

NEWSLETTER

OCTOBER 2020



“The Friendly Centre”

1904—13th Ave. North

Lethbridge, Alberta T1H 4W9

Open Monday to Friday - 9:00 a.m. to 3:00 p.m. (Temporary Hours)

Telephone 403-329-3222 Fax 403-329-8824

E-mail: friendly@nordbridgeseniors.com

PRESIDENT'S REPORT



Hello fellow members and potential members of Nord-Bridge Senior Centre! Mr. Robert Tarleck has found it necessary to resign as president. This means I will be the acting president until the annual meeting in March when we have our elections for new officers. I would like to thank Bob for his dedicated contribution to the success of Nord-Bridge over many years.

I have been a member of Nord-Bridge since 2002 and have enjoyed many of the benefits of belonging to this fine organization. I had the pleasure of working with Randy Smith on the upgrading of the sound system, installation of data projectors, and flat screen TVs throughout the center as well.

I have served on the board of directors for eight years so I understand how things are supposed to work. This pandemic has made us rethink how we will do things in the future at Nord-Bridge. The staff under the direction of David Ng have done a remarkable job of reacting to events that none of us saw coming during this pandemic.

We will move cautiously in reopening. It may seem to some that we should move more quickly to get back to normal. Let us not forget there is still a disease out there that is very dangerous for seniors like us.

Keep an eye out for the notices in the next few weeks as we try to keep things moving along without endangering unnecessarily any of our members and staff.

We will do everything we can to make sure that Nord-Bridge comes out of this situation stronger and better. You can all help by participating in the many activities Ashley has planned and by ordering meals or coming to our Fitness 55 Club.

Thank you for continuing to support your "Friendly Centre"

**George Berg,
Acting Board President**

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

**WE ARE NOW
OPEN**

**Dunford Diner - Dine-In *Limited Seating
Monday - Friday 9am - 2pm
To reserve a table call 403-329-3222**

Made with PosterMyWall.com

COVID-19 RESOURCES



Grief Recovery Institute® link for handling Covid-19

<https://www.griefrecoverymethod.com/blog/2020/03/you-might->

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: October 13th (Cut off to order)
Second Round: October 27th (Cut off to order)

roost roost LIMITED

Downsizing Dilemma? Need to move on?

We can help....

Sorting • Organizing
Selling Unneeded Furniture
Packing • Arranging Movers • Unpacking
Estate Home Clearouts

Call Jody Johnson for your complimentary in-home consultation and free estimate.

Cell: 403-330-8389



New Owner/
Operator

roost roost LIMITED



HAPPY RETIREMENT WENDY GILLET!

**One of the original 'Chicks' is leaving the nest!
Wishing the 'Old Hen' all the best as she flies
off to roost in retirement!
Best Wishes from all the past and present
'Chicks'**

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.**



In this stressful time of COVID I wanted to take the opportunity to ensure that all seniors and their supports know help is still available in terms of elder abuse and crisis lines.

Signs of elder abuse may include

- seem frightened, withdrawn or depressed
- seem groggy all the time, possibly due to over-medicating
- show signs of depression or anxiety
- lose weight or seem too thin
- wear dirty clothing or clothing not suitable for the season
- not have their glasses, dentures, hearing or other assistive devices
- have unexplained bruises, sores or other injuries
- be isolated from others
- have items missing from their homes
- have someone cashing their pension cheques or withdrawing money from their bank accounts
- have their medication taken from them

Resources

Find information and resources by calling the 24-hour Family Violence Info Line at 310-1818, toll-free, or visit

Local numbers

Crisis Team Help Line: 403-327-7905

YWCA Crisis Line: 403-320-1881

Distress Line of Southern Alberta: 1-888-787-2880

In closing as always, if you, or someone you know is experiencing elder abuse, please give me Joanne a call. When it comes to Elder Abuse, silence is not an option. 403 394-0306 <http://lethseniors.com/support-services/learn-lethbridge-elder-abuse-response-network/>

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www.lethbridgehearing.ca

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@RachaelHarderMP 403-320-0070

www.RachaelHarder.ca Rachael.Harder@parl.gc.ca

From the Desk of Val

How times flies! Who can believe October is here already. How exciting it is that we have opened up our doors for the dining room and fitness room! Even though it is by reservation only, it's a start and it has been great to see some of you coming in to the Dunford Diner even if it is for 1 - 4 people. If you know someone who has depended on the Go-Friendly shuttle bus for transportation, why not contact that person to see if they would like to come in for a meal by car pooling! Lets help each other out.

