

www.nordbridgeseniors.com



**NOVEMBER
2021**





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

MONDAY JAM 50/50 DRAW

Proceeds of Monday Jam draws are earmarked to assist with sound system and AV costs in the building.

RECENT WINNERS

Oct. 4 Patti Moyer \$36 / Mike Bennett \$36

Oct. 11 CENTRE CLOSED FOR
THANKSGIVING

Oct. 18 Betty Fuller \$36 / Earl Hall \$36

Oct. 25 Jim Hahn \$51 / Ellen Koenen \$51

Thanks Jammers, Volunteers and Patrons

Thanks also to Helen Gepneris for selling tickets at Monday Jams.



BUILDING FUND DONATIONS

Donna Takeda	\$50
Dan & Eva Deringer	\$200
Stephan Prokop	\$500
Terry & Tracy Beauchemin	\$50

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2020 through March 13, 2020: **\$4,856.50**



BUILDING FUND UPDATE:	Goal	Achieved
Total Fund-Raising Goal	6,248,320	
From City of Lethbridge	750,000	82%
From Various Provincial Grants	2,500,000	66%
From Various Federal Grants	500,000	7%
From Nord-Bridge Fundraising	2,500,000	86%

Total Contributions to our

Building Fund 1998 through 2021	2,211,938
Still needed by N-B Fundraising	288,062



EXECUTIVE COMMITTEE

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

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

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

NORD-BRIDGE MEETINGS REMINDER

Monthly

Outreach Committee

First Monday (Sept-June) 9:30am

Directors Meetings

Second Wednesday 9:30am

Finance Committee Meeting

Last Wednesday of Month (Feb, May, Sept, Nov)

Annually

Annual General Meeting

First Wed of March 9:30am

General Member Meeting

First Wed of November 9:30am

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.

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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)

PRESIDENT'S REPORT

Thanksgiving is over, the election is over, the signs are gone, and now it is on to Winter. I enjoy late Fall and Winter because I dress for it and there are no wasps. I have been taking pictures of the beautiful sunrises we have had lately, we need to all get out there and enjoy them!

On October 13, I had coffee with constables, Jamie Kenyon and Shawn Davis. Jamie Kenyon is a Community Diversity Liaison officer with the Lethbridge City Police and Shawn is his supervisor who came along to introduce him. Both officers have been given Blackfoot names. Jamie is Kiihspipimi Ohkitopi ("Spotted Horse Rider") and Shawn is iitamissapii ("Looks from the top"). It is a great honour to be given a Blackfoot name. I know Bob Tarleck treasures his name "A ko'tasi, "Owner of Many Horses." That same day I also gave Constable Kenyon a tour of Nord-Bridge and he was quite impressed. He really liked our shuffleboard tables. Maybe the members can engage him in a game when he returns on November 10th and December 8th for Coffee with a Constable at 10:00 am. Ralph Thompson, retired RCMP and a member of Nord Bridge, served in Nanton where I grew up. He came to me at Nord-Bridge a few years ago and asked me if I was Arthur Berg's nephew. I do not know how he recognized me because I had not seen him since I was 14. It is police officers like Ralph,

which gave the police such a good name in our community because of their community involvement. Ralph passed away recently, and I will miss him. I have nothing but great respect for our police officers who have a job that takes special skills. Remembrance Day is soon approaching. Let us not forget our Veterans who served and serve our country so valiantly. November 11th may be chilly but it is good to be a little uncomfortable occasionally as we remember the sacrifices made.

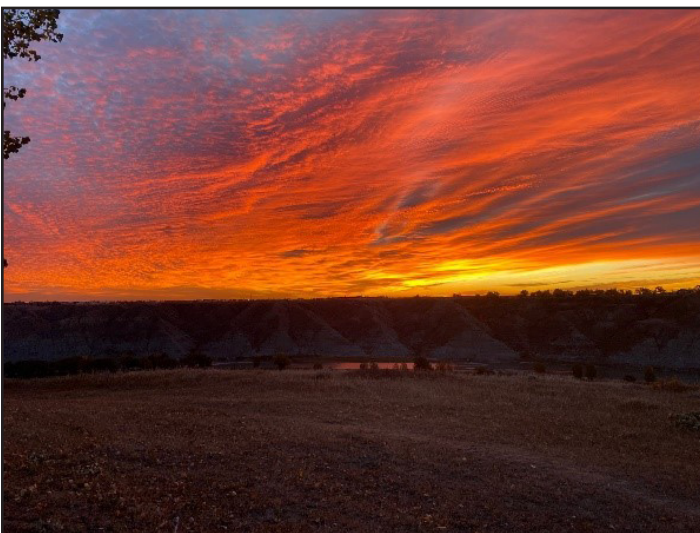
Our next General Member Meeting is on Wednesday, November 3, 2021, in the Multi-Purpose Hall at 9:30 a.m. Please make sure you register for this meeting at the Front Desk or give us a call at 403-329-3222 and proof of vaccination will be required before entry into the building. Your board of directors, staff, and volunteers are working hard to make Nord-Bridge the place to be for the seniors of Lethbridge.



"I cannot endure to waste anything so precious as autumnal sunshine by staying in the house"

-Nathaniel Hawthorne.

*George Berg
Board President*



EXECUTIVE DIRECTOR'S REPORT

Greetings members,

Thank you to all members and guests that have made our first month of implementing the Provincial Government's Restriction Exemption Program a success. This has allowed us to continue to operate at a capacity that closely resembles some normalcy. Please continue to be patient with our front reception staff as they continue to monitor everyone entering our building. Although it may seem like a hassle that you're requested to show your membership card or documentation each time; please know we are doing our due diligence to ensure our facility can continue to operate under the Restriction Exemption Program. To address some of the comments we have encountered please note; there are some members and guests that are not vaccinated but have shown either a medical exemption documentation or provided a negative COVID-19 rapid test result (within the prior 72 hours). There is no need to gossip or interrogate others about their proof of vaccination status; please entrust our staff to handle the screening process.

