



NORD-BRIDGE SENIORS

NEWSLETTER

SEPTEMBER 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

*"In the middle of difficulty
lies opportunity."*

Albert Einstein



As one of the few member-owned senior centres in Alberta, the Covid-19 shut-down presented Nord-Bridge with some unexpected challenges. But we have faced them with optimism, determination, and a focus on the needs of our members. In this, my last letter as your president, I will provide a brief description of our activities throughout this summer of surprise and challenge.

No sooner were the doors shut at Nord-Bridge, than we initiated a communications plan to personally contact each of our members by telephone. The first goal of this plan was to assure members they were not alone. There was a friend at Nord-Bridge they could contact in need. In addition, this personal connection enabled Nord-Bridge to arrange grocery or medical deliveries or arrange transportation to medical or dental appointments as needed. But most of all, it was to establish a personal connection with our members. Thanks to our Board members who willingly accepted this challenge.

Second, since Nord-Bridge has long offered an income tax-preparation service for both our members and citizens in the community, we recognized the importance of ensuring those documents were completed in accordance with Canada Revenue guidelines. To meet that goal, our volunteers came in each day until the tax documents were completed and checked.

Third, since our commercial tenants have, over the forty-year history of Nord-Bridge, played a key role in our success, we recognized the importance of removing barriers in their way. They are not just our tenants. They are also our partners.

Fourth, though Nord-Bridge is closed, we have continued to provide pre-registered fitness and arts classes. Face masks and community spacing are required for members participating in these activities.

Nord-Bridge has provided Dunford Diner menu items throughout the summer for either pick-up or home delivery. And in August we even provided Whoop-Up Week activities in our parking lot.

And finally, I want to thank George Berg, who is assuming the Acting Chair position, as I end my term on the Board. Thank You,

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

Please follow us on our **FaceBook** page,
Twitter or on our website
www.nordbridgeseniors.com for the
most up to date information.

***Attention Members:**
Dining Room & Fitness Centre
will be open on
Monday, September 14th!
Please pre-book ONLY for your
one hour time slot reservation
by calling 403-329-3222!
COVID-19 restrictions in place

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/>

DUNFORD DINER MENU

BREAKFAST



2 Eggs, *Meat, Hash Browns, Coffee	\$7.00
Spanish Omelette, Hash Browns, Coffee.....	\$6.00
Ham & Cheese Omelette, Coffee	\$6.00
Small Full Breakfast.....	\$5.00
Burrito.....	\$5.00
Pancakes or French Toast.....	\$5.00
2 Eggs and Toast.....	\$3.75
1 Egg and Toast.....	\$3.25
Toast.....	\$2.00

FISH / CHICKEN

Fish and Chips (2 pieces)	\$8.50
Fish and Chips (1 piece).....	\$6.50
Chicken Fingers & Fries.....	\$6.50

SANDWICHES - HOT

Grilled Bacon, Tomato & Cheese.....	\$5.50
Bacon Lettuce Tomato.....	\$5.25
Denver (2 egg).....	\$5.00
Grilled Ham & Cheese.....	\$4.75
Grilled Cheese.....	\$3.75
Toasted Tomato Sandwich.....	\$3.75

BURGERS

Deluxe Hot Hamburger & Fries.....	\$7.50
Hot Hamburger & Fries.....	\$6.75
Mushroom Swiss or Chicken.....	\$5.75
Hamburger.....	\$5.00

SALAD

Chef Salad.....	\$6.50
Chicken Caesar Salad.....	\$6.00
Garden Salad.....	\$5.00
Caesar Salad & Garlic Toast.....	\$5.00

SOUP & SANDWICH



Soup and Sandwich	\$6.50
Soup.....	\$3.75
Sandwich.....	\$3.25

BEVERAGES

Coffee.....	\$1.00
Tea.....	\$1.00
Hot Chocolate.....	\$1.00
Pop.....	\$1.50
Juice (canned).....	\$1.50
Juice Box.....	\$1.00
Bottled Water.....	\$1.00
Milk (White or Choc).....	\$1.00



