

SEPTEMBER 2021



**NORD-BRIDGE
SENIORS CENTRE**



www.nordbridgeseniors.com

PRESIDENT'S REPORT



On September 1st, 1953 I started school in Nanton, Alberta! My Mother took me out in the yard and took a picture just before the bus came to pick me up. The "bus" was a van with a red bench on each side and we sat very close to each other. It was fun to be off

to school each day.

I remember how great it was to have new blue jeans and a new lunch pail. Meeting new friends, eating lunch, and recess were my favorite past times. I didn't realize until years later that our teacher Mrs. Foster had 41 students in her grade 1 class. She divided us up into three groups and as far as I was concerned, everything was great! Free coffee to anyone who can identify me in the accompanying photo on the first try. If you miss, then you buy me coffee.

September is going to be interesting. It will be the federal election and I pray who ever forms a government will do a really good job. The last two years have been challenging for everyone and I hope we have learned from our mistakes.

It is so sad to see all the recent devastation in B.C. and around the world. Hopefully we will get some rain, but not as much as Europe has been getting.

By the time you read this newsletter we will be back from our trip to Guelph to see our family. It is going to be great to see them again after two years.

Have a great fall, keep an eye on the Nord-Bridge website and don't forget to come out for our Whoop -Up Breakfast on Thursday, September 2nd. As Dr. Bonnie Henry says, "Be kind, Be calm, Be safe!"

*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

Anonymous	\$250
Anne Pauls	\$200
Blue Ridge Country Mountain Society	\$4,000
Friends of Stan Shimosawa	
Breakfast & Lunch Group	\$650

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	2,209,513
Still needed by N-B Fundraising	290,487

EXECUTIVE COMMITTEE

President George Berg
Vice- President Helen Gepneris
Treasurer Harry Fischer
Secretary Anne Pauls
Past President Pat Santa

ADMINISTRATION STAFF

Executive Director David Ng
Financial Administrator Tracy Beauchemin
Program Coordinator Ashley Kern
Senior Systems Navigator Lorri Penner
Office Administrator Maria Lisun
Wellness Coordinator/ Outreach Melanie Hillaby
Office Administrator/ Outreach Erin Bates
Dining Room / Kitchen Assistant Gail Krysak
Kitchen Team Member Bety Castillo
Kitchen Team Member Ken Mohammed
Building Maintenance/ Custodian Marco Escobar

BOARD OF DIRECTORS:

First year

Doreen Smid
Lorna Lowe
Mike Bennett

Second Year

Donalda Stock
Richard Tamkin
Vacant

Third Year

Clay Olsen
Jim Hahn
Lorrie Vos

NORDBRIDGE MEETINGS REMINDER

Monthly

Outreach Committee First Monday (Sept-June) 9:30am
Directors Meetings Second Wednesday 9:30am

Annually

Annual General Mtg First Wed of March 9:30am
General Member Mtg First Wed of November 9:30am

GO SENIORS SOCIETY

Regular Board Meetings

Feb, April, June, Oct Third Tuesday 9:00am

Annually

Annual General Meeting First Tuesday of April 9:00am

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
8:00 a.m. to 4:30 p.m.

© 2021 Nord-Bridge Senior Citizens Association.
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)

EXECUTIVE DIRECTOR'S REPORT

Greeting Members,

Fall brings change, and like the leaves its natural that we change with it. Nord-Bridge has undergone many changes throughout the pandemic and we're better prepared to handle any changes we may encounter in the future.



Speaking of changes, our municipal and federal leadership may undergo some changes in the next couple of months. On Monday, September 20th Canadians will head to the polls to cast a vote for our federal leadership. At the time of writing this Newsletter article, Prime Minister Trudeau just called the election and we did not have access to the full slate of candidates. In previous federal election years, Nord-Bridge has been an advance polling station and polling station on election day; this not only benefits the residents of north Lethbridge but also generates rental revenue and exposure to the community. I am happy to report that Nord-Bridge will be an advance polling place on September 10, 11, 12 and 13th. We will also be a polling place on election day, September 20th. Please check back with Nord-Bridge as we will have more information on times as it

becomes available.

