



## Nord-Bridge Seniors Centre

1904 13 Ave. N.

Lethbridge Alberta

Phone: 403-329-3222

# FALL PROGRAM 2021



## Nord-Bridge Seniors Centre Officers and Staff

### **Executive Committee**

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

### **Directors**

Doreen Smid	Donalda Stock	Clay Olsen
Lorna Lowe	Richard Tamkin	Jim Hahn
Mike Bennett	Vacant	Lorrie Vos

### **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

### **Nord-Bridge Seniors Centre**

"The Friendly Centre"

1904 - 13<sup>th</sup> Ave. North Lethbridge, AB T1H 4W9

Phone [403] 329-3222 Fax [403] 329-8824

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

Email: [friendly@nordbridgeseniors.com](mailto:friendly@nordbridgeseniors.com)

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## NORD-BRIDGE SENIORS CENTRE

### **MISSION OF THE ASSOCIATION**

The Mission of Nord-Bridge is to provide educational, social, and support service programs for Senior Citizens, and to foster independence, self worth, and a sense of community pride amongst the senior citizen population of Lethbridge and surrounding communities.

### **GOAL AND MOTTO OF NORD-BRIDGE**

To be known as "The Friendly Centre."

### **HOURS OF OPERATION**

Dunford Diner Grill open Monday - Friday, 8:00am - 2:00pm.

Fitness 55 Club open Monday – Friday 8:00am– 4:30pm

The Seniors Centre (Reception Desk and General Programming) is open Monday to Friday, 8:00am - 4:30pm

### **MEMBERSHIP**

Membership is open to individuals 55 years of age and older. Yearly membership fees are \$50.00 (January 1st - December 31st). First time members, and lapsed renewals are charged an additional \$3.00 administration fee. Pro-rated rates begin in September of \$73.00. \$23.00 for the rest of 2021 and \$50.00 the entire year of 2022.

### **DUNFORD DINER**

Our dining room serves delicious and nutritious hot home cooked meals Monday to Friday 8:00am – 2:00pm. A breakfast buffet is served on the first Wednesday of each month from 8:30 am– 10:30 am. Lunch hours are 11:00am - 2:00pm. Lunch "specials" are featured daily. All menu items are available for take– out, and coffee is always on.

### **GIFT BOUTIQUE**

The Gift Boutique is an ideal place to purchase hand made gifts for any occasion. The hours of operation for the Gift Boutique are Monday to Friday 9:00 am - 3:00 pm. Consignment items are accepted from members. Everyone is welcome to shop in the Gift Boutique. (For consignment information, see the Gift Boutique).

### **LIBRARY**

Our library is always growing, and content changes as members donate books and puzzles. Choose from a wide variety of genres (mystery, biographies, history, romance, non-fiction and popular fiction). The Library operates on an honor system with no late fees. Check out the great selection of regular and large print books, local references, and puzzles.

## **Program Areas**

Nord-Bridge Seniors Centre provides a well-rounded variety of programs to meet the needs of its membership.

**Educational & Life-Skills Programs** - Nord-Bridge partners with various non-profit agencies, and institutions like the University of Lethbridge, Lethbridge College, Alberta Health Services and others to offer classes and programs to members.

**Fitness & Socialization Programs** - Programs are organized and administered for daily socialization and fitness appropriate for seniors. Some activities also interconnect and support participation in the Alberta 55 Plus Games and zone competitions. Fitness & socialization programs support general health and well-being.

**Keep-In-Touch Program** - Wellness phone calls are made by Keep-In Touch volunteers to seniors confined at home, or are asking for regular contact. Visits by volunteers to members are also a part of this program.

**Monthly Outreach Program** - The Outreach Program organizes socials and in-reach activities geared for isolated seniors. The Outreach committee coordinates its activities with housing and assisted living facilities, so transportation is available to Nord-Bridge for its monthly social. Hospital visits, get well cards, calls, and bereavement support for members is also provided as part of the Outreach Program. Please see the back of this booklet for dates of Outreach socials.

**Travel Programs** - Day excursions and extended trips are offered to various attractions and Southern Alberta venues. Stop by our Travel Board for updates on trips.  
\*This program is not currently available\*

**Volunteer Programs** - Volunteers are the mainstay of the Nord-Bridge Seniors Centre. Offering volunteer service helps put knowledge and experience back into the community. If you would like a volunteer opportunity at Nord-Bridge, please leave your name at the Front Reception Desk.

**Go Friendly Shuttle Service** - This door-to-door transportation service between member homes and Nord-Bridge has been operating since February 2008. The *Go Friendly* service started as a pilot project of the City of Lethbridge, Lethbridge Transit and Nord-Bridge. Today it has been expanded to include service to LSCO. Just phone the Reception Desk at 403-329-3222 the day before to arrange a pick-up. \*This service is currently not available.

Available:

**MONDAY THROUGH FRIDAY :**



ALL DAY SERVICE 8:30 a.m. to 4:00 p.m.  
**COST:** \$3.00 per one-way trip (CASH)...or...  
\$21.00 for 10 ride Transit *Breeze Card*...or...  
\$28.00 for monthly *Breeze Card*  
\*All Prices are for Seniors 55+\*

## **Drop - In Activities**

Drop-In Activities are open to **Members Only**. However, if you are a **non-member**, you can try the activity for a maximum of three times before you need to become a member (\*excluding the pool room). You do not need to sign-up for the following programs once you are a member. **These start the week of September 7th unless otherwise specified.**

### **Carpet Bowling**- Susie Joncas, Convener

Carpet Bowling is a team sport played on an indoor carpet, using bowls and a jack. The object is for the team to gain as many shots as possible by getting their bowls nearer to the jack than their opponents. Our group welcomes new members, and is willing to give instruction if needed. Carpet Bowling is held on Wednesday & Friday at 10:00 am in the Multi-Purpose Hall. **\*Begins Sept. 15th. \*No class Nov. 3**

### **Darts** - Dianne Reid, Convener

Darts is an indoor game in which players take turns throwing darts. Players start at a set score of usually 501 and win by reducing their score to zero. There are ten dart boards in the Multi-Purpose Hall. Darts is played every Monday\* and Wednesday at 1:00 pm. New and novice players are welcome. **\*Darts is cancelled on 3rd Monday of each month or the Monday on which it falls to accommodate the Outreach Program. No class on Sept. 13, 20, or 27th.**