I have some great news to share with our members...our Go Friendly Shuttle will be starting up in the next few weeks. It has been a lengthy hiatus since the Go Friendly Shuttle was cruising the streets of Lethbridge. Go Friendly will operate very much the same as it did prior to its COVID-19 shutdown, with the exception of riders being able to use their Lethbridge Transit Breeze Cards. Lethbridge Transit will



no longer be providing a driver for the Go Friendly Shuttle hence we will no longer be able to utilize their fare system for rides and passes. We will be implementing our own fare system for the Go Friendly service that will adopt the same fare prices as the Breeze cards. Booking the Go Friendly will be the same as it was previously; however the arrival and departure times may change a bit from before. I am also very happy to report that we have secured Dave Slovak to drive the Go Friendly. For those of you that don't know, Dave has been driving the Go Friendly for the last eight years. As we continue to confirm details on the re-launch; we will keep shuttle riders posted. If you are new to Nord-Bridge and would like information on the Go Friendly please speak to Maria or Erin at the Front Desk.

Nord-Bridge's General Membership meeting is scheduled for Wednesday, November 3, 2021 in the Multi-Purpose Hall at 9:30 am. Mark your calendars to attend the meeting as Quorum for the meeting requires at least 30 members.

I would like to congratulate and wish Lorri Penner all the best! After 6 years of supporting to our members and the community, Lorri has decided to take on a new role with AHS. Lorri built invaluable relationships with our members and her strengths of supporting our members through grief / loss and other life transitions will be missed. We wish Lorri nothing but the very best.

*David Ng
Executive Director*

WELCOME NEW MEMBERS WE ARE HAPPY TO HAVE YOU HERE!

Shari Locking	Dorothy Piekema
Don Locking	Ray Lambert
Anonymous	Doreen Murphy
Lauris Kean	Myrna Folk
Lorna Musick	George Roche
Eona Willis	Allan Lewko
Valerie Hames	Laree Findlay
Anonymous	Don Desroche
Colette Jones	Catherine Jessop
Brownwynn Seleski	Dave Gaskell

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

PROGRAMMER'S REPORT



I know I say this every month but I CANNOT BELIEVE WHERE THE TIME HAS GONE. It will be Christmas before we know it! Here is a photo from my walk in the coulees a few weeks ago, hard to believe that was in October.

A couple notes I would like to address. I have had a couple questions regarding restrictions in card programs. Currently all players (unless except with a doctors note) need to wear a mask or face shield during game play, we have extra face shields at the front desk for free (members only). Secondly, I have noticed some jammers not wearing masks during music entertainment. Masks must be worn at all times unless you are singing. Please keep in mind, if you are choosing to play any activity at Nord-Bridge, you will be required to adhere to the COVID-19 rules of Nord-Bridge, and this includes ZERO harassment towards the staff. Third, I have also had a few members ask if Floor Curling is cancelled. The answer is NO but we have not had enough participants to get the class running. Therefore, if you are interested in playing, come on by it will be every Monday at 10:00 am and Thursday at 9:00 am in the Multi-Purpose Hall. Masks are required during game play and please make sure to sanitize your hands. If we do not get enough participants for this class, we will have to cancel it.

This month will be the month of virtual guest speakers including topics on: Osteoporosis, The Recovery College- Building Better Boundaries, and a CNIB information session. The Osteoporosis presentation via ZOOM will be on Monday, November 8th at 1:30pm. Then on Monday, November 22nd, we will be hosting another Recovery College information session for seniors 55+ on Building Better Boundaries. And lastly, on Monday November 29th at 1:30 pm, CNIB (a non-profit society advocating for those that are visually impaired) will be hosting a virtual information session on peer support for those that are visually impaired. As always, these are all FREE sessions and you do not need to be a member of Nord-Bridge to join. Please register by calling 403-329-3222 and

ask for Ashley or register online at www.nordbridgeseniors.com under the Recreation Programs > Online Registration tab.



We are continuing to offer Friday lunch specials for Pick Up or Dine In. The last few weeks, we have ironed out some issues and will continue to have pre-order and time slots for pick ups. We are highly encouraging pre-pay when ordering as well. Please order for pick ups no sooner than one week before the special and no later than the Wednesday before. All pick ups will be through the back server (in the Multi-Purpose Hall). Thank you for your continued patience and support! To place your order please call 403-329-3222.

We are currently looking for more participants for the following programs: Monday Jam Sessions, Free Lawyers and Hearing Consultations, Reiki Relaxation Therapy (once a month), Free Walker Repair Clinic (in December), as well as Evening POUND, and Gentle Pilates. If you are interested in any of these or anything above please give me a call at 403-329-3222 as registration is required. Please note: Foot Care will be here in December and the time they are in is now 10:00 am- 12:00 pm. Spots will fill up fast so please book at the Front Reception desk or give us a call, \$15.00 per patient for members only.

One last note, our Annual Member Meeting with be on Wednesday, November 3rd . There will be NO Zumba GOLD, Carpet Bowling, or Beginners Line Dance this day. We will also be CLOSED on Thursday, November 11th and will re-open on Friday, November 12th.

Until, next month, stay happy and healthy!

Ashley Kern
Program Coordinator

CONDOLENCES TO:

The Dunford family and the loss of Clint
The Gwatkin family and the loss of Lorna





NORD-BRIDGE
SENIORS CENTRE

ANNUAL MEMBER MEETING

WED, NOV. 3

AT 9:30 AM IN THE MULTI-PURPOSE HALL OF NORD-BRIDGE SENIORS CENTRE
COVID-19 RESTRICTIONS IN PLACE, PROOF OF VACCINATION REQUIRED

*CARPET BOWLING &
LINE DANCE
CANCELLED THIS DAY*

QUORUM OF 30
MEMBERS REQUIRED
CALL NORD-BRIDGE TO
RESERVE YOUR SEAT

CALL
403-329-3222

POSTPONED
UNTIL
JANUARY
2022

OUTREACH

Please call Melanie at
403-329-3222 for any questions
or if you would like to volunteer!



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 1 Piece 8.50 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

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)



FRIDAY LUNCH ENTERTAINMENT
November 5- Roger Mueller & Anne Pauls
November 12- Noel Burles & Vicky
November 19- Garland Brake & Doug Youngren
November 26- Elaine Unger-Pengilly

A NOTE FROM THE CARD CRAFTERS:

We appreciate your patronage over this last couple of years. We are busy working on homemade cards for the Nord-Bridge boutique. This month Christmas cards will be out, so watch for those. Take care everyone!

