



NORD-BRIDGE  
SENIOR CITIZENS ASSOCIATION

# *NEWSLETTER*

# December 2011



## 2010-2011 NORD-BRIDGE SENIORS

	<u>Executive</u>
President	Harry Fischer
Vice-President	Jim Hahn
Treasurer	Roberta Svennes
Secretary	Linda Liptak
Past-President	Clay Olsen

	<u>BOARD OF DIRECTORS</u>	
<u>First Year</u>	<u>Second Year</u>	<u>Third Year</u>
Eva Deringer	Gordon Kometz	Mike Bennett
Pat Santa	Elaine Molyneux	Helen Gepneris
Hal Osborn	Donna Takeda	Pat Kincade

	<u>ADMINISTRATIVE STAFF</u>
Executive Director	Randy Smith
Sr. Administrative Ass't	Kathleen Filkowski (Wed, Thur, Fri)
Administrative Assistant	Shirley Trefan (Mon, Tues, Wed)
Financial Officer	Roberta Svennes
Financial Assistant	Bob Bunn (Volunteer)
Bookkeeper	Tracy Beauchemin
Seniors Programmer Rec., Health, Education	David Ng
Reception Supervisor	Valerie Arkininstall
Rentals	Kathleen Filkowski / Shirley Trefan
Food Services Coordinator	Bonnie Jadeske
Kitchen Asst. / DR Cashier	Gail Krysak
Janitorial	Marco & Carla Escobar (Skyview Window Cleaning & Bldg. Mtce.)

### ON-SITE PARTNER PROGRAMS & SERVICES

Alberta Seniors	Norene Easthope	403-381-5469 or 1-877-644-9992
FSNA	Allyn Mills	403-328-0801
Leth. Community Network (Public Computers Supply & Maintenance)	Jim Campbell	403-317-7799

### PROGRAMS, COMMITTEES, CONVENERS, & BOARD REPRESENTATIVES\*

(\* indicates individual on Board responsible for Program Area)

#### ADMIN. PROGRAMS

By-Laws & Policies Comm.	Linda Liptak * (Chair), Harry Fischer, Gordon Kometz
Crafts Boutique	Heather Newsham, Bob Bunn (Financial)
Finance Committee	Roberta Svennes * (Chair), Jim Hahn, Phil Story, Clay Olsen, Frank Deane, Harry Fischer, Mike Bennett
Memberships	Shirley Trefan
Newsletter	Kathy Filkowski (Production), Bob Bunn (Sales)
Nominations Committee	Dan Deringer (Chair), Mary Potvin, Clay Olsen *

#### CARDS & BOARD GAMES

Contract Bridge	Mike Bennett*, Board Rep
Crib	Kathy Ludwig
Euchre	Mike Bennett, Vi Segouin
Military Whist	Rodney Foster
Trump Whist	Ruth Balogh
Scrabble	Marilyn Saunders
<u>EDUCATION</u>	Jennie Oleksy/Sheila Brust
Oil Painting	Pat Kincade*, Board Rep
Paper Tole	Yosh Hattori
Wood Carving	Hazel Harvie
Watercolor	Don Johnson
	Glenice Caffyn

#### OTHER EDUCATION PROGRAMS

Computer Training  
Library  
Mind Joggers

#### FUNDRAISING GAMING

Casino Coordinator  
In-House Bingo Coordinators

Monday Jam Draws  
Winners Bingo Rep / Coord  
Winners Bingo Alternate

#### HEALTH & FITNESS

Keep Fit Classes  
Chi Kung  
Yoga / Pilates  
Fitball

Fitness 55 Club

#### OUTREACH

Bereavement Cards  
Get Well Cards & Visits  
Keep-in-Touch Program  
Outreach Program

#### SOCIAL ACTIVITIES

Social Activities Staff Liaison  
Decorations  
Monday Music Jams  
Senior Music Makers  
Socials Committee & Specials  
Social Dance  
Clogging  
Line Dancing

#### SPORTS & RECREATION

Bocce  
Carpet Bowling  
Darts  
Dragon Boat Team  
Floor Curling  
Golf  
Pool  
Shuffleboard  
Table Tennis  
Tournament Awards Luncheon

#### TRAVEL

Travel Trip Bookings  
Bus Bookings  
Driver Co-ordination – Travel Trips  
Driver Co-ordination – Card Trips  
Vehicle (Bus 2) Maintenance

