



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

WINTER PROGRAM 2016



Nord-Bridge Senior Citizens Association
Officers and Staff

Executive Committee

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Vice - President	Rodger Halvorsen
Treasurer	Roberta Svennes
Secretary	Marilynn Heaton
Past - President	Jim Hahn

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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. 2016 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.

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

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

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 team's rocks nearer to the centre of the house than your opponents. The Floor Curlers meet on Mondays at 10:00 am & Thursdays at 9:00 am in the Multi-Purpose Hall. Come out & join in the fun. Beginners, novice & experienced players are all welcome.

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 a user fee is applied to all members and guests 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 any-time 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, Convener

Floor shuffleboard is a game in which players use a pole - called a cue - to drive a flat, circular disc across the floor to a scoring box. Two people or teams can play floor shuffleboard against one another and try to prevent each other from scoring. This activity is played in the Multi-Purpose Hall on Thursdays at 1:00 pm.

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.

Golf - Judy Workman & Clay Olsen, 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 Dunford Diner Annex.

Euchre - Rodney Foster, Convener

Euchre is generally played by four persons, with a pack of 24 cards, consisting of nines through the aces. The Euchre program runs Wednesdays at 1:00 pm. in the Dunford Diner Annex.

Contract Bridge - Kathy Ludwig, Convener

This program meets on Mondays and Fridays 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 Dunford Diner Annex. In Duplicate Bridge, the same hands are played at each table and your score is based upon your performance against other players. A player normally plays with the same partner for that day, but please come even if you don't have a partner and we will try to match you to a partner. Players must be Nord-Bridge members.

Canasta - Norene Irwin, Convener

*New Card Program - Canasta is a card game of the Rummy family. Players attempt to make melds of seven cards of the same rank and "go out" by playing all cards in their hands. Canasta will be played in the South View Meeting Room every Tuesday 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 1:00 pm in the Dunford Diner Annex.

Norwegian Whist - Pat Veres, Convener

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

Trump Whist - Pat Veres, Conveners

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

Texas Hold'em - Mike Bennett, Convener

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. 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, Convener

Scrabble is a word game in which two to four players score points by forming words from individual lettered tiles on a game board. The words are formed across 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 & Dunford Diner 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 will start on Monday, January 4, 2016.

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 Dunford Diner Annex on Tuesdays from 10:00 am - 11:30 am. New singers and acoustic instrumentalists are welcome.

Coffee Tea & You - Barb Leclair, Convener

Strangers are just friends we haven't met yet. Do you have trouble going into a room full of people you would love to have coffee with? Wish you had someone to go to coffee with? A lot of us come to Nord-Bridge for exercises, cards, or art, but don't make that special human connection. Here is your chance to come meet others. Every second and fourth Thursday at 10:00 am we will meet in the Dunford Diner (look for the Coffee Tea & You sign). Come join us for visit and share your stories.

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 January 7, 2016.

Spanish for Travelers - Beginners (Level 1)

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, January 26 - March 29 (10 weeks)	Location: Boardroom
Time: 1:30 pm - 3:00 pm	Fee: Members \$20.00 Non-Members \$35.00
Instructor: Marco Escobar	

Spanish for Travelers - Intermediate (Level 3)

This class is a continuation of previous Spanish for Traveler (Level 2) participants. This class is geared towards more in-depth Spanish conversations and requires completion of the Level 2 - Rosetta Stone course. If you are unsure if this class is appropriate for you please see David at the Front Desk.

Begins: Thursdays, January 28 - March 31 (10 weeks)	Location: Boardroom
Time: 1:30 pm - 3:00 pm	Fee: Members \$20.00 Non-Members \$35.00

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 2016: February 10, April 6, June 1, July 27, September 21, November 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: January 8, February 12, March 11, April 8, May 13, June 10, July 8, August 12, September 9, October 14, November 18 & December 9. 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 January 6, February 3, March 2, April 6, May 4, June 1, July 6 & August 3 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. January 13, February 10, March 9, April 13, May 11 & June 8.

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 from 10:00 am - 11:00 am on January 5, February 2, March 1, April 5, May 3, June 7, July 6 and August 2.

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, Darlene Croft & Joanne Fox. Bring in your paperwork they will help you sort through what needs to be done and provide assistance 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.

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 a free massage! Massages will be on a first come first served basis. Dates and times for the Free Massages are still T.B.A. 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 are: January 29 (Friday) & February 26 (Friday) 9:30 am - 11:30 am. 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.





