

# AUGUST 2021



**NORD-BRIDGE**  
SENIORS CENTRE



[www.nordbridgeseniors.com](http://www.nordbridgeseniors.com)

## PRESIDENT'S REPORT



Have you noticed the Sun seems to be hotter than when we were younger? As I write this note in the middle of July it is 34 degrees outside and there is an electricity emergency alert for Alberta. The good news today was that if you buy an electric car with a bi-directional

system you will be able to supply electricity to your home for three days. That sounds neat but if you are supplying electricity to your house from your car, you would have to stay home.

On July 14th we had a wonderful retirement party for Valerie Arkininstall. She is enjoying her retirement and it was so great that we could gather with over 70 members and friends to celebrate her 30 years of service to our community. Thank you to Ashley and all the staff for planning this event.

Val told us in her short speech that her family has been involved with Nord-Bridge from the beginning. Her mother served as president, her father was on the finance committee, and her aunt was active in the craft club and served as board secretary. Val said the Arkininstalls are small but they are mighty!

The mystery trips she planned were wonderful. I drove the bus on many of them and tried to keep the members guessing as long as possible by taking a circuitous route. Val also said that what happens on bus stays on the bus!!

When Ingrid and I drove into the parking lot at Nord-Bridge it was heart warming to see so many cars. The dining room is now busier than ever and it is great to see the guys back in the pool room. The fitness classes are going full bore so sign up for the next session soon.

The new equipment for the gym has arrived and is installed. It is excellent equipment and I'm looking forward to trying it out this fall. We hope to install new TVs in the gym soon so by September, we should be fully operational and back to normal! Thank you for sticking with us through this Pandemic and let's hope its another 100 years before we have another one!

Question: Why don't retirees mind being called seniors? Answer: The term comes with a discount.

How do you know you're old enough to retire? You start bragging about your age instead of trying to hide it! See you in September! Stay Cool!!

*George Berg  
Board 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

Valerie & Everett Arkininstall - \$200  
Floyd & Norene Irwin, \$50  
Majory Tomomitsu, \$50  
Emiko (Ami) Oliver, \$50  
Patricia Waddle, \$100  
Gordon Vaselenak, \$100  
Alice Mehlhaff, \$45

## 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	2,204,413
Still needed by N-B Fundraising	295,587



## EXECUTIVE DIRECTOR'S REPORT

Greeting Members,

Smiles, smiles, smiles, all we see are smiling faces! Last month our province and city lifted most of the COVID-19 restrictions including social indoor gatherings and face mask requirements. I can't tell you how nice it was to see so many smiling faces last month. Everyone who stopped and chatted with me last month had a great big smile on their face. I think we can credit this to our members and seniors in the community; just wanting to get out again and socialize with their peers. I have enjoyed seeing all the familiar faces and the new smiling faces back in our building.

Last month we closed our Fitness 55 Club for two days to receive and set up our new fitness equipment. Six new cardio vascular machines were set up (4 treadmills and 2 ellipticals). We also added 3 new strength machines (chest press, bicep / tricep curl, leg press / calf raise). Thank you again to all our fitness room members and Nord-Bridge members who donated to the capital campaign that allowed us to purchase the new equipment. Our Fitness 55 Club is now open Monday -



Friday from 8:30 am - 4:30 pm with no time slot bookings required. If you're interested in joining the Fitness 55 Club please ask for Melanie or Ashley at the Front Desk.

With social indoor gatherings limits being lifted, Nord-Bridge can once again start renting out our rooms to members and the community. Our Multi-Purpose Hall and West Community Room will be available to rent for: weddings, birthdays, anniversaries, showers and celebration of life events. For more information you can ask for Maria at the Front Desk or call at 403-329-3222.

Last months cover of our Newsletter highlighted some of the fantastic team members we have in our Dunford Diner. One of the new faces you might not recognize is our new part time cook. I would like to introduce you to Ken Mohammed. Ken, comes to us with over 20 years of experience in the cooking industry and he brings a wealth of cooking styles to Nord-Bridge. The next time you're in the Dunford Diner give Ken a "Friendly" Nord-Bridge welcome.