#### VOLUNTEERISM

Building Set-up Volunteers  
Volunteer Committee Chair  
Volunteer Committee Assistant

#### AFFILIATIONS

ACA Representative  
ASCSRA  
Economic Development Leth  
Health Education Presentations

Lethbridge Seniors Forum  
N-B/FSNA Income Tax Program  
SASCC (Srs. Centre Coalition)

Go Seniors Society

Lethbridge Community Network  
Pauline Rapson  
Nadia Campbell, Jack Simmons,  
Ted Sillito

**Jim Hahn\*, Board Rep**  
**Pat Santa\*, Board Rep**

Mary Insley  
Shirley Cavanaugh & Frances  
Wallace

Helen Gepneris, Blaine Hyggen  
Bonnie Hammond  
Leonard Hutchinon

**Elaine Molyneux\*, Board Rep**  
Urszula Hebert, Nancy Berlando  
Nancy Berlando

Urszula Hebert  
T. J. Dunn

Jim Scott (Volunteer Trainer)

**Donna Takeda\*, Board Rep**

Valerie Arkininstall  
Lydia Prokop  
Valerie Arkininstall  
Mary Potvin

**Eva Deringer\*, Board Rep**

David Ng  
Eva Deringer  
Doug Youngren  
Barbara Stewart  
Eva Deringer  
Karen Hooper  
Sandy Nowell  
Della Howg

**Helen Gepneris\*, Board Rep**

Clay Olsen  
Vacant  
Ken Bobinec  
Eileen Sawatsky

Vacant  
Harry Fischer  
Vacant  
Clay Olsen

Jerry Mikusek, Dave Bergen  
Dan Deringer

**Hal Osborn\*, Board Rep**

Valerie Arkininstall  
Kathy Filkowski, Shirley Trefan  
Valerie Arkininstall  
Mike Bennett

Vacant  
**Jim Hahn\*, Board Rep**

Clay Olsen, Harry Fischer

Elaine Molyneux

Vacant

**Clay Olsen\*, Board Rep**

Harry Fischer, Mike Bennett

Clay Olsen, Ron Kincade

Clay Olsen

David Ng (through Alberta Health  
Services)

David Ng

David Ng, Allyn Mills

Clay Olsen, Roberta Svennes,

Harry Fischer, Randy Smith

Bob Bunn, Ash Adams

View our Website  
[www.nordbridgeseniors.com](http://www.nordbridgeseniors.com)  
for information, photos, video, Newsletters and more.

## PRESIDENT'S REPORT

Season's Greetings to one and all. It seems that every year goes faster, and before we know it, the new year is history. So, bye-bye 2011 and hello to 2012! Best wishes to all of you in the new year and beyond.

2011 was historically important for Nord-Bridge as it was the tenth anniversary of the move to our present location. As such I thought it would interest you to read a little about our history over the past decade.

Nord-Bridge moved from its original location at the Kergan Centre on 13<sup>th</sup> Street North, in July, 2001. Our current location on 13<sup>th</sup> Avenue North was formerly known as the Chinook Mall. This building was purchased by Nord-Bridge Seniors Citizens Association with a grant of \$500,000 and a loan of \$248,921 from the City of Lethbridge. Right on time, the last annual payment of \$20,743 will be made in 2012.

Our Centre, which is owned by members of Nord-Bridge Senior Citizens Association was appraised in 2010 at over \$5 million. Our first function after completing initial renovations were the 2001 Senior Games. When gaming revenues were at their peak Nord-Bridge allocated those funds to the development of our building. Our continuing upgrades and improvements have been instrumental in bringing us many more high profile functions which have benefited our Association and the broader community. Recently, we have had to use gaming revenues (which are in decline) to fund ever increasing operational costs. This is not just a challenge for Nord-Bridge, but for all senior centres in Alberta. To augment our need for operating funds we have stepped up fund raising projects and rental opportunities and have successfully approached the City of Lethbridge for financial assistance until we can secure sustainable (operating) funding from the Province.

As we mark the end of our 10<sup>th</sup> Anniversary year at this location, we can be proud that we have thus far prevailed over the difficult economic and demographic challenges of our times and our 1,300 members can expect more of the same over the next ten years.