DESSERTS

Chocolate Bar.....	\$1.00
Squares.....	\$1.00
Fresh Fruit.....	\$1.00

ADD-ONS

Ham or Bacon or Sausage	\$3.00
Sweet Potato Fries or Onion Rings.....	\$2.25
Salad.....	\$2.00
Hash Browns.....	\$1.50
Cheese or Egg.....	\$0.75
Gravy or Sour Cream or Salsa or Dill Dip.....	\$0.50



FRIES

Poutine.....	\$5.00
Fries.....	\$4.00
Onion Rings or Sweet Potato Fries.....	\$4.00
Fries - Side.....	\$2.00

All menu items available for pick-up or delivery. Call 403-329-3222 to order.

Pies, Cakes, Cookies

Order your homemade Pies, Cakes and Cookies from Nord-Bridge today.

Pies \$4.00 (5") \$8.00 (8")

- * BANANA CREAM
- * COCONUT CREAM
- * CHOCOLATE CREAM
- * APPLE
- * CHERRY
- * BLUEBERRY

Cakes \$8.00 (8" *may vary from week to week)

- * CHOCOLATE
- * PINAPPLE ZUCCHINI
- * LEMON POPPY SEED
- * VANILLA
- * BANANA
- * BUTTER PECAN

Cookies by the dozen \$5.00

- * CHOCOLATE CHIP
- * OATMEAL RAISIN
- * CHOCOLATE CHOCOLATE CHIP
- * PEANUT BUTTER

Crisp and Loaf

- * BANANA LOAF \$5.00
- * RHUBARB CRISP \$8.00

Call Nord-Bridge
403-329-3222 to order





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.



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 (mild heat)	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.

First Round: September 7th (Cut off to order)
Second Round: September 21st (Cut off to order)



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1PM-3PM**

\$2.50 - One scoop
\$5 - Two scoops

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- * Vanilla
- * Cookies n' Cream
- * Maple Walnut
- * Chocolate Caramel Cup
- * Black Cherry

Thank you to our sponsor:



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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From the Desk of Val

I'm back with my new look. Don't I look at least 20 years younger! Ha-ha! No more long hair for me as I really thank Ashley for convincing me to get my head shaved. It was certainly a good cause and the fact Nord-Bridge raised over \$11,000, was amazing. It was fun and I would like to see it happen again with more brave women saying yes.

This year has been a turmoil for all with COVID-19 but we have to all stay positive and protect ourselves by staying safe and practice social distancing at all times. We live in a proud city and we have done well especially with the number of senior facilities here. We should be proud of all front line workers for doing a swell job.

Are you a member and wanting a friendly phone call once or twice a week? We started the Outreach Keep in Touch Program 29 years ago when I started and since then, this program has taken off with the meaningful phone check ups we have made with our members. Now, especially during COVID-19, this program is needed more than ever for our members. Please let me know if you would like a friendly phone call anytime once a week.

September is just around the corner and our fun and energetic programmer, Ashley has worked hard in planning a few activities to stay connected. We must WEAR YOUR MASK, PRACTICE SOCIAL DISTANCING and still have fun. I have missed planning our travel and the outreach program but it is time for CHANGE to CREATE SOMETHING NEW in the future until it is safe to run these activities again. In my career, I have dealt with a lot of change but this COVID year has been the biggest change for me. I am so grateful to be healthy and active in my life, we just have to take every day as it comes. Stay happy and healthy!

Val



LORRI'S CORNER

All at once, summer collapsed into fall. -Oscar Wilde

Well here we are, September has again returned and the days are getting shorter and cooler and I'm just not ready to let go of summer yet.

Okay, I am never ready to let go of summer, let's be honest.