*David Ng  
Executive Director*

## WELCOME NEW MEMBERS! WE ARE HAPPY TO HAVE YOU!

Robert Deschamp

Anonymous

Gloria Diliberto

Nancy Cook

Gary Vredegoor

Liz Paul

Elsie Kalau

Barry Fitzhenry

Anna Suurd

Jo-Anne Hay

Vibeke Lindhardt

Jennie Van Spronsen

Dennis Gunning



## 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](mailto:friendly@nordbridgeseniors.com)

Open Monday to Friday  
8:30 a.m. to 4:30 p.m.

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## PROGRAMMER'S REPORT

Hello everyone! Things are looking up since the COVID-19 restrictions have loosened! Our fitness centre and dining room are now fully operational and I can't wait for next month when we open the rest of our programs! Last month, I took some time off and went to Radium Hot Springs in BC. This was the first time ever and had so much fun relaxing in the natural mineral pools.

We had a blast at Valeries retirement party on July 14th at the Rotary Picnic Shelter. Thank you to everyone that showed up! Special thanks to Copy Express for the retirement banner for Valerie, she loved it.

Coming into August we are starting to prepare to fully open in September. I am hoping to have a Fall Program registration week in September after the long weekend but please watch for more information on this in the September edition of the newsletter.

Special events upcoming include a FREE walker repair clinic thanks to Leister's Home Care in the main corridor of Nord-Bridge on Wednesday, August 11th from 10:00 -11:00 am. Open to members ONLY. Then on Wednesday, August 25th from 1:00 -2:00 pm the Recovery College will be hosting a seniors 55+ Mindfulness and Self Compassion information session. This is a FREE event and is over the ZOOM video platform, call 403-329-3222 to register today!

Whoop-Up Days has been moved to September this year declared by the city of Lethbridge, so we have decided to have our annual Whoop-Up Pancake Breakfast on Thursday, September 2nd from 8:00 am- 11:00 am in the Multi-Purpose Hall of Nord-Bridge. This event is also open to all and every person will receive pancakes, sausages, coffee, and juice for \$2.00 per person. We will also have a 50/50 draw and live entertainment by the Celtic Routes.



Until next month, stay happy and healthy!

*Ashley Kern*  
*Program Coordinator*



Visit [nordbridgeseniors.com](http://nordbridgeseniors.com) for program information, photos, videos, newsletters, and more.

### 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



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



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





NORD-BRIDGE  
SENIORS CENTRE

# YOGA

# End of SUMMER

**TUESDAYS**  
9:00-10:00 AM

**AUG 17TH- AUG  
31ST, 2021**

**Tuesdays \$15.00**  
Member price

**FRIDAYS**  
9:00-10:00 AM

**AUG 27TH- SEPT  
10TH, 2021**

**Fridays \$15.00**  
Member Price

# CLASSES

**Registration OPEN**

**Instructor: Melanie Hillaby**

**\*PLEASE REFRAIN FROM WEARING ANY PURFUMES OR BODY SPRAYS**



# Dunford Diner Menu

## Breakfast

<b>Full Breakfast</b> 7.00	<b>Fried Bacon Egg Sandwich</b> 5.75
2 Eggs, Bacon or Sausage or Ham Hashbrowns, Toast & Coffee	
<b>Eggs Benedict</b> 7.00	<b>Small Full Breakfast</b> 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
<b>Bacon Temptation Omelette</b> 7.00	<b>Breakfast Burrito</b> 5.00
Topped with sliced Tomatoes, Hashbrowns, Toast & Coffee	Sausage, Peppers, Mushroom, Green Onions, Cheese
<b>Spinach Omelette</b> 7.00	<b>Pancakes</b> 5.00
Spinach, Mushroom, Green Onions, Peppers, Cheese, Hashbrowns, Toast & Coffee	<b>French Toast</b> 5.00
<b>Spanish Omelette</b> 7.00	<b>Waffles</b> 5.00
Peppers, Green Onions, Ham, Mushroom, Cheese with Hashbrowns, Toast & Coffee	<b>Egg Muffin Sandwich</b> 4.25
<b>Ham and Cheese Omelette</b> 6.25	Toasted Egg Muffin with Bacon or Ham or Sausage
With Hashbrowns, Toast & Coffee	<b>Add</b> 3.00
	Ham or Bacon or Sausage