*Harry Fischer*



## New Members

Karen Hooper	Elaine Strocher
Doreen Beauchamp	Linda Daigle
Patricia Jarvie	Joan Powley
Ron Batsford	Robert Conine
Hans Kochan	Louise Kochan
Mary Winkler	Ken Foster
Robert Sparks	Rick Koshney
Annie Comai	Lynda Navratil
Doug Miller	Anne Miller
Connie Venables	Robert Venables

*We hope you will enjoy your association with Nord-Bridge! "THE FRIENDLY CENTRE"*

## Nord-Bridge Meetings Reminder

<u>Each Month</u>		
Outreach Committee	First Monday	9:30 a.m.
Winners Bingo Committee	Second Tuesday	9:00 a.m.
Board of Directors Meeting	Second Wednesday	9:00 a.m.
Finance Committee	Last Thursday	9:00 a.m.
Executive Meeting	First Wednesday	9:30 a.m.

<u>Annually</u>		
Annual General Meeting	First Wed of March	9:30 a.m.
General Member Meeting	First Wed of November	9:30 a.m.

### Go Seniors Society

<u>Regular Board Meetings</u>		
Feb., April, June, October	Second Tuesday	9:00 a.m.
<u>Annually</u>		
Annual General Meeting	First Tuesday of April	9:00 a.m.



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## EXECUTIVE DIRECTOR'S REPORT

Greetings Members;

Merry Christmas and Best Wishes to all of you for this Holiday Season! I sincerely appreciate every one of you for your unique contributions to Nord-Bridge and the friendship and compassion you display to your fellow members. Year after year you continue to display and promote our "Friendly Centre" moniker by your good deeds, big and small.

To the families of those who have passed this year I offer sincere condolences. Today (Nov. 24) we bid a fond farewell to Walter Melvin, a long time, life member. Walter and Audrey supported/contributed to our Centre for many years as Winner's Bingo workers, volunteering in any capacity as needed and participating in many recreational programs.

Thank you to all members for your compassion and support expressed through cards, visits, gifts, and calls to Janay during her recent hospitalization. I now realize how much all of you do to comfort each other during trying times and illness. Thank you Lydia, for visiting Janay and virtually all of our members who find themselves hospitalized. Your selfless consideration for others is extraordinary. Lydia Prokop is one of about 150 member volunteers who make Nord-Bridge so special. We really depend on all of you more than I could ever express. We can quantify all of the thousands of hours you work for your Centre in support of programs and functions, but I really wish there was also a way to count all of the intangible goodwill you spread by taking a great interest in one another. Due to Janay's recent situation, I also have renewed respect for our hospitals, paramedics, nurses and doctors owing to the wonderful care she received.

After completion of Nord-Bridge's three-year budget (2012-2014) it became clear that previous sources of income were declining and expenses were increasing. Gaming revenues are down dramatically and there will be no increase in the FCSS Grant in 2012. Consequently, we approached City Council for assistance. Council has agreed to give Nord-Bridge \$75,000 per year for the next three years in (temporary) bridge funding, and have offered to assist us in our approach to the Provincial Government for sustainable funding beyond the current three-year budget. Thank you, City Council. Our members and Board are very appreciative of all you do for us both as a Council and as individuals.

Senior centres like Nord-Bridge play an important role in promoting health and wellness by offering activities, companionship, hot meals, computers, newspapers, volunteer opportunities, seminars, entertainment and so much more. We all look forward to meeting our new Minister of Seniors, the Honourable George VanderBurg early in the new year and imparting to him a meaningful awareness of the services we provide including tangible and intangible benefits to seniors.

Finally I wish to recognize our staff for their contributions over the past year. They are a talented group and I really appreciate their team spirit.

Respectfully, Randy Smith



## NORD-BRIDGE SENIORS FITNESS 55 CLUB LETHBRIDGE'S NEWEST FITNESS FACILITY

The new "Fitness 55 Club" within the Nord-Bridge Senior Centre is **a Special Pass Program.** Nord-Bridge membership, plus a special user fee is applicable. Fees have been approved by the Board as follows:

**Annual Pass - \$180**

**Monthly Pass - \$18**

**20 Visit Pass - \$25**

There is also a \$10 refundable deposit on the electronic access key fob.