On the Municipal elections side, City of Lethbridge residents will vote for a new Mayor and Eight Councillors. At the time of writing this article six individuals filed nomination papers to let their names stand for Mayor and 15 Councillor candidates. Mayor Spearman has decided not to seek re-election for a third term, thus we will have a new Mayor. All 15 Councillor candidates declared were all new candidates (no incumbent councillors had yet declared). With the possibility of a whole new slate of elected officials, Nord-Bridge has dedicated a table by our TV viewing area for candidates to provide literature about themselves. Nord-Bridge will also be hosting a Municipal Candidates Meet and Greet for all Mayor and Councillor candidates on Monday, September 27th from 10:00 am - Noon in the Multi-Purpose Hall. The Meet and Greet is a great way to walk around at your own pace and chat with 20+ candidates to express your concerns and hear what they can do for seniors in our community.

David Ng
Executive Director

ਸਿੱਖ ਸੋਸਾਇਟੀ ਆਫ ਲੇਥਬ੍ਰਿਜ
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)

CONDOLENCES TO:

The Milhalk family and the loss of Mary
(Helen Deal's sister)

The Thompson family and
the loss of Ralph

The Zezulka family and the loss of Mary

PROGRAMMER'S REPORT

What a hot and smoky last month we have had! I am looking forward to the changing colors of the leaves and some cooler weather. Last month we continued to keep our gym, fitness classes, and diner open and a lot of new faces have been emerging! It is great to see and meet new people every day.

If you haven't already heard on Thursday, September 2nd we are hosting our annual Whoop- Up Days Pancake Breakfast for \$2.00 per person and open to all! I am excited to finally be able to host a bigger event for the members and community. This month we are also opening the rest of our programs such as music, cards and possibly, In- House Bingo. After the long weekend we will also have Fall Program Registrations open starting the week of Tuesday, September 7th. We are still encouraging members to sign up online at www.nordbridgeseniors.com under the Online Registration Tab or they come in person but we are trying to keep the business down for that week. If you are new to online registration, give myself or Melanie a call and we can gladly help out! Please note: most of our exercise, art, mental health and wellness classes will be back in person except for Tuesday and Thursday Keep Fit which will have an online via ZOOM option. Please find more information on these programs in the Fall Program book published earlier this week, online, and in person at Nord-Bridge.

This month and next will also be a busy time for Elections. Starting with the Advanced polls for the Federal Election opening on Friday, September 10th, Saturday September 11th, Sunday September, 12th, and Monday, September 13th. Please note on the 10th and 13th there will be no Floor Curling, Carpet Bowling, Outreach, Darts, In House Bingo,

or Bid Euchre. Then on Election Day, you can post your ballot on Monday, September 20th in the Multi- Purpose Hall. We will also be having a Candidate Meet and Greet Open House for the Municipal Election. This will be on Monday, September 27th, from 10:00 am- 12:00 pm in the Multi- Purpose Hall, there will be no Floor Curling or Darts this day.



All senior assistance programs will begin this fall such as foot care, hearing appointments, lawyer consultations, massage therapy students, and many more! Please find these dates in the Fall 2021 Program Book and book your appointment at the Front Reception Desk.

Our Dining room will also now have Friday lunch specials similar to before COVID-19, so please check in this newsletter for a full list of \$8.00 lunch specials.

One last note, we will be hosting another Inter-generational day in partnership with the Boys and Girls Club of Lethbridge on Tuesday, September 21st from 2:45 pm -3: 45 pm with children and youth between the ages of 8-21 years old. It is such a fun time to create those connections and play board games! If you are a senior 55 and older, please do not hesitate to sign up for this class at the Front Reception Desk.

Until next month, stay happy and healthy!

Ashley Kern
Program Coordinator

WELCOME NEW MEMBERS WE ARE HAPPY TO HAVE YOU HERE!

Lydia Haslam	Bob Adams
Sharon Christianson	Sheila Hollihan
Shelley Pierson	Barbard Murphy
Laura Pickett	Glenda Wert
Stewart Erickson	Cheryl Nelson
Margaret Erickson	Ken Kilmer
Jo-Anne Bertamini	Brad Brown
David Shields	Carol Rigby
Christa Fisher	Richard McCuaig
Phyllis Culley	

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.