## Lunch

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

## Salad

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

## Fries

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

## Soup & Sandwich

<b>Soup &amp; Sandwich</b> 6.50
<b>Soup</b> 3.75
<b>Sandwich</b> 3.25



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

**All Menu Items available for Dine-In or Pick Up.**  
Call 403-329-3222 to order

Let's Do LUNCH at:



**ASK ABOUT OUR WEEKLY \$8 LUNCH SPECIALS!**

**EVERY WEEKDAY 11AM TO 1PM**  
*open to all!*



## LORRI'S CORNER

As we start to head into fall, I wanted to share about an amazing team that I am fortunate to work with and support. HOME, which stands for Hoarding Outreach Management and Education has been working in Lethbridge and area for quite a few years supporting those who struggle with hoarding.

The Case Manager is Candice Fisher and she has been involved since the start and has received extensive additional training from Boston, Massachusetts. Her commitment and dedication to this population is unending and she assist when other people have walked away.

I have been with this team since I started working at Nord-Bridge and know the people who receive support from Candice and her team experience a significant positive change in their life. Anyone that knows Candice will know she is committed to her work and "no" is not in her vocabulary, she will find a way!

This dedicated team includes professionals from diverse agencies within the city, working together to help people with a disorder which affects 2-6% of the senior population. For me, the biggest concern associated with this disorder is the person's health and safety is threatened and puts them and emergency services in danger.

Referrals come from concerned family, friends, neighbours or EMS and all referral information is confidential. Once a referral is received, contact

is initiated in a respectful manner. HOME is not there to judge or force, but rather to offer support and assistance that is client led with support. The goal is to ensure the persons safety in their home.



I will be inviting Candice to return to Nord-Bridge this fall to do a presentation and encourage you to attend to learn about what she does and the prevalence of hoarding in the city. If you want more information, check out their webpage: <https://lethbridgehousing.ca/hoarding/>

If you are worried about someone you suspect is unsafe due to hoarding, you can contact HOME at 403-330-7640 or give me a call and I can assist you with the referral process. Remember your name will not be disclosed and you could very well save their life.

As always, if you are struggling and need to talk or any assistance I am here for you. Be kind to yourself and others. Any kindness we can show can only make this world a better place!

*Lorri Penner*  
*Social Worker*



## CONDOLENCES TO:

The Wasilenko family and  
the passing of Nadya

The Butterwick family and  
the passing of Delores

The Shimozawa family and  
the loss of Stan



 ਸਿੱਖ ਸੋਸਾਇਟੀ ਆਫ ਲੈਥਬਰਿਡਜ਼  
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)



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

# ONLINE REGISTRATION

Available Sept. 7

**COURSES TO REGISTER FOR:**

- KEEP FIT (STRENGTH OR AEROBIC)
- GENTLE/CHAIR YOGA
- GENTLE PILATES
- ZUMBA GOLD
- MIND TO BODY SOMATICS
- ACTIVE POUND
- GUIDED MEDITATION
- ART WITH DONNA, DENISE, OR KARINA

**OR CALL 403-329-3222 TO REGISTER OVER THE PHONE STARTING THE WEEK OF SEPT. 7**

ENROLL ONLINE AT: [WWW.NORDBRIDGESENIORS.COM](http://WWW.NORDBRIDGESENIORS.COM)

**\*\*FOR MORE INFORMATION ON FALL PROGRAMS PLEASE READ NEXT MONTHS NEWSLETTER (SEPTEMBER)**



# Country Fried Chicken

## with Potato Salad

**\$8 and open to all!**

**NORD-BRIDGE SENIORS CENTRE**

For Dine-In or Pick-Up, call 403-329-3222 for more information!