### **Floor Curling** - Vacant, Convener

Floor Curling is a team sport very similar to ice curling, with a Lead, Second, Third and a Skip. The object of the game is to gain as many shots as possible by getting your team's rocks nearer to the centre of the house than your opponent does. The Floor Curlers meet on Monday at 10:00 am & Thursday at 9:00 am in the Multi-Purpose Hall. Come out and join the fun. Beginners, novice and experienced players are all welcome **\*Begins Sept. 16th. Please note: No class on Sept. 20th, or 27th.**

### **Pool** - Vacant, Convener

The Veres Family Games Room is open daily 8:30 am - 4:30 pm and has three pool tables: One Eight / Nine Ball regulation table for both men & ladies, and two twelve-foot tables suitable for pool golf and snooker. **\*Please be advised, a user fee is required for this program. An annual fee of \$50.00 or an alternate drop-in fee of \$2.00 per day to play can be paid at the drop box located at the entrance of the Veres Family Games room.**

### **Table Shuffleboard** - Clay Olsen, Convener

Shuffleboard is a game in which players slide metal weighted pucks down a long smooth wooden table into a scoring area at the opposite end of the table. There are three shuffleboards in the Veres Family Games Room. The scheduled day and time for the program is Tuesday at 9:00 am, but the shuffleboard tables can be used at other times as available. **\*Members** are welcome to drop-in for a fee of \$2.00 per day to play a game or two.

### **Table Tennis** - Jerry Mikusek & Dave Bergen, Conveners

This activity is located in the Multi-Purpose Hall on Wednesday evenings at 7:00 pm, and includes open play, singles & doubles. New members are welcome and instruction is available if required. Non-Members pay a \$2.00 nightly drop-in fee.

### **Floor Shuffleboard** - Heather Schmitt, Convener

Floor Shuffleboard is a game in which players use a pole - called a cue - to drive a flat, circular disc across the floor to a scoring box. Two people or teams can play floor shuffleboard against one another and try to prevent each other from scoring. This activity is played in the Multi-Purpose Hall on Thursday at 1:15 pm. **\*Begins Sept. 9th**



**Cards & Board Games** - Open to [Members Only](#), however if you are a non-member, you are welcome to try out the program for a maximum of three times before becoming a member. **Cards & Board Games start the week of September 13th unless otherwise specified.**

**Cribbage** - June Spak, Convener

Cribbage is played with a regular 52-card deck, by two, three, or four players. The Crib program is played every Friday at 1:00 pm in the Dunford Diner Annex.

**Euchre** - Vacant, Convener

Euchre is generally played by four persons, with a pack of 32 cards, consisting of nines through the aces. The Euchre program runs Wednesdays at 1:00 pm. in the Dunford Diner Annex.

**Bid Euchre** - Mike Bennet, Convener

Bid Euchre is played every Monday evening at 6:30 pm in the Multi-Purpose Hall. 32 cards are dealt (double deck from Ace to Jack) Eight cards per person. Game is finished when all players have dealt twice. Play with partners same as regular Euchre. Each player bids once starting with the person to the left of the dealer, highest bidder leads, if you win the bid you only count the number of tricks bid, not the number of tricks taken. There is a \$3.00 per evening fee for members. **\*Begins in October\***

**Contract Bridge** - Joe & Dianne Smith, Hans & Louise Kochan, Conveners

This program meets on Monday and Friday in the West Community Room at 1:00 pm. Anyone wishing to learn the game or wanting to join in, please stop by.

**Duplicate Bridge** - Craig Gregory, Convener

This is a fun Duplicate Bridge Club at Nord-Bridge on Thursday afternoons at 1:00 pm in the Dunford Diner Annex. In Duplicate Bridge, the same hands are played at each table and your score is based upon your performance against other players. A player normally plays with the same partner for that day, but please come even if you don't have a partner, and we will try to match you up with someone. Players must be Nord-Bridge members.

**Canasta** - Len Hutchinson & Phyllis Moch, Conveners

Canasta is a card game of the Rummy family. Players attempt to make melds of seven cards of the same rank and "go out" by playing all cards in their hands. Canasta is played in the Dining Room Annex every Tuesday at 1:00 pm.

**Hand & Foot** - Vacant, Convener

One of the newest card games at Nord Bridge. Each player is dealt 13 cards as a hand and 13 as a foot. Completed melds of seven cards are called canastas. In melds (other than wild melds) you must have more normal cards than wild cards - so there can be up to 3 wild cards in a dirty canasta, and up to two wild cards in a dirty meld of five or six cards. They play every Thursday at 1:00 pm in the Dining Room Annex.

**Whist Program**

The classic game of whist is a plain-trick game without bidding, for four players in fixed partnerships. Rules are simple, and there are various forms of whist. Three varieties of whist are played at Nord-Bridge: Trump Whist, Military Whist and Norwegian Whist.

**Military Whist** - Vacant, Convener

This program is played every Monday at 1:00 pm in the Dunford Diner Annex.

**Norwegian Whist** - Joe & Dianne Smith, Conveners

This program is not currently running due to lack of interest. If there is enough interest, Nord-Bridge will look at a new date.

**Trump Whist** - Vacant, Conveners

This program is played every Thursday at 1:00 pm in the Dunford Diner Annex.

**Texas Hold'em** - Mike Bennett, Pino Zucchelli & Marilyn Maloff, Conveners

The subject of many a disagreement in Westerners, was the game Texas Hold'em. Fast forward to present day and minus the saloon / gun fights, Texas Hold'em has become the most popular poker game in North America. Hold'em is a community card game where each player may use any combination of the five community cards and his/her own two hole cards to make a poker hand. This is a fun and easy game to learn. There is a small weekly fee to play the game. Texas Hold'em is played every Tuesday at 1:30 pm in the West Community Room. **\*Begins in October\***

**Scrabble** - Vacant, Convener

Scrabble is a word game in which two to four players score points by forming words from individual lettered tiles on a game board. The words are formed across/down in a crossword fashion. Players meet on Tuesday at 1:00 pm in the Dunford Diner Annex. If you are interested, drop in any Tuesday.