LORRI'S CORNER

In my October newsletter article, I wrote about change and how change is found in every little nook and cranny of every day life it seems. Little did I know when I was writing that how change would happen for me a few days later...

Some of you know, some don't and I just wanted to take this opportunity to share with my Nord-Bridge Family some news from my life.

For the last 6 years, I have been the social worker at Nord-Bridge, supporting the members through different challenges and struggles in life, and these years have been the highlight of my career. I have developed friendships with members and staff and we even went through a pandemic together, standing together during it all.

In life sometimes an opportunity presents itself and we are faced with a decision that brings sleepless nights and a whole bunch of tears.

And I experienced both.

Friday, October 15th was my last day working at Nord-Bridge. I was offered and accepted a position as a Mental Health Therapist with Alberta Health Services in the Addictions and Mental Health division working with a specialized team.

The definition of bittersweet is an emotional feeling that is a mixture of both happy and sad and there is no better word for this.

I am excited to step into this new role and serve the people of Lethbridge but I am also very sad to be leaving here. I was welcomed by most with open arms and others took a bit of work to prove myself to them but the friendships that resulted I will forever hold close.

I want to thank each of you, staff and members for making my years at Nord-Bridge one I will never forget. The many laughs, shenanigans, special events and costumes filled my days and these were truly some of the best years of my life!

Those that know me, know that music often says what our words can't express and I want to share the words to a song that I hope each person will hold on to.

This isn't goodbye, I will be back to visit! –

*May the sun shine on your shoulders
May luck and love be your friends
For now, always, forever; til we meet again*

*May your troubles be few
I hope life's good to you
May your heart beat steady and strong
Yeah I wish you the best
May you find happiness
Every step of the road you're on
May the wind fill your sails through the rain and the hail*

*Carry you safely back home
May your journey unfold to a big pot of gold
At the end of your way home*

*May the sun shine on your shoulders
May luck and love be your friends
For now, always, forever; til we meet again*

*May life fill you glass
May the memories last
Let the whiskey kiss you good night
May you wake every day with a smile on your face
And the ones that you love by your side*

*May the sun shine on your shoulders
May luck and love be your friends
For now, always, forever; til we meet again*

*May the sun shine on your shoulders
May luck and love be your friends
For now, always, forever; til we meet again
~Johnny Reid~*



*Lorri Penner
Social Worker*



PLEASE BE ADVISED

Nord-Bridge Seniors Centre has implemented the

Restriction Exemption Program

Starting Monday, September 20

Proof of Vaccination or

Documentation of Medical Exemption or a

Negative rapid test (taken within the past 72 hours)

Will be required for any individual who want to access our facilities or programs and services.

MASKS are still Mandatory

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**

WELLNESS COORDINATOR/OUTREACH

Hello Everyone,

I'm so excited to see so many of our members back in person or on Zoom. Getting back into a healthy routine can be hard but so many of you have reached out and started. If you have any questions please do not hesitate to ask me. I'm booking orientations and refreshers for our GYM members daily. As well, you can catch up with me in the verity of morning classes we offer. Please note: Outreach will be postponed until January 2022.

"Get Unstuck-Breathe"

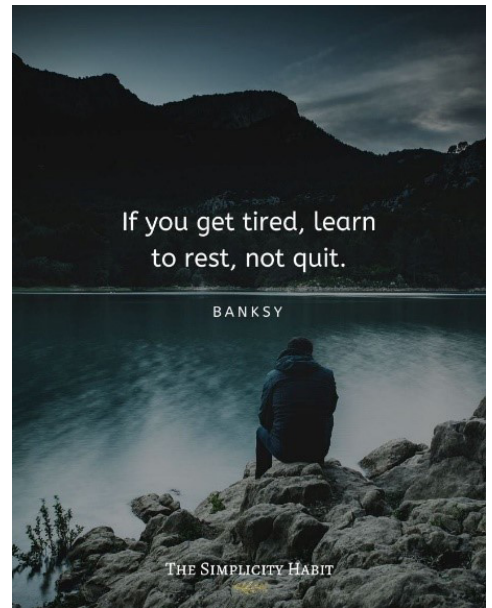
Dust off those board games such as chess, checkers, and backgammon, and join us Friday afternoons 1-3pm in the Craft room! (feel free to bring some in as well).

Monthly joke for YOU!!!



Two peanuts were walking down the street
one was assalted!!

*-Melanie Hillaby-
Wellness Coordinator/Outreach
(Mind -Body -Spirit)*



Did you know?

**We offer virtual ZOOM sessions
for the following classes:**

**-Keep Fit (Tues/Thurs), Yoga, &
Gentle Pilates starting in**

November?

**Sign up by calling 403-329-3222
or stop by 1904 13 Ave. N.**





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>

LIVE



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

Chickpea Coconut Curry COOKING CLASS

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

LIVE ON WEDNESDAY

NOVEMBER 17

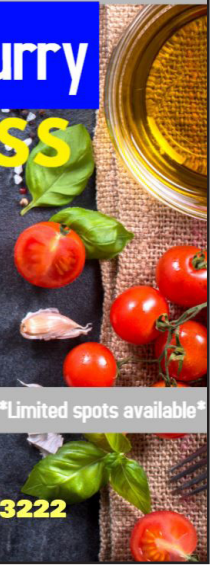
Limited spots available

11:15AM MST Via ZOOM



CONTACT ASHLEY @ 403-329-3222

@nordbridgecooksvirtual



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www.southernoptical.ca

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



Fred Miller
Registered Optician

Thank you!

Ken's No Frills
NORTH LETHBRIDGE

For Donating Turkeys Towards Our Thanksgiving Lunch Special!

We appreciate it so much!

Dwayne, Store Manager

Christmas Trays & Pies

Cookie Tray 8" **\$15.00**
(3 dozen assorted cookies)

Dessert Tray 10" **\$20.00**
(approx. 20-25 pieces including tarts)

Pies	5"	8"
Pumpkin, Apple, Cherry	\$5.00	\$8.00
Raisin	\$5.00	\$8.00
Mincemeat	\$6.00	\$12.00

Limited quantities of cookie and dessert trays available.