**Friday, August 6th from 11am - 1pm**

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Call 403-320-6000 to make your personal complimentary consultation today!

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Registered Hearing Aid Practitioners

**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:**  
Sep 14, Oct 12, Nov 9 and Dec 14

**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.**



COME & ENJOY OUR MONTHLY

# BREAKFAST BUFFET



**\*FIRST WEDNESDAY  
OF EVERY MONTH!**

OPEN AT 9AM TO 11AM  
AT 1904 13 AVE. N. &  
OPEN TO ALL!

**\$10  
PER PERSON**



# RECOVERY COLLEGE LETHBRIDGE

## Mindfulness and Self Compassion



### Who should attend?

**Family, friends,  
caregivers - anyone  
aged 55+**

**To register for this FREE  
CLASS  
go online to:**

**<https://recoverycollegethbrldge.ca/>**



**Wednesday,  
August 25, 2021**

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

**The act of practicing  
mindfulness in our daily  
lives can be extremely  
beneficial in living a  
healthy and balanced life.  
To live mindfully is to be  
present in each moment  
and to exist without fear  
or judgement of our own  
thoughts. How do we do  
this? Take this course to  
find out!**

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

CANADIAN MENTAL HEALTH ASSOCIATION

**recovery college**  
LETHBRIDGE





will be closed on  
**Monday, August 2<sup>nd</sup>**  
Have a great long weekend everyone!

## THANK YOU FROM VAL ARKINSTALL

Hello everyone. I wanted to write a quick thank you for a great retirement party as I was overwhelmed with gratefulness. It has been too long in seeing your smiling faces. I have truly missed everyone but I have lots of great memories in my 30 years of working with Nord-bridge Seniors Centre. I have worked with a lot of people and throughout, there have been lots of changes but it has been a very rewarding experience for me. Thanks for the cards, gifts, cut-out of Mickey Mouse and I, pictures with friends and Blaine Hyggen, and the wishing well of money which will be put toward some travel I can enjoy. It has been a long time since I have been out of L.A. Ha-ha.

You all will be my best friends forever and come this fall, I can enjoy being a member and perhaps enjoy a cup of coffee and I will not have to watch the clock, Ha,Ha!

Many thanks to the staff who continue to work their buns off here on out. Good luck to David, Tracy, Ashley, Lorri, Maria, Marco, Gail, Bety and the newbies, Ken and Melanie. Also, thank you to all the great volunteers over the years as I join you all as a V.I.P.

Now it is time for me to enjoy retirement for myself and so far I am keeping busy enjoying my

home doing the ongoing renovation upkeep and house cleaning. I have also been busy with yard work which I put in a lovely flower garden to enjoy while I have my morning coffee on my deck.

I will continue to enjoy my daily agenda of outdoor walks, coffee breaks, happy hours, reading or watching movies on Netflix all on my own time.

Cheers from your Nord-bridge Friendly Queen,

*Val Arkinstall*







If you, or someone you know is experiencing elder abuse, please call 403-394-0306 (private line) or email [learn@lethseniors.com](mailto:learn@lethseniors.com) if you would like to see what resources and supports are available. When it comes to Elder Abuse, silence is not an option.

<http://lethseniors.com/learn>

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



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

- \* BANANA CREAM
- \* COCONUT CREAM
- \* CHOCOLATE CREAM
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- \* CHERRY
- \* BLUEBERRY
- \* RAISIN

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

- \* CHOCOLATE
- \* VANILLA

**Cookies by the dozen \$5.00**

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

**Crisp and Loaf**

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

 NORD-BRIDGE SENIORS CENTRE

Call Nord-Bridge  
403-329-3222 to order



**Fitness 55 Club Fundraising Goal  
\$20,000 REACHED!**



**FITNESS 55 CLUB  
EQUIPMENT ROOM  
CAPITAL CAMPAIGN**

**DONATE  
TODAY!**

**Thank you for helping us reach  
our goal for new gym  
equipment! Thank you to  
Alberta 55 Plus Zone 1,  
CanadaHelps.org, and our  
members for donating to this!**