### **NEW Checkers/ Chess/ Backgammon** – Vacant, Convener

**Checkers** is a board game played between two people on an 8x8 checked board. Each player has 12 pieces that are like flat round disks that fit inside each of the boxes on the board. The pieces are placed on every other dark square and then staggered by rows. **Chess** is a game for two players. It is played using a simple game board and a number of special playing pieces. You and your opponent take turns moving pieces around the board to play the game, according to specific rules of movement for each piece. The object of the game is to trap one of your opponents playing pieces, called the king, such that it cannot escape capture. **Backgammon** is a game for two players, played on a board consisting of twenty-four narrow triangles called points. The object of the game is move all your checkers into your own home board and then bear them off. The first player to bear off all of their checkers wins the game. Come on down and play with members every Friday at 1:00 pm in the craft room. Any skill level is welcome and drop ins are welcome.

## **Social Activities** – Members only unless otherwise stated.

### **Jammers** - Doug Youngren, Convener

Monday Jammers is one of the Centre's most popular programs. If you enjoy music (playing or listening) stop by to be part of this jam, or sit back and enjoy the music. The Jammers meet in the Dunford Diner & Dunford Diner Annex each Monday from 9:30 am - 12:00 pm. As seating is limited, there is a \$2.00 fee for non-members to attend this program. **\*Begins Oct. 4th.**

### **Music Makers** - Louise Kochan, Convener

The Nord-Bridge Music Makers is a group that gets together weekly to sing. This group's main focus is music and performing at different seniors' health & housing facilities. The group meets weekly at Nord-Bridge in the Dunford Diner Annex on Tuesday from 10:00 - 11:30 am. New singers and acoustic instrumentalists are welcome. **\*Start date to be announced\***

### **Out and About & Coffee Too**

Live alone? Need a buddy to socialize with over coffee or someone to go shopping with? Out and About & Coffee Too is the program for you. This program will get you out and about for a ride to Wal-Mart on the Nord-Bridge Go-Friendly Shuttle Bus #2. For more information on this program please see Maria at the Reception Desk. This program is currently not in service.

### **Intergenerational Programs**

In partnership with the Boys & Girls Club Lethbridge, this intergenerational program is with children and/or youth between the ages 8 – 21 years old. Nord-Bridge Seniors and the children/youth are then partnered up together and play a variety of board games followed by a light snack at the end of the hour. We are always looking for more fun Nord-Bridge Senior members to volunteer in this program. Please talk to Ashley if you have any questions or would like to sign up.

Date: Tuesday, October 26

Time: 2:45pm to 3:45 pm

Location: Multi-Purpose Hall

Fee: FREE



## **Education**

### **Mind Joggers Writing Group** - Ted Sillito, Jack Simmons, & Judy Knox Conveners

The Mind Joggers Writers Group is a casual, friendly group that is always looking for new members. Each person has memories that are important to record for future generations. This group is here to offer encouragement and support as you get started in writing. You will be pleasantly surprised at how easy it is to write, once you get over the initial fear. Drop-in to the Berlando Boardroom on Thursdays at 9:30 am to see if this program is for you. You may want to just listen or join the discussions. **\*Begins September 9th.**

## **Senior Assistance Programs**

On a monthly basis, professionals and post secondary students will provide their services to assist seniors with **legal consultations, foot care, hearing consultations & massages**. Also, during the income tax season, community volunteers help seniors complete their **income tax returns**. Year round, volunteer seniors as part of Nord-Bridge's **Seniors Helping Seniors Program**, are on hand to help fill out government forms and counsel on financial assistance programs. For further details on all programs please see below.

**Dr. Schow - Foot Care** - 8:30 am - 11:30 pm, **Wednesday, Oct. 13 & Dec. 8 in the craft room**. This service is available to Nord-Bridge **Members Only**. Appointments are necessary. Please book appointments at the Front Reception Desk. If appointments are all booked - you will be placed on a waitlist and will be given a spot on the next foot clinic date. If you have an appointment and are unable to make it, please call Nord-Bridge to let us know so we can fill your appointment with someone on the wait list. A \$15.00 co-pay per patient, per visit will be charged by Dr. Schow. Please be advised all nail care patients will be required to provide their own towel to place their feet on for nail care appointments.

**Lawyers of Huckvale LLP - Legal Consultation** is offered the **Second Tuesday of the month** 9:00 am to 11:30 am. The lawyer will be at Nord-Bridge on the following dates: **Sept. 14, Oct. 12, Nov. 9, & Dec. 14**. This service is for Nord-Bridge **Members Only**. Members can sign up at the Reception Desk for an half hour free consultation. These are initial consults only. They will discuss members' needs and offer advice on how best to legally proceed.

**Coffee with a Constable, Jamie Kenyon with Lethbridge Police Services** - Constable Jamie Kenyon will sit down and chat with you about any questions you may have regarding law enforcement, and concerns. Constable Kenyan will be here the second Wednesday of each month from 10:00 am - 11:00 am.

**Lethbridge Elder Abuse Response Network** -If you or someone close to you who is an older adult has been victimized by a family member, spouse, partner, friend, caregiver or other person in a position of trust, please call Amy Cook at 403-394-0306.

**Candice and Jake Boldt of Lethbridge Hearing Centre** - offer FREE hearing tests and consultations every third Thursday of the month from 10:00 am until Noon to Nord-Bridge **Members Only**. Candice or Jake will be here on **Oct. 21, Nov. 18, & Dec. 16**. Appointments are necessary. Please book your half hour appointment at the Reception Desk.

### **Seniors Systems Navigators (SSN)**

Lorri Penner is one of our Senior Systems Navigators as part of the Seniors Community Services Partnership with LSCO, The Canadian Mental Health Association, and the Lethbridge Housing Authority. They collaborate with existing community services to assist older adults, seniors and their families with a variety of aspects of daily living allowing individuals to maintain their independence and remain in their homes. Services are individualized and driven by psychosocial assessments and seniors centered service planning inclusive of:

- Support to navigate and access community, health and social resources
- Assistance in understanding, accessing and applying for financial benefits/assistance
- Support to access seniors independent or supported housing
- Emotional support to facilitate healthy coping habits and social engagement
- Case Management of seniors experiencing complex psychosocial needs
- Facilitate educational and support groups
- Outreach support as needed

Lorri is in Nord-Bridge various days of the week so please call 403-329-3222 to set up a time to meet with her.