I must say (and I know many will agree), this has been one of the strangest summers of my whole life. Usually I travel to visit my kids and my grandbabies a few times, I visit Waterton at least once and I also hit one of the city pools a few times just to relive my childhood. But not this year due to Covid 19: my days were spent at work and after work I appreciated many hours in my yard tending my garden and flowers, sitting on my patio with a book and walking my dog around the neighbourhood. While it wasn't a terrible way to spend the summer, it certainly was different.

This month I want to talk about emotional and personal boundaries. As we descend into fall and then winter, we may be in closer contact with others, family or friends and the option of going outside for some space may not be as easy to do.

I think it is important to mention what a healthy boundary is so we have a starting place.

"A boundary is a limit or space between you and the other person; a clear place where you begin and the other person ends . . . The purpose of setting a healthy boundary is, of course, to protect and take good care of you" (n.d.).

Here are some steps for setting boundaries and limits (adapted from article by Margarita Tartakovsky, M.S.)

1. Name your limits.

You can't set good boundaries if you don't know where you stand. By identifying your physical, emotional, mental and spiritual limits you can decide what you will tolerate and accept and what makes you feel uncomfortable or stressed.

2. Tune into your feelings.

There are two key feelings that are red flags or cues we're letting go of our boundaries: discomfort and resentment. What is it about this interaction, or the person's expectation that is bothering me? Resentment usually comes from being taken advantage of or not appreciated. When someone acts in a way that makes you feel uncomfortable, that's a cue to us they may be violating or crossing a boundary.

3. Be direct.

Some people are not able to pick up on clues we give and because of this, you will need to be more direct about your boundaries and tell the other person what your boundaries are.

4. Give yourself permission.

Fear, guilt and self-doubt are common concerns we have with setting boundaries. We fear the response or reaction of the other person's response if we set and enforce our boundaries. We can feel guilty for saying no to a family member and believe that we have to say yes because we are a good person. If saying yes leaves you feeling drained or taken advantage of, we need to set boundaries.

5. Practice self-awareness.

Boundaries are all about honing in on your feelings and honoring them. If you notice yourself slipping and not sustaining your boundaries, ask yourself: What's changed? Consider "What I am doing or [what is] the other person doing?" or "What is the situation eliciting that's making me resentful or stressed?" Then, mull over your options: "What am I going to do about the situation? What do I have control over?"

6. Make self-care a priority.

Making self-care a priority involves giving yourself permission to put yourself first. Self-care also means recognizing the importance of your feelings and honoring them.

7. Be assertive.

It's not enough to create boundaries; we actually have to follow through. We know people aren't mind readers yet we still expect others to know what hurts us. It's important to communicate with the other person when they've crossed a boundary.

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.

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



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NORD-BRIDGE BUILDING FUND RECENT DONORS

Marvin Higa \$100; Gordon Zacher; \$200; Anonymous; \$80; Doreen Jurgens \$100; Joseph & Dianne Smith \$200; Anonymous \$100; Sharon VanDenHengel \$100; Harry Mueller \$100; Daniel & Eva Deringer \$100; Alice Strickland \$100, Glynnes Heitman \$100; Yvonne Nelson; Joanne Ponach \$100, Doug & Norma Youngren \$100; Sheila Peszat \$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	\$6,248,320	
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 **\$ 2,166,846**
Still needed by N-B Fundraising **\$ 333,154**



WINNERS BINGO VOLUNTEER REP NEEDED!

Duties include: Count / check money & bingo cards, and make sure all volunteers are present. All training is provided. Need to be a reliable, friendly & organized person. Previous experience an asset.

WINNERS



Please call 403-329-3222 and ask for Ashley if seriously interested.

