

NEWSLETTER

JUNE



Spring
at
Police
Outpost
Provincial
Park



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

*Stay hopeful!
Stay connected!*



While we are not able to see you in person, your Nord-Bridge Board of Directors have been reaching out to maintain a connection to you by telephone.

The first goal of these calls is to assure you that you are not forgotten. The second is to provide some key services such as grocery delivery, prescription medication delivery, or income tax preparation. For any of these services, I would encourage you to phone Nord-Bridge at (403) 329-3222 and leave your name and phone number so a staff member can get back to you. The income tax program began operations in late-May and, as you won't be able to enter the building, you will be required to enter your documents through the newly-installed mail slot in the front window.

A third goal is to advise you that Nord-Bridge is offering on-line programs covering such areas as recreation, fitness, arts and crafts, and wellness. For those interested in golf, the Nord-Bridge golf program has already begun. For information on any of our on-line offerings as well as golf, kindly contact Ashley at (403) 329-3222 for more information.

I know some of you are wondering when we will be opening the doors for our regular programming. I wish I could provide a definitive answer to that question but the opening date will be determined by the provincial government. Re-opening, however, may be delayed until the beginning of September. But whenever it is, I can assure you that you will be welcomed by a cluster of close friends.

Stay home! Stay safe! And stay happy!

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.

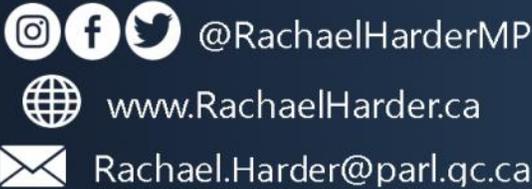
<https://www.facebook.com/CaregiversAB/>

HERE TO SERVE



RACHAEL HARDER
LETHBRIDGE ALBERTA MP

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Jake Boldt, BC-HIS



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LORRI'S CORNER

GRIEVING DURING COVID 19 AND WHY IT IS OKAY

Grief is the conflicting feelings caused by the end of or change in a familiar pattern of behaviour. Sounds like that perfectly describes what's going on in the world right now, doesn't it?

And make no mistake about it, the whole world is grieving.

Has your life and familiar patterns changed since the Coronavirus pandemic started? Prior to COVID 19 most of us felt pretty safe in our environments and sure about our plans for the future. Now there is so much uncertainty about our physical and financial security. Not only are we adapting to changes in our community, such as not being able to come to Nord-Bridge or stop in at a store without any real thought: there is no real end in sight. We don't know when things will go back to normal or if they will again. And that is scary. This sure falls within the definition of grief being the conflicting feelings caused by the end of or change in a familiar pattern of behaviour. Everything in our lives have changed. We know everyone grieves in their own way but there are common behaviours and feelings we can all experience.

- Are you having a hard time concentrating?
- Is it tough to fall or stay asleep?
- Are you eating more often or eating way less?
- Are you eating more sugar, dessert or snack foods?
- Do you lack energy?
- Are your emotions all over the place?
- Is it hard to stay in the moment?
- Do you feel isolated and are having a hard time adjusting?
- Have you coughed and your brain went to the worst case scenario?
- Are you arguing with your spouse?
- Are you trying to avoid your feelings by drinking a bit more than you did before, binge watching TV or scrolling on social Media for hours?

So what do we do if we are noticing these behaviours in our life? If you don't know how to deal with these feelings there is nothing wrong with you.

You were likely never taught how to grieve!

No one sat us down when we were kids to explain how to deal with the normal emotional pain experienced in life. In fact, sometimes as children, our feelings were discounted or ignored. As a kid, you may have been told "Don't feel bad" and then given a logical reason why you shouldn't

With COVID 19 people might say:

"Don't feel bad. At least you're not sick"

"Why are you afraid about money? At least your spouse still has a job."

"At least you're younger, so might be better off."

"It's so sad he died, but he was old and lived a full life."

So what do we do? We stuff our grief. We don't talk about our normal sad and painful feelings and only share the positive ones.

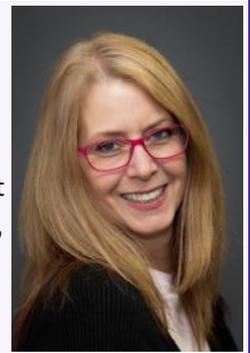
So what can we do in this uncertain time?

I encourage you to tell the truth about your feelings. Be honest when people ask how you are doing. If you aren't okay, then say that. Getting it out is extremely important and opens up important conversations. We also want to be able to help friends and family and here are a few ways to support others; a) be a heart with ears. Really listen to them, follow every word they say and stay in the moment; b) be patient. Give them time to talk without interrupting. It can be hard for grievers to formulate their thoughts and words, so they may take longer than usual; c) Let them share openly without judging, correcting, criticising or analyzing them; d) remember, it can be painful for grievers to talk about their loss. Allow them to feel listened to and safe, even if you feel uncomfortable.