**Seniors Helping Seniors Tax and Form Assistance** - The "Seniors Helping Seniors" program at Nord-Bridge is staffed by a team of knowledgeable volunteers Wednesday and Thursday mornings year round. The team includes eight tax preparers during the tax season of March-April and during the balance of the year, "Seniors Helping Seniors" volunteers assist with filing of late returns, and help seniors qualify, or re-qualify, for benefits available under the Provincial Alberta Seniors Benefits. Special Needs Assistance Programs for Seniors; Federal Old Age Security; Guaranteed Income Supplement; and Canada Pension Plan benefits. Please phone the Reception Desk at 403-329-3222 to talk with one of our tax volunteers on Wednesday & Thursday mornings.

**Lethbridge College - Massage Therapy Students** - If your muscles are sore come in for a free massage! Massages are on a first-come first-served basis. The College students will be at Nord-Bridge on Wednesdays, Sept. 29 & Nov. 10 from 10:00 am - Noon in the Craft Room. This service is for Nord-Bridge Members Only. Please check with the Reception Desk and Monthly Newsletter for more information.



**NEW** Tech Desk Help— Lynne, a volunteer of Nord-Bridge, will be in to answer any questions you may have about your tablet, smartphone, or laptop device. Drop in and ask away! It is first come first serve. Lynne will be here every two weeks on Wednesdays starting on September 29th from 9:30 am– 12:00 pm in the main corridor of Nord-Bridge. This is a FREE service for members ONLY. \*This program has been postponed until further notice.\*



## Paid Classes and Special Programs at a Glance:

<input type="checkbox"/>	<b>Acrylic Painting</b>	Session 1 – Sept. 23 Session 2 – Nov. 4	Cost: \$55.00 M Cost: \$55.00 M
<input type="checkbox"/>	<b>Active POUND</b>	Session 1 – Sept. 14 Session 2 – Nov. 2	Cost: \$35.00 M Cost: \$35.00 M
<input type="checkbox"/>	<b>Begin Water Color</b>	Session 1 - Sept. 14 <b>FULL</b> Session 2 – Nov. 2	Cost: \$45.00 M Cost: \$45.00 M
<input type="checkbox"/>	<b>Chair Yoga</b> Wednesday	Session 1 – Sept. 15 Session 2 – Nov. 3	Cost: \$35.00 M Cost: \$35.00 M
<input type="checkbox"/>	<b>Chair Yoga</b> Friday	Session 1 – Sept. 17 Session 2 – Nov. 5	Cost: \$35.00 M Cost: \$35.00 M
<input type="checkbox"/>	<b>NEW Virtual Cooking Class</b>	October 25	Cost: \$20.00 M
<input type="checkbox"/>	<b>Evening POUND</b>	Session 1 – Sept. 14 Session 2 – Nov. 2	Cost: \$40.00 M Cost: \$40.00 M
<input type="checkbox"/>	<b>Gentle Yoga</b> Monday	Session 1 – Sept. 13 Session 2 – Nov. 8	Cost: \$35.00 M Cost: \$35.00 M
<input type="checkbox"/>	<b>Gentle Yoga</b> Friday	Session 1– Sept. 17 Session 2– Nov. 5	Cost: \$35.00 M Cost: \$35.00 M
<input type="checkbox"/>	<b>Gentle Somatics</b>	Session 1– Sept. 15 Session 2– Nov. 3	Cost: \$40.00 M Cost: \$40.00 M
<input type="checkbox"/>	<b>NEW Gentle Pilates</b>	Session 1– Sept. 23 Session 2– Nov. 18	Cost: \$35.00 M Cost: \$35.00 M
<input type="checkbox"/>	<b>Guided Meditation</b>	Session 1 – Sept. 15 Session 2 – Nov. 3	Cost: \$20.00 M Cost: \$20.00 M
<input type="checkbox"/>	<b>Intergenerational Game PM</b>	October 26	Cost: FREE
<input type="checkbox"/>	<b>Keep Fit Aerobics</b>	Sept. 14 – Dec. 14	Cost: \$30.00 M
<input type="checkbox"/>	<b>Keep Fit Combo</b>	Sept. 16 – Dec. 23	Cost: \$30.00 M
<input type="checkbox"/>	<b>NEW Mindfulness &amp; Happiness</b>	September 22 (more dates TBA)	Cost: FREE
<input type="checkbox"/>	<b>NEW Paint &amp; Sip Night</b>	October 21 <b>FULL</b>	Cost: \$45.00 M
<input type="checkbox"/>	<b>Town &amp; Country Line &amp; Wash</b>	October 4 – Nov. 15	Cost: \$50.00 M
<input type="checkbox"/>	<b>Zumba GOLD</b>	Session 1– Sept. 15 Session 2– Nov. 10	Cost: \$35.00 M Cost: \$35.00 M

Please see next  
page for  
registration form

**Fall Program Registration Form: If registering in person, this form MUST be taken and filled out for Registration Week starting on Tuesday, September 7th.**

**Name & Member Number:** \_\_\_\_\_

<b>Program Name:</b>	<b>Program Cost:</b>	<b>Session # / Dates</b>
1 _____	_____	_____
2 _____	_____	_____
3 _____	_____	_____
4 _____	_____	_____
5 _____	_____	_____
6 _____	_____	_____
7 _____	_____	_____
8 _____	_____	_____
9 _____	_____	_____

<b>Member Renewal for Rest of 2021 and All of 2022:</b>	<b>YES or NO (circle one) \$73.00</b>
<b>Already a 2021 member and just paying for 2022?</b>	<b>YES or NO (Circle one) \$50.00</b>
<b>Pro- Rated New Member Fee:</b>	<b>YES or NO (circle one) \$73.00</b>

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**For Reception Staff ONLY:**

<b>Program Sub-Total:</b>	<b>\$ _____</b>
<b>Membership Sub-Total</b>	<b>\$ _____</b>
<b>TOTAL:</b>	<b>\$ _____</b>

**Paid by (cash, debit, credit, cheque):** \_\_\_\_\_

## **Important Program Registration Information:**

The week of September 7th: We highly recommend registering for all classes online at [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com) or if needed, in person. Please DO NOT call in on September 7th, as we will not be able to answer the phones.