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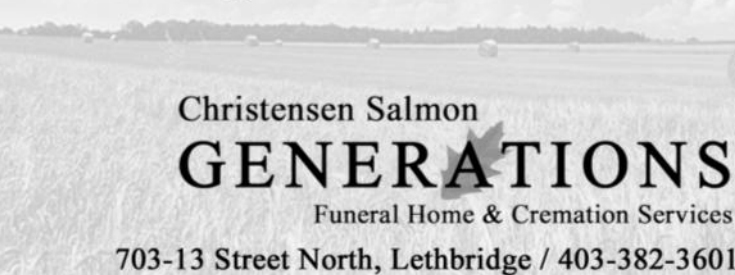
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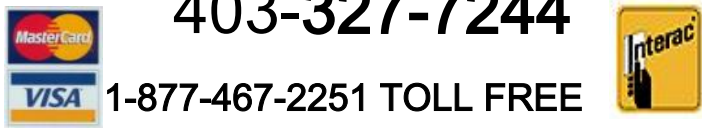


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### LUNCH WITH CITY REPRESENTATIVES

	Tues. Dec. 6th		Thurs. Dec. 15th		Friday Dec. 9th
Alderman Ryan Parker		Alderman Jeff Coffman		Alderman Bridget Mearns	

Learn more about our City's governance and our representatives in our comfortable and convenient *Dunford Diner*. All Alderman are encouraged to join us frequently. Confirm your visits by e-mail to [friendly@nordbridgeseniors.com](mailto:friendly@nordbridgeseniors.com).

## Programmer's Report by David Ng



It's hard to believe Christmas is just around the corner. My three year old has been anxiously awaiting to tear into his chocolate advent calendar, but still doesn't understand why he can only eat one each day. If it were up to him he would have December 1 thru 24 opened and devoured all on December 1st!

The new **Winter 2012 Program** book will be available at the front desk on December 7, 2011.

**REGISTRATION FOR WINTER 2012 PROGRAMS WILL BEGIN ON TUESDAY, DECEMBER 20TH AT 1:00 PM. WE WILL START HANDING OUT NUMBERS AT 12:30 PM. ONCE YOU HAVE A NUMBER YOU CAN HAVE LUNCH OR COFFEE IN THE DUNFORD DINER AND WAIT FOR YOUR NUMBER TO BE CALLED.**



Please join me in thanking the University of Lethbridge third-year nursing students. Over the past three months, they have organized numerous information sessions and provided health resources to our membership. Last month the students planned and implemented a very successful Health Fair that was attended by over 100 people. The students recruited over 20 health service agencies to participate, so there was a vast variety of health services, information & resources. Thank you: Rianne, Sarah, Simone, Karly, Lorna, Laurie, Jordan, Shane, Tim and Penni (instructor). Best of luck in your remaining studies and future endeavors!

*David*

## FROM THE DESK OF VAL

It is the time of year for all the festivities to begin and one event, our very own festive "Christmas Luncheon" is already sold out. However, we do have "take-out" dinner tickets available. The year 2011 zoomed by but was sure a good year for me. I enjoyed a bus trip and saw numerous new-to-me places especially in Nevada and Arizona including Las Vegas, Laughlin, Oatman, Lake Havasu, and the beautiful Grand Canyon which is a must visit to see. Here, at the Centre we encountered new-to-us changes this year including L.A. Transit's change over to the new electronic BREEZE CARD. We are still in the learning stages of selling this new fare mode so please be patient with me and my volunteer staff. You should know that L.A. Transit did not raise prices for the senior's monthly pass, individual rides, or adult individual rides and monthly passes. However, don't delay; get your Breeze card soon because they are free until the end of January but will cost \$5.00 after that. Also during this past year, we held our very first "Arts & Crafts Sale" last March and again in October. Both events were very successful in terms of participants, quality, variety and monetary success. Many creative people offered excellent work. Our very own "Nord-Bridge Craft Boutique" also did well with sales as the open invitation format helped us to showcase our own quality consignments. Due to the popularity and success of these sales, we plan to offer them again in 2012. I wish you all a very healthy and happy festive season. Take time to relax, rest, and enjoy family and friends. VAL



## NEW TO YOU GREETING CARDS

Board member Pat Kincade is developing a craft project and invites all members to participate. The plan calls for donations of used greetings cards, parts of which will be recycled onto new cardstock and envelopes and then sold in our "Craft Boutique". We will immediately accept your donations of used greeting cards. Kindly drop them off at the **Boutique**.



