as an opportunity to try something you have never done before! I have come up with a list of activities that I am planning on trying this summer! Sometimes having a list can help when we feel stuck and don't know where to start. I hope there are a few things you can try to make this the best summer of your life!

And.... If you do try any of them, I would love for you to email me what you did and bonus points if you send pictures! Maybe you will be featured in the August 2020 newsletter!!!!

Summer activities during COVID-19

- Make your own ice cream
- Have a watermelon seed spitting contest
- Make s'mores
- Have a water balloon fight
- Eat popsicles and ice cream cones
- Go stargazing
- Nap in a hammock
- Have a barbecue and try something new
- Seek out a drive-in movie (or make your own)
- Meet your neighbours across the fence
- Look for fireflies
- Grow a little garden
- Finish the perfect summer read
- Go for a socially distanced hike or walk around your neighbourhood
- Picnic in your backyard—or your living room
- Visit an outdoor farmer's market
- Make massive ice cream sundaes
- Master something new—a new dance step, a new hobby, or a new cooking technique
- Create a virtual book club
- Watch the sun set
- Make homemade lemonade
- Give yourself a fun pedicure (rainbow toes, anyone?)
- Splash in rain puddles
- Go for a scenic drive
- Go fishing
- Build something – a bird house, a picture frame or a patio (see picture)
- Bake a fresh blueberry or cherry pie
- Drink a fruity cocktail with an umbrella in it
- Eat vegetables and fruit right out of the garden
- Look for a rainbow during a downpour

Should you be having a difficult time or struggling with feelings you don't know what to do with, please give me a call or an email. I am in the office limited hours but I am still available to support you during this crazy time. Also, if anyone is in need of hand sanitizer and/or a fabric face mask, please call the centre at 403-329-3222. We have had some very generous donations of both and want to make sure you have what you need.

Until we meet again, stay safe, stay well and keep smiling!

Lorri Penner,
 BSW, RSW, Member Support Coordinator

WINNERS



Two blocks west of the casino on Crowsnest Trail

EVERY THURSDAY IS SENIORS DAY!

25% off Gold and Ruby Cards



Every Wednesday is **VALUE PACK DAY** Everyone \$aves

Friday Nights **FREE \$500 GAME**

Sunday Afternoons **FREE \$200 GAME**

Call the Hotline: 403-327-7454
or Email: winnersbingoeth@gmail.com



NORD-BRIDGE BUILDING FUND RECENT DONORS

Anonymous \$200; Tracy & Terry Beauchemin \$100; Mimi Edwards \$80; Roberta Svennes \$260; Joe & Sumi Tomiyama \$100; Larry Hamilton \$200; Harry Fischer \$100; Mike & Diane Bennett \$125; Anonymous \$200; Rosemary Howard \$100; Leonard Hutchinson \$100; Pat Santa \$100; Norm Gyulai \$125; George & Ingrid Berg \$200; Valerie Lazzaretto \$100; Anonymous \$200; Hugh & Karen Gordon \$200; Michael & Janet Jarvis \$200; Mary Ann Lang \$25; Sharon Milos \$100; **(\$3,015)**

NORD-BRIDGE IN-HOUSE BINGO



Cumulative proceeds from Jan 1, 2020 through March 13, 2020: **\$4,856.50**

BUILDING FUND UPDATE:

	Goal	Achieved
Total Fund-Raising Goal	\$6,250,000	
From City of Lethbridge	750,000	82%
From Various Provincial Grants	2,500,000	66%
From Various Federal Grants	500,000	7%
From Nord-Bridge - by Fundraising	2,500,000	86%

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

\$ 2,157,536
\$ 342,464



WINNERS BINGO VOLUNTEER COORDINATOR NEEDED!

DUTIES INLCUDE: PHONING AND SCHEDULING BINGO VOLUNTEERS WEEKLY. NEED TO BE A REALIABLE, & ORGANIZED PERSON.

PLEASE CALL 403-329-3222 IF SERIOUSLY INTERESTED



3307 3RD AVE. S.



WELCOME New Members

We're *very* GLAD you're here!