Every part of your life has changed in the last few months and whether we realize it or not, we are all grieving.

Should you be having a difficult time or 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. Information in this article has been adapted from an article by Allison James of the Grief Recovery Institute.

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



Lorri Penner,
BSW, RSW, Member Support Coordinator



Celebrating Seniors Week



We are taking **ORDERS** for

LIVER and ONIONS \$10 (includes dessert)

PICK UP OR Delivery

FRIDAY, JUNE 5th

11:00 am - 1:00 pm

*Deadline for orders June 4th @ 4:00 pm

Must pre-order by calling Nord-Bridge (403-329-3222) to place your Liver and Onions order! Choose to pick up your order at Nord-Bridge (1904 13 Ave N - Main Front Doors) or have your order delivered. *Limited Delivery spots

[nordbridgeseniorslethbridge](https://www.facebook.com/nordbridgeseniorslethbridge)

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NORD-BRIDGE BUILDING FUND RECENT DONORS
Anonymous \$60; Nina Waselenak \$50; Elaine Vandenberg In Memory of Ruth Orchard \$100; Anne Pauls \$200; Robert Tarleck \$100

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 **\$ 2,154,521**
Still needed by N-B Fundraising **\$ 345,479**

GRIEF & COVID- 19

NORD-BRIDGE SENIOR'S CENTRE PRESENTS GUEST SPEAKER:

Brian Magee

TUES, JUNE 16TH @ 1 PM



BRIAN IS A CERTIFIED GRIEF RECOVERY SPECIALIST WHO HAS BEEN PRACTICING FOR OVER 11 YEARS MAKING HIS YEARS OF EXPERIENCE THE PERFECT GUEST SPEAKER DURING THESE UNKNOWN TIMES. HE WILL DISCUSS WHAT DIFFERENT TYPES OF GRIEF LOOKS LIKE DURING THIS PANDEMIC AND MANY MORE VALUABLE POINTS.

REGISTER VIA ZOOM
MEETING ID: 869 7312 1575
PASSWORD: 055298

*Please e-mail akern@nordbridgeseniors.com to get a copy of the session questionnaire prior to June 16th.

www.nordbridgeseniors.com

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LIVE



COOKING CLASS

Explore ways to cook healthy, delicious food with fresh, seasonal produce. Ingredients dropped off at your door step!

Open to all Seniors in the Community for the small fee of \$10.00!

LIVE ON MONDAY JUNE 15TH

1030 AM MST VIA ZOOM

*Limited Spots Available, call to hold your spot by Thursday, June 11th



CALL ASHLEY @ 403-329-3222

[@nordbridgeseniorscentre](mailto:nordbridgeseniorscentre)

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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



Fruit Pies & Crisps: June 1—June 11 (Cut off to order)
Meat Pies 2nd round: June 8 to June 30 (Cut off to order)
Once orders have been placed, it will be at least a week for them to come in.



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.

the Pie Store Fund Raiser



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 <small>(mild heat)</small>	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.

A HUGE
THANK YOU
TO
EVERYONE
THAT
DONATED
TO OUR
FUNDRAISERS
IN THE
MONTH
OF
MAY!



**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

This program / service is funded by The Community Foundation of Lethbridge & Southwestern Alberta - COVID-19 Response and Recovery Grants Program

JO ANN KELLY

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no pots required!*



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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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HeartToHomeMeals.ca



*Some conditions may apply.

EXECUTIVE DIRECTOR'S REPORT

Greeting Members,

Last month, I participated in a town hall meeting hosted by Minister Josephine Pon and Dr. Deena Hinshaw the Chief Medical Officer of Health. The meeting was informative and offered some insight on stage 2 of the province's anticipated relaunch strategy and where Seniors Centres may fit. Although, there was no definitive date given as to when we can reopen; there is some optimism knowing that we may be getting closer. Dr. Hinshaw outlined many guidelines that would be required for senior centres and community organizations to follow upon reopening. Protective measures such as: disinfecting common surface areas, not sharing food or drinks, maintaining physical distance from others. What we can anticipate is that many programs will have to be modified to accommodate the new guidelines and some programs may have to be discontinued until further restrictions are lifted. There will be a lot of changes however, these changes will be for the safety of all our members and community.