Winter 2016 - Classes & Special Programs

In order to take advantage of the Nord-Bridge member price for the programs, a current 2016 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 one 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 6 Location: West Community Room

Time: 10:15 am to 3:00 pm Instructor: Elta Buckman

Fee: Members: \$15.00 Non-Members: \$25.00 Maximum 16 students

This is a continuation from the Fall 2015 Class - Class is Full

Paper Tole - Advanced Class (Friday)

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

Begins: Friday, January 8 Location: Craft Room

Time: 9:00 am to 4:00 pm Maximum 16 Students

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

This is a continuation from the Fall 2015 Class - Class is Full

Acrylic Painting

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

Session 1

Begins: Thursday, January 28 Ends: March 17 (8 weeks)

Session 2

Begins: Thursdays, March 24 Ends: May 12 (8 weeks)

Location: West Community Room Time: 1:00 pm to 3:30 pm

Instructor: Karina Mak Fee: Members: \$40.00 Non-Members: \$60.00

Pen & Ink & Watercolor - Donna Gallant

This class will be dealing with using a combination of watercolor and pen & ink. We will cover different techniques of pen & ink and watercolors as well as fundamental elements of making art. This has become very popular in the world of art; especially for artists on the go. Quick studies and lessons will provide you with very unique results. We will go over supplies on the first class but make sure you have a pencil, sketch book, ink and pens and eraser. We won't do color until the second class.

Begins: Monday, January 25 - April 11 (10 weeks) Location: Craft Room

Time: 9:30 am - 11:30 am Maximum: 8 Students

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

*No Class on February 15 & March 28.

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 7

Location: Craft Room

Time: 1:00 pm - 3:30 pm

Instructor: Don Johnson

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

Beginners Watercolor (No Experience Required)

If you are one of many beginners who think they cannot paint or draw, this is the Watercolor class for you. Instructor Denise Savard will calm all your fears. Denise will guide you through different techniques and textures such as bubble wrap, facial tissue and salt and demonstrate how to properly use brushes and mix color on your paper. Half the fun will be to experiment with different household items. The class will do palette painting, use materials from around the house; even raiding your pantry and laundry room. Learn different techniques like sprinkling and spattering with salt and using different glue and wax. By the end of the eight sessions you will have 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, January 19 - March 8 (8 weeks)

Location: Craft Room

Time: 9:30 am – 11:30 am

Instructor: Denise Savard

Fee: Members: \$40.00 Non-Members: \$60.00

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 Fall 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 January 6.

Quilters Group

Are you interested in getting together with other quilters one day a week? You need to have basic quilting skills as this is not a class. This group meets to show and share while having someone to talk to with similar interests. You don'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 January 6.

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 January 12, 2016

Begins: Tuesday, Jan 12	Time: 9:00 am	Beginners Class
Begins: Tuesday, Jan 12	Time: 10:00 am	Intermediate Class
Begins: Tuesday, Jan 12	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 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, January 6	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 6	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, January 5	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 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.

Begins: Wednesdays, January 27 - March 30 (10 weeks)

Location: Multi-Purpose Hall

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

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, January 26 - March 31 (10 weeks)

Location: Multi-Purpose Hall

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

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, January 7

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.

Tai Chi for Relaxation & Health

Tai Chi's (Taijiquan) slow gentle movements promote good health and encourage 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". Participants report having increased stamina for standing, better balance, digestion, sleep and memory plus 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.

Begins: Tuesdays, Jan 19, 26, Feb 2, 9, 16, 23, Mar 1, 8 (8 weeks) Location: Multi-Purpose Hall

Time: 1:15 pm - 2:15 pm

Instructor: Lynne Hunter-Johnston

Fee: Members \$40.00 - Non-Members: \$60.00

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 11 Ends: February 22
Time: 9:00 am *No Class on February 15

Location: West Community Room
Instructor: Melanie Hillaby

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

Begins: Monday, January 11 Ends: February 22
Time: 10:15 am *No Class on February 15

Location: West Community Room
Instructor: Melanie Hillaby

Wednesday Class: Yoga

Begins: Wednesday, January 13 Ends: February 17
Time: 8:45 am

Location: West Community Room
Instructor: Melanie Hillaby

Friday Class: Pilates

Begins: Friday, January 15 Ends: February 19
Time: 9:00 am

Location: West Community Room
Instructor: Melanie Hillaby

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

Begins: Friday, January 15 Ends: February 19
Time: 10:15 am

Location: West Community Room
Instructor: Melanie Hillaby

Session 2

Monday Class: Yoga

Begins: Monday, February 29 Ends: April 11
Time: 9:00 am *No Class on March 28

Location: West Community Room
Instructor: Melanie Hillaby

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

Begins: Monday, February 29 Ends: April 11
Time: 10:15 am *No Class on March 28

Location: West Community Room
Instructor: Melanie Hillaby

Wednesday Class: Yoga

Begins: Wednesday, February 24 Ends: March 30
Time: 8:45 am

Location: West Community Room
Instructor: Melanie Hillaby

Friday Class: Pilates

Begins: Friday, February 26 Ends: April 8
Time: 9:00 am *No Class on March 25

Location: West Community Room
Instructor: Melanie Hillaby

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

Begins: Friday, February 26 Ends: April 8
Time: 10:15 am *No Class on March 25

Location: West Community Room
Instructor: Melanie Hillaby

Continued on next page.