Participants can register for any art, fitness, special programs, mental health and wellness programs this week. Please note: the Yoga classes will fill up quickly however, Gentle Pilates is quite similar to Gentle Yoga. If needed we will put attendees on a wait list.

### **Registering in Person:**

If you decide to come in person we will be handing out numbers at 8:30 am and no sooner. Once you have your number you will be welcome to sit in the dining room. We will make sure everyone can hear the numbers being called. To make the registration process smoother, you will be required to **fill out the tear out registration form on page 11** and bring with you on registration day. Please disregard this if you are registering online. Each person will only be allowed to register for one absentee registrant and no more this goes for online as well. If you forget this form, we will give you one to fill out ASAP before the numbers are handed out. Electronic copies of this form will be provided online to print out at home on our website:

[www.nordbridgeseniors.com](http://www.nordbridgeseniors.com) under the *Recreation Programs > Online Registration* tab.

### **Registering Online:**

We highly encourage members to register and pay online, if you are wanting to pay over the phone, please call us after Sept. 7th. If you need help, please us a call BEFORE registration week and we will go through it with you.

Thank you for your cooperation!

## Fall 2021 - Paid Classes & Special Programs

In order to take advantage of Nord-Bridge member price for the programs, a current 2021 membership is required. The course registration fee must be paid in full prior to the start of class.

### Arts & Crafts Programs

#### **Town & Country Line & Wash- Donna Gallant**

Somewhat similar to previous line and wash classes but the focus will be on quaint town and country vistas or scenes. Watercolor techniques for color mixing and creating different textures will be intertwined with our pen and ink strokes. We will touch on some perspective elements of buildings but our main focus is how landscape and structures can work together. This class will be for all skill levels so if you are new to line and wash we will have some simple projects. If you are advanced we will challenge you with more intricate and challenging projects. This is a great way to start off the Fall season.

Begins: Monday, October 4 – Nov. 15 **\*No class Oct. 11** Location: Craft Room  
Time: 10:00 am - Noon Maximum: 8 Students  
Fee: Members: \$50.00 Non-Members: \$70.00

**\*Please pick up your supply list when you register.**

#### **Beginners Watercolor (No Experience Required)**

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 six sessions, you will have the confidence in your ability to paint on your own and to have lots of paintings to show your family. The first class will be an introduction to the world of watercolor. The participant is required to buy their own supplies before the class. **\*Please pick up your supply list when you register. Session 1 is FULL**

Session 1: Tuesday, Sept. 14 Ends: Oct. 26 **\*No class Oct. 19**  
Session 2: Tuesday, Nov. 2 Ends: Dec. 7  
Time: 9:30 am – 11:30 am Location: Craft Room  
Instructor: Denise Savard Maximum: 8 students  
Fee: Members: \$45.00 Non-Members: \$65.00

#### **Acrylic Painting**

In this acrylic painting class, you will not only learn how to paint with acrylics, but also experiment with color mixing, develop brush stroke techniques, discover how to glaze, and practice composition using still life and photos for reference. The purpose of this class is to improve your painting skills and to have fun! A complete supply list will be given at the time of registration. **\*Please pick up your supply list when you register.**

Session 1: Thursdays, Sept. 23 Ends: Oct. 28  
Session 2: Thursdays, Nov. 4 Ends: Dec. 16 **\*No class Nov. 11**  
Location: West Community Room Time: 1:00 pm - 3:30 pm  
Instructor: Karina Mak  
Fee: Members: \$55.00 Non-Members: \$75.00

#### **Woodcarving**

In this class you will learn the art of carving wood. You will be able to create your own carved projects. Beginning students who have little or no experience in carving are welcome. Come join in for an adventure in Woodcarving. This class is ongoing so you can register and join anytime.

Begins: Mondays and Thursdays Location: Craft Room  
Time: 1:00 pm - 3:30 pm Instructor: Don Johnson  
Fee: Members: \$10.00 Non-Members: \$30.00

## **Art Clubs- Members Only**

### **Paper Tole - (Wednesday)**

The Paper Tole group takes multiple copies of a printed piece of art, and then cut, shape, mold and elevate the artwork to make three dimensional prints. This group meets on Wednesdays at 10:00 am in the South View Room. For information on this Club, please talk to the coordinator Elta Buckman. There is a member annual fee of \$15.00.

### **Watercolor Club**

The Watercolor Club is a group of painters who have been meeting on a regular basis, sharing ideas, techniques and resources. While their primary purpose is to paint, it is important that the group retain its friendly, positive, encouraging atmosphere. The group plans occasional one day workshops, and would welcome artists who are willing to teach. The Watercolor Club meets every Tuesday afternoon at 1:00 pm in the Craft Room. For information on this Club, please talk to the co-coordinators Sandy Baceda and Erika Bosters. There is a \$20.00 fee for members. **\*Begins October 5th\***

### **Krafters Koffee Klub**

This group of crafters is calling all knitters, crocheters, quilters, and crafters. They invite you to meet with them on a weekly basis for a social get-together. Bring your own work projects to work on, and ideas to share. The Club meets every Wednesday in the Craft Room from 1:00 pm - 3:00 pm. For more information on this club please contact Lois Cicman.

### **Quilters Group**

Are you interested in getting together with other quilters one day a week? You will need to have basic quilting skills as this is not a class. This is a group that show and share, while having someone to talk to with similar interests. You do not need a machine every week. Group members work on individual projects, and sometimes on charity quilts. The group meets every Wednesday in the Craft Room from 1:00 pm - 3:00 pm. For more information please contact Ashley Kern.

### **The Card Crafters**

We have so much fun, you should really join us every Thursday morning (9:00 am in the Craft Room) as we make new creations from donated greeting cards. Our cards are then sold in the Gift Boutique as a fund-raiser for Nord-Bridge Seniors Centre. No special skills required except a good sense of humor and the ability to cut and paste and create. For more information, please talk with the coordinator, Pat Kincade.