We are NOW taking membership renewals, \$50.00 until the end of 2021 and for those that are new members, pay \$53.00 for the year. You can pay over the phone using a credit card or e-transfer by emailing friendly@nordbridgeseniors.com, and you can even drop off cash or cheque in the mail slot at the front doors of Nord-Bridge. We have Nord-Bridge pens for all membership renewals and new members; as it is nice to have your own pen to use during the COVID-19 pandemic. We can also load your L.A. transit BREEZE CARD as we now have the updated transit ride schedule.

Also on a friendly note, I will make sure you get a copy of our newsletter especially for those that do not have access to a computer so please remind me if you are forgotten as I am out delivering the 1st week of the month.

In closing, Happy Thanksgiving to all and remember to STAY SAFE, WEAR A MASK, and SANITIZE YOUR HANDS often as we must protect ourselves. Need a keep in touch friendly call, I am available to chat any time Monday – Friday 8:30 am - 4:00 pm.

Your friendly, *Val*



LORRI'S CORNER



Like everything else this year, Thanksgiving and Christmas 2020 will likely look very different to what we're used to.

With Covid 19 still being an unwelcome visitor worldwide, a normal holiday seems like a wish that even Santa won't be able to grant. So what can we expect from the festive season?

At this stage there are 2 things we can say with certainty: Thanksgiving will still happen on October 12 and Christmas Day will fall on 25th December - beyond that almost everything else is up in the air.

Thanksgiving and Christmas are important times for families to make memories together. The first step is making the decision whether to host a dinner and then committing to doing it safely. You should give yourself enough time to think about how many people you can host, what you'll make, and how you'll serve it, as well as what people will do after dinner. These uncertain times can lead to some awkward decisions having to be made about extended family – but chair shortages will likely not be a big concern this year.

In normal years, opening your home to anyone who wants to attend is one of the kindest thing you can do. This year however, if you're hosting, you'll want to think about how many people you can accommodate safely, especially if you have the means to space people out.

What you do in the weeks leading up to Thanksgiving and Christmas makes a big difference.

If you're planning on spending these holidays in close contact with family, maybe consider asking everyone to be extra careful for the two weeks prior to your feast and try to get a sense of what precautions they've been taking. The last thing we want to do is have someone that's not been careful mixing with someone who's incredibly careful because they have to be.

It is important to make it clear that if they're feeling under the weather even slightly the day of event, they should stay home. This is not the time to push through and attend anyway.

If the weather holds, consider an outdoor thanksgiving dinner. Nature may help you with your fall décor which will cut down some of the required work!

Getting creative with serving and seating and how you seat people, especially if some family members are in higher-risk groups. Maybe this is a good time to implement a kids table if you don't already have one, seat higher-risk and older people in spots where they can more easily keep a distance, and/or seat people in close proximity to the people they live with. Think about your space and what makes the most sense for you and your guests.

The same goes for your menu. It's the shared utensils and face-to-face contact that happens when everyone is crowding into the kitchen for an extra helping of mashed potatoes that is the biggest concern. It is suggested that meals are plated by one or 2 people then given to your guests. Another idea is to have a meal that is more individual such as turkey pot pies.

This is in no way a specific set of guidelines but a few things to consider realizing that situations will vary. Use your best judgement based on public health guidelines and speak with people you are considering inviting.

(Adapted from articles from Delish and The Scotsman)

Wishing you all a very happy and healthy Thanksgiving! I am so thankful that for the past almost 6 years I have been able to spend my days at Nord-Bridge and with all of you! This year has been wonky to say the least and I miss the many chats and visits with all of you!

I want to also let everyone know that I will be offering the 8 week Grief Recovery Program at Nord-bridge starting on Wednesday, October 14. Please call the centre to register or for more information. There is also a poster on the next page in this newsletter that will provide you with more information.

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

**Lorri Penner,
BSW, RSW, Member Support Coordinator**



Are you or someone you love suffering from a broken heart?

Is it due to a death, divorce or another major loss?
If so you might feel sad, distracted or confused.

YOU ARE NOT ALONE

The Grief Recovery 8 week program will give you the tools you need to heal your broken heart and feel complete again.

What is The Grief Recovery Method 8 Week program?