*Orders can placed between
November 1st - 26th by calling
403.329.3222
Pick Up Dates: Friday,
December 3, 10 & 17*

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"

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 Monday, Tuesday, & Saturdays Nights. Stop by the hall and get your cards and then play in the comfort & safety of your home!

Phone 403-320-6588 for more details.

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

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 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



NORD-BRIDGE SENIORS CENTRE

BOARD GAME Friday Afternoons

Checkers/Backgammon


Chess

Fun afternoon to learn
- play
- visit

Every Friday at 1pm in the Craft Room!

***COVID-19 Restrictions in Place**

VIRTUAL 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-945AM
NON-MEMBERS: \$40	LOCATION: ZOOM VIDEO PLATFORM

CALL TO REGISTER AT - 403-329-3222

MIND JOGGERS WRITING GROUP

It has been almost two years since normality was lost. Those of us at our writing group called "Mind Joggers" have been hit hard emotionally with the loss of three of our members within a couple of weeks of each other. March 20th Nadia Campbell left behind only pleasant memories of her. Then, on the 29th, Melvin Horn (the husband of the woman who began the writing group at Nord-bridge) passed away. Almost a month later, we lost our Canadian Snowbird, Doreen Taylor. Another member who moved away but still kept in touch was Anne Buxton. She passed away last Fall. COVID-19 Restrictions have been hard on all of us.

However, we still come every Thursday morning (except holidays and summer months) from 9:30 to 11:00 am to share stories we have written.

We want to welcome a new member to our group since we began again this year, welcome to Lorraine Neal. We look forward to hearing the stories that you have written. If you want to come join us even if it's just to have a listen, you will be more than welcomed by the friendly MJ group.

Judy Knox,
Convener




RACHAEL HARDER
 LETHBRIDGE ALBERTA M.P.



We will remember them.

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

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 YouTube channel with a variety of online resources for Caregivers.

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

If you are on Facebook, **Caregivers Alberta** has a Facebook page you can access for resources that can help you during this time. Look for the Community Caregiver Group on this page to connect with other caregivers.

<https://www.facebook.com/CaregiversAB/>

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



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

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

Any questions? Please call 1-888-472-2222 or visit <http://www.shaw.ca/internet/wifi/>.

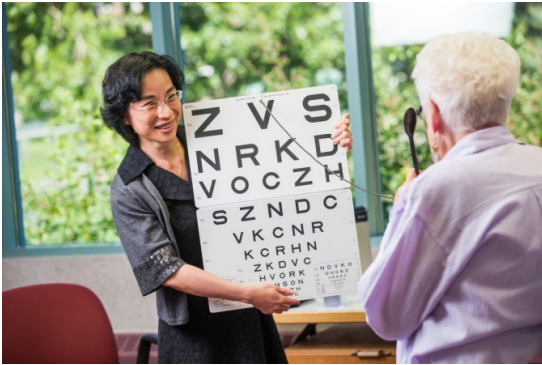
This is a free service to Nord-Bridge provided by Shaw.



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

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





Trouble with your vision?
Tough time reading?
Lost your driver's license
due to vision loss?

Learn about resources that can help.

The CNIB Foundation is a nation-wide charity that provides rehabilitation and support services for individuals with vision loss.

Join us for a virtual session to learn about vision loss in Canada, the CNIB Foundation and Vision Loss Rehabilitation Alberta services available and specialty products designed for individuals with low vision.

Date: November 29, 2021

Time: 1:30 p.m.

Where: Virtual Presentation

For more information, please contact:

Christopher Gordon

Program Lead, Community Education

403-690-4691 or Christopher.gordon@cnib.ca

Donations are always welcome



FOUNDATION

ALBERTA &

NORTHWEST TERRITORIES

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 1, 4, or 5)

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.

*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.

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REALTOR®

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AN INDEPENDENT MEMBER BROKER

403-320-6411

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

Over 27 Years Experience



NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>9:00 Gentle Yoga 9:30 Jammers 10:00 Floor Curling 10:00 Town & Country Paint 1:00 Darts 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 6:30 Bid Euchre</p> 	<p>2</p> <p>9:00 Active POUND® 9:30 Beginner's Watercolor 10:00/11:00 Clogging 10:45 Adapted Aerobic Keep Fit 1:00 Canasta 1:00 Watercolor Club 1:00 Intermediate Line Dance (MPH) 1:00 Scrabble 1:30 Texas Hold'em 5:15 Evening POUND® 7:00 Line Dance</p>	<p>3</p> <p>8:30 Breakfast Buffet 9:00 Gentle Somatics 9:00 Virtual Meditation 9:00 Paper Tole 9:00 Gentle Yoga 9:30 GENERAL MEMBERS MEETING Chair Yoga 10:45 WINNERS BINGO 1:00 Darts 1:00 Euchre 1:00 Quilt/Kraft 7:00 Table Tennis *Beginners Line Dance & Carpet Bowling cancelled today*</p>	<p>4</p> <p>Fall In-House Tournament Payment Due Today 9:00 Gentle Pilates 9:00 Card Crafters 9:00 Floor Curling 9:30 Mind Joggers 10:00 Intermediate Line Dance (West Community Room) 10:45 Strength Keep Fit 1:00 Acrylic Painting 1:00 Hand & Foot (Diner Annex) 1:00 Trump Whist 1:00 Woodcarving 1:00 Duplicate Bridge 1:15 Floor Shuffleboard</p> 	<p>5</p> <p>9:00 Gentle Yoga 10:00 Carpet Bowling 10:30 Chair Yoga 11:00 \$8 Lunch Special 1:00 Checkers/Chess 1:00 Contract Bridge 1:00 Crib</p>
<p>8</p> <p>9:00 Gentle Yoga 9:30 Jammers 10:00 Floor Curling 10:00 Town & Country Paint 1:00 Darts 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:30 Osteoporosis Virtual Session</p> <p>OSTEOPOROSIS</p>  <p>6:30 Bid Euchre</p>	<p>9</p> <p>9:00 LAWYER by appointment 9:00 Active POUND® 9:30 Beginner's Watercolor 10:00/11:00 Clogging 10:45 Adapted Aerobic Keep Fit 1:00 Canasta 1:00 Watercolor Club 1:00 Intermediate Line Dance (MPH) 1:00 Scrabble 1:30 Texas Hold'em 5:15 Evening POUND® 7:00 Line Dance</p>	<p>10</p> <p>8:45 ZUMBA Gold® 9:00 Gentle Somatics 9:00 Virtual Meditation 9:00 Paper Tole 9:00 Gentle Yoga 10:00 Lethbridge College Students Massage Coffee With a Constable 10:00 Carpet Bowling 10:30 Chair Yoga 10:45 WINNERS BINGO 11:15 Line Dancing 1:00 Darts 1:00 Euchre 1:00 Quilt/Kraft</p>	<p>11</p> <p style="text-align: center;">CLOSED FOR REMEMBRANCE DAY</p> 	<p>12</p> <p>9:00 Gentle Yoga 10:00 Carpet Bowling 10:30 Chair Yoga 11:00 \$8 Lunch Special 1:00 Checkers/Chess 1:00 Contract Bridge 1:00 Crib</p> 