Membership Renewal: \$50

Prorated Rates for New Memberships: \$73.00

For more information please to go to page 24

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 or contact Ashley 403-329-3222

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



Dunford Diner Menu

Breakfast

Full Breakfast 7.00	Fried Bacon Egg Sandwich 5.75
2 Eggs, Bacon or Sausage or Ham Hashbrowns, Toast & Coffee	
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
8:00am - 2:00pm

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

\$8 FRIDAY LUNCH SPECIALS

CHICKEN PARMESAN WITH FETTUCCINI ALFREDO SEPT. 3

VEAL CUTLETS WITH MASHED POTATOES & VEGGIES SEPT. 10

CABBAGE ROLLS WITH MASHED POTATOES & SALAD SEPT. 17

CHIMICHANGAS WITH PICO DE GALLO, REFRIED BEANS & RICE SEPT. 24

DINE-IN OR TAKE OUT



NORD-BRIDGE SENIORS CENTRE

1904 13 Ave. N.

DUNFORD DINER OPEN MON- FRI 8AM- 2PM



Friday Lunch Entertainment for September 2021

September 10, 2021
CANCELLED due to Federal Election

September 17, 2021
Anne Pauls

September 24, 2021
Dean Oseen

LORRI'S CORNER

BAH. I am just not ready for summer to end. I know I know, the heat was extreme this summer but some of us loved it! I was lucky enough to have my trailer at a peaceful little campground for 5 weeks and it was a beautiful little weekend escape with my little old dog Riley! And the sunrises were amazing!



I also had the opportunity to see ALL my kids and grandbabies for a quick visit in BC and let me tell you, those hugs were better than all the money in the world! I am looking forward to the next visit as soon as I can get away!



I would like to introduce a colleague of mine who will be at Nord-Bridge on Monday mornings! **Stacey Morcom** is a Social Worker and part of the *Senior Community Support Partnership* and works for CMHA. The rest of the week, she works out of the *Lethbridge Public Library* helping patrons through the *Community Links Program*! She can help you with everything I can including life struggles, supportive living and many other things. Stop by the front kiosk desk and give her a Friendly Nord-Bridge welcome!

Just a reminder, should you need assistance with government forms, income tax etc, our amazing Seniors Helping Seniors volunteers are here Wednesday and Thursday mornings 9am-12pm to help you.

Please be kind to yourself and others. We don't know what the other person is going through and any kindness we can show can only make this crazy world a better place.



*Lorri Penner
Social Worker*

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
- ACTIVE POUND
- SOMATICS STRETCH & RELEASE
- GUIDED MEDITATION
- ART WITH DONNA, DENISE, OR KARINA

OR CALL 403-329-3222 TO REGISTER OVER THE PHONE AFTER SEPT. 7

ENROLL ONLINE AT: WWW.NORDBRIDGESENIORS.COM

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

Gentle Pilates with Props

Thursdays

*Registration starts the week of Sept 7th, 2021

Session 1: Sept 16-Oct 28th 9:00-9:45am	Session 2: Nov 4-Dec 23 9:00-9:45am <i>*No class on Nov. 11</i>
--	---

