



NORD-BRIDGE
SENIOR CITIZENS ASSOCIATION

Nord-Bridge Senior Centre

1904 13 Ave. North

Lethbridge, Alberta

Phone: 329-3222



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Nord-Bridge Senior Citizens Association
Officers and Staff

Executive Committee

President	Pat Santa
Vice - President	Rodger Halvoresen
Treasurer	Roberta Svennes
Secretary	Marilynn Heaton
Past - President	Jim Hahn

Directors

Delores Bourk	Noreen Easthope	George Berg
Clay Olsen	Doug Youngren	Marilyn Gillies
Donna Takeda	Deb Dunsmore	Jack Fox

Staff

Executive Director	Randy Smith
Chief Financial Officer	Roberta Svennes
Director of Programming	David Ng
Sr. Administrative Assistant	Kathy Filkowski
Reception Supervisor	Valerie Arkininstall
Reception Assistant	Heather Belle
Financial Administrator	Tracy Beauchemin
Cook II	Sally Reyna
Cook I	Bety Castillo
Dining Room Supervisor	Gail Krysak
Janitorial	Marco Escobar

NORD-BRIDGE Senior Citizens Association

"The Friendly Centre"

1904 - 13th Ave. North Lethbridge, AB T1H 4W9

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

Web Page: www.nordbridgeseniors.com

Email: friendly@nordbridgeseniors.com



MISSION OF THE ASSOCIATION

The provision of educational, social, and support services programs for Senior Citizens and the fostering of independence, self worth, and a sense of community pride amongst the senior citizen population of Lethbridge, and surrounding communities in Southern Alberta.

GOAL OF NORD-BRIDGE

To be known as "The Friendly Centre."

HOURS OF OPERATION

The Senior Centre is open Monday to Friday, 8:30 am - 4:30 pm.

MEMBERSHIPS

Memberships are open to individuals 55 years of age and older. 2015 membership fees are \$50.00 (January - December). First time members, and lapsed renewals are charged an additional \$3.00 administration fee.

DINING ROOM (Dunford Diner)

Our dining room serves delicious and nutritious hot home cooked meals daily. Breakfast is served daily from 8:30 am - 1:00 pm (limited breakfast menu after 10:00 am). A breakfast Buffet is served on the first Wednesday of each month. Lunch hours are: 11:00 am - 1:00 pm. Lunch Specials are featured daily. Hot soup and sandwiches are available until 2:00 pm. 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 Mondays to Fridays 9:00 am - 3:00 pm. Consignment items are made by members. Everyone is welcome to shop in the Gift Boutique. (For consignment information, see the Gift Boutique).

LIBRARY

Our library continues to grow each year. Choose from a wide variety of genres (mystery, biographies, history, romance, non-fiction and popular fiction). Check out the great selection of books and puzzles.

Program Areas

Nord-Bridge Senior Citizens Association provides a well-rounded variety of programs, to meet the needs of the membership.

Educational & Life-Skills Programs - Nord-Bridge partners with various agencies; University of Lethbridge, Lethbridge College, Alberta Health Services and also works independently to offer classes to its membership.

Fitness & Socialization Programs - Programs are organized and administered for daily socialization and fitness activities appropriate for seniors, to foster participation in Alberta Seniors Games and Zone competitions, or for general health and well being.

Keep-In-Touch Program - Daily phone calls by volunteers to seniors confined at home. Visits by volunteers to members' homes, as needed, are also a part of this program.

Outreach Program - Socials and activities geared for isolated seniors are hosted along with transportation provided to Nord-Bridge and City venues. Hospital visits, get well, and bereavement support for members is also provided as part of the Outreach Program.

Social Programs - Themed luncheons and socials are planned for special events and occasions. Please see the back of this booklet for dates of socials and luncheons.

Travel Programs - Day excursions and extended trips are offered to various attractions and activities. Stop by our Travel Board for updates on trips.

Volunteer Recruitment - Volunteers are the mainstay of the Nord-Bridge Senior Centre. Offering your services helps put knowledge and experience back into the community and the Centre. If you would like a volunteer opportunity at Nord-Bridge, please leave your name at the Front Desk or speak with Volunteer Coordinator Delores Bourk.

