

# JULY 2021



**NORD-BRIDGE**  
SENIORS CENTRE



*Come see our  
smiling faces and  
enjoy a meal!*

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

## PRESIDENT'S REPORT



Summer! Finally!

We had our directors meeting on June 9th with everyone in attendance. It was so good for all of us to get together in one room, NO ZOOM!

It looks like we will be able to open soon if the numbers of infections stay down. But now I have to think about how I am going to spend the Million dollars I'm going to win for being fully vaccinated! Thank you Premier Kenny!

Our yard is starting to look great just in time for us to go on a holiday. I can never understand why we buy all these plants just so our neighbors can look after them! The garden is coming up and we will have enough tomatoes to supply McDonalds'!

In June, we decided to go green and bought a new vehicle and it's a Hybrid vehicle so part of the time it works on electricity. The last new car we bought was a 1984 Ford Tempo which we've completely worn out. I think it had over 300,000 KM on it when I sold it for \$800. Our new SUV has a warranty to take us until we're 80 years old so here's to hoping we make it and the vehicle too.

We're off to Vancouver this month to see our month-old Grand Nephew, Owen Robert! We are excited to have a new family member. Holding a newborn is so wonderful and we are so fortunate to be able to travel again! Speaking of travel, tickets to Toronto right now are dirt cheap so we're heading east in August to see our family in Guelph, Ontario! We can finally see our Grand Daughters whom we haven't seen for two years!

It's an exciting time folks, so stay in touch, the staff has all kinds of plans for the Summer and Fall. Check it out in our monthly newsletter, follow us on Facebook, or phone 403-329-3222 for more information. Until next month, don't be discouraged, phone a friend! If you don't have a friend, come to the Friendly Centre and we will find you a friend!

There is nothing better than a friend...unless it's a friend with chocolate.

You can always tell a true friend because when you walk into their house your Wi-Fi connects automatically.

*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

Tina Simons- \$200  
Marjorie Little- \$50  
Mary Insley-\$100  
Anonymous- \$80

## 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	2,203,818
Still needed by N-B Fundraising	296,182

## EXECUTIVE DIRECTOR'S REPORT

Greeting Members,



I can't believe we might be one step closer to our facility returning to its regular operations. Last month during Stage 2 of the provincial governments "Open for Summer" plan, we started to see more people back in our building, dining in the Dunford Diner, exercising in the Fitness 55 Club and attending some fitness classes in person. In Stage 2, our dining room was still under the safety measures of maintaining tables and dining parties to a minimum of 2 metres. This reduced our dining room numbers from 144 seats to 72 seats; and on most of the days we were almost at capacity. As we move into Stage 3 on July 1st, all restrictions are lifted, including the ban on indoor social gatherings. This will allow us start our programs and services back up at Nord-Bridge; however under some careful consideration we will not start every program and service in July. We feel it would be prudent if a majority of our programs started up September. We do realize that many members have been anxiously waiting over 16 months to start up their activities again; and we thank you for your patience.

At the time of writing this months Newsletter article, the province has stated that the general indoor provincial mask mandate will be lifted (but masking may still be required in limited and specific settings). The City of Lethbridge is continuing its discussion on its mask bylaw which is in effect until December 31, 2021. At this time Nord-Bridge will evaluate what our city bylaw / mandate will be and assess the situation when we have a clear decision from the city.

Have a safe and great start to your summer... see you on the golf course!

*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](mailto:friendly@nordbridgeseniors.com)

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

© 2021 Nord-Bridge Senior Citizens Association.  
Printed in Canada.

## PROGRAMMER'S REPORT

It's been great to see some familiar faces once again in our dining room and gym when we reopened on June 14th! We also opened select fitness classes June 21st and how nice it has been not only for the members but for the instructors as well! Starting this month, I will be bringing back a few more programs however it will be in stages. These include: In House Bingo (mid-July tentative), Pool, Darts, Line Dancing Beginner & Advanced, Evening Table Tennis, Woodcarving, Gym orientations with Jim Scott and Melanie Hillaby for new members of the fitness centre, gift boutique (mid-July), and all art clubs including card crafters, and the quilters/krafters club. Then by September, we will open the rest of our drop-in programs including; cards, music, floor shuffleboard and curling, carpet bowling, cards, paid art classes (acrylics etc.), watercolor club, meditation, Active POUND/ Zumba GOLD, Mind joggers, clogging, Fit Ball/ Exercises with Arthritis, Intergenerational programs, Mental health and Wellness programs, foot care, lawyer visits, massage & nursing students, and last but certainly not least, Outreach!

