



Nord-Bridge Senior Centre
1904 13 Ave. North
Lethbridge, Alberta
Phone: 329-3222

WINTER PROGRAM 2013



Nord-Bridge Senior Citizens Association
Officers and Staff

Executive Committee

President	Jim Hahn
Vice - President	Pat Santa
Treasurer	Roberta Svennes
Secretary	Marilynn Heaton (interim)
Past - President	Harry Fischer

Directors

Bob Bunn	Paul White	Donna Takeda
Rodney Foster	Gordon Kometz	
Eva Deringer	Elaine Molyneux	

Staff

Executive Director	Randy Smith
Financial Officer/Treasurer	Roberta Svennes
Seniors Programmer	David Ng
Sr. Administrative Assistant	Kathy Filkowski
Administrative Assistant	Shirley Trefan
Reception Supervisor	Valerie Arkinstall
Reception Assistant	Heather Belle
Bookkeeper	Tracy Beauchemin
Cook	Sally Reyna
Chef	Alina Lewandowska
Kitchen Assistant	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. 2013 membership fees are \$45.00. First time members, and lapsed renewals are charged an additional \$3.00 administration fee. Joint Nord-Bridge/L.S.C.O. memberships are also available for \$80.00.

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. Luncheon Specials are featured daily. Hot soup and sandwiches are available until 3:00 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; Lethbridge Community Network, Chinook Health Region, Lethbridge Life Long Learning 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.

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: \$2.75 per one-way trip (CASH).. or...

\$20.50 for 10 ride Breeze card..or...

\$27.00 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, Convener

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 Wednesday at 1:00 pm. New/Novice players welcomed.

Floor Curling - Alice Strickland & Janet Bobinec, Convener

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 10:00 am in the Multi-Purpose Hall. Come out & join in the fun. Beginners, novice & experienced players are all welcomed.

Pool - Steve King, Convener

Located in the Veres Family Games Room are four pool tables: one ten-foot regulation lady snooker table, one Eight/Nine Ball regulation table for both men & ladies, and two twelve-foot tables suitable for pool golf and snooker. Drop-in any time. The Veres Family Games Room is open daily 8:30 to 4:30. Each year an invitational tournament is hosted, along with in-house tournaments.

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, Convener

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.

Bocce - Clay Olsen, Convener

Anyone interested in Bocce, should come out to the Nor-Bridge Lions Park at 6:30 pm (weather permitting) on Tuesdays and Thursdays. Bocce will start once the weather starts to warm up (April or May), for more information refer to our monthly Newsletter.

Drop - In Activities cont.

Golf - Harry Fischer, Convener

Bring your golf clubs on Tuesdays (weather permitting) at 9:00 am as the group heads out to various courses in and around the city. Watch for more information in the monthly Newsletters as to when the golf program will start.

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 Southview Meeting 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 at 1:00 pm.

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 1:30 pm in the Dining Room Annex.

Norwegian Whist - Vi Segouin, Convener

This program is played every Tuesday at 1:30 pm in the Dining Room Annex.

Trump Whist - Marilyn Saunders & Pat Veres, Conveners

This program is played every Thursday at 1:30 pm in the Dining Room Annex.

Texas Hold'em - Butch Olsen, 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.

Cards & Board Games cont.

Scrabble - Jenny Oleksy & 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. If you are interested in participating, drop in any Tuesday.

Social Activities

Jammers - Doug Youngren, Convener

This is one of our Centres' 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 10:00 am - 12:00 pm. There is a \$2.00 fee for non-members to attend this program. The Jam Session will start on Monday, January 7, 2013

Music Makers - Barb Stewart, Convener

The Music Makers are a group that gets together weekly to sing. The groups 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 January 8, 2013.

Handbells - Lucy Graham, Convener

Come and learn how to play handbells. No experience necessary, if you can count to 4 Lucy can teach you how to play. Join Lucy in the Craft Room every Monday starting January 14, 2013 at 1:30 pm

Education

Mind Joggers Writing Group - Ted Sillito, Jack Simmons & Nadia Campbell, 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 Craft 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 January 10, 2013.