Terry Beauchemin



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

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MEAT, FRUIT PIE, OR CRISP FUNDRAISER

Nord-Bridge will be fundraising delicious meat and fruit pies from the Pie Store! Since our Annual Father's Day Pie Auction is cancelled this year, this is the next best thing to buy a pie before Father's Day! To purchase any of the items please contact Nord-Bridge 403.329.3222

Meat Pies

Chicken Pot Pie, Chili Pot Pie, Cheeseburger, Steak & Mushroom Pie, Steak & Veggie Pie, Turkey Pot Pie

*Gluten Friendly options: Chicken Pot, Cheeseburger & Shepherds Pie

Meat Pies (single) 4" \$5.50
Meat Pies (family) 9" \$19.00

Fruit Pies & Fruit Crisps

Choose from 5 Fabulous Pie Flavours: Apple, Cherry, Peach Berry, Rhubarb, & Saskatoon Berry

Fruit Pies (single) 4" \$4.50
Fruit Pies (family) 9" \$17.00

Choose from 3 Fabulous Fruit Crisp Flavours (Gluten Free): Apple, Cherry Rhubarb, & Saskatoon

Fruit Crisps (2 serving) \$6.00
Fruit Crisps (4 serving) \$12.00



First Round: July 13th (Cut off to order)
Second Round: July 27th (Cut off to order)
Once orders have been placed, it will be approximately a week for them to come in.



the Pie Store Fund Raiser

The Pie Store is a small pie factory located in Lethbridge, Alberta. You may have purchased our products at our local Farmers Market, or perhaps you have purchased our pies from other Fund Raisers.

Our meat pies are perfect for lunches or an easy meal anytime. They are loaded with real, wholesome ingredients.

All of our pies come frozen, unbaked complete with easy baking instructions.



Chili Pot Pie



Steak/Mushroom



Chicken Pot Pie

MEAT PIES

Cheeseburger Single 4" \$ 5.50
Family 9" \$19.00

Chicken Pot Pie Single 4" \$ 5.50
Family 9" \$19.00

Chili Pot Pie Single 4" \$ 5.50
Family 9" \$19.00

Steak & Mushroom Pie Single 4" \$ 5.50
Family 9" \$19.00

Steak & Veggie Single 4" \$ 5.50
Family 9" \$19.00

Turkey Pot Pie Single 4" \$ 5.50
Family 9" \$19.00

GLUTEN FRIENDLY

Chicken Pot Single 4" \$6.50

Cheeseburger Single 4" \$6.50

Shepherds Pie Serves 1-2 \$7.00
Serves 3-4 \$14.00

Please note that our 'gluten friendly' products do not have gluten added to them, but are made in our facility which contains wheat products, and may have traces of gluten in them.

Silver for Silver Head Shaving Fundraiser



Our goal is to raise \$10,000 by July 9th!

If we hit our goal: Clay, Val, Al, Billy and David will shave their heads! All funds raised will go directly to Nord-Bridge Seniors Centre.

Call 403-329-3222 to donate today!

*Donations over \$25.00 will receive a tax receipt
We can accept cheques, credit cards, cash or E-Transfers



FREE Delivery

Keeping our seniors safe and healthy during COVID-19. Nord-Bridge is providing grocery shopping and FREE deliveries to any senior residing in the City of Lethbridge.

Call today to place your grocery order

403-329-3222

JO ANN KELLY

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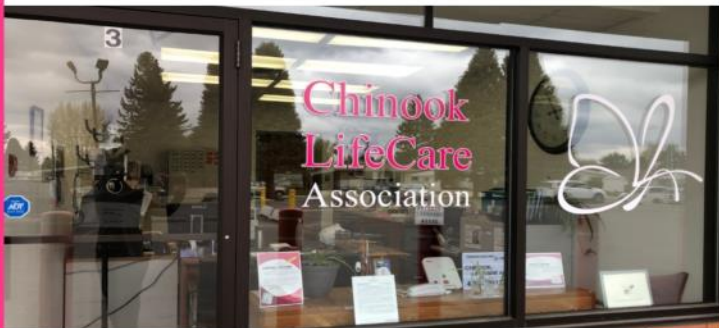
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www.chinooklifecare.net

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HeartToHomeMeals.ca

*Some conditions may apply.