If you have any further questions on any of these programs mentioned, give me a call at Nord-Bridge.

This month will be a little quieter as most of the staff will be taking off some much deserved time to

be refreshed for the Fall season. Special programs continuing throughout the summer include an online class through the Recovery College the fourth Wednesday of every month on mindfulness which is FREE and open to anyone 55+. If you have not already signed up for the NEW walking club with Melanie this starts on July 28th from 11:00 am- 12:00 pm, to register please call 403-329-3222!

PSSST if you have not already heard we are also hosting a retirement party for Valerie after working at Nord-Bridge for 30 years! This will be at the Rotary Picnic Shelter- Giffen Road North (behind the north Wal-Mart) on Wednesday, July 14 from 1-4 pm (COVID-19 restrictions in place). Please give us a call if you need a ride by calling 403-329-3222 no later than July 12th. Find more information on this on page 22 of the newsletter.

As always keep an eye out for new updates on our Facebook page, our website at [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com), or listen for us on the radio at 94.1 CJOC FM!

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.



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



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

## 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



**NORD-BRIDGE**  
SENIOR CITIZENS ASSOCIATION

# SUMMER 2021 PROGRAMS

## **Art with Donna Gallant**

Sunrises and sunsets are the most beautiful part of a day and I don't think any other media can convey this like watercolors can. The skies can range from soft changing light to a dramatic blaze of brilliant colors. In this class we will get used to working with water and paint – let the paint move around your paper and use gravity and water to make it fluid. It doesn't require any special ability except to move your paper so this is a great class for any level of painter.

Begins: Monday, June 14 - July 19  
Time: 10:00 am - 12:00 pm  
Fee: Members: \$50.00

Location: ZOOM  
Instructor: Donna Gallant  
Non-Members: \$70.00

## **Tuesday Gentle Yoga**

is an exploration of vinyasa movements and somatic exercises that are combined to improve health, well-being, quality of life, and personal performance. This 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).

Begins: Tuesday, June 22 - August 10  
Time: 9:00 am - 10:00 am  
Fee: Members: \$40.00

Location: ZOOM  
Instructor: Melanie Hillaby  
Non-Members: \$60.00

## **Tuesday 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.

Begins: Tuesday, June 22 - August 10  
Time: 10:30 am - 11:15 am  
Fee: Members: \$25.00

Location: ZOOM  
Instructor: Melanie Hillaby  
Non-Members: \$45.00

## **NEW Wednesday "Taste of Fitness"**

Are you unsure of what fitness classes Nord-Bridge offers? Join Melanie Hillaby in this new "taste of fitness" class. This class gives participants a taste of every exercise from chair yoga, bender ball, POUND, to modified Pilates. If interested, please make sure to call 403-329-3222 to pick up and sign out fitness equipment required to participate in the class. A mat is highly recommended.

Begins: Wednesday, June 16 - August 4  
Time: 9:15 am - 10:15 am  
Fee: Members: \$40.00

Location: ZOOM  
Instructor: Melanie Hillaby  
Non-Members: \$60.00

## **NEW Wednesday Fit & Fun Walking Club**

Every Wednesday Melanie Hillaby will be leading a fun socially distanced walking group with a max. of 10 with fitness concepts along the way on the north end of town. If you are interested, please pre-register by calling 403-329-3222. No drop-ins allowed. Make sure to wear a mask, dress for outdoor conditions and make sure to wear your FitBit to count your steps!

