



NORD-BRIDGE
SENIORS CENTRE

May 2021



www.nordbridgeseniors.com

PRESIDENT'S REPORT



Greetings to all of you and welcome to all the new members! I can hardly wait to meet everyone in person.

Your new Board of Directors met on April 14, 2021. A welcome was extended to Rodger Halvorsen, Lorna Lowe, Doreen Smid, and

Lorrie Vos. Thank you for joining our team and a special thank you to those retiring namely Kathy Ludwig, Hugh Gordon, and Robert Grisak!

Nord-Bridge will hold its virtual AGM on May 5, 2021 via ZOOM, we hope that most members will be able to attend from home and if they want to join, they will need to call Nord-Bridge at 403-329-3222 to receive their ZOOM invite via e-mail.

The staff and volunteers have all done a remarkable job of keeping the centre going during these uncertain times and they will continue to be there for all of us. There will be new staff joining us so watch for announcements on the website, and please continue to order from our diner. I see there are prizes for ordering meals regularly through Nord-Bridge's new promotion until May 14th as well!

I know the isolation is getting tedious, but we can spend more time outside now. We walked through the river valley and fed sunflower seeds to the Chickadees! What a thrill to have them land on our hands for their treat.

"Before you criticize someone, you should walk a mile in their shoes. That way when you criticize them, you are a mile away from them and you have their shoes." -Jack Handey

*George Berg
President*



Some programs and services are partially funded by the joint Provincial and City FCSS Program.



Alberta Association of Seniors Centres

Nord-Bridge is a proud Member of the Alberta Association of Seniors Centres.



NORD-BRIDGE
SENIORS CENTRE



BUILDING FUND DONATIONS

Anonymous- \$200
Joseph Smith- \$100
Larry Hamilton- \$200
Joe and Sumi Tomiyama- \$100
Rudy Grams- \$100
Dean Oseen- \$25
Roberta Svennes - \$85
Deb Morgan- \$50

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 Fundraising	2,500,000	86%

Total Contributions to our

Building Fund 1998 through 2021 2,198,133
Still needed by N-B Fundraising 301,867

EXECUTIVE DIRECTOR'S REPORT

Greeting Members,

There is a movie that came out in 1993 called Groundhog Day starring Bill Murray. In the movie Bill finds himself reliving the same day over and over again. I'm beginning to feel like my Newsletters articles are replaying the same message over and over again. I hope we can break this cycle soon and be back to some form of operations that allows us to provide in person activities.

After months and months of postponing our AGM, we will finally go ahead with the AGM on May 5, 2021 at 9:30 am. The AGM will be done virtually through ZOOM. In order for us to meet our quorum of 30 members, I would like to register everyone who plans to attend. Once you have registered I can email the ZOOM invite link. To register call me at 403-329-3222.

At the time of writing my article our province was still under STEP 1 restrictions. This meant the Dunford Diner is closed to in person dining, but we could still offer curbside pickup and delivery. We tried to come up with some creative promotions to encourage members and anyone in the community to purchase some meals for pickup. Until May 14th any breakfast menu item that is ordered between 9am and 10am will receive \$1.00 off. The other promotion we have running until May 14th is if you purchase 5 meals you will get a

free baked item; order 10 meals and you will be entered to win a \$100 gift card to a local business. Please feel free to share this with anyone in the community. Our dining room menu is available to anyone in the public.

Our Fitness 55 Club still remains closed under STEP 1 of the provincial restrictions. On a positive note, we have placed our order for our new fitness equipment; in anticipation for it to arrive when we are able to fully open our fitness room. We are still \$4500 shy of our \$20,000 goal and are still looking for donations to complete this capital campaign. The decision to purchase the new equipment before completely reaching our capital campaign goal was done because the manufacturers build / shipping time ranges between 3 - 6 months. Our hope is that we will have reached our goal prior to the equipment's arrival. If you would like to donate to the fitness room and help us reach our goal call Ashley or myself.



David Ng
Executive Director

NORD-BRIDGE SENIOR CENTRE "THE FRIENDLY CENTRE"

1904—13th Ave. North
Lethbridge, Alberta T1H 4W9

Telephone 403-329-3222
Fax 403-329-8824
E-mail: friendly@nordbridgeseniors.com

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

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Printed in Canada.