### **NEW Paint & Sip Night - at Nord-Bridge!**

Thanks to Smudge Art Studio we will create art over cocktails at Nord-Bridge, guided by a professional artist. Grab your friends and spend two hours sipping, laughing, and flexing your creative muscles. There's no experience necessary and we'll provide all the supplies, so you don't have to worry about a thing (except having a great time!). Must be 18+. Alcohol may be purchased at the event for members and invited guests, cash only. Please enter through the back south - west doors.

Date: Thursday, October 21 **\*THIS CLASS IS FULL**

Time: 6:00 pm — 8:00 pm

Fee: \$45.00 for members and non members

Maximum Attendees: 20

**\*Register any time  
after September  
7th\***



## **Fitness Programs**

### **Clogging**

Clogging is an American folk dance that is similar to tap dancing. Clogging is done to almost any kind of upbeat music. Country and traditional bluegrass music are the most popular types of music for clogging. The activity is a great form of exercise, so come out and try this form of dance.

<u>Begins:</u>	Tuesday, September 7– December 7	
Time:	10:00 am ( <b>Intermediate</b> )	
Time:	11:00 am ( <b>Advanced</b> )	
Fee:	Members: \$42.00	Non-Members: \$50.00
Instructor:	Sandy Nowell	
Drop In Fee:	\$5.00 Members	\$6.00 Non-Members
Location:	West Community Room	

### **Intermediate Line Dancing with Diane**

Line Dancing is a relaxed and fun form of country and western dancing, as well as an excellent exercise for both body and mind. This class is meant for Intermediate to experienced individuals. Please wear non marking footwear and bring your water bottle. Please come and join us in the fun in the Multi-Purpose Hall!

<u>Begins:</u>	Tuesdays & Thursdays starting Sept, 7 & 9	
Location:	Multi-Purpose Hall	
Time:	Tuesdays: 1:00 pm & Thursdays: 10:00 am	
Instructor:	Diane Holstine	
Location:	Tuesdays: Multi-Purpose Hall & Thursdays: West Community Room	
Drop in fee:	\$3.00 for members and \$4.00 for non members	

**\*Please note Tuesdays are for high intermediate and Thursdays are for low intermediate skill levels.**

### **Beginner Line Dancing with Della**

Line Dancing is a relaxed and fun form of country and western dancing, as well as an excellent exercise for both body and mind. Some experience required. This is a continuation of the summer 2021 class but there is still room for more dancers. Please come and join us in the fun in the Multi-Purpose Hall!

<u>Begins:</u>	Wednesday, September 1	
Location:	Multi-Purpose Hall	
Time:	11:15 am	
Instructor:	Della Howg	
Drop in fee:	\$3.00 for members and \$4.00 for non members <b>*No class Nov. 3</b>	

### **Evening Line Dancing with Karen**

Steps are simple and don't involve dancing with a partner. Basic line dance focuses on movement of the legs and feet with more advanced dances including the arms and hands. Come join in for some fun and exercise.

<u>Begins:</u>	Tuesday, October 5	
Location:	Multi-Purpose Hall	
Time:	7:00 pm	
Instructor:	Karen Hooper	
Fee:	Monthly registration or \$6.00 / night	

### **Tai Chi Club **\*Cancelled\*****

Tai Chi, a mind-body exercise, is gentle flowing and low impact. This is for anyone interested in practicing Tai Chi and has previous experience, this is not for beginners. They will practice breathing and various techniques. Many benefits include, increased muscle strength and bone density, lower blood pressure, improved balance, coordination and flexibility, reduced pain and stiffness, increased immunity, stress reduction and mental peace.



### Keep Fit – Tuesday Aerobics and Thursday Strength Training

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. Please see below for fees. This class can be done either standing or seated.

#### Tuesday Adapted Aerobics (toning, conditioning, increased agility and balance)

<u>Begins:</u>	Tuesday, Sept. 14	Ends: Dec. 14
<u>Time:</u>	10:45 am	Location: Multi-Purpose Hall
<u>Fee:</u>	\$30.00	

#### Thursday Strength & Flexibility

<u>Begins:</u>	Thursday, Sept 16	Ends: Dec. 23 *No class Nov. 11
<u>Time:</u>	10:45 am	Location: Multi-Purpose Hall
<u>Fee:</u>	\$30.00	

**This class is for Members Only with no drop-ins. \$30.00 is for each Tuesday morning or Thursday morning class. For example, for those who wish to register for both Tuesday morning and Thursday morning Keep Fit classes, the cost will be \$60.00 to register in both classes. Please note: participants will have the option to use ZOOM online. Please let us know when registering if it is for in-person or online.**

#### Gentle Somatics Stretch & Release with Melanie!

Somatics is a complement to any activity you participate in and helps improve your daily functional movements. As you explore the movements of Somatics you are connecting the body and mind through movement and meditation. As we bring awareness to our bodies (Soma's) we can then help relieve pain, recover from injury, reduce stress and maximize flexibility. These exercises do not just address the body's movement gateways as we walk and breath, but how we carry our stress and tension that leads into chronic neck, shoulders, hips and low back pain. We as individuals view ourselves from the inside looking out otherwise the distinction between mind and body disappears. "We are our own best healers". Somatics is great for MS, Stroke recovery, chronic pain, migraines and much more. This is easily modifiable and can be done seated in a chair or on the floor. **\*Offered in person or online**

<u>Session 1 Begins:</u>	Wednesday, September 15	Ends: October 27
<u>Session 2 Begins:</u>	Wednesday, Nov. 3	Ends: Dec. 15
<u>Time:</u>	9:00 am - 10:00am	Location: West Community Room
<u>Fee:</u>	\$40.00	Non-Members: \$60.00

#### Gentle Pilates \*NEW

Join Melanie in Gentle Pilates! 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. **\*Offered in person or online**

<u>Session 1 Begins:</u>	Thursdays, September 23	Ends: November 4
<u>Session 2 Begins:</u>	Thursdays, November 18	Ends: December 30
<u>Time:</u>	9:00 am– 9:45 am	Location: West Community Room
<u>Fee:</u>	Members: \$35.00	Non-Members: \$55.00

#### ZUMBA GOLD®

Join Sheila Mulgrew as she leads you through 45 minutes of Zumba GOLD®! This is for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. This class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

<u>Session 1 Begins:</u>	Wednesdays, September 15	Ends: October 26
<u>Session 2 Begins:</u>	Wednesdays, November 10	Ends: December 22
<u>Time:</u>	8:45 am– 9:30 am	Location: Multi-Purpose Hall
<u>Fee:</u>	Members: \$35.00	Non-Members: \$55.00
<u>Drop in Fees:</u>	Members: \$6.00/class	Non-Members: \$8.00/class



### Exercising with Arthritis

This is a group exercise class focusing on individuals with osteo-arthritis. The class is offered in a partnership between Alberta Health Services and Nord-Bridge. The instructor TJ Dunn is a Kinesiologist with Alberta Health Services. TJ will teach participants various strengthening and "range of movement" exercises. Along with the exercises, an education component will be taught to help participants manage their chronic condition.