15

9:00 Gentle Yoga
 9:30 Jammers
 10:00 Floor Curling
 10:00 Town & Country Paint
 1:00 Darts
 1:00 Military Whist
 1:00 Woodcarving
 1:00 Contract Bridge
 6:30 Bid Euchre



16

9:00 REIKI RELAXATION
 9:00 Active POUND®
 9:30 Beginner's Watercolor
 10:00/11:00 Clogging
 10:45 Adapted Aerobic Keep Fit
10:45 WINNERS BINGO
 1:00 Canasta
 1:00 Watercolor Club
 1:00 Intermediate Line Dance (MPH)
 1:00 Scrabble
 1:30 Texas Hold'em
 5:15 Evening POUND®
 7:00 Line Dance

17

8:45 ZUMBA Gold®
 9:00 Gentle Somatics
 9:00 Virtual Meditation
 9:00 Paper Tole (South View Room)
 9:00 Gentle Yoga
 10:00 Carpet Bowling
 10:30 Chair Yoga
10:45 WINNERS BINGO
11:15 Virtual Cooking (Coconut Curry) ZOOM
 11:15 Line Dancing
 1:00 Darts
 1:00 Euchre
 1:00 Quilt/Kraft
 7:00 Table Tennis



18

9:00 Gentle Pilates
 9:00 Card Crafters
 9:00 Floor Curling
 9:30 Mind Joggers
***10:00 Lethbridge Hearing Centre (South View Room)**
 10:00 Intermediate Line Dance (West Community Room)
 10:45 Strength Keep Fit
 1:00 Acrylic Painting
 1:00 Hand & Foot (Diner Annex)
 1:00 Trump Whist
 1:00 Woodcarving
 1:00 Duplicate Bridge
 1:15 Floor Shuffleboard

19

9:00 Gentle Yoga
 10:00 Carpet Bowling
 10:30 Chair Yoga
11:00 \$8 Lunch Special
 1:00 Checkers/Chess
 1:00 Contract Bridge
 1:00 Crib



22 & *29

9:00 Gentle Yoga
 9:30 Jammers
 10:00 Floor Curling
1:00* Building Better Boundaries Virtual Session (22nd)
 1:00 Darts
 1:00 Military Whist
 1:00 Woodcarving
 1:00 Contract Bridge
1:30* CNIB Virtual (29th)
 6:30 Bid Euchre



23 & 30

9:00 Active POUND®
 9:30 Beginner's Watercolor
 10:00/11:00 Clogging
 10:45 Adapted Aerobic Keep Fit
10:45 WINNERS BINGO
 1:00 Canasta
 1:00 Watercolor Club
 1:00 Intermediate Line Dance (MPH)
 1:00 Scrabble
 1:30 Texas Hold'em
 5:15 Evening POUND®
 7:00 Line Dance

24

8:45 ZUMBA Gold®
 9:00 Gentle Somatics
 9:00 Virtual Meditation
 9:00 Paper Tole (South View Room)
 9:00 Gentle Yoga
 10:00 Carpet Bowling
 10:30 Chair Yoga
10:45 WINNERS BINGO
 11:15 Line Dancing
 1:00 Darts
 1:00 Euchre
 1:00 Quilt/Kraft
 7:00 Table Tennis

25

9:00 Gentle Pilates
 9:00 Card Crafters
 9:00 Floor Curling
 9:30 Mind Joggers
 10:00 Intermediate Line Dance (West Community Room)
 10:45 Strength Keep Fit
 1:00 Acrylic Painting
 1:00 Hand & Foot
 1:00 Trump Whist
 1:00 Woodcarving
 1:00 Duplicate Bridge
 1:15 Floor Shuffleboard

26

9:00 Gentle Yoga
 10:00 Carpet Bowling
 10:30 Chair Yoga
11:00 \$8 Lunch Special
 1:00 Checkers/Chess
 1:00 Contract Bridge
 1:00 Crib



Go Friendly Shuttle door-to-door service: Call 403-329-3222 the day prior, or sooner, to book a ride. *This service will be available soon*

- LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL FIND A PHONE FRIEND FOR YOU. CALL MARIA AT 403-329-3222 TO ARRANGE.**
- *IN-HOUSE BINGO – TENTATIVE OPENING IN NOVEMBER 2021 CALL 403-329-3222 FOR MORE INFO**
- LETHBRIDGE HEARING - THIRD THURSDAY OF THE MONTH (by appointment ONLY) : Nov. 18, & Dec. 16**
- *CENTRE CLOSED NOVEMBER 11TH FOR REMEMBRANCE DAY***

- SHOPPING TRIPS TO WALMART: CANCELLED UNTIL FURTHER NOTICE**
- WINNERS BINGO: Nov 3, 10, 17, 24, 2021**
- FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM. FUTURE DATES: DECEMBER 8, 2021 (NOW \$15) NEW ROOM: CRAFT ROOM**
- LETHBRIDGE COLLEGE MASSAGE STUDENTS HERE ON: NOV. 10, 2021 AT 10AM-NOON IN CRAFT ROOM**
- HUCKVALE LLP- FREE 30 MIN. LEGAL CONSULTS FOR MEMBERS ONLY ON SECOND TUESDAY OF EVERY MONTH AT 9AM (APPOINTMENT REQUIRED)**



Chinook LifeCare
Association

Cookie Recipe Exchange Fundraiser

Bring your favorite recipe to share!