Visit nordbridgeseniors.com for
program information, photos,
videos, newsletters, and more.



[FACEBOOK.COM/
NORDBRIDGESENIORSLETHBRIDGE](https://www.facebook.com/NordBridgeseniorsLethbridge)



[TWITTER.COM/BRIDGENORD](https://twitter.com/BRIDGENORD)

PROGRAMMER'S REPORT

The last few months have felt like an ever-changing tide with the increasing COVID-19 numbers I never know what each week will bring! Last month, we hosted an Ice Cream and Pie Drive- Thru, with such a great response; we hope to do it again later this summer. We then finished off the month with another Liver & Onions Drive-By Luncheon with some new faces coming out to enjoy the food! This month, on Friday, May 28th, it will be roast beef, mashed potatoes, veggies, dessert and a drink all for \$11.00. This will be for pick up or delivery ONLY. This is our large monthly luncheon so please pre-order starting May 17th.

Last month our Dunford Diner closed for dine-in however, we are continuing to offer curbside pick up or delivery for \$8.00 three times a week! If you haven't already heard until May 14th, we are offering a new promotion where if you order more than 5 meals, you will receive a free bakery item and if you order more than 10 meals you will be entered in to a draw to win a \$100 gift card to a local business! We keep track of how many orders and will let you know when you are close to being entered into the big draw! So spread the word and support local!

Upcoming special events include a Cinco De Mayo themed lunch on Tuesday, May 4th with chimichangas, refried beans, pico de gallo and rice and on Thursday, May 6th is Taquitos, pico de gallo, and salad for \$8.00! These are both a part of our weekly drive-thru lunch specials.

Then on, Friday, May 7th is an early Mother's Day lunch special of baked chicken fettuccine alfredo with garlic toast, salad and dessert for pick up or delivery. Each year we usually host a sold out luncheon at Nord-Bridge with flowers galore, however due to COVID-19, we were unable to offer this. BUT if you pre-order, all mothers will receive a special item and an amazing meal, make sure you pre-order for this one!

Virtual Cooking will be on Monday, May 17th for \$20 with yours truly, where we will be making lettuce wraps served with tortilla chips. All ingredients are delivered pre-portioned to your door, but you must pre-register, as spaces are limited.

This month, a new session of our fitness classes have begun including, the newest fitness class I just have to mention is Sheila Mulgrew's NEW SEATED ZUMBA Gold starting on Friday, May 14th at 11:00 am for \$35! We also have new sessions of Guided Meditation, Mind to Body Somatics, Keep Fit, Active POUND, Active Zumba GOLD, and a monthly Recovery College Mental Health and wellness class. For more information, please go to www.nordbridgeseniors.com or give us a call!

Next month, watch out for Seniors Week events planned for the second week of June (pending COVID-19 restrictions.) One last note, make sure you are keeping up to date on announcements and events by listening to 94.1 CJOC FM, social media, and on our website at www.nordbridgeseniors.com

Until next month, see you all at our Annual General Meeting via ZOOM on Wednesday, May 5th at 9:30 am! Call us to receive your zoom invite.

Stay happy and healthy!

Ashley Kern
Program Coordinator



NORD-BRIDGE MEMBERSHIP FEES:

Membership open to all seniors age 55 plus. Associate Membership for younger individuals whose spouse is over 55 and a member.

New Memberships: \$53

Membership Renewal: \$50



Virtual Recreation Programs

Mon Guided Meditation:	S3- May 10 at 9:00 am	Fee: \$20
Mon Mind to Body Somatics	S3- May 17 at 10:00 am	Fee: \$40
Tues Gentle Somatic Yoga:	S3-Apr. 27 at 9:15 am	Fee: \$35
Tues Keep Fit Aerobic:	S3-Apr. 27 at 10:45 am	Fee: \$25
Tues Reenergizing Chair Yoga:	S3-Apr. 27 at 12:00 pm	Fee: \$35
NEW Wed Active POUND:	S3- May 12 at 9:00 am	Fee: \$35
Wed Zumba GOLD:	S3- May 12 at 10:00 am	Fee: \$35
Thurs Gentle Somatic Yoga:	S3- Apr. 29 at 9:15 am	Fee: \$35
Thurs Keep Fit Strength:	S3- Apr. 29 at 10:45 am	Fee: \$25
Thurs Reenergizing Chair Yoga:	S3-Apr. 29 at 12:00 pm	Fee: \$35
NEW Fri Seated Zumba GOLD:	S3- May 14 at 11:00 am	Fee: \$35

Special Programs via:



Virtual Cooking with Ashley	May 17 at 11:15 am	Fee: \$20
Attitude of Gratitude: Recovery College	May 19 at 1:00 pm	Fee: FREE

Special Luncheons

Roast Beef Drive By Lunch	May 28 at 11:00 am	Fee: \$11
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***We will not take orders until May 17** *Please find full descriptions on our website at www.nordbridgeseniors.com or by calling 403-329-3222.