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 venture of the City of Lethbridge, LA Transit and Nord-Bridge. It has now been expanded to include service to LSCO. Just phone the Front Desk at 403-329-3222 the day before to arrange a pick-up. This service is 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 Breeze card..or...

\$28.00 for Monthly L.A. Transit Breeze card



Drop - In Activities

Drop-In Activities are open to all members, you do not need to sign up for the following programs:

Carpet Bowling - Norene Irwin & Woody Neely, Conveners

This 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 any new members, and is willing to give instruction if needed. Carpet Bowling is held on Wednesdays & Fridays at 9:30 am in the Multi-Purpose Hall.

Darts - Ken Bobinec, 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 dartboards in the Multi-Purpose Hall. Darts is played every Monday* and Wednesday at 1:00 pm. New/Novice players welcomed. *No Darts on the 3rd Monday of each month (Outreach Program)

Floor Curling - Convener (vacant)

Floor Curling is a team sport very similar to ice curling, with a lead, second, third and skip. The object of the game is to gain as many shots as possible by getting your teams rocks nearer to the centre of the house than your opponents. The Floor Curlers meet on Mondays & Thursdays at 9:00 am in the Multi-Purpose Hall. Come out & join in the fun. Beginners, novice & experienced players are all welcomed.

Pool - Convener (vacant)

Located in the Veres Family Games Room are 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 starting in 2015, a user fee will be applied to all members and guest who wish to play pool / snooker. An Annual fee of \$50.00 or alternatively a drop-in fee of \$2.00 / day to play can be paid. The Veres Family Games Room is open daily 8:30 to 4:30.

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 for the program is Tuesdays at 9:00 am, members are welcome to drop in anytime to play a game or two.

Table Tennis - Jerry Mikusek & Dave Bergen, Conveners

This activity is located in the Multi-Purpose Hall on Thursday evenings at 7:00 pm, and includes open play, singles & doubles. New members are welcome & instruction is available if required.

Floor Shuffleboard - Lorna Vandervalk

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 Thursdays at 1:00 pm.

Cards & Board Games

Cribbage - Mike Bennett & Vi Segouin, Conveners

Cribbage is played with a regular 52-card deck, by two, three, or four players. The Crib program is played every Friday at 1:15 pm in the Dining Room Annex.

Euchre - Rodney Foster, 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 Dining Room Annex.

Contract Bridge - Kathy Ludwig, Convener

This program meets on Fridays in the West Community Room at 1:00 pm. Bridge is also played on Mondays in the West Community Room at 1:00 pm. Anyone wishing to learn the game or wanting to play the game, please stop by.

Duplicate Bridge - Pat Kincade, Convener

This is a fun Duplicate Bridge Club at Nord-Bridge on Thursday afternoons at 1:00 pm in the Dining Room 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 to a partner. Players must be Nord-Bridge members

Cards: 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 - Ruth Balogh, Convener

This program is played every Monday at 1:00 pm in the Dining Room Annex.

Norwegian Whist - Pat Veres, Convener

This program is played every Tuesday at 1:00 pm in the South View Meeting Room.

Trump Whist - Pat Veres, Conveners

This program is played every Thursday at 1:00 pm in the Dining Room Annex.

Texas Hold'em - Mike Bennett, Convener

The subject of many a disagreement in Westerns, 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 will be a small fee to play the game each week. Texas Hold'em is played every Tuesday at 1:00 pm in the West Community Room.

Scrabble - Sheila Brust, Conveners

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 and down in a crossword fashion. Players meet on Tuesdays at 1:30 pm in the Dunford Diner Annex. If you are interested in participating, drop in any Tuesday.

Social Activities

Jammers

This is one of our Centre's most popular programs. If you enjoy music (playing or listening) stop by to perform with the group or sit back and enjoy the music. The Jammers meet in the Dunford Diner & Dining Room Annex every Monday from 9:30 am - 12:00 pm. There is a \$2.00 fee for non-members to attend this program. The Jam Session is an ongoing weekly activity every Monday.