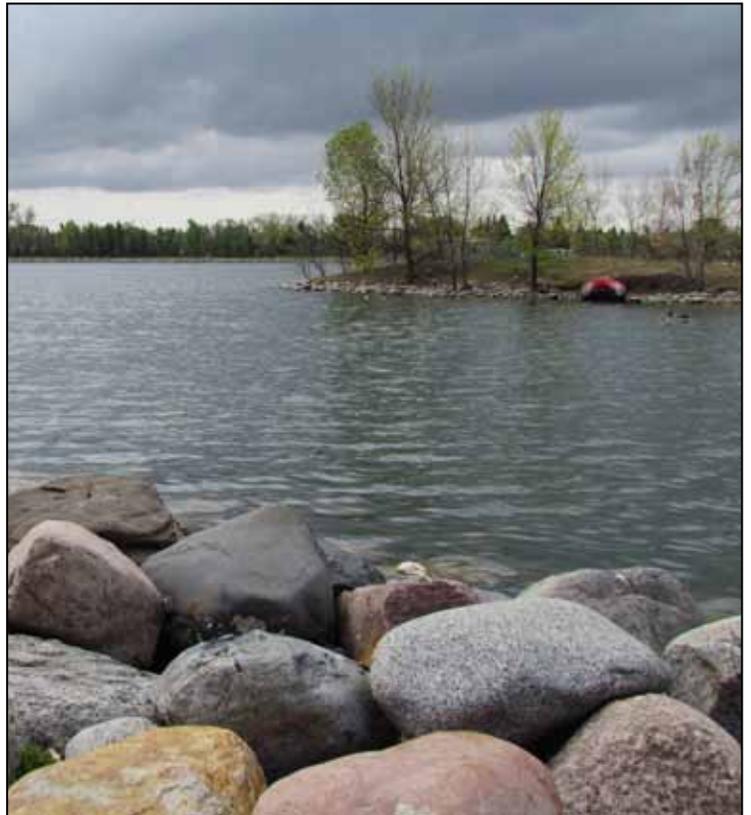
Members: \$35.00 Non-Members \$55.00

Pilates is a form of strength and flexibility that can be done at any level of fitness. The exercises can also be adapted for people who have limited movement or who use wheelchairs.

Location: West Community room at Nord-Bridge Senior Centre



Nord-Bridge member, Lorrie Vos (receiving medal), won GOLD in the Ladies 75+ 8 Ball in Billiards at the Sunny South Seniors Sports & Recreation Zone 1 Play- offs held in Medicine Hat on August 7th. Congrats Lorrie!



COME & ENJOY OUR MONTHLY

BREAKFAST BUFFET



***FIRST WEDNESDAY
OF EVERY MONTH!**

OPEN AT 830 TO 1030AM
AT 1904 13 AVE. N. &
OPEN TO ALL!

**\$10
PER PERSON**

DARCY LOGAN FOR COUNCIL



**Accountability
Responsibility
Respect**

October 18, 2021

www.LoganLovesLethbridge.ca

October 18th
VOTE 

Bridget

MEARNS

FOR MAYOR

Experience. Vision. Determination.

- I was born and raised in Lethbridge, attended CCH and graduated from the UofL. Lethbridge is my home.
- As a 2 term councillor I'm proud of the work I've done for Lethbridge.
- I understand folks are worried about safety, cost of living and what the future of Lethbridge holds. I care about you and your family and I promise to work on your behalf to foster a city that works and cares for everyone and builds bridges across the issues that divide us.

If you'd like to have a conversation about Lethbridge,
send me an email at: bridget@bridgetmearns.ca

I'm on Facebook: [@BridgetMearnsMayor](https://www.facebook.com/BridgetMearnsMayor)
or go to www.bridgetmearns.ca



BUILDING TOGETHER



Hello, my name is Amy and I wanted to introduce myself (or say hello again to those of you I already know)! I will be acting as the new Lethbridge Elder Abuse Response Network (LEARN) Case Manager and have been in this position since August 5th now. Prior to starting at LSCO I graduated from the University of Calgary with a Bachelor in Social Work. During that time I completed my junior practicum with Child and Family Services and my senior practicum with Lethbridge Housing Authority. After graduation I was lucky enough to get on at Lethbridge Housing and later transfer over to LSCO.

I grew up in Fort Macleod but have always been familiar with Lethbridge! Growing up I attended summer camps in Lethbridge, had many friends here in the city and played volleyball for the Lethbridge Volleyball Club. I remember many practices taking place here in the Fritz Sick gym! I also attended both the Lethbridge College and the University of Lethbridge and have lived here for the last 6 years. Starting my social work career at Lethbridge Housing gave me the opportunity to develop a professional network and become familiar with resources available for those of all ages in and around Lethbridge. I am so excited to get to serve the community that has offered me so much growing up! My office is located on the second floor of the LSCO building and I can also be reached by phone at 403-394-3036 or by email at learn@lethseniors.com

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

**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 * APPLE
- * COCONUT CREAM * CHERRY
- * CHOCOLATE CREAM * 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