Program Descriptions:

Please note: there are NO classes on statutory holidays

Guided Meditation: we will be working on progressive muscle 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 the session participants will be rejuvenated, relaxed and at peace. This runs for 7 weeks.

Mind to Body Somatics: Instead of stretching muscles, Somatics is a type of movement therapy, a way of re-educating the way our brain senses and moves the muscles. The restorative sequences, called Somatic Movement, are ideal for unwinding stiffness, pain and postural imbalances, and will dramatically increase flexibility through brain-to-muscle re-education. Great for those with MS, Stroke Recovery, Chronic Pain, Migraine, and much more! This runs for 8 weeks. *No class May 24th.

Gentle Somatic Yoga: is an exploration of vinyasa movements and somatic exercises that are combined to improve health, well-being, quality of life, and personal performance. GSY incorporates slow, mindful yoga movements that raise bodily awareness to heal persistent tension-based patterns in the body. This allows us to self-correct and permanently release persistent stress-based patterns from within their body (Soma). This runs for 7 weeks.

Keep Fit Aerobic: This class is great to get your heart rate up and will increase your cardio levels. You will work through range of motion exercises and use your own body weight for resistance. This class can be done either standing or sitting. This runs for 7 weeks.



Reenergizing Chair Yoga: Chair Yoga is the term generally used to describe a gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support. Chair yoga has helped people with the symptoms of many health issues including: Hypertension (high blood pressure), anxiety, chronic fatigue syndrome, arthritis, vertigo (medical), multiple sclerosis, carpal tunnel syndrome, clinical depression, and chronic pain. Chair Yoga is one of the gentlest forms of yoga available. Complicated maneuvers and complex movements are not present in a Chair Yoga class. Within this type of yoga class, you can cover standing, seated, and prone postures. Most of these classes use the chair only, due to the difficulty of getting down or up from the floor. This runs for 7 weeks. **CANCELLED**

Active/Seated POUND®: This energizing workout combines cardio, conditioning, and strength training with Yoga and Pilates-inspired movements. Active POUND® 55+, uses 1/4lb drumsticks engineered specially for exercising. This drumming exercise works the shoulders, biceps, triceps, forearms and back. You will increase your rhythm, timing, coordination, speed, agility, and endurance. This work out is easily modifiable and appeals to all ages and abilities. If you require Rip Stix, please let us know when registering. This runs for 8 weeks.

Keep Fit Strength & Conditioning : Want to tone and shape your muscles? This class is geared to develop muscular strength and endurance. Light hand weights and resistance bands will be utilized in this class .No impact functional exercises will focus on strengthening independence in daily living activities. This class can be done either standing or seated. This runs for 7 weeks.

Zumba GOLD® & Seated Zumba GOLD: 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 and muscular conditioning. This runs for 8 weeks and can be easily modified for all levels using a chair.



Fitness 55 Club Fundraising Goal \$20,000



**HELP NORD-BRIDGE
RAISE \$20,000.00!
TO BUY NEW GYM
EQUIPMENT IN OUR
FITNESS CENTRE!**



For more information or to make a donation
contact Ashley or David 403-329-3222

**NORD-BRIDGE AGM
RESCHEDULED**

May 5, 2021

Virtually Through ZOOM @
9:30 am

*Please register by calling
403-329-3222 to receive your ZOOM
Invite via e-mail no later than May
4th*