The staff at Nord-Bridge are endeavoring to continue to reach out to our members and provide some normalcy. June is Seniors Week and we normally host events and activities for our members and seniors in the community. Ashley, has been working tirelessly to program activities that can be done safely through social distancing and virtual. One of the events I am most looking forward to is the Liver and Onions curbside pick up. We will gauge the success of this type of food service and if it is successful we will consider doing other food events such as Veal Cutlets.

Another event that we are attempting to carry on is our annual Father's Day Pie Auction. Although we are not able to auction off pies, we are offering fruit pies to be purchased from the Pie Store. If you would like to order one or two pies to bake at home, contact Nord-Bridge to place your order and we will deliver them to you when they arrive.

Take care of yourself and stay safe.

David Ng

Executive Director

*Continuing to Care
Through the Generations.*

703 - 13 Street North
Lethbridge, AB
403-382-3601

Christensen Salmon
GENERATIONS

Funeral Home & Cremation Services

A Division of The Caring Group Corp.

Programmer's Report by Ashley Kern

Well what a weird time we are all living in! I went on holidays to beautiful Arizona the second week of March and before we knew it, we were heading back a few days early due to new travel and health care restrictions due to COVID-19. Here is a photo of me hiking around the Phoenix area as we spent a lot more time outside while we were there. Once we returned we were in self-isolation for two weeks! Since then I am back at Nord-Bridge starting up some virtual online classes for our Nord-Bridge members and seniors in the community! For the most part, we have been using the Zoom online video conferencing platform, and everyone has been so receptive to learning how to use it from home in order to do a fitness class and so on.



Some new virtual programs that have started include Yoga through *YouTube* thanks to, Melanie Hillaby as well as Zumba® and POUND® classes, which is lead by Sheila Mulgrew via *Zoom* and *ZIN Studio!* On our website, www.nordbridgeseniors.com you will see we now have a tab for a list of all our most up to date, virtual programs. Our Nord-Bridge Facebook website is where we will also continue to post updates regarding COVID and how it effects our senior center and the community. There will also be some fun weekly photo sharing about various topics in order to keep us all connected during this time.



Seniors Week is the first week of June and I am excited to announce we have a few virtual events planned! Starting Wednesday, June 3 at 12:30 pm the Nord-Bridge Jammers will be playing virtual live music through the Zoom video platform, info on how to watch this session from the comfort of your home, please call 403-329-3222 and ask for Ashley. Then on Friday, June 5th we have a Liver and Onions curbside pick up or delivery from 11:00 am - 1:00 pm at Nord-Bridge's main front doors. Please call and pre-order by Thursday, June 4. This will be a drive by pick up so please stay in your vehicle to practice safe social distancing and we will

direct you to a numbered parking spot.

More virtual programs starting this month include a *Chicken Parmesan* cooking class via Zoom on Monday, June 15 at 10:30 am, this is open to everyone, but limited spots are available so please call Nord-Bridge as it is first come first serve. The cost will be \$10.00, which will include delivery of pre-portioned ingredients to your doorstep! On Tuesday, June 16th at 1:00 pm, we have guest speaker Brian Magee, Certified Grief Specialist with 11 years of experience, who will be discussing types of grief during this pandemic. You will need to join via Zoom so please call 403-329-3222 for the password and session questionnaire.

If you are interested in any of these programs, please do not hesitate to call 403-329-3222 and ask for Ashley! Most of the virtual programs are free but we are also accepting donations to Nord-Bridge for those who desire to do so. Speaking of donations to Nord-Bridge, do not forget we are still having a meat and fruit pie fundraiser this month in which all proceeds go back to Nord-Bridge! If you have any other suggestions for virtual programs, please give me a call!

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.



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THE NORD-BRIDGE
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OR CALL ASHLEY AT 403-329-3222 FOR MORE INFO.



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PRESENTS
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DATE
FRIDAY, JUNE 5 AT 6:00 PM
\$40.00 PER PERSON
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TO REGISTER PLEASE CALL
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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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Nord-Bridge Seniors Centre
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(403) 381-0700



Terry Toth
B.Sc Pharm
Pharmacist

Chad Baker
B.Sc Pharm
Pharmacist/
Owner



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Nord-Bridge offers this service through

HUCKVALE LLP
established 1906

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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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#**
*if you hear a message that this meeting does not exist, please check that you have entered the correct number and try again.
- 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.



SENIORS' CENTRE
WITHOUT WALLS

Join electronically through the following link <https://zoom.us/j/2255736467>.

Please ensure your computer speakers and microphone are set up and the Zoom application can run on your computer before you join the presentation.