Gaming

In House Bingo - Shirley Cavanaugh & Frances Wallace, Conveners

All members and their friends (over the age of 18) are welcome to attend our weekly bingo program. This ongoing 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!

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 - 12:00 pm (Wednesdays). Dates Dr. Bolokoski will be visiting Nord-Bridge in 2013: January 9, March 6, May 1, June 26, August 21, October 16 & December 11. 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 now be required to provide their own towel for which they place their feet on for all nail care appointments.

Nolan Johnson of Huckvale Wilde Harvie MacLennan - Legal Consultation is offered once monthly - **Fridays** 9:00 to 11:30 am. Nolan will be at Nord-Bridge on the following dates: January 11, February 8, March 8, April 12, May 10, June 14, July 12, August 9, September 13, October 11, November 8 & December 13. Members can sign up at the front desk for 1/2 hour free consultations. These are initial consultations only, Nolan 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 January 9, February 6, March 6, April 3, May 1, June 5, July 3 and August 7 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 - 11:30 am starting on January 9, February 13, March 13, April 10, May 8, & June 12.

Lethbridge Elder Abuse Response Network - Jennifer Payne is the new 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 - Jennifer can help. Jennifer will be here every fourth Wednesday of each month from 10:00 am - 11:30 am starting on January 24, February 28, March 28, April 25, May 23 & June 27th.

Seniors Assistance Programs Continued

Alberta Health - Seniors Program Advisor - In partnership with Nord-Bridge Seniors Centre "Seniors Helping Seniors" program, Alberta Health – Seniors Policy and Community Partnership has a Seniors' Resource Library (next to the Vere's Family Game Room) with a variety of printed materials on programs and services for seniors and other community resources. Additional assistance is available from the Alberta Supports Contact Centre 1-877-644-9992.

Seniors Helping Seniors - Are you buried under a mountain of government forms and paperwork? Seniors Helping Seniors is a program offered at Nord-Bridge on Tuesday & Thursday mornings from 9:00 am to 11:30 am by volunteer Harry Fischer. Bring in your paperwork and a Harry 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 sure Harry is available on the days listed above.

Community Volunteer Income Tax Program - If you are unable to complete your income tax and benefit return by yourself and are unable to pay for assistance, our Community Volunteer Income Tax Program may be for you. Each year volunteers from the community are trained by Canada Revenue to complete simple income tax returns. Volunteers do not complete income tax and benefit returns for deceased persons, bankrupt individuals, or individuals who have capital gains or losses, employment expenses, or business or rental income and expenses. Please note volunteers cannot prepare returns for incomes over \$25,000 for a single person and \$30,000 for a couple. This program is offered from February to April, dates will be announced once volunteers are confirmed. Please see the front desk or check the Newsletter for start dates of this program. Appointments can be made at the front desk or by calling 403-329-3222. Income taxes can also be dropped off at Nord-Bridge (please make sure all your tax information is included along with your birth date, marital status and social insurance number). This is a FREE service; however donations to Nord-Bridge would be greatly appreciated.

Lethbridge College - Massage Therapy Students - If your muscles are sore come in for free massage! The massages will be on a first come first served basis. **No dates have been confirmed at this time, please refer to the monthly Newsletter for dates and times.**

Southern Alberta Institute of Massage - Massage Therapy Students - Students from this program will be here offering free massages and will also be on a first come first served basis. **No dates have been confirmed at this time, please refer to the monthly Newsletter for dates and times.**





Winter 2013 - Classes & Special Programs

In order to take advantage of Nord-Bridge member price for the programs, a current 2013 membership is required. The course registration fee must be paid in full prior to the start of class.

Arts & Crafts Programs

Paper Tole - Advanced Class (Wednesday)

This class is for art enthusiasts who enjoy the craft of creating three-dimensional pictures from art prints. Participants in this class take more than 1 of the same art print and cut, shape, mold and elevate to make the prints three dimensional. This class is an advanced class, and just for fun as everyone helps each other.

Begins: Wednesday, January 9	Location: West Community Room
Time: 10:00 am to 3:00 pm	Instructor: Hazel Harvie
Fee: Members: \$15.00 Non-Members: \$25.00	Maximum 16 students

This is a continuation from the Fall 2012 Class - Class is Full

Paper Tole - Advanced Class (Friday)

To register for this advanced class, paper tole experience is necessary.