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Nord-Bridge Whoop Up Days 2020



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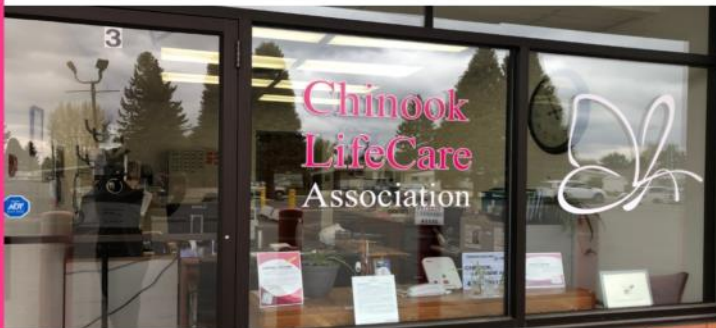
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*Some conditions may apply.



EXECUTIVE DIRECTOR'S REPORT

When I first accepted the role of Executive Director on March of 2018; I felt confident taking on the role of ED under the leadership of our competent Board of Directors led by Mr. Bob Tarleck (Board President). Bob's wealth of knowledge and experience in municipal government and with boards is unparalleled. Having served as an alderman with the City of Lethbridge from 1974 – 1992 and as the Mayor for three consecutive terms (2001 – 2010). Bob's passion and dedication was advocating for seniors in Lethbridge, but he also provided a strong voice for residents of North Lethbridge. As you will have read in Bobs September Newsletter article, he is stepping down as our Board President. On behalf of Nord-Bridge administration staff and the membership of Nord-Bridge we thank you for your many years of civic engagement and leadership to Nord-Bridge and our community. George Berg (Vice President) will step in as Acting President until the 2021 AGM in March.



We have made some great steps towards a successful relaunch. Last month our kitchen staff returned to work and we offered pick up and delivery options for our dining room menu items. At the time of writing this article the south zone had zero cases of COVID-19 (knock on wood). We will now move towards opening our dining room for dine-in patrons starting on Monday, September 14th. Members and guest will be required to phone and make a reservation (one hour maximum) between the hours of 9:00 AM and 2:00 PM. The reservation system will allow us to adhere to the maximum 50 people gathering and ensure proper physical distancing in the Dunford Diner. We hope the members and guest that feel comfortable; will take advantage of the dining room opening. To make a reservation, you can call 403-329-3222 and ask for Gail. *Please note as per the recent City of Lethbridge mandatory face covering by-law; all individuals entering Nord-Bridge will be required to wear mask or shield.

The Fitness 55 Club will also be opening on Monday, September 14. As we remain under Stage 2 COVID-19 restrictions; all members will be required to pre-book a time slot for their workout. Gym hours will be between 9:00 AM and 2:45 PM. Members can book one-hour fifteen minute spots Monday - Friday. A maximum of 4 members will be allowed during each time slot (this will ensure proper physical distancing). To pre-book your workout, call 403-329-3222 and ask for Ashley. Ashley, has also programed some fitness and wellness classes this month. Please see her article for more information and registration details.

As we embark on this partial relaunch; I am cautiously optimistic that we will be able to reopen our doors fully in the near future. However, I am also aware that we could end up going the other direction and possibly forced to close the doors again (but lets think positive!). I hope to see many of your familiar faces in our building this month! Take care .

David Ng

Executive Director

Programmer's Report by Ashley Kern

Well it has been a hot August last month! I have been out enjoying the weather and getting some exercise hiking in Pincher Creek area!

We had quite a few events for Whoop-Up days Week here at Nord-Bridge including a Pancake Breakfast Drive By, Live Entertainment by Cal Toth, Taco in a Bag Drive By, Ice Cream Drive Thru, and a Movie Afternoon! I want to thank all of our sponsors: Costco Wholesale, Gordon Food Services, McCain Foods, Savers Convenience Store, Dayna Tilleman, The Movie Mill, and Wild Rose Hot Tubs for making these events possible to seniors in Lethbridge during COVID-19!

This month we have decided to do a partial re-open of the dining room and fitness center ONLY on Monday, September 14th at Nord-Bridge please see page 9 for more info.

Limited programs and COVID-19 restrictions including MANDATORY MASKS IN ALL PROGRAMS including fitness and mental health and wellness programs.