**Session 1 Begins:** Wednesday, June 16 - July 21  
**Session 2 Begins:** Wednesday, July 28 – September 1  
Time: 11:00 am – 12:00 pm  
Fee: Members: \$15.00

Location: NE parking lot of Nord-Bridge  
Instructor: Melanie Hillaby  
Non-Members: \$35.00

## **Thursday 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.

Begins: Thursday, June 24 - August 19 **\*No class July 1**  
Time: 10:30 am - 11:15 am  
Fee: Members: \$25.00

Location: ZOOM  
Instructor: Melanie Hillaby  
Non-Members: \$45.00

## **Friday Gentle Yoga**

*\*Please read the description above under "Gentle Yoga"\**

Begins: Friday, June 25 - August 20 **\*No class July 2**  
Time: 9:00 am - 10:00 am  
Fee: Members: \$40.00

Location: ZOOM  
Instructor: Melanie Hillaby  
Non-Members: \$60.00

# 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



**July \$8 Lunch Specials for Dine In or Pick Up** \*Now on Wednesday & Friday

**Wednesday, July 14 – Chimichangas, refried beans, pico de gallo, & rice**

**Friday, July 16 – Liver & Onions, mashed potatoes, & veggies**

**Wednesday, July 21 – Veal Cutlets with mashed potatoes & veggies**

**Friday, June 23 – Beef stir fry with rice & Asian dumplings**

**Wednesday, July 28 – Chicken caesar wrap with salad**

**Friday, July 30 – Fish & chips with coleslaw**

**\*If picking up, please call 403-329-3222 no later than the day before to place your order or order online at [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com)**

## LORRI'S CORNER

### The most important conversation you will ever have

No one wants to bring up end of life with our loved ones, especially when it is our own. But it is essential.

It truly is the most important conversation you will ever have.

I found some interesting statistics from California, and I suspect the results would be similar for Canada as well.

Did you know?

**90%** of people say talking to their loved ones about end of life issues is important but only **27%** have actually done so.

**60%** of people say that making sure their family isn't burdened by tough decisions is extremely important, however,

**56%** have not communicated their wishes.



**80%** of people say that if seriously ill, they would want to talk to their doctor about wishes for treatment toward end of life, yet only **7%** have had this conversation with their doctor.

A whopping **82%** say it is important to put their wishes in writing. **23%** have actually done it.



### ***A conversation can make all the difference.***

This fall, I will be offering sessions on how to have conversations with your children, your doctor and others that are important in your life. During these sessions, we will discuss how to start the conversation with loved ones based on your wishes and what is most important to you and create a plan you can follow to assist you during the conversation.

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 crazy world a better place.

Until we meet again



Lorri Penner, Social Worker





# Thank you so much!

- \*Costco Wholesale
- \*Lethbridge Public Library
- \*McDonalds Scenic Drive South
- \*Greens Pop Shop North
- \*Park Meadows Elementary School
- \*Seasons Retirement Communities
- \*Alberta 55 Plus - Sunny South Senior Sports & Recreation Association Zone 1
- \*Members of Nord-Bridge



We would like to thank all our sponsors this month for donations towards our Seniors Week events, donations towards our new gym equipment, bake sale proceeds from Seasons Retirement, and the continued donations from members of Nord-Bridge for our coffee fundraiser.



## CONDOLENCES

The Chick family and the loss of Evie  
 The Tarleck family and the loss of Angela  
 The Parent family and the loss of Marc



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



**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.**



# Thank You Seasons Lethbridge Gardens



Last month Seasons Lethbridge Gardens chose Nord-Bridge as their charity from the proceeds of their bake sale. Pictured above left-Nord-Bridge Vice President, Helen Gepneris and Seasons Lethbridge Gardens Recreation Therapist Angel; during the bake sale. Helen said the pies, cakes, breads, cookies and other goodies smelled delicious. Pictured above right - Nord-Bridge Executive Director, David Ng and Season Lethbridge Gardens General Manager, Scott Anderson presenting a check for \$244.50 from the proceeds of the bake sale. Nord-Bridge sends a big thank you to the residents, staff and community at Season Lethbridge Gardens.

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

Joe Kurinka  
Wade Dalke  
John Goluk  
Marian Smith  
Lynne Dewhirst  
Gord Dewhirst  
Helen Van Katwyk




 ਸਿੱਖ ਸੋਸਾਇਟੀ ਆਫ ਲੇਥਬ੍ਰਿਜ ਐਲਬਰਟਾ  
 SIKH SOCIETY OF LETHBRIDGE  
**COVID-19 RELIEF**  
 Albertans Helping Albertans - Albertans Helping Albertans

In this time of profound stress due to global COVID-19 pandemic, many families have endured hardship via lost sources of income. The Sikh community, in every nation around the world, including Canada has come forward to help in order to fulfill one of the most basic tenants of their faith: Selfless Service to others (ਸੇਵਾ).