Begins: Friday, January 11	Location: West Community Room
Time: 10:30 am to 4:00 pm	Maximum 16 Students
Fee: Members: \$15.00 Non-Members: \$25.00	

This is a continuation from the Fall 2012 Class - Class is Full

Oil Painting

This course is designed to acquaint the novice to oil paint, brushes and the wet on wet painting technique of oil painting, without the expense of buying equipment and materials. Materials supplied: the use of easel, paint & thinner, brushes, paint board & the instruction video or DVD disc. (Also a picture provided by the instructor to guide the student, while painting their picture). This course is ideal for the person who wishes to learn to paint for fun but is not necessarily interested in going to art school. *Supply fee for each session is \$20.00 & \$5.00 for video/DVD (\$5.00 is refunded when you return the video/DVD). Procedure: At home watch the picture to be painted (on video or DVD). Come to class and paint the picture step by step with the instructor available at all times. The student will complete the picture in three hours or less. The series contains six pictures.

Session 1

Thursday Morning Class

Begins: Thursday, January 17	Ends: February 21	Location: West Community Room
Time: 9:00 am - 11:30 am		Instructor: Yosh Hattori

Thursday Afternoon Class

Begins: Thursday, January 17	Ends: February 21	Location: West Community Room
Time: 1:00 pm - 4:00 pm		Instructor: Yosh Hattori

Session 2

Thursday Morning Class

Begins: Thursdays, February 28	Ends: April 4	Location: West Community Room
Time: 9:00 am to 11:30 am		Instructor: Yosh Hattori

Thursday Afternoon Class

Begins: Thursdays, February 28	Ends: April 4	Location: West Community Room
Time: 1:00 pm to 4:00 pm		Instructor: Yosh Hattori

PRICES FOR EACH OIL PAINTING Class & Maximum Students Allowed are:

Fee: Members: \$30.00 Non-Members: \$40.00 Maximum: 12 Students

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, January 3

Time: 1:00 pm - 3:30 pm

Fee: Members: \$10.00 Non-Members: \$18.00

Location: Craft Room

Instructor: Don Johnson

Watercolor I. (Beginners)

This is a fun relaxed social class, learning the basics of watercolor. The goal is to enjoy the 6 weeks! There will be new projects and handouts each week. Having fun and keeping the cost low is the main emphasis. No need to bring anything to the first class (a supply list will be given at the first class).

Session 1

Begins: Wednesday, March 6 - April 10 (6 Weeks)

Time: 10:00 am – 12:00 pm

Fee: Members: \$15.00 Non-Members: \$25.00

Location: Craft Room

Instructor: Glenice Caffyn

Maximum 7 students

Session 2

Begins: Wednesday, April 24 - May 29 (6 Weeks)

Time: 10:00 am - 12:00 pm

Fee: Members: \$15.00 Non-Members: \$25.00

Location: Craft Room

Instructor: Glenice Caffyn

Maximum 7 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 our 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 Bea Crawford.

The Watercolor Club is a continuation from the Fall 2012 program - Club is full

Krafters Koffee Klub

Calling all knitters, crochet, quilters, 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 January 9.

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 will meet every Wednesday in the Craft Room from 1:00 pm - 3:00 pm starting January 9.

Art Club Cont.**The Clever Crafters**

If you can cut along the lines you're hired! The group uses parts of used greeting cards which will be recycled onto new cardstock and envelopes and sold in our "Craft Boutique". Please check out our finished products on our new display case in the Craft Boutique! The Clever Crafters meet every Thursday in the Southview Meeting 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. Program runs for 10 weeks in the West Community Room starting January 15 - March 19.

Begins: Tuesday, Jan 15	Time: 10:00 am	Intermediate Class
Begins: Tuesday, Jan 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 through 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, January 9	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, January 16	Location: Multi-Purpose Hall
Time: 11:30 am - 12:30 pm	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, January 8	Location: Multi-Purpose Hall
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 twice a week (Mondays and Wednesdays) for 1 hour, a qualified instructor will guide you through a session that blurs the line between work and play.