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

If you are unable to call into a program, we can call you into the line. If you have requested but aren't receiving calls please contact staff directly – **780.395.2626**

- 1) A few minutes before the program starts, you will receive a call from a number that depending on your phone will show as unknown, Zoom or 1.646.568.7788. Please ensure you do not block this number!
- 2) An automated voice identifying it as a ZOOM MEETING. Press "1" to join the meeting
- 3) When asked, state your first name and then press the pound key (#)

Program Highlights

Seniors Week 2020: During the first full week of June, our programs will highlight and show appreciation for Alberta's seniors and all that they contribute to Alberta.

What Truly Matters: Led by Carol Kodish-Butt, retired grief counsellor and the founder of the original Edmonton Bereavement Centre of Jewish Family Services, a new six-week series on identifying and documenting our experiences, our wishes for the next generation (and the next). We will be giving ourselves peace by sharing a true piece of ourselves. Week 1: Personal Information; Week 2: Personal happiness and satisfaction; Week 3: The role of others; Week 4: Life advice; Week 5: Forgiveness and gratitude; Week 6: Our wishes for the next generation.

Memory Practice: Join us for games specifically chosen to exercise your brain and help you work on keeping our memory in tip-top shape.

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 in July, the Canadian Mental Health Association will be running this 8 week course. Spots will be limited so please register in advance and early.

**J
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N
E**

	Monday	Tuesday	Wednesday	Thursday	Friday
	1 11am: Exercise 1pm: Fact or Fiction 3pm What Truly Matters - Personal Information 5pm: Music Appreciation	2 10am: Grandparents Who Parent 11am: Beyond Meditation 1pm: Sing-a-Long 3pm: Did You Know?	3 9:45am: Chinese Association 11am: Mobility With Vision Loss 1pm: Caregivers Aware 3pm: Geriatrics Performance - The Atto Street Gang 5pm: Get Up & Get Active	4 9am: Gratitude Group 11am: Coffee Chat 1pm: Chinese Association 3pm: Standing Up Against Ageism	5 11am: Strength Exercise 1pm: Amazing Elders 3pm: Seniors' Week Celebration 5pm Aging with Pride (LGBTQ+) 5pm: Short Story Read Aloud
	8 11am: Exercise 1pm: Let's Talk Canning 3pm: What Truly Matters - Happiness & Satisfaction 5pm: Ted Talks Discussion	9 10am: Grandparents Who Parent 11am: Relaxation 1pm: Sing-a-Long 3pm: Did You Know? Sable Island	10 9:45am: Chinese Association 11am: Indigenous Canada 1pm: Coffee Chat 3pm: The Stuart McLean Story 5pm: Get Up & Get Active	11 9am: Gratitude Group 11am: Armchair Travels 1pm: Chinese Association 3pm: Heart Health	12 11am: Strength Exercise 1pm: Amazing Elders 3pm: Family Feud 5pm Aging with Pride (LGBTQ+) 5pm: Museums at Home
	15 11am: Exercise 1pm: Just Keep Breathing 3pm What Truly Matters - The Role of Others 5pm: Geriatrics - Mary Reid: A Courageous Woman	16 10am: Grandparents Who Parent 11am: Money Mentors 1pm: Sing-a-Long 3pm: Working Through Grief	17 9:45am: Chinese Association 11am: Beginner's French 1pm: Introduction to Bird Watching 3pm: Elder Abuse Awareness 5pm: Get Up & Get Active	18 9am: Gratitude Group 11am: The Storyteller 1pm: Chinese Association 3pm: COVID-19 Updates	19 1pm: Amazing Elders 3pm: Memory Practice 5pm Aging with Pride (LGBTQ+) 5pm: Read Aloud Short Story
	22 11am: Exercise 1pm: Coffee Chat 3pm: What Truly Matters - Life Advice 5pm: Concerts From the Couch	23 10am: Grandparents Who Parent 11am: Relaxation 1pm: Sing-a-Long 3pm: Did You Know?	24 9:45am: Chinese Association 11am: Canadian History—Manitoba 1pm: Jeopardy 3pm: Nutrition for Health 5pm: Get Up & Get Active	25 9am: Gratitude Group 11am: Readers Corner 1pm: Chinese Language 3pm: Parents of Estranged Children Support Group	26 11am: Strength Exercise 12:30pm: Canadian Connections 3pm: BINGO 5pm Aging with Pride (LGBTQ+) 5pm: Come Dine With Us
	29 11am: Exercise 1pm: Riddle Me This 3pm: What Truly Matters - Forgiveness and Gratitude 5pm: Live Music Night	30 10am: Grandparents Who Parent 11am: Beyond Meditation 1pm: Sing-a-Long 3pm: Current News	CALL: 1.855.703.8985 MEETING ID: 225.573.6467 #		