EXECUTIVE DIRECTOR'S REPORT

Greeting Members,

I am happy to see the light at the end of the tunnel. For consecutive weeks; we have seen progress in the battle against this COVID-19 pandemic. Alberta has now moved into Stage 2 of their relaunch and guidelines for businesses, non-profit organizations, sports and activities are being released. Although Nord-Bridge still does not have a set date for re-opening, we are taking the steps to prepare for our re-opening. Protective screens will be installed at our Front Reception Desk to protect members and staff. Social distancing measures will be in place adhering to set guidelines and more hand-sanitizing stations will be set up. Our dining room will only seat half the capacity because of the social distancing guidelines. We will have a lot of changes and guidelines to follow; I for one will gladly accept these changes if it means we can have our members back in the building. I thank all of our members and community for your continued patience. The Administrative team and Board of Directors want to ensure we are prepared to safely open our doors when it is advisable.



Last month we held a special Liver and Onions curbside pick up and delivery event. The event exceeded our expectations and proved to be a tremendous success! We sold 130 orders of Liver and Onions. We decided we would try another curbside pick up and delivery event with Veal Cutlets as the main course. At the time of writing this article we had 198 orders of Veal placed. We had to stop taking orders two days prior to the cut-off date because we exceeded the capacity to cook the orders in the 2 hour time window. Thank you to all our members and the community for supporting our food events.

Take care and stay safe.

David Ng

Executive Director

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Through the Generations.*

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Christensen Salmon
GENERATIONS

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Programmer's Report by Ashley Kern

July is usually a quiet month around Nord-Bridge, but nothing like this! However, it has been nice to catch up on some things as well as plan for a full couple of months of virtual programs for our Nord-Bridge members and those in the community as well.



Last month we finished off with a bang with Liver and Onions on the 5th and then Veal Cutlets on the 26th! We had a great turn out both times! We are hoping to have another drive by luncheon at the end of this month or beginning of next!

Starting Tuesday, July 7th, Melanie is offering a Balance & Beyond online class via Zoom at 9:30 am for 8 weeks. If you are interested or previously registered for this class before Nord-Bridge shut down, please contact me.

She is also offering an in-person Yoga combination class for 7 weeks as well on, Tuesday, July 7th at 10:30 am as well as Wednesday, July 8th at 10:00 am in the Multi-Purpose Hall of Nord-Bridge. Please note: these are the ONLY program that are running in Nord-Bridge at this time. There will be parameters around this of course due to COVID-19 including social distancing in place of 2 metres from person to person, participants will be required to enter at one end and exit at another, bring their own hand sanitizer, and masks. Please bring your own Yoga mats and blocks as well, but we will supply any of these as needed. We will be sanitizing this room as well, but please do not attend if you are not feeling well and please do not wear any scented products. If you previously registered in a yoga class, (Chair, Stability or Gentle) before we closed on March 13 and you did not get to participate in these classes, your credit will go towards this July yoga class. For those that have not previously registered for these yoga classes prior to Nord-Bridge closing, the fee is \$35.00 for 7 weeks, but spaces will be limited. Keep in mind if you are not comfortable or able to come into the class, we will have a recorded version for participants to watch later (for registered participants only).

There will also be new guest speakers every month. This month is Dan Walton, a 28 year veteran of policing and is the owner or Savoy Six Advisor Group. He will be discussing personal safety with some COVID-19 related material. This will be on Monday, July, 13 at 1:00 pm via Zoom! Please email me at akern@nordbridgeseniors.com for the Zoom invite. Paint Nite® has been re-scheduled for Friday, September 25 at 6:00 pm for the cost of \$40.00. Fingers crossed this class will be in person rather than through Zoom! Last months, virtual cooking class had such great feedback, that I am planning another Cooking Class on July 20th at 10:30 am, so please watch out for that on our Facebook page and our website for the delicious step by step meal we will be preparing.

We are continuing with the meat and fruit pie fundraiser but this time we are now taking orders two weeks apart in order to receive your order sooner. The deadline for the first round is Monday, July 13, and for the second round it is Monday, July 27, please allow a week for the orders to come in.