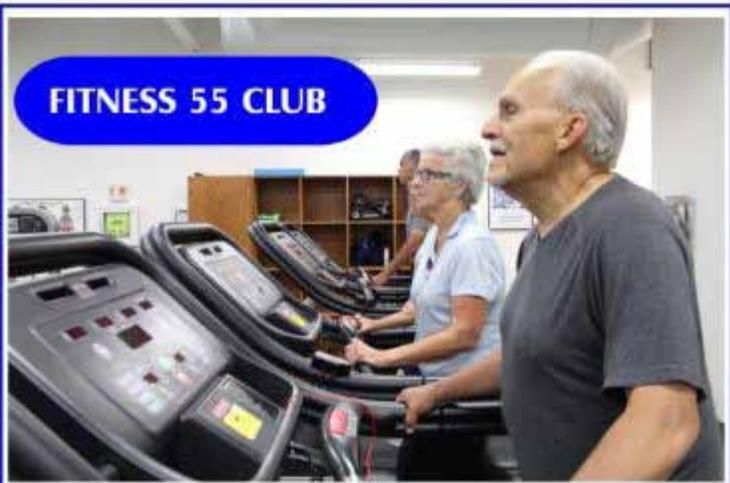
- * BANANA LOAF \$5.00
- * APPLE CRISP \$8.00



NORD-BRIDGE
SENIORS CENTRE

Call Nord-Bridge
 403-329-3222 to order
 every Monday-
 Wednesday.





Come join the Fitness 55 Club
at Nord-Bridge Seniors Centre



A current 2020 Nord-Bridge membership is required
(Must be 55 years+)

Plus user fees: Annual Pass \$ 180
Monthly Pass \$ 18
20 Visit Pass \$ 25

(A \$10 refundable key fob deposit is also required)

Free orientation with Jim Scott, Personal Trainer (Wednesday mornings)

*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

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 Jake Boldt, BC-HIS
Registered Hearing Aid Practitioners



*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.

HEART TO HOME MEALS
DELICIOUS MEALS MADE FOR SENIORS™



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

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"



**Chinook LifeCare
Association**

Phone: 403-320-1170

Local non profit, money stays in Southern Alberta
Office open 5 days a week
24-hour monitoring, 365 days a year
Providing in home service and installation
#3-1904 13 Ave North
Lethbridge, AB T1H 4W9
chinooklifecare@gmail.com

GPS units are HERE!




NEW!



**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



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



Nord-Bridge Presents

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Meet & Greet with



Municipal Candidates

For Mayor & Council

OPEN HOUSE

Monday, September 27th
from 10am- 12pm in the
Multi-Purpose Hall of Nord-Bridge





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



Shaw) Go



WiFi

Available here.

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](http://www.shaw.ca/internet/wifi/) 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

MONDAY- FRIDAY 8:00 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:



Fall 2021



NORD-BRIDGE
SENIORS CENTRE

VOLUNTEERS
55 and older
NEEDED

GET INVOLVED & MEET
NEW PEOPLE!

**SIGN-UP
TODAY!**

Opportunities
include:

- * In House Bingo Caller
- * Winners Bingo Volunteers (various)
- * Ticket Takers, Ticket Sellers, & 50/50 sellers (special events)
- * Dunford Diner Cashier & Dish Washer
- * Plant Waterer
- * Front Reception Desk Volunteers
- * Outing Bus Driver (must have Class 4)

Go to volunteerconnector.org to
apply or call 403-329-3222 and
ask for Ashley!

*All volunteers will need a current criminal record check
involving the vulnerable sector. Call 403-329-3222 for
more information.*



RE-ELECT
Sept. 20th

**RACHAEL
HARDER**

LETHBRIDGE



VoteHarder.ca

403.984.1467

226 12A Street, N.