First, starting September 1st is the official registration day (with a few changes with call in ONLY) for the following: Guided Meditation, Virtual Cooking Class, Art with Donna Gallant, Yoga Combo, Keep Fit Combo and Keep Fit Strength, and Zumba GOLD. If you are interested in these programs, please call 403-329-3222 on September 1 at 8:30 am to register, but keep in mind there are limited spaces in these classes due to COVID-19 restrictions and the fitness classes will fill up quick. If you are registering in anything that is not fitness related such as Keep Fit, Yoga, or Zumba, please wait to register any time after September 1st. There is also a virtual online Zoom option for these classes you can use instead of attending the in-person class, please call me for any questions. When registering, you will only be able to register for yourself and someone else, no exceptions. If you are away, please find someone to call in for you. Please check out www.nordbridgeseniors.com for the full fall program and more details about classes.

Then on Thursday, September 10th we will be hosting another Ice Cream Drive - Thru before the summer is over in our parking lot starting at 1pm. Followed by a Drive by Luncheon on Friday, September 11th and this time it will be homemade Cabbage Rolls which will come with a side salad, dessert, and a drink for \$10.00! This is for pre-order ONLY by calling 403-329-3222 and placing an order for pick up or delivery no later than September 10th, while quantities last.

One last note, please keep in mind we are still having our meat pie fundraiser for this month (prices and varieties are on www.nordbridgeseniors.com or email me for a copy at akern@nordbridgeseniors.com). Brand new this month- we are now offering bakery items along with food items off our menu fresh from our dining room Monday-Friday 8:30 am- 2:00 pm, call Nord-Bridge to place your order. Please note: bakery items will need to be ordered a couple days before to allow time to make.

Until next month, stay happy and healthy!



Ashley



NORD-BRIDGE
SENIOR CITIZENS ASSOCIATION

2020 FALL PROGRAM AT A GLANCE

Yoga Combo

This yoga class combines chair, stability, and gentle yoga together in order to strengthen the body and mind connection through slow gentle movements which are done in a non-intimidating manner. Modifications are always offered.

Begins: Tuesday, September 8 - October 20 (7 Classes)

Time: 9:00 am - 10:00 am

Fee: Members: \$35.00

Max. participants: 25

Location: Multi-Purpose Hall

Instructor: Melanie Hillaby

Non-Members: \$55.00

Keep Fit (Aerobic)

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* please sign out Nord-Bridge's weights and take home* No impact functional exercises will focus on strengthening independence in daily living activities. This class can be done either standing or seated. ***This class will also be offered through Zoom LIVE***

Begins: Tuesday, September 8 - October 20 (7 Classes)

Time: 10:30 am - 11:15 am

Fee: Members: \$30.00

Max. participants: 15

Location: Multi-Purpose Hall

Instructor: Melanie Hillaby

Non-Members: \$50.00

Keep Fit (Strength & Conditioning) *Please see class description above*

This class will also be offered through Zoom LIVE

Begins: Wednesday, September 9 - October 21 (7 Classes)

Time: 9:00 am - 9:45 am

Fee: Members: \$30.00

Max. participants: 15

Location: Multi-Purpose Hall

Instructor: Melanie Hillaby

Non-Members: \$50.00

Yoga Combo *Please see class description under Yoga Combo

Begins: Thursday, September 10 - October 22 (7 Classes)

Time: 9:00 am - 10:00 am

Fee: Members: \$35.00

Max. participants: 25

Location: Multi-Purpose Hall

Instructor: Melanie Hillaby

Non-Members: \$55.00

Zumba GOLD *This is for those who had their previous Zumba class cancelled due to COVID-19*

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

Begins: Friday, September 11 - October 23 (7 classes)

Time: 11:15am - 12:00 pm

Fee: Members: \$35.00

Max. participants: 15

Location: Multi-Purpose Hall

Instructor: Sheila Mulgrew

Non-Members: \$55.00

Please note: Tuesday, September 1- there will be NO registration day due to COVID-19. Instead, please register on this date at 8:30 am by calling Ashley at 403-329-3222 and we will register you from there. First call first serve. *We are working hard to get online registration set up in mid - September but until then, please call to register.