**This class is cancelled\***

### Fitball

As a partnership between Nord-Bridge Senior Centre and Alberta Health Services, this group exercise class will involve a variety of movements intended to stimulate the mind & body by using a combination of tools, including fitballs, tennis balls and bodyweight resistance. Build confidence in your strength & balance while you challenge yourself within your individual level of fitness & coordination.

**This class is cancelled\***

### Evening POUND® and Day POUND 55+ with Sheila! **NEW**

This energizing workout combines cardio, conditioning, and strength training with Yoga and Pilates-inspired movements from a chair or standing. Evening POUND and POUND® 55+, uses 1/4lb drumsticks engineered specially for exercising. This drumming exercise works the shoulders, biceps, triceps, fore-arms and back. You will increase your rhythm, timing, coordination, speed, agility, and endurance. This work out is easily modifiable and appeals to all ages and abilities. [Please bring your own yoga mat for all POUND classes and wear indoor shoes. Rip Stix will be provided.](#)

#### Evening POUND® 55+

Session 1 Begins:

Session 2 Begins:

Time:

Fee:

Drop in Fees:

Instructor:

Tuesdays, September 14

Tuesdays, November 2

5:30 pm – 6:15 pm

Members: \$40.00

Members: \$8.00/cl

Sheila Mulgrew

Ends: October 26

Ends: December 14

Location: Multi-Purpose

Non-Members: \$60.00

Non-Members: \$10.00/cl

**\*Please bring your own yoga mat to this class**

#### Day POUND® 55+

Session 1 Begins:

Session 2 Begins:

Time:

Fee:

Drop in Fees:

Instructor:

Tuesdays, September 14

Tuesdays, November 2

9:00 am – 9:45 am

Members: \$35.00

Members: \$6.00/cl

Sheila Mulgrew

Ends: October 26

Ends: December 14

Location: Multi-Purpose

Non-Members: \$55.00

Non-Members: \$8.00/cl

**\*Please bring your own yoga mat to this class**



## Yoga with Melanie Hillaby

**Gentle/Stability Yoga** Offers an opportunity for students to strengthen the body and mind connection. The instructor will explore aging, anatomy, meditation, breathing and relaxation. Vinyasa yoga focuses on guiding the movements through the breath. Slow gentle movements are done in a non-intimidating, friendly manner and modifications are always offered by the instructor. Participants are asked to wear loose clothing & bring a yoga mat. class focuses on increasing the strength of the 'core' muscle group. Core muscles are the abdominals, glutes & upper legs. They are the key to stability, balance, good posture & aid in the reduction of injuries. All classes are beginner to intermediate friendly. **\*Offered in person or online**

### Senior Chair Yoga

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

**\*Please find session prices below:**

### Session 1

Monday Class: Gentle/ Stability Yoga

Begins: Monday, Sept. 13      Ends: Nov. 1      Time: 9:00 am **\*No class Oct. 11**

Wednesday Class: Chair Yoga

Begins: Wednesday, Sept. 15      Ends: Oct. 27      Time: 10:30 am

Friday Class: Gentle/ Stability Yoga

Begins: Friday, Sept. 17      Ends: Oct. 29      Time: 9:00 am

Friday Class: Chair Yoga

Begins: Friday, Sept. 17      Ends: Oct. 29      Time: 10:30 am

### Session 2

Monday Class: Gentle/ Stability Yoga

Begins: Monday, Nov. 8      Ends: Dec. 20      Time: 9:00 am

Wednesday Class: Chair Yoga

Begins: Wednesday, Nov. 3      Ends: Dec. 15      Time: 10:30 am

Friday Class: Gentle/ Stability Yoga

Begins: Friday, Nov. 5      Ends: Dec. 17      Time: 9:00 am

Friday Class: Chair Yoga

Begins: Friday, Nov. 5      Ends: Dec. 17      Time: 10:30 am

**PRICES FOR EACH YOGA SESSION & Maximum Students Allowed are:**

**7 Week Fee - Members: \$35.00 Non-Members: \$55.00**

**Maximum: 14 Students (Gentle Yoga/Stability Yoga) 25 Students (Chair Yoga)**

**\*\*Please refrain from wearing perfume or any scented products during any exercise class\*\***

## **Mental Health and Wellness Programs**

### **Guided Meditation Via ZOOM**

Feeling stressed by life's unpredictable events? Stress no more in this Guided Meditation with Ashley Kern, Program Coordinator at Nord-Bridge Senior's Centre! We will be working on progressive relaxation, guided imagery, tapping, and mindfulness. Newcomers welcome to join, no experience required. This class will be done seated in a chair for 45 minutes, please wear comfortable clothing. My hope for the end is to feel rejuvenated, relaxed, and at peace. Sign up at Front Reception Desk, and ask Ashley for more information. **\*Please pick up a consent form when registering.**

<u>Session 1:</u>	Wednesday, Sept. 15	Ends: Oct. 27
<u>Session 2:</u>	Wednesday, Nov. 3	Ends: Dec. 15
<u>Time:</u>	9:00 – 9:45 am	Location: ZOOM
<u>Fee:</u>	Members: \$20.00	Non-Members: \$40.00

### **NEW Mindfulness with the Recovery College Lethbridge**

Mindfulness and Happiness. How does practicing being mindful relate to our happiness? Happiness is not found in external things, but rather it is something we create by generating the "right conditioning." Being present and aware, being mindful, aides in the development of those conditions. Join us as we discuss the stress of everyday living and how to combat it!