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
- * RAISIN



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

- * CHOCOLATE
- * PINAPPLE ZUCCHINI
- * VANILLA

Cookies by the dozen \$5.00

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

Crisp and Loaf

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

Call Nord-Bridge
403-329-3222 to order



Dunford Diner Menu

Breakfast

Full Breakfast 7.00	Fried Bacon Egg Sandwich 5.75
2 Eggs, Bacon or Sausage or Ham	
Eggs Benedict 7.00	Small Full Breakfast 5.00
Toasted English Muffin, Poached Eggs, Ham, Hollandaise Sauce & Hashbrowns. Half Order \$5.00	One Egg, Bacon or Sausage or Ham, Hashbrowns, One Toast & Coffee
Bacon Temptation Omelette 7.00	Breakfast Burrito 5.00
Topped with sliced Tomatoes, Hashbrowns, Toast & Coffee	Sausage, Peppers, Mushroom, Green Onions, Cheese
Spinach Omelette 7.00	Pancakes 5.00
Spinach, Mushroom, Green Onions, Peppers, Cheese, Hashbrowns, Toast & Coffee	French Toast 5.00
Spanish Omelette 7.00	Waffles 5.00
Peppers, Green Onions, Ham, Mushroom, Cheese with Hashbrowns, Toast & Coffee	Egg Muffin Sandwich 4.25
Ham and Cheese Omelette 6.25	Toasted Egg Muffin with Bacon or Ham or Sausage
With Hashbrowns, Toast & Coffee	Add 3.00
	Ham or Bacon or Sausage

Lunch

Philly Cheesesteak Sandwich 8.00	Fish and Chips 2 Pieces 8.50 1 Piece 6.50
Sliced Steak with Peppers, Onions on a Hoagie Bun with French Fries	
Rueben Sandwich 6.00	Bacon, Tomato & Cheese 5.50
Corned Beef, Swiss Cheese Sauerkraut on Rye Bread	Grilled
Deluxe Hot Hamburger & Fries 7.50	B L T 5.25
Hot Hamburger & Fries 6.75	Denver Sandwich 5.00
Aloha Burger 6.00	Grilled Ham & Cheese 4.75
Cheese, Pineapple slice, BBQ sauce, Lettuce, Tomato, Mayo	Grilled Cheese 3.75
Mushroom Swiss Burger 5.75	Chicken Fingers & Fries 6.50
Chicken or Beef	Chicken Caesar Wrap 5.50
Hamburger 5.00	Chicken Quesadillas 6.00
add Cheese \$.75	with Salsa & Sour Cream

Salad

Chef Salad 6.50
Chicken Caesar 6.00
Taco Salad 6.25
Add refried beans \$1.00
Caesar Salad 5.00
With Garlic Toast
Garden Salad 5.00

Fries

Poutine 5.00
Fries Small 2.00 Large 4.00
Onion Rings 4.00
Loaded Fries 5.00
Bacon, Cheese, Green Onions
Sweet Potato Fries 4.00


Soup & Sandwich

Soup & Sandwich 6.50
Soup 3.75
Sandwich 3.25

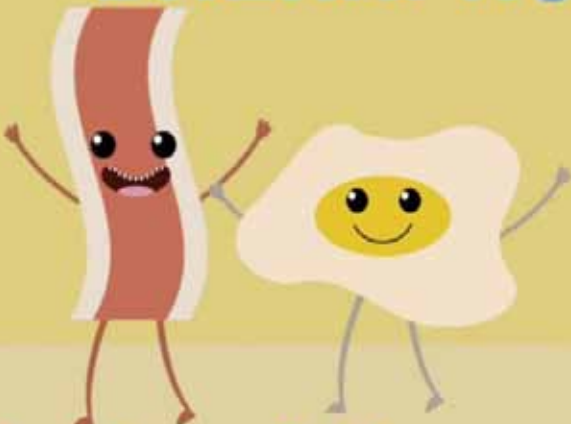


Dunford Diner Hours
Monday - Friday
9:00am - 2:00pm

All Menu Items Available for Pick-Up.
To order call
403-329-3222



Happy Hour BREAKFAST



Monday - Friday

Order breakfast for pick up or delivery between 9am - 10am and receive \$1.00 off

9AM - 10AM

CALL 403-329-3222 to place your order

*promotion runs until May 14th

Tuesday, Thursday, & Friday Lunch Specials

PICK-UP OR DELIVERY ONLY

From Nord-Bridge's Dunford Diner

TUES, MAY 4
Cinco De Mayo Themed - chimichangas, refried beans, pico de gallo, rice, & a special drink

THURS, MAY 6
Taqitos, pico de gallo, salad, & a drink

FRI, MAY 7
Mother's Day Themed - baked chicken fettuccine alfredo with garlic toast, salad, & dessert

NOTICE: We will not take orders any sooner than one week prior

TO ORDER CALL 403-329-3222 OR GO ONLINE TO WWW.NORDBRIDGESENIORS.COM




CONDOLENCES

Our sincere condolences are extended to the Taylor family and the loss of Doreen, and to the Horn family and the loss of Melvin.