Session 1:

Begins: (Mondays & Wednesdays) January 14 - March 6 Location: Multi-Purpose Hall

**Please note there are no classes on January 21 (Mon), February 11 (Mon), February 18 (Mon).

Session 2:

Begins: (Mondays & Wednesdays) March 20 - May 8 Location: Multi-Purpose Hall

**Please note there are no classes on March 18 (Mon), April 1 (Mon), April 15 (Mon), April 17 (Wed), May 1 (Wed), May 6 (Mon).

Time: 3:00 pm - 4:00 pm

Instructor: TJ Dunn (AHS)

Fee: Members: \$20.00 Non-Members: \$40.00

Drop-in: Members: \$2.00/class Non-Members: \$4.00

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.

Session 1:

Begins: Tuesday, January 15 - March 5

Location: Multi-Purpose Hall

Session 2:

Begins: Tuesday, March 19 - May 7

Location: Multi-Purpose Hall

Time: 3:00 pm - 4:00 pm

Instructor: TJ Dunn (AHS)

Fee: Members: \$18.00 Non-Members: \$30.00

Drop-in: Members: \$3.00/class Non-Members: \$5.00

ZUMBA

Come and 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, January 10

Location: Multi-Purpose Hall

Time: 5:20 pm - 6:20 pm

Instructor: Jeannie Williamson

Fee: \$7.00/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, January 14	Ends: February 25	Location: West Community Room
Time: 9:00 am	*No Class February 18*	Instructor: Theresa Spencer

Wednesday Class: Yoga

Begins: Wednesday, January 16	Ends: February 20	Location: West Community Room
Time: 8:20 am		Instructor: Theresa Spencer

Friday Class: Yoga/Pilates

Begins: Friday, January 18	Ends: February 22	Location: West Community Room
Time: 9:00 am		Instructor: Kathy Gill

Session 2

Monday Class: Yoga

Begins: Monday, March 4	Ends: April 15	Location: West Community Room
Time: 9:00 am	*No Class on April 1*	Instructor: Theresa Spencer

Wednesday Class: Yoga

Begins: Wednesday, February 27	Ends: April 3	Location: West Community Room
Time: 8:20 am		Instructor: Theresa Spencer

Friday Class: Yoga/Pilates

Begins: Friday, March 1	Ends: April 12	Location: West Community Room
Time: 9:00 am	*No Class March 29*	Instructor: Kathy Gill

Session 3

Monday Class: Yoga

Begins: Monday, April 22	Ends: June 3	Location: West Community Room
Time: 9:00 am	*No Class on May 20	Instructor: Theresa Spencer

Wednesday Class: Yoga

Begins: Wednesday, April 10	Ends: May 15	Location: West Community Room
Time: 8:20 am		Instructor: Theresa Spencer

Friday Class: Yoga/Pilates

Begins: Friday, April 19	Ends: May 24	Location: West Community Room
Time: 9:00 am		Instructor: Kathy Gill

PRICES FOR EACH YOGA SESSION & Maximum Students Allowed are:

Fee: Members: \$20.00 Non-Members: \$30.00 Maximum: 12 Students

Tai Chi Tune-Ups

Lynne Hunter-Johnston will be offering three Tai Chi Tune Up classes for participants that have had previous Tai Chi experience.

Dates: Tuesdays, January 29, February 26 & March 26

Time: 1:15 pm - 2:45 pm (1 hour 30 minutes)

Location: Multi-Purpose Hall

Fee: Members \$5.00/class

Non-Members \$8.00

Instructor: Lynne Hunter-Johnston

**Please sign up at the Front Desk 1 week prior to each class

Tai Chi for Relaxation & Health

Tai Chi's (Taijiquan) slow gentle movements promote good health and enhance a relaxed mental attitude. Fall prevention, balance, coordination, flexibility, decreased anxiety, memory recall, and focused concentration are improved with practice. It is excellent "Brain Fitness". Many doctors recommend Tai Chi for those who require low joint impact exercise. Participants report having increased stamina for standing, better balance, digestion, sleep and memory besides better performance in their daily activities or sports.