***All classes will have COVID-19 restrictions in place including temperature checks before entering class, mandatory masks before, during (if possible) and after the class, and safe social distancing of 2 meters. Thank you for your understanding.**

VIRTUAL PROGRAMS



Guided Meditation

In this class we will be working on progressive relaxation, guided imagery, and mindfulness. New comers are welcome, no experience required. The class will be done seated in a chair for 45 minutes and by the end of this session you will be relaxed, rejuvenated, and at peace. This class will be done over ZOOM video conference. When registering make sure to get the meeting id and password for the session. We will help set up ZOOM on your device if needed.

Begins: Monday, September 14 - November 2 (7 Classes)
Time: 9:00 am - 9:45 am
Fee: Members: \$20.00

Instructor: Ashley Kern
Non-Members: \$40.00

Town and Country Line and Wash with Donna Gallant

This class will work on watercolor techniques for color mixing and creating different textures. Participants will intertwine with our pen and ink strokes as well as touch on some perspectives elements of buildings but our main focus is how landscape and structures can work together. This class is for all levels. This class will be done over ZOOM video conference. When registering make sure to get the meeting id and password for the session. We will help set up ZOOM on your device if needed. Make sure to also get a copy of the supply list when registering.

Begins: Monday, September 28 - November 23 (8 Classes)
Time: 10:15 am - 12:15 pm
Fee: Members: \$50.00

Instructor: Donna Gallant
Non-Members: \$70.00

Virtual Cooking Class – Sausage Leek Ragu Gnocchi

Explore new ways to cook healthy, delicious food with fresh, seasonal produce. All ingredients are pre-portioned and dropped off at your door step! This class will be done over ZOOM video conference. When registering make sure to get the meeting id and password for the session. We will help set up ZOOM on your device if needed. *Must be a senior 55+ and live within Lethbridge city limits.

Begins: Monday, September 21
Time: 11:00 am - 12:00 pm
Fee: Members: \$15.00

Instructor: Ashley Kern
Non-Members: \$15.00


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

... the Nemeth family of George's passing.
 ...the Cemulini family of Linda's passing.
 ...the Arnold family of Bob's passing.
 ...the Molyneux family of Donald's passing.
 ...the Slawson family of Fay's passing.



Getting your flu shot looks a little different this year:

Appointments required

Call the pharmacy to book yours today. Flu shots are available starting October 19.



Self-screen for COVID-19 before coming to the pharmacy

If you have symptoms, let the pharmacy know in advance. Do not come for your flu shot if you have COVID-19 symptoms or have been in contact with someone who has.



Check with the pharmacy

for protocol prior to coming for your flu shot.



Ask your personal pharmacists for more information, as we're doing our best to keep you and the community safe.

**Nord-Bridge Seniors Centre
#2, 1904 - 13 Avenue N, Lethbridge
(403) 381-0700**



Terry Toth
B.Sc Pharm
Pharmacist

Chad Baker
B.Sc Pharm
Pharmacist/
Owner

Nord-Bridge Seniors Centre Presents:

LIVE

TOWN & COUNTRY LINE & WASH WITH DONNA GALLANT VIA



**Starting Monday, September 28
10:15 am - 12:15pm for 8 weeks**

This class will work on water color techniques for color mixing and creating different textures. Participants will interwine with our pen and ink strokes as well as touch on some perspective elements of buildings but our main focus is how landscape and structures can work together. This class is for all levels.

Members: \$50.00 Non-Members: \$70.00
***Register any time after September 1st by calling 403-329-3222!**



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**to schedule your appointment
403-380-9072 or 403-894-2484
slmstein@outlook.com**





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THANK YOU SO MUCH!!