ਸਿੱਖ ਸੋਸਾਇਟੀ ਆਫ ਲੈਥਬਰੀਡ
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)

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"

THANK YOU TO:

- THE LETHBRIDGE FOOD BANK AND THE DONATION OF VARIOUS FOOD ITEMS

- THE NORD-BRIDGE MEMBERSHIP AND THE COMMUNITY FOR THEIR CONTINUED SUPPORT TOWARDS OUR WEEKLY LUNCH SPECIALS



LORRI'S CORNER



This month I want to share an article I received from the Grief and Trauma Healing Centre in Edmonton. The writer of this is Gina Baretta who is the Director of People and Culture. She is a Mental Health Therapist, a Grief Recovery Specialist and finishing her education to receive designation as a Registered Psychologist. Please take a moment to read her article as it is filled with such important information for all of us.

Lorri

Navigating Covid-19 Burnout

Just over a year ago in March 2020, The World Health Organization declared the world-wide COVID-19 pandemic. Collectively, we all experienced a time of uncertainty and fear not knowing what the future held for us individually and globally. The pandemic has strongly impacted the way we live our everyday lives and has become one of the most life-altering events that we are facing together as a community.

COVID-19 has impacted many areas of our lives including our well-being and mental health. As we are living in a state of uncertainty, this can create stress and emotions which triggers a stress response in our bodies. More specifically, our bodies have a fight or flight response which is a natural survival mechanism for human beings. When our fight or flight response is activated, our brains scan the environment, deem what is safe or not, and decide if we need to fight or flee. In stressful circumstances, our bodies and minds are designed to protect us and help us survive. During this past year, our fight or flight responses have been activated during new restrictions, business closures, gathering restrictions and layoffs due to COVID-19. Throughout this year, we have been living in a state of consistent stress and our minds and bodies have been overworking and overwhelmed.

What happens when this all becomes too much? When our bodies are tired from trying to decide whether to fight or flee? When isolation turns into loneliness? When we run out of new ideas for activities and leisure? When missing social relationships seems unbearable? When it does not feel like the life we once knew will return? We burn out.

What is Burnout?

Burnout occurs when we experience mental, physical and emotional exhaustion. We may experience burnout from our jobs, parenting, school, or even everyday life. Some signs that you may be experiencing burnout include fatigue, physiological reactions such as headaches, anxiety, irritability, limited concentration, impacted memory and disorganization. Identifying burnout is important to ensure we give ourselves time and permission to attend to what our minds and bodies need to remain healthy.

Covid-19 Burnout

With COVID-19 we could experience burnout as we have been trying to navigate "a new normal" in many areas of our lives which requires a significant amount of energy. For some we might not have conscious awareness that we are experiencing burnout. For others we may be completely aware that COVID-19 has robbed us of all our energy. Regardless of what your experience is, it is valid, and you are not alone. As we know, COVID-19 has impacted several domains in our lives. Below you will find a few examples of areas in our lives that have been affected and may lead us to exhaustion and burnout:

Limited social connections: Human beings are hard-wired for connection. Not only is it difficult not to engage in social relationships but it goes against our natural drive for connection. Personally, one of my saddest realizations is that we have feared being with the people we love. Afraid of catching COVID-19 or fear of passing COVID-19 on. Our social relationships are meant to bring us joy and meaning and COVID-19 may have altered how we feel in social relationships.

Changes to hobbies and coping strategies: During stressful times in our lives, it is important to have healthy strategies that bring us joy and comfort. For some this could include the gym, social gatherings, dining, playing sports or travelling. Throughout the pandemic some of us have been robbed from using these strategies which further exhaust us. Being limited in what we can do to take care of ourselves and our mental health now becomes an additional weight on our shoulders.