Speaking of fundraisers, you may have heard we are also raising money for the Fitness 55 Club for some new equipment! 200 members to donate \$100.00 each in order to reach our goal of \$20,000.00. Please see page 10 for more information. As well as *Silver for Silver*, where a select few of our Nord-Bridge members: Valerie Arkinstall, Clay Olsen, Billy McTighe, Al Rose and David Major will shave their heads if we raise \$10,000.00 by July 9th! Please go to www.nordbridgeseniors.com if you want to learn more about how you can help under the "Virtual Programs" tab or call 403-329-3222 to donate.

One last note, please make sure you are keeping updated on www.nordbridgeseniors.com for a list of all our virtual programs and fundraisers. If you have *Facebook*, make sure you "Like" us at Nord-Bridge Seniors Centre in the search bar of Facebook, or "Follow" us on *Twitter* @BridgeNord.

Until next month, stay happy and healthy!

Ashley

MORE COVID-19 RESOURCES

Family Violence Prevention

Rates of family violence, including elder abuse, increase during and following natural disasters, public health crises and economic downturns. It is important to know where to turn if you or someone you know is experiencing family violence during the COVID-19 pandemic.

In Lethbridge you can call the Police (911) if you are in a threatened situation or call the Domestic Violence Action Team at (403) 381-3900. Their website is dvat.ca or email bill.kaye@dvat.ca

My name is **Joanne Blinco**. I am the Case Manager of **LEARN - Lethbridge Elder Abuse Response Network**. If you, or someone you know is experiencing elder abuse, please give me a call at **403-394-0306** **When it comes to Elder Abuse, silence is not an option**.



Provincial Help: A 24-hour Family Violence Information Line is available at 310-1818 to get anonymous help in more than 170 languages.

Hoarding Outreach Management & Education Committee (HOME) : (403) 329-0556 ext. 148 or cell: (587) 220-8646 email: lethbridgehometeam@gmail.com

Mental Health Supports

Albertans can call the Mental Health Help Line at 1-877-303-2642 or the Addiction Help Line at 1-866-332-2322, 24 hours a day, seven days a week, for confidential support, information and referrals.

Empowering **THE HEART**
WITH GUEST SPEAKER
Renaë Peterson
Video Conference
Thursday, August 13 @ 1:00 PM



RENAË PETERSON, IS A REGISTERED NURSE AND EMPOWERMENT COACH WHO FOUNDED THE BEAUTIFUL INSIDE ACADEMY IN 2007. SHE HAS HAS SINCE THEN GUIDED TEEN GIRLS TO SELF-IMPROVEMENT, SELF-RESPECT, AND TAUGHT THEM THAT "HEART WORK" IS THE "HARD WORK". JOIN US FOR A TALK ABOUT EMPOWERING THE HEART DURING THESE UNKNOWN TIMES AND HOW TO GET BACK TO THE REAL YOU. OPEN TO ALL!

EMPOWER - INSPIRE - ENCOURAGE

Call 403-329-3222 and ask Ashley for the Meeting ID and Password



MONDAY, JULY 13 @ 1 PM

LIVE ZOOM SESSION WITH:
GUEST SPEAKER, DAN WALTON ON PERSONAL SAFETY



DAN IS A 28 YEAR VETERAN OF POLICING AND IS THE OWNER OF SAVOY SIX ADVISOR GROUP. HE TEACHES EVERYTHING FROM PERSONAL SELF-DEFENSE CLASSES FOR ADULTS AND CHILDREN TO INTERNET SAFETY. THIS INFORMATIVE 30 MINUTE SESSION IS GREAT INFORMATION FOR ANYONE TO USE FOR YEARS TO COME ON PERSONAL SAFETY!

*EMAIL akern@nordbridgeseniors.com to REGISTER



ਸਿੱਖ ਸੋਸਾਇਟੀ ਆਫ ਲੇਥਬ੍ਰਿਜ ਐਲਬਰਟਾ
SIKH SOCIETY OF LETHBRIDGE
COVID-19 RELIEF

Albertans Helping Albertans - Albertans Helping Albertans - Albertans Helping Albertans

In this time of profound stress due to global COVID-19 pandemic, many families have endured hardship via lost sources of income. The Sikh community, in every nation around the world, including Canada has come forward to help in order to fulfill one of the most basic tenants of their faith: Selfless Service to others (ਸੇਵਾ).