**WE ARE NOW**

**OPEN**

**Dunford Diner - Dine-in**  
Monday - Friday 9am - 2pm  
Open to all and no reservation needed!

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Lethbridge, AB  
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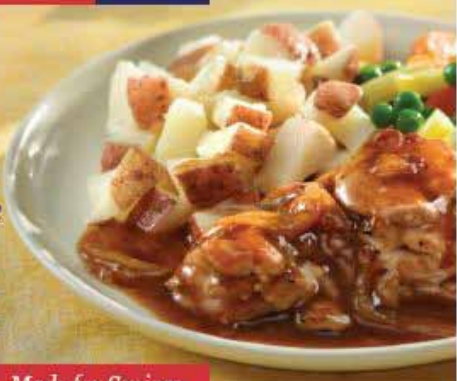
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safe and eating well.**

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\*Some conditions may apply.



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or visit our website [www.mbfunerals.com](http://www.mbfunerals.com)

**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](mailto: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"



**Chinook LifeCare  
Association**

Phone: 403-320-1170

Local non profit, money stays in Southern Alberta  
Office open 5 days a week  
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**NEW!**



**NORD-BRIDGE  
SENIORS CENTRE**

LISTEN FOR NORD-BRIDGE ON

**94.1 CJOC**

**MULTIPLE TIMES A DAY FOR CURRENT UPDATES, PROGRAMS, & SPECIAL EVENTS**

**MORE INFO**  
call 403-329-3222 or go to [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com)







All the staff celebrating Valerie's retirement party at the Rotary Picninc Shelter

## 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/>

**FOLLOW US**  
for updates, contests, and more!  
@NordBridgeSeniorsLethbridge



**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 call 1-888-472-2222 or visit <http://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)







**NORD-BRIDGE  
SENIORS CENTRE**

# FITNESS 55 CLUB

## NOW OPEN

*\*STARTING JULY 5TH\**  
MONDAY- FRIDAY 8:30 AM- 4:30 PM  
NO RESERVATIONS NEEDED

FOR MORE INFORMATION PLEASE CALL  
403-329-3222 AND ASK FOR MELANIE OR ASHLEY.



### EVERGREEN

Funeral Home  
and Cremation Services

403-329-4934

Give us a call regarding ...

- \* Affordable Pre-arrangement Options
- \* Evergreen's Budget Conscious Pricing

*Because Cost  
Is An Option*

*We lessen the expense  
Not the care*

A Division of the Caring Group Corp.

### roost roost LIMITED

**Downsizing Dilemma?  
Need to move on?**

*We can help....*

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



New Owner/  
Operator

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

**Cell: 403-330-8389**





**NORD-BRIDGE  
SENIORS CENTRE**

**PRESENTS:**

# Whoop - Up Days Toonie Pancake Breakfast



**Thursday,  
September 2nd**

**FROM 8 AM - 11AM AT 1904 13 AVENUE  
NORTH \*USE MAIN FRONT DOORS\***

**COME ENJOY PANCAKES,  
SAUSAGES, JUICE, AND COFFEE  
FOR \$2.00! WITH LIVE  
ENTERTAINMENT BY THE CELTIC  
ROUTES! THIS EVENT IS OPEN  
TO ALL!**

**Thank you to our sponsors:**





## Taming Your Thoughts Series

Recovery College, and Nord-Bridge Senior Center are putting on a series of online classes from June till September

Wednesday June 23: Mindfulness and Daily Activities

Wednesday July 28: Mindfulness and Our Environment

Wednesday Aug 25: Mindfulness and Self Compassion

Wednesday Sept 22: Mindfulness and Happiness

Class will run from 1 to 2 pm. To sign up please go to [www.recoverycollegelethbridge.ca](http://www.recoverycollegelethbridge.ca) or contact Ashley 403-329-3222

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



recovery college



*Congratulations to: Alan Martin*  
For Receiving a perfect  
on Wednesday, July 7, 2021

180

COME PLAY  
**DARTS**

*Every Wednesday at 1pm*  
1904 13 Ave. N.