Impacted work environments: When considering burnout during the pandemic, our jobs can have a significant impact. For some, our everyday jobs have been changed drastically with new PPE protocols, social distancing orders and changes with staffing. These changes can be hard to adjust to and can leave us emotionally and mentally drained.

Financial stressors: Many people have experienced layoffs or a reduction in pay as a result of the pandemic. Financial stress on top of everything else we are attempting to manage can have a major impact on our overall well-being, mental health, and our ability to live presently.

Burnout is not permanent! In order to overcome burnout, we need to make changes to our environment and give ourselves the opportunity to slow down and take care of ourselves.

Strategies for Overcoming Burnout

DIG DEEP: The concept DIG Deep was created by Brene Brown and suggests people use this acronym when feeling exhausted and overwhelmed. D (Deliberate) means that we are deliberate with our thoughts, behaviors and have intention behind what we do. This means that we have a choice to take care of ourselves through meditation, relaxation time or any intentions that we set. I (Inspired) means we can look to others for strategies, step out of our comfort zone and explore new ideas. When thinking of new ways to take care of ourselves, we can look to others for their strategies, learn from them and make new choices. G (Going) means that we take action. Taking the time to execute what we have learned is essential! Everyone will have their own unique way of what DIG Deep looks like.

Self-Care: Self-care is critical when we are overwhelmed and exhausted. Give yourself permission to slow down and indulge in some "you time". One idea I have learned is there is a common misconception that self-care can be time consuming and therefore not attainable. Some activities can be time consuming however, there are many intentional self-care strategies that only take a few minutes. These can include pouring yourself some tea, listening to music, taking a shower, or meditating. One way you can ensure you are adding self-care to your daily routine is booking an appointment with yourself. In your calendar schedule an appointment with yourself the same way you would book your dental appointment. This way it holds us accountable to our intentions and the need to take care of ourselves.

Routine: When we are living in uncertainty, we can shift our focus and energy towards what we can control. What we can control is our everyday routine. Start by setting some small goals of what is important for you to achieve and then plan on how you would like to execute. Routine creates familiarity which can be comforting and calming for our bodies.

If you are experiencing COVID-19 burnout, you are not alone. As a community, we are in this together and supporting each other along the way. Remember to give your mind, body and heart the time and space to recharge. When we are recharged we are happier, more productive and healthier people.



ZUMBA
gold

SHAKE IT AT YOUR OWN PACE

GET ACTIVE WITH GREAT PEOPLE
AT THE DANCE PARTY WORKOUT
FOR THE YOUNG AT HEART.



FOR CLASS DETAILS

CONTACT YOUR LICENSED ZUMBA® INSTRUCTOR:

Sheila Mulgrew

(403)-329-3222

Wednesday is Active ZUMBA & Friday is Seated ZUMBA

Date: Wednesday, May 12 and/or Friday, May 14

Time: Wednesdays at 10 am - 11 am & Fridays at 11 am - 12pm

Fee: \$35.00 Members \$55.00 Non-Members

Location: Virtually through ZOOM

Register today by calling Nord-Bridge Seniors Centre at 403-329-3222 or online at
www.nordbridgeseniors.com

zumba.com

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JOIN THE
party

WINNERS



Two blocks west of the casino on Crowsnest Trail

**EVERY THURSDAY
IS SENIORS DAY!**

Half Price On All Regular,
Gold and Combo Cards

25% off Gold and Ruby Cards



**Every Wednesday
is VALUE PACK DAY Every-
one \$aves**

**Friday Nights
FREE \$500 GAME**

**Sunday Afternoons
FREE \$200 GAME**

Call the Hotline: 403-327-7454
or Email: winners_bingo@telus.net



TUES/THURS

GENTLE SOMATIC YOGA

\$35 for 7 weeks
starting April 27 & 29
at 9:15 am

This class is an exploration of vinyasa movements and somatic exercises that are combined to improve health, well-being, quality of life, and personal performance. GSY incorporates slow, mindful yoga movements that raise body awareness to heal persistent tension-based patterns in the body. This allows us to self correct and permanently release persistent stress-based patterns from within our body. This can be done either seated or on the floor with modifications easily incorporated. This class will be done virtually through ZOOM.