DALE LEIER

FOR

**LETHBRIDGE
CITY COUNCIL**

www.iluvyql.ca



Email: dale@iluvyql.ca Phone: 403.634.7427

www.iluvyql.ca/getinvolved



www.facebook.com/dalepleier



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**



**NORD-BRIDGE
SENIORS CENTRE**

OKTOBERFEST

FRIDAY, OCTOBER 1ST FROM 11AM - 1PM

**COME DOWN FOR OKTOBERFEST AT NORD-BRIDGE FOR A
DELICIOUS GERMAN LUNCH SPECIAL & LIVE
ENTERTAINMENT BY ALICE TINORDI!**

*Alcohol is
an extra
fee.*

Nord-Bridge Seniors Centre

1904 13 Ave. N.
Lethbridge AB

www.nordbridgeseniors.com

**NORD-BRIDGE
SENIORS CENTRE WILL
BE CLOSED**

**Monday, September 6th
Have Great Long Weekend!**



FREE Walker Repair CLINIC

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

When: Wednesday, September 29th

Time: 10 am- 11 am

First come first serve!

***For members of**

Nord-Bridge ONLY



**NORD-BRIDGE
SENIORS CENTRE**

Thank you to:



**VOTE JENN
SCHMIDT-REMPEL**
For Lethbridge City Council

PEOPLE. SERVICE. BUSINESS. COMMUNITY.

I'm asking you to vote for me on
October 18, 2021.

Learn more about me, my experience and skills, and my platform at:



• jenschmidtrempel.ca • E-mail: jenn@jenschmidtrempel.ca • 403-393-3381

Let's get together
and discuss
your thoughts
about our city!



HUCKVALE LLP
established 1906

Free Legal Consults at



Lawyers will be here the
Second Tuesday of the month
starting September 14th

For Nord-Bridge Members ONLY

📞 Call 403-329-3222 to book your appointment with the Reception Desk

📍 1904 13 Ave. N.

🌐 www.nordbridgeseniors.com

WE ARE NOW

OPEN

Dunford Diner - Dine-in

Monday - Friday 8am - 2pm

Open to all and no reservation needed!

Gentle somatics stretch and release



Members: \$40.00

Non-Members: \$60.00

WEDNESDAYS
9:00-10:00AM

*Registration is week Of Sept 7th, 2021

SESSION 1: SEPT 15-OCT 27TH

SESSION 2: NOV 3-DEC 15TH

Location: West community room at Nord-Bridge Seniors Centre (1904 13 Ave. N.)

Instructor: Melanie Hillaby

Please refrain from wearing any perfumes or body sprays

RESEARCH PARTICIPANTS WANTED

EMAIL: LIAM.COLLINS@ULETH.CA /
PHONE: 403-332-5207



Older adults (>65 years or older) wanted to complete two online surveys
separated by a one-week interval.

Participants will be provided the opportunity to win a \$25 VISA giftcard!