This interactive program will be a safe place to examine what you've been taught about loss, to explore your beliefs about grief and will guide you in completing a set of actions that will enable you to move forward in your life with hope. Once equipped with these tools you will be able to work through other losses that you may have experienced in your past.

October 14 to December 9, 2020 (no class November 11)
1:30-3:30pm
Nord-Bridge Senior Center
1904- 13 Avenue North, Lethbridge, Alberta
Cost: \$150 Contact: 403-329-3222 to register



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: winnersbingoleth@gmail.com



NORD-BRIDGE BUILDING FUND RECENT DONORS

Stan Kosolofski \$100; Clay & Lorraine Olsen \$100; Elaine Unger-Pengilly \$55; Robert Tarleck \$100; Mathilde Reichel \$1000; Jim & Barbara Arnett \$50; Anne Pauls \$100; Stephen Prokop in memory of Evelyn Prokop \$500.

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
\$ 333,154

Still needed by N-B Fundraising



PHOTO CONTEST

WATCH OUT ON OUR FACEBOOK PAGE FOR MONTHLY PHOTO SHARING CONTESTS FOR A CHANCE TO WIN A \$25 GIFT CARD TO ANYTHING AT NORD-BRIDGE!

WIN IN THREE STEPS:

1
SHARE
THE POST

2
LIKE
THE POST

3
COMMENT
ON THE POST WITH
YOUR PICTURE

WINNERS WILL BE ANNOUNCED MONTHLY!

NEXT POST WILL BE:

MONDAY, OCTOBER 12



GOOD LUCK!



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EXECUTIVE DIRECTOR'S REPORT



Greeting Members,
Words can't explain how ecstatic I am to see our members back in our building. It warms my heart to see members in our Dunford Diner having a sit down meal or just a cup of coffee; or doing a cardio or strength training workout in our Fitness 55 Club. Its great to see all your friendly faces again.

Our province is still under COVID-19 stage 2 restrictions at this time; hence we are still only limited to the number of people we can have in our building. We are looking forward to opening up more programs and activities when it is safe to do so. Our staff is currently taking on additional job duties to accommodate the changes. All staff are stepping in to help greet and screen members and cleaning high touch surfaces throughout the day. You will notice that we are closing the doors at 3:00 pm, this is to allow the staff to complete a thorough clean of the building. We are following the "wipe-twice" method of cleaning and disinfecting surfaces (wipe surfaces with a cleaning agent to remove soil and wipe again with a disinfectant.) This ensures our building is ready for the next day of business.

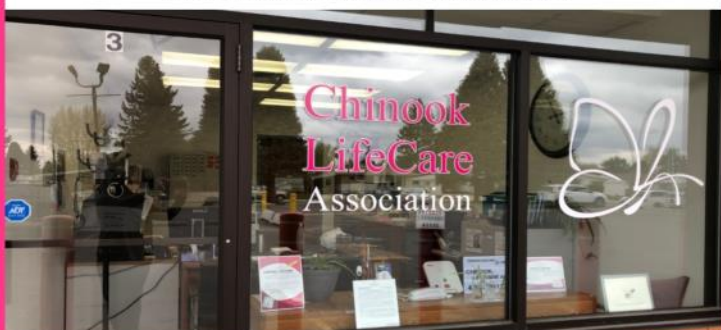
A friendly reminder to all members that our General Membership Meeting is scheduled for **Wednesday, November 4th at 9:30 am in the Multi-Purpose Hall.** Our General Membership requires a Quorum of 30 current paid 2020 members. To achieve this number I would ask all members who are interested in attending to contact Nord-Bridge and to book / reserve your seat for the General Membership meeting. COVID-19 has effected almost all individuals in one way or another. For, Nord-Bridge being closed for six months was not only a detriment to our members socialization, mental and physical health but Nord-Bridge lost revenues through fundraisers, member programs, Bingo gaming, travel programs etc. We know members were unable to fully utilize their 2020 memberships and access services. However, your membership dollars help sustain the building operations during our closure. With that said our 2021 memberships and renewals can be purchased at the Front Reception Desk. Your membership dollars go a long way in supporting Nord-Bridge and its programming.

David Ng

Executive Director

Chinook LifeCare Association has moved!

We have access to the front parking lot, we are walker/wheelchair accessible!



Please call us at 403 320-1170 if you need us or visit our website at www.chinooklifecare.net

Over 200 dishes with contact-free delivery!