**Call 403-329-3222 or go
online to
www.nordbridgeseniors.com
to register today!**




**COVID-19
Update**

As of April 9th, 2021

- The Dunford Diner will be closed to in-person dining. Curbside Pick Up and Delivery will be available on all menu items and special lunches.
*ask about our new menu promotion!
- Community Volunteer Income Program will continue (DROP OFFS ONLY)
- Online fitness, wellness, cooking and information programs will continue online



**Eat anything you want...
anytime, anywhere...**
with the help of implant supported dentures.

Call us today for your
complete denture care needs



Hosack
DENTURE CLINIC LTD.

Giving you something to smile about!


604 - 6 Street South • Lethbridge
(403) 327-7244 • Toll Free 1-877-467-2251

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



HUCKVALE LLP
established 1906

Upcoming FREE consultation dates:
TBA
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.

LIVE  **Open to all Seniors in
the Community for
the fee of \$20!**


Lettuce Wraps with Tortilla Chips

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
MAY 17TH
11:15AM MST Via ZOOM**

CONTACT ASHLEY @ 403-329-3222
@nordbridgecooksvirtual

 ***Limited spots available***



This will be my last entry as the LEARN Case Manager as I have accepted the position of Alberta Elder Abuse Awareness Council Coordinator's new position. This will have me assisting in establishing other Elder Abuse Case Managers across the province.

On a positive note as well I will be a part of the training and supervision of the new Case Manager for LEARN. Being here in this position over the past 4 years for me has been an incredible opportunity. I have truly enjoyed the position and the ability to get to know seniors who I have learnt from. So not a good bye but a see you in my new role!


In closing as always, if you, or someone you know is experiencing elder abuse, please give call to 403-394-0306 (private line). When it comes to Elder Abuse, silence is not an option. Or on line at learn@lethseniors.com

<http://lethseniors.com/learn>

Sincerely, Joanne Blinco

RECOVERY COLLEGE LETHBRIDGE

Attitude of Gratitude



**Wednesday,
May 19, 2021**


1:00 p.m. to 2:00 p.m.

This class will look at the practice of noticing and appreciating the positives in the world. Shifting the focus from what you don't have to what you do have and the profound influence on your whole person wellness

Who should attend?
Family, friends,
caregivers - anyone
aged 55+

To register for this FREE
Attitude of Gratitude
go online to:
<https://recoverycollegelethridge.ca/>

Join us as we discuss the
stress of everyday living and
how to combat it!

 **recovery college**
LETHBRIDGE

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Transportation for Seniors**

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|---------------------------------|----------------------------|
| - Medical Appointments | - Visiting Friends |
| - Recreational Outings | - Shopping |
| - Curb to Door Assistance | - Grocery Shopping |
| - Banking and Paying Bills | - Genuine Companionship |
| - Lethbridge to Calgary Service | - Accompanied Appointments |

**Call Jodie
to schedule your appointment**

403-894-2484

jodie.hiebert@gmail.com



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- money stays locally in southern Alberta
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Chinook LifeCare Association
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Located within Nord-Bridge Senior Centre
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Lethbridge, AB T1H 4W9
chinooklifecare@gmail.com

Chinook LifeCare is actively seeking new Board Members



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**We will be offering
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-  **SECURE OUR COUNTRY**
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LETHBRIDGE ALBERTA MP

   @RachaelHarderMP  403-320-0070

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

NEW SPECIAL PROMOTION!!
Between April 12- May 14
From our Dunford Diner!

 **NORD-BRIDGE SENIORS CENTRE**

Order 5 meals
Get a FREE baked item

Order 10 meals
Entered to win \$100 gift card to local business!

Breakfast Happy Hour!
Order Breakfast between 9am - 10am
\$1.00 off each meal!

To order call 403-329-3222!
We will register and track all your orders.

**Promotion runs from Apr 12 - May 14*
**For pick up or delivery orders only*



*Meals must be minimum of \$5.00 to qualify

**This group
will be
offered when
there are 4
participants
confirmed**



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.

NEW GROUP STARTING IN MAY WHEN THERE ARE SUFFICIENT NUMBERS.

Thursday Afternoons for 8 weeks

1:30-3:30pm

Nord-Bridge Senior Center

1904- 13 Avenue North, Lethbridge, Alberta

Cost: \$150 Contact: 403-329-3222 to register





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for updates, contests, and more!
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ROCKOUT. WORKOUT.