The "New to You Greeting Cards" program starts on Thursday, January 12th, 2012. We'll meet weekly at 10 a.m. in the Small Craft Room. If you are interested please sign-up at the Reception Desk. This project should be fun and interesting as well as profitable for Nord-Bridge. Please see David or Pat if you have any questions.

## BINGO REPORT

We have reached the time of the year to give and receive good cheer. Christmas is fast approaching and we all know what that means; hustle and bustle to get ready for the big day. All that preparation and then it's all over much too quickly. Enjoy it while it lasts, because it only happens once a year.

It's time to take a break out of your hectic schedule and come to play Bingo every Friday afternoon at 1:00 p.m. at the Nord-Bridge Seniors Centre. It could be your lucky day.

Remember to come in to play Bingo on December 23rd as we handing out chocolates for our "Annual Chocolate Giveaway". Make sure you shout "BINGO" real loud so that Clay can hear you.

Take time to enjoy this special time of year with family and friends. Happy Holidays to everyone, from your Bingo Crew,

*Harry, Clay,  
Shirley & Frances*

## Dunford Diner

### December Friday Lunch Specials

- Dec. 2 Veal Cutlet, Mashed, Veggies \$5.50
- Dec. 9 Christmas Luncheon—SOLD OUT
- Dec. 16 Honey Garlic Chicken, Oven Roast Potatoes, Veggies \$5.50
- Dec. 23 Swiss Steak, Mashed & Veggies \$5.50
- Dec. 30 Salmon Steak with Dill Sauce, Rice & Veggies \$5.50



**REMINDER**  
All You Can Eat  
Breakfast Buffet  
Wed., Dec. 7th



# WIN CA\$H AT NORD-BRIDGE!

## DAILY 50/50 DRAW

Nord-Bridge hosts a Daily 50/50 Draw to help raise much needed funds. Half of the proceeds go to the Centre.

### IN ORDER TO PARTICIPATE YOU MUST:

1. Hold a current **REGULAR, ASSOCIATE** or **LIFE** Membership.
2. Cost to play is 25¢
3. Draws will be made at 12:15 p.m.
4. After the draw, members may sign-in for the next day's draw.



### RECENT WINNERS



**John Cicman \$279.60**  
November 17, 2011

## MONTHLY 50/50 Toonie Draw

Nord-Bridge holds a "Monthly 50/50 Toonie Draw" on the third or fourth Friday of each month.

Members do not have to be present to win. The Nord-Bridge share of proceeds is dedicated to Programming. **TO PLAY:**

1. Fill out an envelope for the draw at the draw desk in the Dunford Diner.
2. Drop a Toonie into the envelope and deposit it into the Draw Box.
3. Come out to lunch on "draw day" to see if you are the winner. The more times you enter, the more chances you have of winning!



### NOVEMBER WINNER...

**Doug Cole \$192.00**

Next Draw December 16, 2011

## SOUND SYSTEM DRAW

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

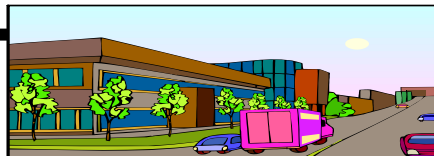


### 50/50 WINNERS

- Nov. 7 F. Skidmore \$41 - E. Graft \$41
- Nov. 14 Dennis Olson \$35 - Helen Beatty \$35
- Nov. 21 Gordon Kometz \$52 - Lorna Thomson \$52

Thanks Jammers, Volunteers and Patrons!

Thanks also to Helen Gepneris & Blaine Hyggen for selling tickets for weekly Jam draws!