SURVEY LINK

https://uleth.qualtrics.com/jfe/form/SV_c7SCJ00VXuTGqa

VOTE BILL GINTHER CITY COUNCIL



billgintner@gmail.com • Phone: (587) 220-8688

Lethbridge
HEARING CENTRE

FREE HEARING TESTS



BOOK YOUR FREE HEARING APPOINTMENT BY CALLING

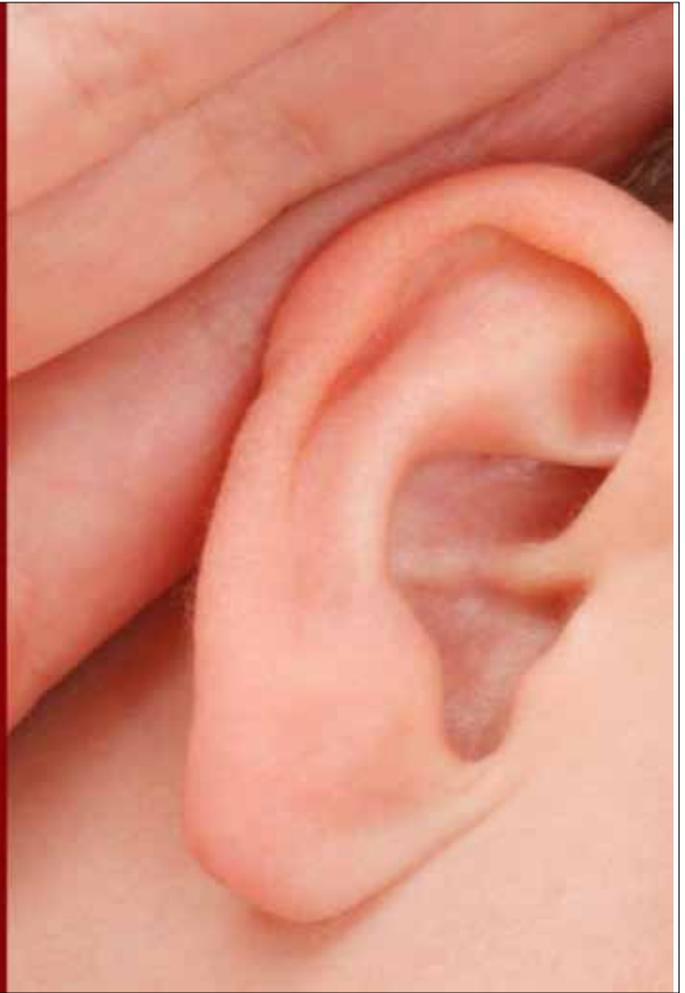
403-329-3222

Third Thursday of the month starting

October 21st

1/2 hour appointments for
Nord-Bridge Members ONLY*

Follow us on Facebook
@NordBridgeSeniorsLethbridge 



Membership Renewals

NOW PRO-RATED!

For new and renewing members:
pay \$73.00 for the rest of 2021 and 2022!

*For a limited time only talk to the Front
Reception Desk for more info!



WINNERS



Two blocks west of the casino on Crowsnest Trail

EVERY THURSDAY IS SENIORS DAY!

Come Support Nord-Bridge & have fun at the same time- play Bingo on Wednesdays!



Every Thursday
**SENIORS GET 25% OFF
REGULAR & RUBY CARDS**

Friday Nights
FREE \$500 GAME
Sunday Afternoons
FREE \$200 GAME

Play VBingo on Monday & Tuesday Nights in the comfort and safety of your own home!

STARTING SEPTEMBER 4TH VBINGO CAN ALSO BE PLAYED ON SATURDAY NIGHTS.

Phone 403-320-6588 for more details.

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



Intergenerational Board Game Afternoon

TUESDAY,
21 SEPT. 2021 @ 2:45 PM

IN THE MULTI-PURPOSE HALL OF NORD-BRIDGE

IN PARTNERSHIP WITH  **bqc** Lethbridge

***ALL SENIORS 55+ WELCOME TO REGISTER PLEASE CALL 403-329-3222 NO LATER THAN SEPT. 15. OR STOP BY NORD-BRIDGE AND ASK FOR ASHLEY.**



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!



Technology can be confusing and frustrating when it doesn't work, so bring your portable devices and your questions and let Lynne, our volunteer, help you.

When: Every two weeks on Wednesdays starting Sept. 29th
Time: 9:30 am – Noon

Where: Nord-Bridge Main Corridor
Fee: FREE for Nord-Bridge Members

Beginners Watercolor Painting

If you are one of many beginners who think they cannot paint or draw, this is the watercolor class for you. It will calm all your fears. You will be guided through different techniques and textures such as bubble wrap, facial tissue and salt, and show you how to properly use your brushes and mix color on your paper. By the end of eight sessions, you will have the confidence in your ability to paint on your own, and have lots of paintings to show your family.

Where: Nord-Bridge Seniors Centre – Craft Room

When: Session 1 starts Tuesday, Sept. 14 – Oct. 19

Session 2 starts Tuesday, Oct. 26 – Nov. 30

Time: 9:30 to 11:30 AM

Cost: Members: \$45.00 Non-Members: \$65.00

Instructor: Denise Savard

*For more information please refer to the Fall Program Booklet and register any time after September 7th through online, over the phone, or in person.

Fall 2021

Town & Country
Line & Wash with Donna Gallant

Starting Monday, Oct. 4 - Nov. 15
Fee: \$50 for Nord- Bridge members
Non - members: \$70

Monday mornings at 10am

**No class Oct. 11*



Karina Mak's
Acrylic
Painting

*No class Nov. 11th

Session 1- Thurs, Sept. 16 - Oct. 21
Session 2- Thurs, Oct. 28- Dec. 9

Time: 1:00 pm - 3:30 pm
 Location: West Community Room- 1904 13 Ave. N
 Fee: \$55.00 Members \$75.00 Non-Members

*Register by calling 403-329-3222, online at www.nordbridgeseniors.com, or in person any time after Sept. 7th.