This energizing workout combines cardio, conditioning, and strength training with Yoga and Pilates-inspired movements on a chair or standing. POUND®, uses 1/4lb drumsticks engineered specially for exercising. This drumming exercise works the shoulders, biceps, triceps, forearms and back. You will increase your rhythm, timing, coordination, speed, agility, and endurance and is easily modified for all abilities. *Call 403-329-3222 to register or go online to www.nordbridgeseniors.com for more info.

ACTIVE POUND® WITH SHEILA MULGREW!
STARTING WEDNESDAY, MAY 12 FOR 8 WEEKS FROM
9:00 AM – 10:00 AM *This class is offered virtually through ZOOM

POUND
HEALTHY MOVEMENT

Mind to Body Somatics

With Melanie Hillaby, certified fitness instructor

Improve your daily functional movements through conscious mind & body awareness. Great for those with MS, Stroke Recovery, Chronic Pain, Migraines and much more.

Members \$40 Non Members \$60
Begins: Monday, May 17 - July 12 at 10:00 am
*No class May 24th
Location: ZOOM video platform

WINTER 2021 Nord-Bridge Seniors Centre PRESENTS **NEW**

ONLINE REGISTRATION

Available NOW!



STEPS TO REGISTER ONLINE:

1. GO TO LOGIN (TOP LEFT HAND CORNER) & ENTER EMAIL ONLY
2. CLICK "CATALOG" (TOP LEFT HAND CORNER)
3. SELECT CLASSES THEN ADD TO ORDER
4. SCROLL TOP OF PAGE AND CLICK ON "CHECKOUT" AND NEXT STEP
5. SELECT "PAY NOW" AND ENTER PAYMENT INFO
6. BOOK COURSES

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

NORD-BRIDGE SENIORS CENTRE PRESENTS

\$8.00

Mother's Day Drive-Thru Lunch

LET'S MAKE EVERY MOM SPECIAL

Friday, May 7th

Enjoy baked chicken fettuccine alfredo with garlic toast and a salad & one special item for each mom!

11:30am – 1:00 pm

*PRE-ORDER FOR PICK UP OR DELIVERY ONLY BY CALLING 403-329-3222 NO SOONER THAN MONDAY MAY 3RD, WHILE QUANTITIES LAST.

1904 13 AVE. N. LETHBRIDGE, AB

NORD-BRIDGE SENIORS CENTRE

CINCO DE MAYO

\$8 DRIVE-THRU LUNCH!

TUESDAY, MAY 4, 2021
11:30AM- 1:00 PM

EACH ORDER COMES WITH CHIMICHANGA, REFRIED BEANS, PICO DE GALLO, RICE AND A SPECIAL DRINK!

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*DRIVE-THRU ENTRANCE IN NORTH-EAST PARKING LOT

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With Ashley Via

ZOOM

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IN A CHAIR FOR 45 MINUTES
AND BY THE END OF THIS
SESSION YOU WILL BE
REJUVENATED, RELAXED, AND
AT PEACE.

SESSION 3 BEGINS
MONDAY, MAY 10 ~ JUNE 28
AT 9AM ~ 945AM

MEMBERS: \$20
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MEETING ID AND PASSWORD

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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.





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>



The Grief Recovery Method

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/>

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

<https://www.youtube.com/ABcaregivers>

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/>

FOR SHAW SUBSCRIBERS: We are pleased to announce that our building is equipped with **Shaw) Go Wi-Fi**. To connect at Nord-Bridge:

1. Access the network / Wi-Fi settings on your device.
2. Select **ShawOpen** from the list of networks.
3. Open your browser.
4. Sign-in using your **@shaw.ca email address** and **password**.

Any questions? [Please](https://www.shaw.ca/internet/wifi/) call 1-888-472-2222 or visit [http://www.shaw.ca/internet/wifi/](https://www.shaw.ca/internet/wifi/).

This is a free service to Nord-Bridge provided by Shaw.

While at the Nord-Bridge Centre you can access our in-building internet service at:

User ID: FriendlyCentre
Password: myfriendlycentre
 (Shaw Cable subscribers see above)



“The Friendly Centre”

**NORD-BRIDGE
SENIORS CENTRE**



Members enjoying pie and ice cream from the Dunford Diner

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friendly@nordbridgeseniors.com**

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9:00 a.m. to 3:00 p.m.
(Temporary Hours)**

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