**The Sikh Society of Lethbridge** would like to extend a helping hand to families in need by providing vegetarian essential groceries. At this time we are asking for you to please contact us and provide a list of your essentials. We will do our best to procure them for you and have them delivered to your door steps. The service will be provided on a case by case, (FIRST COME FIRST SERVE) basis throughout Lethbridge. We will continue to do this as long as we can with the help of our volunteers and donations.

[Contact Us](#)    [Volunteer](#)    [Donate](#)

Facebook.com/SikhSocietyOfLethbridge  
 587-997-4597    info@sikhsocietyoflethbridge.ca  
(Call Between 8 am to 5 pm)

# RECOVERY COLLEGE LETHBRIDGE

## **Mindfulness and Our Environment**



### **Who should attend?**

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

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

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



**Wednesday,  
July 28, 2021**

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

**Have you ever heard the phrase, “just stop and smell the roses”? In this course we will explore why bringing awareness to our environment and how we exist in it can transform the way we think and feel.**

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



CANADIAN MENTAL HEALTH ASSOCIATION

**recovery college**  
LETHBRIDGE

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

**HAPPY**  
**Canada**  
**Day!**

**RACHAEL HARDER**  
LETHBRIDGE ALBERTA MP

✉ [Rachael.Harder@parl.gc.ca](mailto:Rachael.Harder@parl.gc.ca)    📱 @RachaelHarderMP  
🌐 [www.RachaelHarder.ca](http://www.RachaelHarder.ca)    ☎ 403-320-0070



Staff of Nord-Bridge wearing purple in honor of World Elder Abuse Awareness Day



Hi! My name is Alexis Clare, and I am the new case manager for LEARN. I had the opportunity to spend a week with Joanne prior to her transitioning to her new role and it emphasized not only the importance of the Lethbridge Elder Abuse Response Network but also the respect that the community has for her. Understandably, I know that I have "big shoes to fill" but I want you to know that I am ready to do my best!

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>

**Eat anything you want...  
anytime, anywhere...**

with the help of implant supported dentures.

Call us today for your  
complete denture care needs



Giving you something to smile about!

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

**SOUTHERN OPTICAL LTD.**

WE OFFER DIGITAL EYE TESTS WITH NO PUFFS OR DROPS.



1011 - 3RD AVENUE SOUTH  
LETHBRIDGE, AB T1J 0J3  
[www.southernoptical.ca](http://www.southernoptical.ca)

PHONE: 403-327-4145  
FAX: 403-320-1181



Rick Miller  
Licensed Contact Lens Practitioner

Fred Miller  
Registered Optician

# 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
- \* VANILLA

**Cookies by the dozen \$5.00**

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

**Crisp and Loaf**

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



Call Nord-Bridge  
403-329-3222 to order



# ACCOMPANY You

Provides Freedom and  
Transportation for Seniors

- |                                 |                            |
|---------------------------------|----------------------------|
| - 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



## CHINOOK LIFECARE

Helping you live independently at home

Chinook LifeCare Association is southern Alberta's personal emergency response system.

- local non profit, helping keep costs down to help seniors
- money stays locally in southern Alberta
- local office open 5 days a week
- providing in home service and installation, for you and your family's peace of mind
- local personal service technicians with over 10 years experience
- 24-hour monitoring, 365 days a year



Chinook LifeCare Association  
403-320-1170 Toll Free 1-855-320-1170  
Located within Nord-Bridge Senior Centre  
#8, 1904 - 13th Avenue North  
Lethbridge, AB T1H 4W9  
chinooklifecare@gmail.com

Chinook LifeCare is actively seeking new Board Members

*Continuing to Care  
Through the Generations.*


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

Christensen Salmon  
**GENERATIONS**  
Funeral Home & Cremation Services

A Division of The Caring Group Corp.