DEADLINE TO ENTER NOV. 22 AT 4PM
MAIL IN OR DROP OFF TO #3- 1904 13 AVE. N.
OR E-MAIL TO CHINOOKLIFECARE@GMAIL.COM
**Please include a contact number
or mailing address**

**\$5 entry fee and receive a copy of all
the recipes by Dec. 1, extra copies will
be available for purchase.**

MERRY CHRISTMAS

FREE Walker Repair CLINIC

Where: 1904 13 Ave. N. in the Main Corridor of Nord-Bridge
 When: Wednesday, December 15th
 Time: 10 am- 11 am



First come first serve!
***For members of Nord-Bridge ONLY**

Thank you to:



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.

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**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

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



Above: Paint Night at Nord-Bridge

Below: Halloween dress up for line dancing!



Lethbridge
HEARING CENTRE

FREE HEARING TESTS



BOOK YOUR FREE HEARING APPOINTMENT BY CALLING

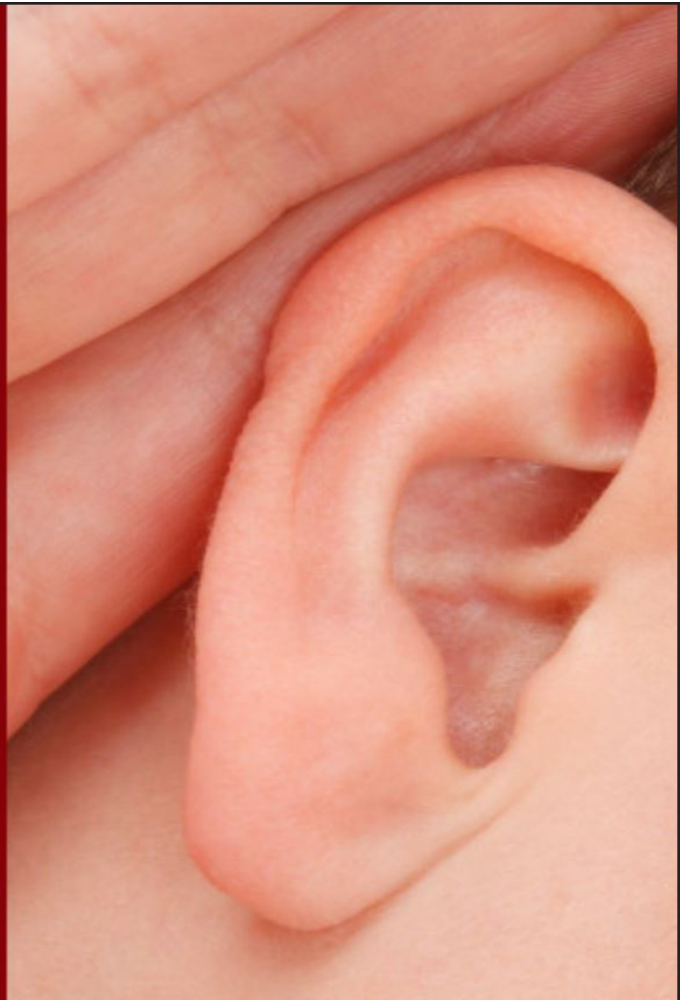
403-329-3222

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!



PARTING 2021 BY LORRAINE NEAL

Parting leaves a legacy
Of thoughts,
Of things gone wrong.
Sometimes it leaves a bitter taste,
Emotions, some quite strong.
One always thinks of times gone by
And good times that were made.
One seldom thinks unhappy thoughts
As fare thee well is bade.
What comes to mind?
Thoughts of you in spring, my love.
Trees all budding green,
Grass sprouting, showing off
For summer.
Spring in her capricious ways
Her golden, glorious, feathery days,
Thoughts of you in spring dear love,
Bring misting to my eyes,
What comes to mind?
A summer day.
Sky clear
and cloudless blue.
Rolling hills, grass green, and my love, you.
I'll never think of summer, more
Lest thoughts of you arise.
To think of summer in this way
Still brings misting to my eyes.
What comes to mind?
Thoughts of you in autumn
Like the landscape's glorious hues,
Reds, and golds, and beautiful browns,
Skies so indigo blue.
Thoughts of you in autumn,
Memories that arise
Some of them so hard to bear
Bring more misting to these eyes.
What comes to mind?
Crisp winter snows.
A chill lies in the air.
Trees and grass all dormant
as my love, but no despair.
I'll never think of winter,
It should be no surprise,
Thoughts of you in winter
Still cause misting to my eyes.