Made for Seniors

You shouldn't have to choose between staying safe and eating well.

Skip the trip to the grocery store and let Heart to Home Meals deliver delicious meals directly to your door. The best part? Our meals are nutritionally balanced for the dietary needs of seniors so you can feel confident you're eating well while staying safe at home.

FREE Delivery* | No Subscription | Special Diet Options

Get your **FREE Menu**
1-844-431-2800
HeartToHomeMeals.ca

*Some conditions may apply.



It has been nice to see some familiar faces this month with our dining room and fitness center being open! We have also brought in a couple more recreation programs into our Multi-Purpose Hall including line dancing and darts, all of course with COVID-19 restrictions in place.

Some members have been asking me when we will be opening the rest of Nord-Bridge's programs such as cards, jam sessions, art classes, clubs, pool, etc. The answer is a difficult one as we cannot have these at this time because they are a high touch program and in close contact with many people. We will re-evaluate in the next month but it may be a while.

This month we are excited to announce for Thanksgiving, we will be hosting another drive-by luncheon (pick up or delivery), Thanksgiving themed with all the fixins'! This will happen on Friday, October 9th from 11:00 am – 1:00 pm; this is for pre-order ONLY, while quantities last. Also, that same week, the dining room will have a Thanksgiving Lunch special from Wednesday, October 7th - Thursday, October 8th (dine in only) but you must pre-book your reservation in the dining room by calling 403-329-3222, first call first serve.

We are so grateful for all the help we have had these past few months especially in the form of donations for our fitness centre as part of our capital campaign project for new fitness equipment in our gym. As I write this, we have raised over \$6,000.00! We are \$14,000.00 away from our goal. If you would like to donate, you will be recognized on our donor board in the fitness centre with a minimum donation of \$100. We are still fundraising with meat pies thanks to the Pie Store as well as bakery items from our Dunford Diner made fresh by Gail. To order please call Nord-Bridge.

On Monday, October 26th at 11:00 am will be doing another mouth watering Virtual Cooking Class of Turkey Tortellini Soup with Greens for the cost of \$15.00 which includes delivery of pre-portioned ingredients for those 55 and older in Lethbridge. This class is through the Zoom platform, so if you are interested, please call Nord-Bridge and we will send you a Zoom invite via email.

Session two of fitness and mental health and wellness classes will begin the first to second week of November. You will be able to register on Tuesday, October 27th at 8:30 am either over the phone by calling 403-329-3222. Members will also have the option to register online at www.nordbridgeseniors.com. These classes will be limited due to COVID-19 restrictions. For a copy of the Session 2 classes, please check out page 15 of this newsletter, give me a call, or go to our website.

I am also planning a couple virtual guest speakers via ZOOM in October as well as November. The speakers and dates will be announced soon on our Facebook page.

As always, if you want to keep up to date on all our events and updates, check on our website at www.nordbridgeseniors.com, we also have a Facebook page if you search Nord-Bridge Seniors Centre in the search bar as well as on Twitter. You may have also heard us on 94.1 CJOC FM lately as this is also a good place to keep up to date on everything.

Thank you for everyone's continued patience and understanding when attending any of our recreation programs!

Until next month, stay happy and healthy!



Ashley

HAPPY Thanksgiving

\$10

Thanksgiving Lunch Special

Wednesday, October 7 & Thursday, October 8
(Dine in ONLY no pick up or delivery)

Bookings Essential - Please call 403-329-3222 to reserve your spot.

Limited spaces available due to COVID-19 restrictions in the dining room.

FOR MORE INFORMATION GO TO WWW.NORDBRIDGESENIORS.COM

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NORD-BRIDGE SENIORS CENTRE

\$10

DRIVE - BY THANKSGIVING LUNCH

TURKEY, MASHED POTATOES, GRAVY, VEGGIES, STUFFING, DESSERT & A DRINK

Friday, October 9th at 11:00 am - 1:00 pm

FOR PRE-ORDER PICK UP OR DELIVERY ONLY.
ORDER NO LATER THAN OCT. 8 AT 4PM BY CALLING
403-329-3222 WHILE QUANTITIES LAST!

NORD-BRIDGE SENIORS CENTRE
1904 13 AVE. N.

** PLEASE NOTE:
DUNFORD DINER WILL BE CLOSED ON OCT. 9 **

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IN-DEY-GO
FROZEN STICKY BUNS & CINNAMON BUNS

Cinnamon Buns

A yummy swirl of cinnamon delight topped with delicious cream cheese icing. Makes a rich, sweet breakfast treat.