The Sikh Society of Lethbridge would like to extend a helping hand to families in need by providing vegetarian essential groceries. At this time we are asking for you to please contact us and provide a list of your essentials. We will do our best to procure them for you and have them delivered to your door steps. The service will be provided on a case by case, (FIRST COME FIRST SERVE) basis throughout Lethbridge. We will continue to do this as long as we can with the help of our volunteers and donations.

[Contact Us](#) [Volunteer](#) [Donate](#)

Facebook.com/SikhSocietyOfLethbridge
587-997-4597 info@sikhsocietyoflethbridge.ca
(Call Between 8 am to 8 pm)

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Upcoming **FREE** consultation dates:
possibly **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.



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*We lessen the expense
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The Grief of Losing a Loved One to Dementia

June 30, 2020 | 6:30PM - 7:30PM
(MDT)



Join Ashley Mielke, Founder and Director of [The Grief and Trauma Healing Centre](#) for an engaging heart-to-heart conversation on what grief is, the losses associated to Dementia, the normal and natural reactions to loss, the myths and behaviours that keep us stuck, and the actionable steps you can take to heal and move forward.

[Register at www.eventbrite.ca](http://www.eventbrite.ca)

Seniors Keep In Touch Program

Are you a senior that is feeling lonely and would like someone to Keep in Touch?

For many of us, a call from a friend once or twice a week makes a big difference in how we feel. Knowing that someone cares and is there to share stories and laugh with is comforting and meaningful in so many ways.

The Keep in Touch Program connects the people in our community with each other through a weekly telephone support system. Through Keep in Touch we can connect you with a friendly person to chat with and they can help you find resources if needed.

So how does it work:

If you are a senior that would like to receive a call each week, OR if you have a neighbor or family member whose days could be brightened simply give us a call to complete the registration. We will pair that senior with a verified volunteer for safety who will call once or twice a week. We all have stories, wisdom and interests to share! Please encourage the seniors you know to contact us today and join Keep in Touch!

If you wish to sign up to receive calls or would like to refer a senior call Connie-Marie at Volunteer Lethbridge at 403-332-4320 or email us at HelpingHands@VolunteerLethbridge.com. Also, if you know someone who has a few hours a week to bring joy and interest to someone's life as a volunteer in the program please have them give us a call.

"The funding for the Covid-19 Seniors Response Project has been provided by the Government of Canada's New Horizons for Seniors Program"

Seniors - Keep In Touch - Registration Form

Thank you for your interest in the Keep In Touch program. This program provides you with a weekly phone call from a friendly volunteer to chat with. All volunteers are verified for safety and you can opt out of this program at any time. Please note that volunteers have basic training and are only intended as a friendly wellness chat. They can help you find access to resources if you are in need.

Once you have completed this form, send it to the email below and you will be paired with an individual from the community. If you have any questions please call 403-332-4320 or email helpinghands@volunteerlethbridge.com

First and Last Name: _____

Home Phone: _____ Cell Phone: _____

Email: _____

What Language(s) are you comfortable speaking: _____

Staff will check in with you periodically to see how the calls are going. Please circle your preferred method of contact. **Email** or **Phone**

How many calls per week would you like to receive? _____

Check the times/days of the week that you would like to receive the calls:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning (9 am - 12pm)							
Afternoon (12 - 4 pm)							
Evening (4 - 8 pm)							

Is there anything you would like us or the volunteer who will be contacting you to know before they call you?

Signature _____ Date _____

Once you have been match with a volunteer, we will connect with you to provide further information. Thank you for reaching out. We will get through this together!

Agency Referred By: _____



Phone: (403) 332-4320
Email: HelpingHands@VolunteerLethbridge.com
Website: www.volunteerlethbridge.com



Phone: (403) 329-4775
Email: admin@cmha-lethbridge.ca
Website: <http://lethbridge.cmha.ca>

Call-in Instructions

- 1) Dial the toll-free number: **1.855.703.8985**
- 2) You will hear the message: "Welcome to Zoom. Please enter your Meeting ID number followed by #"
225.573.6467#
- 3) The next message will be the following: "Please enter the participant ID or press the pound key"

**There are no further ID numbers, please press the pound key*

- 4) The next message will ask you to state your name and press the pound key (#). Please state your first name only.
Join electronically through the following link <https://zoom.us/j/2255736467>.