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

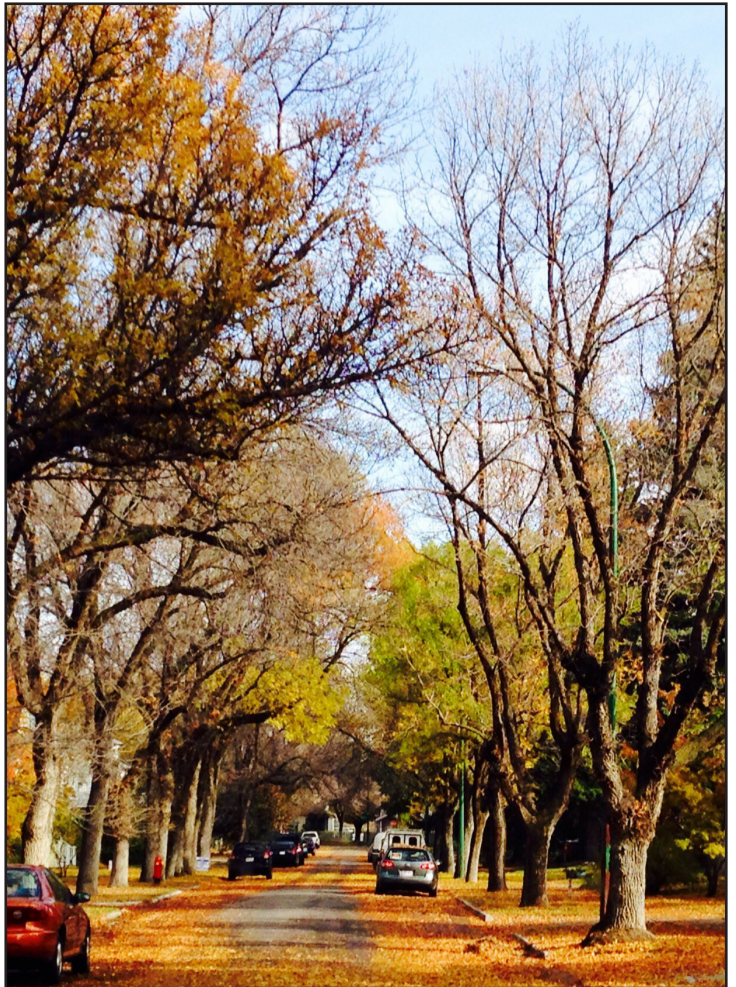
Open to any senior 55+ who has a green thumb and would like to water all of our large indoor plants at Nord-Bridge! Some light lifting is required.

Where: 1904 15 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!



BONE HEALTH 101

WHAT YOU NEED TO KNOW ABOUT YOUR BONE HEALTH

DID YOU KNOW AT LEAST **1 IN 3 WOMEN** AND **1 IN 5 MEN** WILL SUFFER FROM AN OSTEOPOROTIC FRACTURE IN THEIR LIFE.

LEARN HOW TO REDUCE YOUR RISK OF FRACTURE.

PRESENTATION INCLUDES:

- What osteoporosis is
- The risk of fracturing a bone
- Maintaining healthy bones
- Impact of nutrition & physical activity
- Fall prevention



NORD-BRIDGE
SENIORS CENTRE

November 8th from 1:30– 2:30 via *ZOOM*

OSTEOPOROSIS

To register or find out more:

EMAIL: cpearcy@osteoporosis.ca or CALL: 1-800-463-6842 Ext 2475



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, November 10 -December 22

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

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3 Reasons to discuss the flu with your personal pharmacist.



We can answer all your questions about the flu shot and administer it in the pharmacy.



We know the flu virus can hit hard, and we're equipped with the advice you need to feel better as soon as possible.



We can recommend over-the-counter remedies for your symptoms and ensure they don't interact with your other medications.

Visit us today!

Medicine Shoppe® is a registered trademark of McKesson Canada Corporation.

Meet your personal pharmacist.

Terry Toth, B.Sc. Pharm
Pharmacist Owner

Nord-Bridge Senior's Centre
#2, 1904 - 13 Avenue N
Lethbridge, AB T1H 4W9
(403) 381-0700

Monday - Friday 9:00-5:30
Weekends & Holidays
Closed



Transferring your prescription is easy.

Simply provide us with the information of your current pharmacy, and we'll do the rest!

Soothe your symptoms with a FREE atoma™ Cough and Cold product of your choice up to \$5.*



Receive one atoma cough and cold product to a maximum retail value of \$5 (before tax), of the consumer's choice for FREE. *Excludes all paper items and water. Limit 1 per customer. Must be presented at time of sale. While quantities last. See in store for details. No cash value. Some restrictions apply. Cannot be combined with any other offer. Not limited to products shown. Expires November 7, 2021.

Special Offer Inside!

MS28-4 - T1H 4W9 - 10/21

The Unconventional Medium
**JENNIE
OGILVIE**
LAUGH. CRY. REPEAT.

PRESENTED BY



**NORD-BRIDGE
SENIORS CENTRE**



TICKETS
\$50

THURSDAY DECEMBER 2, 2021
7:00PM - 9:00PM

1904 13 Ave N. Lethbridge, AB
18+ ONLY

TICKETS: WWWJENNIEOGILVIE.COM

PROOF OF VACCINATION REQUIRED

WWW.JENNIEOGILVIE.COM

WE ARE NOW

OPEN

Dunford Diner - Dine-in

Monday - Friday 8am - 2pm

Open to all and no reservation needed!



Gentle Pilates with Props



Thursdays

*Registration starts the week of Sept 7th, 2021

Session 1:
Sept 23-Nov 4
9:00-9:45am

Session 2:
Nov 18-Dec 30
9:00-9:45am

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



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: 10:00 am - 12:00 pm.

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.

CARDS NEWS

Interested in playing Military Whist? Please talk to Ashley by calling 403-329-3222, as we are looking for more players to have this program run!

Please note: all card programs MUST wear a mask during entire game play, face shields are supplied at the Front Reception desk if needed



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

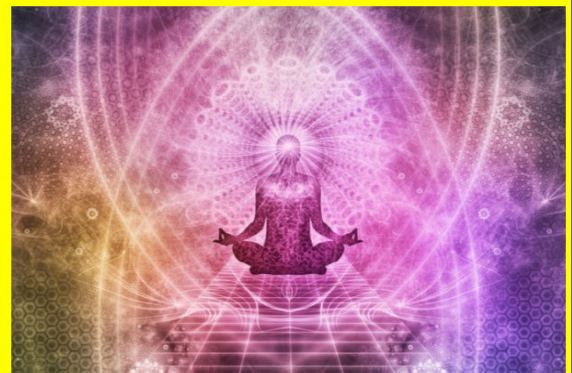
*Some conditions may apply.



Laura Sebok, Reiki Practitioner of *Wholeness Reiki* will be at Nord-Bridge the Third Tuesday of the month for

NEW 30 Minute Sessions

- **From 8:30am – 4:30pm in the South View Room (Beside the pool room)**
- **What is Reiki Therapy:** Reiki therapy is an alternative healing modality that was developed in 1922 by Mikao Usui, a Japanese Buddhist. This technique uses the body's own energy to facilitate healing.
- **Benefits of Reiki:** Reduced anxiety and stress, pain, increased sense of well being, strengthening of the immune system, physical emotional, spiritual, and mental balancing.
- **If interested, please sign up beside the front reception desk with your member number or ask Ashley for more information.**





**NORD-BRIDGE
SENIORS CENTRE**

is looking for a
Convener
For
**Monday's
Jam
Sessions**

Starting October 2021

If interested please contact Ashley at
403-329-3222



Are you turning 65?