**NORD-BRIDGE  
SENIORS CENTRE**

Open to Nord-Bridge Members







A beautiful ring from one of the staff members of Nord-Bridge for Vals retirement!

**WHOOP UP DAYS**

**FREE PANCAKE BREAKFAST!**

WHEN: Friday, September 3rd  
 WHERE: Exhibition Park  
 TIME: 7:30-10 AM

RACHAEL HARDER  
 LETHBRIDGE, ALBERTA, MP

@RachaelHarderMP 403-320-0070  
 www.RachaelHarder.ca Rachael.Harder@parl.gc.ca

**NORD-BRIDGE SENIORS CENTRE**

*are officially the winners of the*

**COFFEE FUNDRAISING BATTLE IN JUNE AGAINST**

**LSCO**

thank you to **CUPPER'S**

*Nord-Bridge members, & the community for their support!*

**"GET OFF OF MYLAWN!"**

**NORD-BRIDGE SENIORS CENTRE**

**WE ARE LOOKING FOR A VOLUNTEER PLANT WATERER**

Open to any senior 55+ who has a green thumb and would like to water all of our large indoor plants at Nord-Bridge! Some light lifting is required.

Where: 1904 13 Ave N.

When: every two weeks for one hour

This is a great opportunity to make our facility look the best it can!

**Call 403-329-3222 and ask for Ashley if interested!**



*What is available at:*



*after July 1st?*

- \*Dine in, pick up, or delivery from our Dunford Diner
- \*Select virtual & in person fitness programs including yoga, keep fit, taste of fitness, & walking club
- \*Woodcarving, pool, line dance, darts, table tennis, & select art clubs
  - \*Fitness 55 Club (gym)
- \*Seniors Helping Seniors Tax Assistance

*Programs / Services  
Starting in September:*

- \*All music programs, cards, floor curling, floor shuffleboard, carpet bowling, paid art classes, fitball, exercise with arthritis, mind joggers, & clogging
- \*Senior assistance programs such as foot care, lawyers, massage students, etc.
  - \* Gift boutique



The **ONLY** Hearing Clinic on  
Lethbridge's North Side  
Conveniently located in  
**Center Village Mall**

1240 2A Ave. N, Lethbridge, AB



**403-942-HEAR (4327)**

**New budget line available!**

**Hearing aids to fit every budget and lifestyle**

- Local family owned and operated business
- Complimentary Hearing Tests
- 45 day free trial of hearing aids
- AADL, WCB, NIHB and Veterans Affairs
- Financing options
- Hearing aid clean, checks and maintenance
- Ear protection: custom molded ear defenders
- Mail out battery club
- Remote care for virtual assistance



**LIFE IS CALLING! Let the Sakatch family at Beltone Hearing help you hear it!**

[lethbridgebeltone.ca](http://lethbridgebeltone.ca)



Selfie time!



Val's Brother, Everett enjoying the speeches



# FREE Walker Repair CLINIC

Where: 1904 13 Ave. N. in the Main Corridor of Nord-Bridge

When: Wednesday, August 11th

Time: 10 am- 11 am

**First come first serve!**

**\*For members of  
Nord-Bridge ONLY**



**NORD-BRIDGE  
SENIORS CENTRE**

Thank you to:



**NORD-BRIDGE  
SENIORS CENTRE**



**“The Friendly Centre”**



## Valerie's retirement party.



1904—13th Ave. North  
Lethbridge, Alberta  
403-329-3222  
friendly@nordbridgeseniors.com

Open Monday to Friday  
8:30 a.m. to 4:30 p.m.

[www.nordbridgeseniors.com](http://www.nordbridgeseniors.com)



# PROUD SUPPORTER OF OUR SENIOR COMMUNITY

AND MEMBER OF NORD-BRIDGE SENIORS CENTRE



# HYGGEN

FOR LETHBRIDGE MAYOR

VOTE FOR MAYOR OCTOBER 18, 2021

 [www.hyggen.ca](http://www.hyggen.ca)