<u>Date:</u>	Monday, October 18, November 22, & December 13
<u>Time:</u>	1:00 pm — 2:00 pm
<u>Fee:</u>	FREE for anyone 55+
<u>Location:</u>	virtually through the ZOOM video platform

**\*Register by going to <https://recoverycollegelethbridge.ca/> or call 403-329-3222 and ask for Ashley \*In person classes coming soon to Nord-Bridge.**

**Reiki Relaxation Therapy – Laura Sebok from Wholeness Reiki-** Registered Reiki Practitioner will be at Nord-Bridge the Third Tuesday of every month in the South View Room beside the pool room. \$25.00 per member per 30 minute session. Reiki therapy uses the body's own energy to facilitate healing. This is great for those that have high anxiety or pain, and creates a sense of well being which strengthens the immune system. For **Members Only**. Please sign up at the front reception desk with scheduled times or ask Ashley for more information.

### **Other NEW programs for a limited time!**

#### **Virtual Cooking via ZOOM with Ashley– Seafood Chowder**

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

<u>Date:</u>	Monday, October 25
<u>Time:</u>	11:15 am– 12:15 pm
<u>Fee:</u>	\$20 for anyone 55+
<u>Location:</u>	Virtually- ZOOM video platform

\*Never used ZOOM before but have an iPad, tablet, or laptop? We can help just give us a call at 403-329-3222!



## **Gaming**

**In House Bingo** - Clay Olsen, Harry Fischer, and Frances Wallace, Convener  
All members and their friends (over the age of 18) are welcome to attend our weekly bingo program. This popular program is held on Fridays at 1:00 pm in the Multi-Purpose Hall. The Go Friendly Shuttle service is available for this program, for members only. Contact the Front Reception Desk for more information. Come out & give your luck a try! This is for anyone in the community. **\*This program is currently not running but we are looking for more experienced Bingo Callers! Leave your name at the front reception desk if you are interested!**



## **Information Sessions for Fall 2021:**

Friday, Sept. 10, 11, 12, & Sept. 13: Advanced Polling for Federal Election  
9:00 am – 9:00 pm in the Multi- Purpose Hall

Monday, September 20, 2021: Federal Election Polling Day 7:30 am – 7:30 pm in  
Multi-Purpose Hall

Monday, September 27, 2021: Meet & Greet Open House with Municipal Candidates  
10:00 am – 12:00 pm in the Multi-Purpose Hall

Wednesday, November 3, 2021: Annual Member Meeting at 9:30 am – 11:30 am in the  
Multi – Purpose Hall





**Photos from the past year and a half!**



## NORD-BRIDGE SENIORS FITNESS 55 PLUS CLUB

The "Fitness 55 Club" operates on a special pass program. A current year paid in full Nord-Bridge membership\* is required (\$50 per year) plus a special pass user fee will be charged to access the Fitness Room. The fee assists Nord-Bridge with fitness room capital costs and ongoing maintenance.

The "Fitness 55 Club" offers something for everyone. It features a wide variety of cardiovascular equipment for all physical abilities (4 treadmills, 2 ellipticals, 2 recumbent bikes, 1 upright bike, and 1 recumbent elliptical). All cardiovascular equipment is low impact and senior friendly. The "Fitness 55 Club" facility also includes a wide variety of strength equipment, including a multi-jungle machine which offers four stations for upper body strengthening. There are three separate machines that are devoted for lower body strengthening, as well as a chest press for your upper body. Also, there is a good selection of free weights for muscle strengthening and one Vibration Trainer.

All Nord-Bridge members are invited to visit the FITNESS 55 CLUB. Prospective Nord-Bridge members are welcome to a free orientation to the Fitness 55 Club by booking an appointment with the Seniors Programmer or come and visit our volunteer **Jim Scott (Personal Training Specialist & Older Adult Specialist)** on **Wednesdays from 9:00 am - 12:00 pm.** Or ask for **Melanie Hilalby (Wellness Instructor), any day Monday – Friday for an orientation.** Please come ready to work out and always wear indoor shoes for the gym.

\*Membership is available if either you or your spouse is 55 or older.



### FEES

Annual Pass - \$180\*  
Monthly Pass - \$18\*  
20 Visit Pass - \$25\*

\*Plus a \$10 refundable deposit on the electronic access key fob.

### HOURS

Fitness 55 Club hours of operation are from 8:00 am - 4:30 pm.  
Monday - Friday



**Nord-Bridge Seniors Centre**  
**1904 13 Avenue North, Lethbridge**  
**Phone: 329-3222**



## **Outreach Program**

Nord-Bridge Seniors Outreach Program provides special programs for Seniors 55+. Socials are organized on the **3<sup>rd</sup> Monday** of each month. Transportation is available to and from home. (Participants requiring only "light hand lift assistance" can book to attend the Centre on the "GO FRIENDLY SHUTTLE" at 403-329-3222. Should you need wheelchair assessable transportation, book with Lethbridge Access-A-Ride at 403-329-6464. A small monthly program cost of \$3.00 is charged for Outreach Socials. This fee helps with food and related expenses. **PROGRAM is POSTPONED UNTIL JANUARY 2021.**

October 18, 2021	1:30 pm	Program: Halloween & Scarecrows Entertainment : Virginia Parker
November 15, 2021	1:30 pm	Program: Giving Thanks with Turkey Hats! Entertainment: Gwen Witt
December 20, 2021	1:30 pm	Program: Snowflakes, Snowmen, Sleigh bells, & Santa Entertainment: Music Makers Choir



## **Social / Fundraiser Functions**

Come out and enjoy companionship and good food at the same time. Everyone is welcome to attend these events. (Please note events highlighted in **BLUE** require tickets can be purchased at the Front Reception Desk, events highlighted in **RED** are buffet style and don't require tickets to be purchased). Dates are as follows:

Friday, October 1, 2021	Oktoberfest	11:00 am
Friday, October 8, 2021	Thanksgiving Lunch Special	11:00am
Friday, December 10, 2021	Christmas Lunch Special	11: 00 am
Friday, December 17, 2021*	Winter Wonderland Walk Through	Tentative*