This class is open to beginners, and is a good tune-up for novice and advanced individuals of Tai Chi. Wear loose clothing and flat-soled shoes. Qualified teacher Lynne Hunter-Johnston began her study of Taijiquan in 1987 and has been teaching for over 16 years. She teaches at the University of Lethbridge and Lethbridge College, and for many different wellness populations.

Begins: Tuesdays, April 23 - June 11 (8 week session)

Location: Multi-Purpose Hall

Time: 1:15 pm - 2:30 pm

Instructor: Lynne Hunter-Johnston

Fee: Members \$40.00 - Non-Members: \$56.00

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, January 8

Location: Multi-Purpose Hall

Time: 10:15 am

Instructor: Lorelei Waters-Huss

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, January 10

Location: Multi-Purpose Hall

Time: 1:30 pm

Instructor: Lorelei Waters-Huss

Fee: Members \$10.00 (January - May, 2013) - This class is for Members only.

*The fee of \$10.00 is for both the Tuesday and Thursday Class from January - May, 2013

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

Computer Classes

The following computer classes are offered through a co-operative program between Lethbridge Community Network and Nord-Bridge Senior Centre.

Basic Computer & Internet

A basic course, no minimum skill or qualifications to participate. This course is intended to be an entry level introduction to using a computer and using the Internet. This course introduces the student to 'Windows' and how to manage the programs. Learn how to search on the Internet. Each student will create and learn how to use an e-mail account. Students will also learn how to use a scanner to scan photos or documents into the computer; be sure to bring in some photos/documents that you would like to have scanned. Basic word processing will also be taught in this course.

Begins: T.B.A.

Location: Computer Room

Time: 9:00 am - 12:00 pm

Instructor: LCN

Fee: Members: \$40.00

Non-Members: \$50.00

Maximum: 6 Students

SKYPE

What is Skype? Skype is the most popular voice / video communication service over the internet. What's even better is Skype is free (aside from your internet connection fees). Many people use Skype to talk to family and friends from all over the world. You can make unlimited and totally free calls to anyone in the world provided that person is using Skype too. This is an excellent way to see and talk with grandkids, family and friends! If you have a computer or laptop, internet connection and a webcam (for video calls), we can help you set up an account. You must also remember that the other party that you wish to communicate with must also have a Skype account to complete the connection. If you are interested in learning about this service and setting up an account please see David at the Front Desk to arrange an appointment. This service will be offered after January 21, 2013 and is free to all members who are interested.

Intro to Genealogy - Are you interested in recording and researching your family history? This computer course uses various free software to record personal and family history. All you need is your own flash drive! An instructor from the Lethbridge Family History Centre will lead this course. No dates have been set for this course. If you are interested in taking this course please leave your name at the Front Desk with David.

PRESENTATIONS

Fraud Prevention Month is in March - Servus Credit Union (Uplands Branch) will be presenting on various topics on how you can protect / prevent fraudulent activities from happening. Please check the monthly Newsletter for details on when this presentation will be.

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 (\$45 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 cardio-vascular 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 Seniors Programmer or come and visit our volunteer

**Jim Scott (certified 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.

January 21, 2013	1:30 pm	Program: A New Year & New Beginnings Entertainment - Jill Melody
February 11, 2012	1:30 pm	Program: Valentines Party Entertainment - Tom Price
March 18, 2013	1:30 pm	Program: An Irish Fling Party Entertainment - Just - Ank Harmony
April 15, 2013	1:30 pm	Program: Spring Fling FUN! Entertainment - T.B.A.
May 13, 2012	1:30 pm	Program: Accordion Fest Entertainment - T.B.A.

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) dates are as follows:

Friday, February 8, 2013	Valentines Day Luncheon	11:30 am
Thursday, March 14, 2013	In-House Awards Luncheon	11:30 am
Friday, March 22, 2013	Spring Luncheon	11:30 am
Tuesday, May 1, 2013	4th Annual Miner's Banquet	T.B.A.
Friday, May 10, 2013	Mother's Day Luncheon	11:30 am
Friday, June 14, 2013	Father's Day Luncheon	11:30 am