**JO ANN KELLY**

REALTOR®

 sutton group - lethbridge  
AN INDEPENDENT MEMBER BROKER

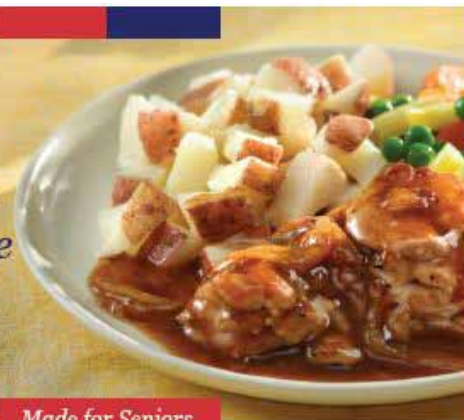
403-320-6411

Selling and /or Buying...  
**ONE CALL  
Full Service**

Over 24 Years Experience



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.



**WE ARE NOW**

**OPEN**

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



**mb** Martin Brothers  
Funeral Chapels Ltd.

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

For more information please call 403.328.2361  
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"



**roost2roost**  
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



**LETHBRIDGE DENTURE CLINIC LTD**

We offer complete quality Denture care;  
a result of intention, effort and professional skill.

#2 - 1718 3 Ave S, LETHBRIDGE AB 403-381-4142 [WWW.LETHBRIDGEDENTURECLINIC.COM](http://WWW.LETHBRIDGEDENTURECLINIC.COM)



**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)

**WE WILL BE CLOSED  
THURSDAY, JULY 1<sup>ST</sup> &  
FRIDAY, JULY 2<sup>ND</sup>**



**We wish everyone a fun &  
safe Canada Day holiday!**



**NORD-BRIDGE  
SENIORS CENTRE**



## 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](tel: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.**





# Fit & Fun WALKING CLUB

with Melanie Hillaby every Wednesday from 11am-12pm starting June 16th!

Call 403-329-3222 register today!

**NORD-BRIDGE SENIORS CENTRE**

*\*COVID-19 restrictions in place*

## Lethbridge HEARING CENTRE

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

- Locally owned & family operated
- University educated
- Full hearing evaluations
- AADL, DVA & WCB Vendor
- Digital hearing devices
- Repairs & adjustments on all makes/models
- Devices for all budgets & lifestyles
- Conveniently located with free parking

**403.320.6000**  
www.lethbridgehearing.ca

120, 2037 Mayor Magrath Dr. S. Lethbridge, AB  
Candice Elliott-Boldt, BC-HIS Registered Hearing Aid Practitioners  
Jake Boldt, BC-HIS Registered Hearing Aid Practitioners

## 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.

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

# ONLINE REGISTRATION

Available June 1st!

**COURSES TO REGISTER FOR:**

- KEEP FIT (STRENGTH OR AEROBIC)
- GENTLE YOGA
- ART WITH DONNA GALLANT
- TASTE OF FITNESS
- MIND TO BODY SOMATICS
- FIT & FUN WALKING CLUB
- MONTHLY RECOVERY COLLEGE COURSES
- VIRTUAL COOKING CLASS

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

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

FOR MORE INFORMATION CONTACT US AT 403-329-3222

# 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+**





# THANK YOU!

to all the income tax volunteers  
for March- April 2021 Season!



We appreciate it so much! They completed just over 1,200 tax returns!!

OUR CENTRE WILL BE  
**CLOSED**

AT 12:30 PM ON WEDNESDAY, JULY  
14TH FOR A SPECIAL FUNCTION

*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**



**Yoga at Nikka Yuko Japanese Gardens photo curtesy of Ashley Kern**



# RETIREMENT PARTY

HONORING

# Valerie Arkininstall



**30** OF HARD WORK  
YEARS & DEDICATION

*Come join Val at the Rotary Picnic Shelter (2801-30 Ave. N. behind north Wal-Mart)*

**Wednesday, July 14th  
from 1 - 4 pm**

*Call 403-329-3222 to RVSP  
(COVID-19 Restrictions in place)  
\*If you don't drive, rides will be provided but must call no later than July 12th to book*

Snacks and refreshments will be provided.