Session 3

Monday Class: Yoga

Begins: Monday, April 18 Ends: May 30
Time: 9:00 am *No Class on May 23

Location: West Community Room
Instructor: Melanie Hillaby

Monday Class: Chair Yoga (*See class description below)

Begins: Monday, April 18 Ends: May 30
Time: 10:15 am *No Class on May 23

Location: West Community Room
Instructor: Melanie Hillaby

Wednesday Class: Yoga

Begins: Wednesday, April 6 Ends: May 11
Time: 8:45 am

Location: West Community Room
Instructor: Melanie Hillaby

Friday Class: Pilates

Begins: Friday, April 15 Ends: May 20
Time: 9:00 am

Location: West Community Room
Instructor: Melanie Hillaby

Friday Class: Chair Yoga (*See class description below)

Begins: Friday, April 15 Ends: May 20
Time: 10:15 am

Location: West Community Room
Instructor: Melanie Hillaby

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: \$22.00 Non-Members: \$35.00

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

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

*Please note this class requires participants to do mat work on the floor, the instructor is able to assist participants getting down / up from mats.

Session 1 Begins: Thursday, February 4 - March 24 (8 weeks)

Session 2 Begins: Thursday, March 31 - May 19 (8 weeks)

Location: West Community Room

Maximum: 10 Students

Fee: Members: \$60.00

Time: 10:00 am - 10:45 am

Non-Members: \$80.00

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 5

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, January 7

Time: 11:00 am

Location: Multi-Purpose Hall

Instructor: Melanie Hillaby

Fee: Members \$15.00 (January - May 2016) - This class is for Members only.

*The fee of \$15.00 is for both the Tuesday and Thursday Class from Jan – May, 2016

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

Gaming

In House Bingo - Frances Wallace, Conveners

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!

***New Service for Members****Membership Support Coordinator**

Nord-Bridge Senior Centre is excited to announce a brand new program to provide support to our members!

The goal of this program is to assist our members in maintaining their quality of life, independence and providing support during times of crisis. If you are struggling in any area of your life: stress, a loss, sadness, changes in your health, family concerns, or are considering moving, just to name a few, please stop in to have a private and confidential conversation with Lorri Penner.

You do not have to deal with your concerns alone, help is available. Often a conversation is enough to alleviate a worrisome situation you are facing. Should a conversation not be enough, there are many programs and agencies that are able to provide specialized assistance and the Membership Support Coordinator will help make these arrangements for you. Drop in's welcome or you can make an appointment. See the schedule posted outside of Lorri's office located opposite of the Front Desk and across from the Dunford Diner.

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 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 FITNESS 55 CLUB. Prospective Nord-Bridge members are welcome to a free orientation to the Fitness 55 Club by booking an appointment with the Seniors Programmer or come and visit our volunteer **Jim Scott (Personal Training Specialist & Older Adult Specialist)** on Wednesdays from 9:00 am - 12:00 pm



*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 18, 2016	1:30 pm	Program: Winter Wonderland Entertainment - Floyd Sillito
February 8, 2016	1:30 pm	Program: Happy Birthday Everyone - A Bouquet of Red Roses Entertainment - Tom & Curt
March 21, 2016	1:30 pm	Program: Easter Parade Party (Wear your Easter Bonnet) Entertainment - N.B.S.C. Music Makers
April 18, 2016	1:30 pm	Program: A Polka Fest Entertainment - Alice Tinordi & Company
May 16, 2016	1:30 pm	Program: Flowers in Bloom Time Entertainment - Classic Legends

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:

Thursday, February 11, 2016	Valentines Day Luncheon	11:30 am
Friday, March 11, 2016	In-House Awards Luncheon	11:30 am
Thursday, April 14, 2016	Spring Luncheon	11:30 am
Monday, May 2, 2016	Miners Memorial Dinner	5:00 pm
Thursday, May 5, 2016	Mother's Day Luncheon	11:30 am
Thursday, June 16, 2016	Father's Day Luncheon Father's Day Pie Auction	11:30 am 12:15 pm