Music Makers - Barb Stewart, Convener

The Music Makers are a group that gets together weekly to sing. The group's main focus is music and performing at different seniors' health & housing facilities. The group meets weekly at Nord-Bridge in the Dining Room Annex on Tuesdays from 10:00 am - 11:30 am. New singers and acoustic instrumentalists are welcome. This program will start on September 15, 2015.

Education

Mind Joggers Writing Group - Ted Sillito, Jack Simmons, Judy Knox & Melvin Horn, 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 Board Room on Thursdays at 9:30 am to see if this program is for you. You may listen to, or join our discussions. If you have a story to share, it would be most welcome. Mind Joggers will start on September 3, 2015.

Spanish for Travelers

HOLA AMIGOS! UN POCO DE ESPANOL!!

Are you traveling to a Spanish-speaking country? Wouldn't it be nice to be able to communicate with locals in their own language? Learn the basics to survive your trip in a fun environment and make your experience more interesting and enjoyable. By recreating real life situations you will learn greetings, forms of courtesy, how to express likes and dislikes, what you want and don't want, asking for directions, ordering meals; and expressing feelings and discomforts. You will learn how to pronounce words correctly and pick up some travel tips from your teacher. Grammar is not the focus of this course. Let the fun of your trip begin at Nord-Bridge.

Begins: Tuesdays and Thursdays, October 6 - November 26

Location: Boardroom

Time: 2:00 pm - 3:00 pm

Cost: Members \$25.00 Non-Members \$40.00

Senior Assistance Programs

On a monthly basis, professionals & Lethbridge College 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**. On a weekly basis, volunteer seniors (**Seniors Helping Seniors**) are on hand to help fill out any government forms. For further details on all programs please see below.

Dr. Bolokoski - Foot Care - 8:30 am - 11:30 am (Wednesdays). Dates Dr. Bolokoski will be visiting Nord-Bridge in 2015: August 26, October 21, December 16. Appointments are necessary (for members only), please book appointments at the front 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 waitlist. Please be advised a \$10.00 co-pay per patient, per visit will be charged by Dr. Bolokoski. Also, effective immediately each nail care patient will be required to provide their own towel to place their feet on for all nail care appointments.

Ryan Chan of Huckvale Wilde Harvie MacLennan - Legal Consultation is offered once monthly - **Fridays** 9:00 to 11:30 am. Ryan will be at Nord-Bridge on the following dates: September 11, October 19, November 13 & December 11. Members can sign up at the front desk for 1/2 hour free consultations. These are initial consultations only, Ryan will discuss members' needs and offer advice on how best to legally proceed.

Brad Lindsay of Advantage Hearing Centre offers complimentary hearing tests and consultations once a month on Wednesdays. Brad will be here on September 2, October 7, November 4 & December 2 from 3:00 pm to 4:30 pm to provide information, answer questions or concerns about hearing loss, hearing aids & other hearing related topics. Appointments are necessary, please book your 1/2 hour appointment at the front desk.

Coffee with a Constable - Lethbridge Regional Police Services - Constable Les Vonkeman will sit down & chat with you about any questions you may have regarding law enforcement concerns. Constable Vonkeman will be here the second Wednesday of each month from 10:00 am - 11:00 am. September 9, October 14, November 18*, December 9. *November date is on the third week because Nord-Bridge is closed on the November 11.

Lethbridge Elder Abuse Response Network - Tanya Purdy-Fischer is the Lethbridge Elder Abuse Response Network Coordinator. If you or someone close to you is an older adult who has been victimized by a family member, spouse, partner, friend, caregiver or other person in a position of trust - Tanya can help. Tanya will be here Tuesdays, September 1, October 6, November 3 and December 1 from 10:00 am - 11:00 am.

Sandy Toes Foot Care - The condition of your feet can affect your overall health. Aches or pain in your feet can have many different causes, and you shouldn't ignore foot pain, or regard it as a normal part of life. Foot pain can reduce your quality of life by stopping you from being physically active. I can help you keep your feet happy. My services include assessment of your lower legs and feet, trimming and filing nails, reducing or removal of corns and calluses. I usually finish by giving a simple massage of the legs and feet, if possible. I can also teach you about self care of your feet, and give recommendations about shoes and socks. I look forward to meeting you, and caring for your feet. Sandy Toes is located next to the Medicine Shoppe.