Sticky Buns

Moist and chewy buns covered with gooey caramel cinnamon coating. Make sure you have your napkins ready for this one! Goes great with coffee or a glass of milk.

\$15 for package of 8

Ready to eat... just thaw and serve
Can be thawed and refrozen
Can heat in microwave or conventional oven

IN-DEY-GO
Frozen Cookie Dough

Choose from **10** fabulous flavours!

Chocolate Chunk
Dark chocolate chunks smothered in love. Chocolate Chunk is our 'true blue' classic.

Oatmeal Coconut Chocolate Chunk
A delicious blend of oatmeal and chocolate with an IN-DEY-GO twist.

Oatmeal Raisin Spice
A perfect blend of oats and spice, spiked with plenty of plump raisins.

White Chocolate Macadamia Nut
Aloha from the Big Island! Chock-full of nuts and creamy white chocolate chunks.

Dark Chocolate White Chocolate Chunk
The YIN/YANG of cookies. A dark chocolate cookie with white chocolate chunks. Guaranteed to satisfy any chocolate lover's craving.

The Mother Lode
Whole wheat flour, oats, pecans, sunflower seeds and raisins. You don't have to love granola to fall for this cookie.

Monster Cookie
With tons of Smarties® buried inside, little monsters young and old love this cookie.

Shortbread
Light and fluffy... a delicious melt-in-your-mouth sensation.

Ginger Crinkle
Ginger and spice and everything nice. Guaranteed to put a snap in your step.

Sugar Cookie
A delectable dough - perfect for the creative cookie enthusiast to cut into shapes and decorate.

Made with non-hydrogenated ingredients
No preservatives added
Not available in stores
Dough can be thawed and refrozen

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Each tub makes 4-6 dozen cookies
Dough stays fresh for months in the freezer


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 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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 Wills...Estate Planning...**
 and other matters as you may require.
 Nord-Bridge offers this service through


HUCKVALE LLP
 established 1906

Upcoming FREE consultation dates:
possibly 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.



Mb. Martin Brothers
 Funeral Chapels Ltd.

*The greatest gift
 you can leave behind
 is the gift of being prepared.*

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 or visit our website www.mbfunerals.com

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FAX: 403-320-1181

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Fred Miller
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- Curb to Door Assistance
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Call Sharon or Jodie
to schedule your appointment
403-380-9072 or 403-894-2484
slmstein@outlook.com



CONDOLENCES TO

... the McEwen family of Rita's passing.
 ...the Roger family of John's passing.
the Seibert family of Melva's passing.
the Hamilton family of Tyler's passing.
the Grisak family of Hazel'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



WINNERS BINGO VOLUNTEERS NEEDED!

Candidates will need to be able to count money, multi-task, and stand for longer periods of time. All training is provided. Need to be a reliable, friendly, & organized person. Previous experience an asset.



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

3307 3RD AVE. S.



NORD-BRIDGE SENIORS CENTRE

GENERAL MEMBERSHIP MEETING

WED, NOV 4

AT 9:30 AM IN THE MULTI-PURPOSE HALL OF NORD-BRIDGE SENIORS CENTRE (USE NORTH EAST DOORS)

QUORUM OF 30 MEMBERS REQUIRED
CALL NORD-BRIDGE TO RESERVE YOUR SEAT

CALL 403-329-3222



FALL 2020 Nord-Bridge Seniors Centre PRESENTS **NEW**

ONLINE REGISTRATION

Available Oct. 27th!

Starting at 8:30 am MST





COURSES TO REGISTER FOR:

- KEEP FIT (STRENGTH OR AEROBIC)
- YOGA COMBO
- ZUMBA GOLD
- ACTIVE POUND
- GUIDED MEDITATION

OR CALL 403-329-3222 TO REGISTER OVER THE PHONE

ENROLL ONLINE AT WWW.NORDBRIDGESENIORS.COM

FOR MORE INFORMATION CONTACT US AT 403-329-3222



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LIVE 

Open to all Seniors in the Community for a small fee of \$15.00!

Turkey Tortellini Soup with Veggies

COOKING CLASS

Explore ways to cook healthy, delicious food with fresh, seasonal produce. All ingredients are pre-portioned & dropped off at your door step!