MEDITATION

With Ashley

WE WILL BE WORKING ON PROGRESSIVE RELAXATION, GUIDED IMAGERY, AND MINDFULNESS. NEW COMERS ARE WELCOME, NO EXPERIENCE REQUIRED. THE CLASS WILL BE DONE SEATED IN A CHAIR FOR 45 MINUTES AND BY THE END OF THIS SESSION YOU WILL BE REJUVENATED, RELAXED, AND AT PEACE.

SESSION 1 BEGINS
WEDNESDAY, SEPT. 15 - OCT. 27

SESSION 2 BEGINS
WEDNESDAY, NOV. 3 - DEC. 15

MEMBERS: \$20 | TIME: 9AM-9:45AM
 NON-MEMBERS: \$40 | LOCATION: SOUTH VIEW ROOM

CALL TO REGISTER AT- 403-329-3222



LETHBRIDGE REGIONAL POLICE SERVICE
"providing safe communities"

coffee

with a

COP




NORD-BRIDGE SENIORS CENTRE

Share your concerns with
Constable Jamie Kenyon

Wednesday
Sept. 8, Oct. 13, Nov. 10, & Dec. 8
10:00am - 11:30am
Dunford Diner

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

FOOT CARE IS BACK!

***Appointments MUST be booked
ahead by calling 403-329-3222
while spaces last!**

Dates: Wednesday, October 13th & December 8th

Time: 8:30 am - 11:30 am.

Fee: \$15.00 per person

**For Nord-Bridge Members ONLY*

Thank you to:

**For more information
please call Nord-Bridge!**



**NORD-BRIDGE
SENIORS CENTRE**

1904 13 Ave. N.

FREE student Massages at

For Nord-Bridge members ONLY* First come first serve



Call 403-329-3222 for more information!

WITH:



&



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 (Nord-Bridge Seniors Centre)
(403)-329-3222
akem@nordbridgeseniors.com

Session 1 Begins: Wednesday, September 15 – October 26
Time: 8:45 am - 9:30 am
Fee: Members \$35.00 Non-Members: \$55.00
Drop in: Members: \$6.00/Cl Non -Members: \$8.00/Cl
Location: 1904 13 Ave. N. - Multi-Purpose Hall

zumba.com

An Event to Remember

Remembering those who passed away during the COVID-19 pandemic.

Come, remember and honour those who have passed away during the past 18 months. There will be no formal schedule or program, rather, simply an opportunity to publicly honour those we have lost.

September 8 & 9, 2021, 12-8 pm
Evangelical Free Church of Lethbridge
4717-24 Ave. S., Lethbridge

To have your loved one honoured in this event, please go to www.efreelethbridge.ca/#remember or bring a photo to the church office during business hours. Deadline is August 25.



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 .

***Please bring your own yoga mat and indoor shoes, RipStix will be provided.**

EVENING POUND® WITH SHEILA MULGREW!

NORD-BRIDGE SENIORS CENTRE – 1904 13 AVE. N. LETHBRIDGE, AB

STARTING TUESDAYS, SEPT. 14 – OCT. 26 FROM 5:30 PM – 6:15 PM

FEE: MEMBERS: \$40.00 NON-MEMBERS: \$60.00

POUND™
ROCKOUT. WORKOUT.

FEDERAL ELECTION 2021

- * SEPT. 10, 11, 12, & 13TH - ADVANCED POLLING
- * TIME: 9:00 AM - 9:00 PM
- * MONDAY, SEPT. 20 - ELECTION DAY
- * TIME: 7:30 AM - 7:30 PM



**LOCATION: MULTI - PURPOSE HALL
AT 1904 13 AVE. N.**



NORD-BRIDGE
SENIORS CENTRE



“The Friendly Centre”

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

friendly@nordbridgeseniors.com

Open Monday to Friday
8:00 a.m. to 4:30 p.m.

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.hygggen.ca