Seniors Assistance Programs Continued

Seniors Helping Seniors - Are you buried under a mountain of government forms and paperwork? Seniors Helping Seniors is a program offered at Nord-Bridge Monday - Friday by volunteer Harry Fischer, Norene Easthope, Darlene Croft & Joanne Fox. Bring in your paperwork they will help you sort through what needs to be done and provide assistance in completing forms. (Alberta Seniors Benefits, Special Needs Assistance for Seniors, Old Age Security, Guaranteed Income Supplement, Canada Pension Plan and/or income tax forms). Please phone the Front Desk 403-329-3222 in advance to make an appointment with one of the volunteers.

Lethbridge College - Massage Therapy Students - If your muscles are sore come in for a free massage! Massages will be on a first come first served basis. The college students will be at Nord-Bridge on Wednesdays, September 16, October 14 and November 25 from 10:00 am - Noon. Please check with the Front Desk and Monthly Newsletter for more information.

Southern Alberta Institute of Massage - Massage Therapy Students - Students from this program will be here offering free massages on a first come first served basis. Dates and time for the Free Massages will be announced. Please check with the Front Desk and Monthly Newsletter for more information.



LUNCH with City COUNCILLORS

Each month Nord-Bridge has City of Lethbridge Councillors visit Nord-Bridge over the lunch hour. This is an opportunity for members to learn about our City's governance and the Councillors in the comfort of Nord-Bridge. Please refer to the monthly Newsletter for dates and the specific Councillor who will be attending Nord-Bridge during any given month.

University of Lethbridge - Nursing Education In Southwestern Alberta

Welcome back for to the University of Lethbridge, year nursing students who will be here through the months of September - December on Thursdays and Fridays. The students will be here observing and learning about Nord-Bridge and its members as a part of their community health studies portfolio. The students primary objective will be to research Nord-Bridge member needs in following areas: Health Promotion, Health Protection & Injury Prevention. From their research they will program and implement different learning series/information sessions and a health fair to address the needs and interest from our membership. Please give the students and their instructor a warm welcome when you see them around the building.





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 us for an adventure in Woodcarving. This class is ongoing so you can register and join anytime.

Begins: Thursday, September 3

Time: 1:00 pm - 3:30 pm

Fee: Members: \$10.00 Non-Members: \$20.00

Location: Craft Room

Instructor: Don Johnson

Beginners Watercolor (No Experience Required)

If you are one of many beginners that thinks they cannot paint or draw, this is the Watercolor class for you. I will calm all your fears. I will guide you 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 these eight sessions you will have the confidence in your ability to paint on your own and have lots of paintings to show your family. A list of materials required for the class will be given at time of registration.

Begins: Tuesday, October 6 - November 24

Time: 9:30 am – 11:30 am

Fee: Members: \$35.00 Non-Members: \$50.00

Location: Craft Room

Instructor: Denise Savard

Maximum: 8 students

ART CLUB**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 to have occasional one day workshops, and would welcome artists who would be 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

The Watercolor Club is a continuation from the Winter 2015 program - Club is full

Krafters Koffee Klub

Calling all knitters, crocheters, quilters, and crafters. We would like to invite you to meet with us on a weekly basis for a social get together. Bring your own work projects to work on and ideas to be shared. Our klub will meet every Wednesday in the Craft Room from 1:00 pm - 3:00 pm starting on September 2, 2015

Quilters Group

Are you interested in getting together with other quilters one day a week? You would need to have basic quilting skills as this is not a class. This would be a group that would show and share while having someone to talk to with similar interests. You wouldn't need a machine every week. We will work on our own projects and maybe we could do some charity quilts. Our group meets every Wednesday in the Craft Room from 1:00 pm - 3:00 pm starting on September 2, 2015.

Art Club Cont.**The Card Crafters**

If you can cut along the lines you're hired! The group uses parts of used greeting cards which are recycled onto new cardstock and envelopes and sold in our "Craft Boutique". Please check out our finished products on our display case in the Craft Boutique! The Card Crafters meet every Thursday in the Craft room at 9:00 am.