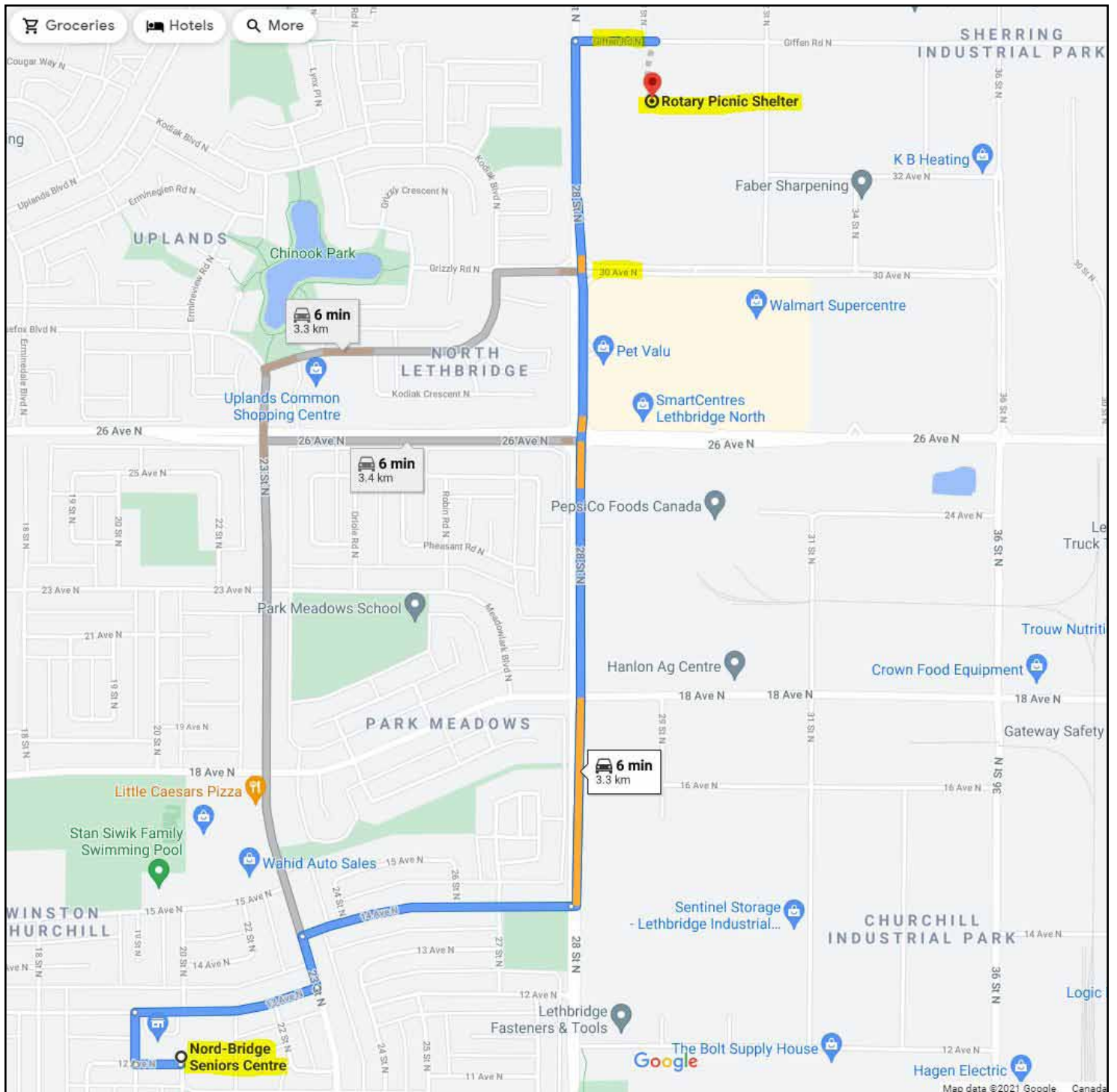
For more information please e-mail  
[friendly@nordbridgeseniors.com](mailto:friendly@nordbridgeseniors.com) or  
call 403-329-3222!

**SEE YOU THERE!!**



**NORD-BRIDGE  
SENIORS CENTRE**

**“The Friendly Centre”**



**Map of Rotary Picnic shelter for Valerie's retirement party**

**1904—13th Ave. North  
Lethbridge, Alberta  
403-329-3222**

**friendly@nordbridgeseniors.com**

**www.nordbridgeseniors.com**

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

# 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)