SENIORS' CENTRE
WITHOUT WALLS

What if I can't call myself into a program?

If you are not able to manage the call-in procedure, please call our staff at **780-395-2626** and they can help you register for programs that interest you. Participants who are registered will receive a call prior to the program and will connect to the call by pressing "1".

Program Highlights

Confront the Discomfort: Whether we like it or not, anxiety is a normal part of life. Anxiety can also get in the way of us enjoying life. In this course you will learn how to value, recognize, and react to important anxiety warning signs, and confront the discomfort in a positive and healthy way. Beginning on July 2nd, the Canadian Mental Health Association will be running this 8 week course. **Spots will be limited so please register in advance and early.**

Code of Conduct

We value and support diversity and the human rights of others regardless of their race, religion, gender identity, & sexual orientation. We strive for an inclusive environment, mutual respect, fairness and equality. Please respect all group members and their opinions even if you may not agree. No disrespectful comments will be allowed.

EDMONTON'S SENIORS' CENTRE WITHOUT WALLS

	Monday	Tuesday	Wednesday	Thursday	Friday
JULY 2020	Call: 1.855.703.8985 Meeting ID: 225.573.6467#		1 CANADA DAY NO PROGRAMS	2 9am: Gratitude Group 11am: Confront the Discomfort 1pm: Cantonese Group 3pm: Exploring Seasons in the Boreal Forest	3 11am: Strength Exercise 1pm: Did You Know? 3pm: Coffee Chat 5pm: Read Aloud Short Story
	6 11am: Exercise 1pm: Coffee Chat 3pm: What Truly Matters: Our Wishes for the Next Generation 5pm: Geriatrics Mary Reid	7 11am: Relaxation 1pm: Sing-a-Long 3pm: Indigenous Canada	8 9:45am: Chinese Association 11am: Jeopardy 1pm: Caregivers Aware 3pm: History of Board Games	9 9am: Gratitude Group 11am: Confront the Discomfort 1pm: Cantonese Group 3pm: Living Well with Osteoarthritis	10 11am: Strength Exercise 1pm: Guided Imagery 3pm: The Price is Right 5pm: Museums at Home
	13 11am: Exercise 1pm: Armchair Travels 5pm: Pet Tales	14 11am: Beyond Meditation 1pm: Sing-a-long 3pm: Fact or Fiction	15 9:45am: Chinese Association 11am: Beginner's French 1pm: Did You Know? 3pm: Coffee Chat	16 9am: Gratitude Group 11am: Confront the Discomfort 1pm: Cantonese Group 3pm: The Storyteller	17 11am: Strength Exercise 1pm: Positive Friday 3pm: Family Feud 5pm: Read Aloud Short Story
	20 11am: Exercise 1pm: Just Keep Breathing 3pm: Memory Practice 5pm: Current News	21 11am: Relaxation 1pm: Sing-a-Long 3pm: Working Through Grief	22 9:45am: Chinese Association 11am: Super Sleuths 1:30pm: Across the Miles 3pm: Girl Guides of Cheefo	23 9am: Gratitude Group 11am: Confront the Discomfort 1pm: Cantonese Group 3pm: SCWW Advisory Group	24 11am: Strength Exercise 1pm: Positive Relationships with Adult Children 3pm: Name That Tune 5pm: Come Dine With Us
	27 11am: Exercise 1pm: Readers' Corner 3pm: Did You Know? 5pm: Live Music: Violinist	28 11am: Beyond Meditation 1pm: Sing-a-Long 3pm: What is a Podcast? Intro to the Shared Mic	29 9:45am: Chinese Association 11am: Canadian History 1pm: Trash Talk 3pm: Nutrition for Health	30 9am: Gratitude Group 11am: Confront the Discomfort 1pm: Cantonese Group 3pm: Coffee Chat	31 11am: Strength Exercise 1pm: Positive Friday 3pm: BINGO 5pm: Read Aloud Short Story