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 & traditional bluegrass music are the most popular. Clogging is a great form of exercise, so come out and try this form of dancing. The program runs for 10 weeks in the West Community Room starting September 15, 2015

Begins: Tuesday, Sept 15	Time: 9:30 am	Beginners Class
Begins: Tuesday, Sept 15	Time: 10:00 am	Intermediate Class
Begins: Tuesday, Sept 15	Time: 11:00 am	Advanced Class
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

Roll and Stroll Walkers

Join this active group of walkers who walk each Wednesday morning around different parks and pathways throughout our beautiful city. Every Wednesday our walkers choose a different location to walk. Enjoy the beautiful paths of Henderson Lake, Nicholas Sheran Park, Indian Battle Park or stroll around one of the several man-made lakes we have around the city. On days that the weather does not cooperate the group will walk indoors (ie. Shopping Malls)

Begins: Wednesday, September 2	Time: 10:00 am
Fee: Participants of this program are responsible for the cost of transportation on the "Go Friendly Shuttle". Please see the front desk for more information.	

Line Dancing (AM Class)

Line Dancing is a relaxed and fun form of country and western dancing, and you don't need a partner. Also, it is excellent exercise for both body and mind. Just one stipulation – you MUST enjoy music (we use various music types, not just country)! Join us or just drop by to enjoy the music.

Begins: Wednesday, October 7	Location: Multi-Purpose Hall
Time: 11:00 am	Instructor: Della Howg

Social Line Dancing (PM Class)

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

Begins: Tuesdays, September 15	Location: West Community Room
Time: 7:00 pm	Instructor: Karen Hooper
Fee: Monthly registration or \$5.00 / night	

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 and balance while you challenge yourself within your individual level of fitness and coordination. This class runs on Wednesdays for 1 hour, a qualified instructor will guide you through a session that blurs the line between work and play.

Begins: Wednesdays, Oct 7 - Dec 16 (10 weeks)

Location: Multi-Purpose Hall

**Please note no class on Nov 11

Time: 3:00 pm - 4:00 pm

Instructor: TJ Dunn (AHS)

Fee: Members: \$30.00

Non-Members: \$50.00

Drop-in: Members: \$4.00/class

Non-Members: \$6.00/class

Exercising with Arthritis

This is a group exercise class focusing on individuals with osteoarthritis. 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.

Begins: Tuesday, Oct 6 - Dec 15 (10 weeks)

Location: Multi-Purpose Hall

**Please note no class on Nov 17

Time: 3:00 pm - 4:00 pm

Instructor: TJ Dunn (AHS)

Fee: Members: \$30.00 Non-Members: \$50.00

Drop-in: Members: \$4.00/cl Non-Members: \$6.00/cl

**ZUMBA**

Join Jeannie Williamson as she leads you through an hour of Zumba! Zumba involves dance and aerobic elements. Zumba uses a mix of Latin and International music to create a dynamic, exciting, fun and effective cardio workout! This class is designed to utilize an interval training format, combining various rhythms with movements. *ZUMBA® is for all people, ages and fitness levels!*

Begins: Thursdays, Sept 3

Location: Multi-Purpose Hall

Time: 5:30 pm - 6:30 pm

Instructor: Jeannie Williamson

Fee: \$8.00/class or purchase a session pass - please see instructor for details.

Yoga/Pilates

This class offers an opportunity for students to strengthen the body/mind connection. The instructor will explore aging, anatomy, meditation, breathing and relaxation. Asanas [postures] are slow gentle movements done in a non-intimidating friendly manner. Participants are asked to wear loose clothing and bring a yoga mat. Pilates class focuses on increasing the strength of the 'core' muscle group. Core muscles are the abdominals, glutes, and upper legs. They are the key for stability, balance, good posture and also aid in the reduction of injuries. All Pilates classes are beginner to intermediate friendly.