- Stitch it Forward Society for crocheted hand sanitizer pouches and 50 cloth face masks
- Marilynn Christie for cloth face masks
- Robert Turner and the Rogers Family for the Ear Savers
- Cal Toth for entertainment
- Costco Wholesale for the pancake mix
- Gordon Food Services for the breakfast sausages
- McCain Foods for the hash browns
- Savers Convenience Store for the hard ice cream
- Dayna Tilleman for the movie
- The Movie Mill for the popcorn
- & Wild Rose Hot Tubs for the ice cream cooler

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: _____

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

Canadian Council on Social Development
Phone: (403) 329-4775
Email: admin@cmhalethbridge.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>.

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". Please note that these calls from an "unknown" or "private" number.

Program Highlights

Empower Me: Have you ever considered where the money you spend on energy goes? Do you know how your home works or how your daily habits affect how much energy you use? Join us for a Home Energy Savings Workshop to learn more on August 5th at 3pm.

Parents of Estranged Children: This group is based on personal healing in order to foster healthier familial relationships. We base the work on cognitive practices that support people to shed old fears and negative belief systems so that together they can become healthier in their approach to self and other. In order to facilitate trust with the other participants we do ask that folks attend as much as possible the full 8 week program. **Pre-registration is required.**

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

S E P T E M B E R	Monday	Tuesday	Wednesday	Thursday	Friday	
	31	1 2:30pm: Parents of Estranged Children	2	3	4	REGISTRATION WEEK
7 LABOUR DAY	8 11am: Beyond Meditation 1pm: National Grandparents Day 3pm: Shared Mic Podcast	9 9:30am: Cantonese 11am: A Moment in History 1pm: Coffee Chat 3pm: Jeopardy	10 9am: Gratitude 11am: Indigenous Canada 1pm: Cantonese 3pm: Fact or Fiction	11 9:30am: Mandarin 11am: Exercise 1pm: Recipe Club 3pm: Name That Tune		
14 11am: Exercise 1pm: What Truly Matters Writing Group 3pm: Living with Memory Loss	15 11am: Relaxation 1pm: Music Appreciation 2:30pm: Parents of Estranged Children 3pm: What Truly Matters	16 9:30am: Cantonese 11am: Alberta News 1pm: Just Keep Breathing 3pm: Did You Know?	17 9am: Gratitude 11am: Coffee Chat 1pm: Cantonese 3pm: Read Aloud Short Stories	18 9:30am: Mandarin 1pm: Armchair Travels 3pm: Family Feud		
21 11am: Exercise 1pm: What Truly Matters Writing Group 3pm: Understanding Depression	22 11am: Beyond Meditation 1pm: My Favourite... 2:30pm: Parents of Estranged Children 3pm: What Truly Matters	23 9:30am: Cantonese 11am: Readers Corner 1pm: Coffee Chat 3pm: Nutrition for Health	24 9am: Gratitude 11am: The Storyteller 1pm: Cantonese 3pm: Indigenous Canada	25 9:30am: Mandarin 11am: Exercise 1pm: Amazing Elders 3pm: BINGO		
28 11am: Exercise 1pm: What Truly Matters Writing Group 3pm: Forgotten Women of History	29 11am: Beyond Meditation 1pm: Beginner's French 2:30pm: Parents of Estranged Children 3pm: What Truly Matters	30 9:30am: Cantonese 11am: World News 11am: Confront the Discomfort 1pm: Working Through Grief 3pm: Coffee Chat	Call: 1.855.703.8985 Meeting ID: 225.573.6467#			

Face Covering Required

A person must wear a face covering at all times while in an indoor, enclosed or substantially enclosed public place or in a public vehicle.

City of Lethbridge Bylaw 6239



Exceptions include children under two years of age, or persons with an underlying medical condition or disability which inhibits their ability to wear a face covering.

Visit lethbridge.ca/covid19 for more information.



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403-329-3222 NO LATER THAN
SEPTEMBER 10 WHILE QUANTITIES LAST**