LIVE ON MONDAY OCT 26TH

1100AM MST Via ZOOM

CONTACT ASHLEY @ 403-329-3222

[@nordbridgecooksvirtual](https://www.instagram.com/nordbridgecooksvirtual)

*Limited spots available, call to hold your spot.



Made with PosterMyWall.com



NORD-BRIDGE SENIORS CENTRE

FITNESS 55 CLUB

DONATIONS UPDATE FOR NEW FITNESS EQUIPMENT:

GOAL: \$20,000.00
CURRENTLY RAISED: \$6,000.00

DONATE TODAY BY CALLING 403-329-3222 AND ASK FOR DAVID OR ASHLEY

THANK YOU TO ALL THAT HAVE CURRENTLY DONATED!






NORD-BRIDGE
SENIORS CENTRE

FALL

PROGRAM

Nov-Dec

Tuesday Yoga Combo- Nov 10-Dec 22 (9:15 am - 10:15 am)

Tuesday Keep Fit Aerobic- Nov 10- Dec 22 (10:45- 11:30 am)

*Wednesday Active POUND- Nov 18 - Dec 23 (9:00 am- 10:00 am)

Thursday Yoga Combo- Nov 5- Dec 17 (9:15 am - 10:15 am)

Thursday Keep Fit Strength & Conditioning- Nov 5- Dec 17 (10:45 - 11:30 am)

Friday Zumba GOLD- Nov 6- Dec 18 (11: 15 am- 12:00 pm)

Wednesday Active POUND is for previous participants with credits

REGISTER: TUESDAY, OCTOBER 27TH AT 8:30 AM EITHER ONLINE OR CALL IN



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THANK YOU SO MUCH!!

Ice Cream for our ice cream drive thru thanks to Savers Convenience Store!



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 Mental Health Association
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>.

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

OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
Call: 1.855.703.8985 Meeting ID: 225.573.6467#			1 9am: Gratitude Group 11am: Edmonton Folk Fest 1pm: Cantonese 3pm: Fact or Fiction	2 9:30am: Mandarin 11am: Exercise 1pm: Amazing Elders 3pm: Name That Tune
5 11am: Exercise 1pm: What Truly Matters Writing Group 3pm: The Flu and You	6 11am: Beyond Meditation 1pm: Coffee Chat 2:30pm: Parents of Estranged Children 3pm: What Truly Matters	7 9:30am: Cantonese 11am: Alberta News 11am: Confront the Discomfort 1pm: Caregivers Aware 3pm: Jeopardy	8 9am: Gratitude Group 11am: Edmonton & Area Land Trust 1pm: Cantonese 3pm: Armchair Travels	9 9:30am: Mandarin 11am: Exercise 12:30pm: Canadian Connections 3pm: Family Feud
12 THANKSGIVING	13 11am: Relaxation 1pm: Small Town Alberta 3pm: What Truly Matters	14 9:30am: Cantonese 11am: Discovery of Insulin 11am: Confront the Discomfort 1:00pm: Coffee Chat 3pm: My Favourite..	15 9am: Gratitude Group 11am: Indigenous Canada 1pm: Cantonese 3pm: Empower Me	16 9:30am: Mandarin 1pm: Amazing Elders 3pm: The Price is Right
19 11am: Exercise 1pm: What Truly Matters Writing Group 3pm: Living with Memory Loss	20 11am: Beyond Meditation 1pm: Coffee Chat 3pm: What Truly Matters	21 9:30am: Cantonese 11am: World News 11am: Confront the Discomfort 1:30pm: Across the Miles 3pm: A Moment in History	22 9am: Gratitude Group 11am: The Storyteller 1pm: Cantonese 3pm: Did You Know?	23 9:30am: Mandarin 11am: Exercise 1pm: Amazing Elders 3pm: BINGO
26 11am: Exercise 1pm: What Truly Matters Writing Group 3pm: The Professor & the Madman	27 11am: Relaxation 1pm: Beginner French 3pm: Working Through Grief	28 9:30am: Cantonese 11am: SCWW Advisory 11am: Confront the Discomfort 1pm: Coffee Chat 3pm: Nutrition for Health	29 9am: Gratitude Group 11am: Indigenous Canada 1pm: Cantonese 3pm: Readers Corner	30 9:30am: Mandarin 11am: Exercise 1pm: Amazing Elders 3pm: Classic Halloween Recordings

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.