Session 1

Monday Class: Yoga

Begins: Monday, Sept 14 Ends: Oct 26
Time: 9:00 am *No Class on Oct 12

Location: West Community Room
Instructor: Melanie Hillaby

Monday Class: Chair Yoga (*See class description on pg 17)

Begins: Monday, Sept 14 Ends: Oct 26
Time: 10:15 am *No Class on Oct 12

Location: West Community Room
Instructor: Melanie Hillaby

Wednesday Class: Yoga

Begins: Wednesday, Sept 9 Ends: Oct 14
Time: 8:45 am

Location: West Community Room
Instructor: Melanie Hillaby

Friday Class: Pilates

Begins: Friday, Sept 18 Ends: Oct 23
Time: 9:00 am

Location: West Community Room
Instructor: Melanie Hillaby

Friday Class: Chair Yoga (*See class description on pg 17)

Begins: Friday, Sept 18 Ends: Oct 23
Time: 10:15 am

Location: West Community Room
Instructor: Melanie Hillaby

Session 2

Monday Class: Yoga

Begins: Monday, Nov 2 Ends: Dec 7
Time: 9:00 am

Location: West Community Room
Instructor: Melanie Hillaby

Monday Class: Chair Yoga (*See class description on pg 17)

Begins: Monday, Nov 2 Ends: Dec 7
Time: 10:15 am

Location: West Community Room
Instructor: Melanie Hillaby

Wednesday Class: Yoga

Begins: Wednesday, Oct 21 Ends: Dec 2
Time: 8:45 am *No Class on Nov 11

Location: West Community Room
Instructor: Melanie Hillaby

Friday Class: Pilates

Begins: Friday, Oct 30 Ends: Dec 4
Time: 9:00 am

Location: West Community Room
Instructor: Melanie Hillaby

Friday Class: Chair Yoga (*See class description on pg 17)

Begins: Friday, Oct 30 Ends: Dec 4
Time: 10:15 am

Location: West Community Room
Instructor: Melanie Hillaby

Continued on next page.

Yoga/Pilates continued.

Seniors 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 off the floor.

**Please refrain from wearing perfume during Yoga & Pilates classes.

PRICES FOR EACH YOGA SESSION & Maximum Students Allowed are:

Fee: Members: \$25.00 Non-Members: \$40.00

Maximum: 14 Students (Yoga & Pilates) 20 Students (Chair Yoga)

Keep Fit - Adapted Aerobic Class **

This class is geared toward a gradual and safe improvement in fitness levels. Class instruction will focus on aerobic conditioning & toning, with a focus on increasing agility and balance. This is a fun, safe, enjoyable effective exercise class specifically designed for the active senior. Please see below for the fee for this class.

Begins: Tuesday, Sept 8

Time: 11:00 am

Location: Multi-Purpose Hall

Instructor: Melanie Hillaby

Keep Fit - Strength & Flexibility Class **

Want to tone & 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 the fee for this class

Begins: Thursday, Sept 10

Time: 11:00 am

Location: Multi-Purpose Hall

Instructor: Melanie Hillaby

Fee: Members \$10.00 (September - December 2015) - This class is for Members only.

*The fee of \$10.00 is for both the Tuesday and Thursday Class from Sept – Dec, 2015

** *For a complete workout, both Keep Fit Classes complement each other.*

Tai Chi & Qigong Exercises for Relaxation & Health & Recovery

Improvements gained by learning the proven health benefits & principles of Tai Chi and Qigong exercises from Chinese Traditional Medicine include: better balance & fall prevention, increased range of motion & flexibility, deeper breathing & more energy, improved memory & anxiety and stress reduction. Many doctors recommend the slow gentle movements and low joint impact exercises of Tai Chi & Qigong for arthritis, Parkinson's Disorder, etc., and injury recovery. Participants report having increased stamina for standing, better balance, digestion, sleep and memory as well as better performance in their daily activities or sports.

Begins: Tuesdays, Sept 22 - Nov 10

Time: 1:15 pm - 2:15 pm

Fee: Members \$50.00 - Non-Members: \$70.00

Location: Multi-Purpose Hall

Instructor: Lynne Hunter-Johnston

Basic Computer / Tablet Course

Introduction to iPad

The Apple iPad has innovated the way we can work and play on tablet devices. They have also created user-friendly ways to communicate with others. In this class explore how to configure, customize, and navigate your iPad. Also learn about searching, downloading, and using apps from the app store. This course is for participants who own an iPad (Please bring iPad with you)

Begins: Tuesday & Thursday, Oct 20 - Oct 29

Time: 10:00 am - 11:00 am

Fee: Members: \$20.00 Non-Members: \$35.00

Location: Nord-Bridge Seniors

Minimum: 8 Students

Introduction to Andriod Tablet

Android tablets have become increasingly more affordable and favorable purchases among consumers in the market for tablets. Android tablets share many similarities to Apple iPad tablets, however there are many key functions that are different. Learn how to navigate through your Android tablet and the numerous functions and apps that can assist and enhance your tablets use and functionality. This course is for participants who own an Android tablet (Please bring Android tablet with you).