Seniors programs and services

Federal pension and financial assistance programs

The Government of Canada administers the following programs:

- Canada Pension Plan
- Old Age Security
- Guaranteed Income Supplement

Apply immediately if you do not receive a notification letter from Service Canada the month after you turn 64 years old advising of automatic enrolment.

For more information contact:

Service Canada toll-free at 1-800-277-9914
servicecanada.gc.ca

Provincial financial assistance programs

You should receive a Seniors Financial Assistance application package in the mail six months before your 65th birthday. If you do not, apply online at sfa.alberta.ca, or call the Alberta Supports Contact Centre at 1-877-644-9992.

One application will help you access the following programs:

- Alberta Seniors Benefit
- Special Needs Assistance for Seniors
- Dental Assistance for Seniors
- Optical Assistance for Seniors

You can also apply for these home-equity loan programs for senior homeowners:

- Seniors Property Tax Deferral Program
- Seniors Home Adaptation and Repair Program

For more information contact:

Alberta Supports Contact Centre at 1-877-644-9992
alberta.ca/seniors-financial-assistance.aspx

Seniors financial assistance programs online services

Apply for benefits and access financial and health supports securely online at sfa.alberta.ca

Upload documents online

Easily send documents and updated information to any seniors financial assistance programs at seniors-housing.alberta.ca/submit-documents/

Prescription drugs and health-related coverage

Coverage for Seniors

Premium-free coverage is provided to individuals 65 years of age and older to cover 70 percent of prescription drugs and pay a portion of some health-related benefits.

To register, seniors must provide proof of being 65 years of age or older such as a valid Canadian driver's license or Alberta identification card, birth certificate, Old Age Security entitlement letter, passport, immigration record, or naturalization or citizenship certificate. A Proof of Age Declaration form is included in the Seniors Financial Assistance application package.

For more information contact:

Alberta Blue Cross at 1-800-661-6995
ab.bluecross.ca

You may mail the Proof of Age Declaration to the address on the form, or provide your proof of age to select Alberta government registry agents.

For a list of registries or a Proof of Age Declaration form contact:

Alberta Health
Edmonton: 780-427-1432
Toll-free: 310-0000 then 780-427-1432
alberta.ca/seniors-health-benefits.aspx



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, NOV.2 – DEC. 14 FROM 5:15 PM – 6:00 PM

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

POUND™
ROCKOUT. WORKOUT.



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



**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!



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.LETHBRIDGE DENTURECLINIC.COM



JAMMERS
**NOW BACK EVERY MONDAY
(EXCLUDING HOLIDAYS)**



*Proof of vaccination & masks required
before entrance into building

9:30-12:00pm @
**DUNFORD
DINER**
**\$2.00 charge for
non-members**



ਸਿੱਖ ਸੋਸਾਇਟੀ ਆਫ ਲੇਥਬ੍ਰਿਜ਼ ਐਲਬਰਟਾ
SIKH SOCIETY OF LETHBRIDGE
COVID-19 RELIEF

Albertans Helping Albertans - Albertans Helping Albertans - Albertans Helping Albertans

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

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

Contact Us **Volunteer** **Donate**

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

FRIDAY LUNCH SPECIALS

\$8

PORK CHOPS, ROASTED POTATOES, VEGGIES, & MUSHROOM SAUCE
NOV 5

CHICKEN CORDON BLEU WITH RICE PILAF, VEGGIES, & GRAVY
NOV 12

VEAL CUTLETS, MASHED POTATOES, VEGGIES, & GRAVY
NOV 19

CHIMICHANGAS WITH RICE, REFRIED BEANS, & PICO DE GALLO
NOV 26

DINE- IN
OR
TAKE OUT

***Please pre-order & pre-pay for pick up no
sooner than the week prior by calling
403-329-3222***



1904 13 Ave. N.

DUNFORD DINER OPEN MON- FRI 8AM- 2PM

Proof of vaccination required before entry into the building

Building Better Boundaries



Who should attend?

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

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

<https://recoverycollegelethbridge.ca/>

**Monday,
November 22, 2021**

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

This class will introduce you to: what boundaries are, the various types of boundaries, and why they are important.

Having healthy boundaries will help you improve your overall wellness.

Join us to learn more!



CANADIAN MENTAL HEALTH ASSOCIATION

recovery college
LETHBRIDGE



LETHBRIDGE
Senior Citizens
ORGANIZATION

Compass for the Caregiver



COMPASS is a supportive facilitated workshop for anyone 55+ who identifies as a caregiver for a spouse, children, grandchildren, extended family, close friend, or neighbour near or far.

If you are supporting someone experiencing challenges related to: health, age, family dynamics, mental health, pressures generated by "sandwich generation" responsibilities and/or distance.

We discuss dealing with guilt and grief, managing stress, improving communication, navigating the system and planning for the journey ahead.

November 2 – 23, 2021
Tuesdays from 1:30 – 3:30 pm

Location: TBD

\$45 registration fee

Contact LSCO at 403-320-2222 to register

LSCO • 500 - 11th Street South • 403-320-2222



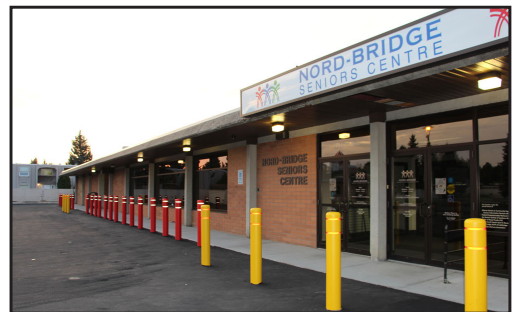
caregiversalberta.ca
office@caregiversalberta.ca

780.453.5088
1.877.453.5088 (toll-free)



NORD-BRIDGE
SENIORS CENTRE

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



“The Friendly Centre”

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

www.nordbridgeseniors.com