Begins: TBA

Time: TBA

Fee: Members TBD Non-Members TBD

Location: Nord-Bridge Seniors

Minimum: 8 Students

*Please check monthly Newsletter and with the Front Desk for dates and times of this course.

Health Workshop

Better Choices Better Health (Alberta Health Services) is a workshop available to help you take control of your health through feeling better, taking small steps, and planning for the future. It is for people who have a chronic condition and their support members - like family and / or friends. Others working on preventing these conditions can also attend. What is a chronic condition? Things like diabetes, heart disease, arthritis, asthma, high blood pressure, chronic pain, obesity and many others. Come join us to learn how to handle pain and fatigue, medication management, dealing with difficult emotions, healthy eating and activity, problem solving, goal setting, and communicating with health care providers.

Every person attending must register for the workshop. To do so call 403-388-6654 or toll free 1-800-506-6654.

When: Sept 21, 28, Oct 5, 19, 26, Nov 2

Location: South View Meeting Room

Time: 9:00 am - 11:30 am

*No class Oct 12

Gaming

In House Bingo - 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, contact the Front Desk for more information. Come out & give your luck a try!

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 will assist Nord-Bridge with fitness room capital costs and ongoing maintenance.

The "Fitness 55 Club" offers something for everyone. We have included a wide variety of cardiovascular equipment for all physical abilities (4 treadmills, 2 ellipticals, 2 recumbent bikes, 2 upright bikes, and 1 recumbent elliptical). All the cardiovascular equipment is low impact and senior friendly. We have also included a wide variety of strength equipment in the "Fitness 55 Club". There is a multi-jungle machine which offers 4 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 selection of free weights for muscle strengthening. Two Vibration Trainers are also available for Fitness 55 Club members.



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 8:30 am - 4:30 pm.
Monday - Friday

All Nord-Bridge members are invited to visit the new FITNESS 55 CLUB. Prospective Nord-Bridge members are welcome to a free orientation to the Fitness 55 Club by booking an appointment with the Director of Programming or come and visit our volunteer

Jim Scott (Personal Training Specialist & Older Adult Specialist) on Wednesdays from 9:00 am - 12:00 pm



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



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

Outreach Program

Nord-Bridge Seniors Outreach Program provides special programs to Seniors 55+. Monthly socials are organized the 3rd Monday of each month. Transportation is available to and from home (provided participants mobility is good because our "GO FRIENDLY SHUTTLE" is not wheelchair accessible). A small cost is applied to these monthly socials to help with food and related expenses.

September 21, 2015 1:30 pm Program: Round Up Time
 Entertainment - The Classic Legends

October 26, 2015 1:30 pm Program: Hollow Halloween
 Entertainment - Tunes by 2 Oscar & Yvonne

November 16, 2015 1:30 pm Program: I Remember When?
 Entertainment - Anne Pauls & Friends

December 14, 2015 1:30 pm Program: Bells, Bows, and Santa
 Entertainment - Doug Youngren & Friends

Social Functions

Come out and enjoy companionship and good food at the same time. Everyone is welcome to attend these events (please note there is a charge to attend these events and tickets can be purchased at the Front Desk) dates are as follows:

Tuesday, September 15, 2015	President's Dinner & Auction	4:00 pm
Thursday, October 8, 2015	Thanksgiving Luncheon	11:30 am
Monday, November 2, 2015	Sgt. Wilson's Army Show	7:30 pm
Tuesday, November 17, 2015	Country Blend Show	2:00 pm
Friday, December 4, 2015	Annual Christmas Bake Sale	9:00 am
Friday, December 11, 2015	Christmas Luncheon	11:30 am