## NORD-BRIDGE BUILDING FUND

*RECENT INDIVIDUAL, GROUP & CORPORATE DONORS*

- Helen Thiessen \$300
- Anonymous \$45
- Clara Blust \$100
- Alice & Fred Mehlhaff \$100
- Louis Lirette \$ 50
- Eveline Polczer \$200
- Yosh Hattori \$100

### NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 7, 2011 to November 18, 2011: \$ 13,600.00



### BUILDING FUND UPDATE:

	Goal	Achieved
Total Fund-Raising Goal	\$3,755,526	
From City of Lethbridge	505,120	100%
From Various Provincial Grants	1,371,454	95%
From Various Federal Grants	1,000,000	1%
From Nord-Bridge	908,251	
- by Fundraising	659,330	97%
- by City Loan	248,921	100%

### Total Contributions to our

**Building Fund 1998 to December 2011 \$654,772.86**

### Still needed from members:

- by November 1, 2012 \$ 20,743
- for final payment of City loan



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# December 2011



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Starting Monday, January 9, 2012 <b>BRIDGE</b> will be offered on <b>Mondays and Fridays</b> at 1 p.m.</p> 	<p><b>"OLD FOLK FAVOURITES" (3)</b> Friday, Feb. 17 and Saturday, Feb. 18, 2012 (1 evening and 1 matinee performance on Saturday) A music and comedy revue starring Erica Hunt, Scott Carpenter, Arlene Bedster, Kelly Roberts, Jordana Kohn, Andre Royer and Jeff Carlson Tickets go on sale Thursday, December 1, 2011 at the Ticket Centre or call 403-329-SEAT (7328). What a great idea for a Christmas stocking stuffer!</p> 		<p><b>1</b> 9:00 Oil Painting 9:30 Mind Joggers 10:00 Floor Curling 1:00 Woodcarving 1:00 Oil Painting 1:00 Trump Whist 1:30 Keep Fit 7:00 Table Tennis</p>	<p><b>2</b> 9:00 Yoga/Pilates <b>9:00 Ask Computer Guy</b> 9:30 Carpet Bowling 10:30 Paper Tole 1:00 In-House Bingo 1:00 Bridge 1:15 Crib</p> 
<p><b>5</b> 9:00 Yoga 10:00 Floor Curling 10:00 Jammers 1:15 Monday Matinee 1:30 Military Whist 1:30 Hand Bells 3:00 Fitball</p>	<p><b>6</b> 10:00 Music Makers 10 &amp; 11:00 Clogging 10:00 Keep Fit Aerobics 11:00 Tai Chi - Chi Kung 1:00 Texas Hold'em 1:30 <b>SCRABBLE</b> 3:00 <b>EXERCISING WITH ARTHRITIS</b> 7:00 Social Dance</p>	<p><b>7</b> 8:20 Yoga <b>9:00 Ask Computer Guy</b> 9:30 Roll &amp; Stroll 10:00 Paper Tole 10:00 Watercolor 11:30 Line Dancing 1:00 Darts/Euchre <b>3:00 Advantage Hearing</b> 3:00 Fitball 6:30 Tai Chi - Chi Kung 7:45 Tai Chi Chuan Yang</p>	<p><b>8</b> 9:00 Oil Painting 9:30 Mind Joggers 10:00 Floor Curling 1:00 Woodcarving 1:00 Oil Painting 1:00 Trump Whist 1:30 Keep Fit 7:00 Table Tennis</p> 	<p><b>9</b> <b>9:00 Legal Consultations</b> 9:00 Yoga/Pilates <b>9:00 Ask Computer Guy</b> 9:30 Carpet Bowling 10:30 Paper Tole <b>11:30 CHRISTMAS LUNCHEON</b> 1:00 In-House Bingo 1:00 Bridge</p>
<p><b>12</b> 9:00 Yoga 10:00 Floor Curling 10:00 Jammers <b>1:30 OUTREACH</b> <i>Party With Mr. &amp; Mrs. Claus &amp; "Nord-Bridge Hand Bells"</i> 1:30 Military Whist</p> 	<p><b>13</b> 10:00 Music Makers 10 &amp; 11:00 Clogging 10:00 Keep Fit Aerobics <b>10:45 Winners Bingo</b> 1:00 Texas Hold'em 1:30 <b>SCRABBLE</b> 7:00 Social Dance</p>	<p><b>14</b> 9:30 Roll &amp; Stroll 9:30 Carpet Bowling 10:00 Watercolor <b>10:00 Coffee with a Constable</b> <b>10:45 Winners Bingo</b> 11:30 Line Dancing 1:00 Darts/Euchre</p>	<p><b>15</b> 9:30 Mind Joggers 10:00 Floor Curling 1:00 Woodcarving 1:00 Trump Whist 1:30 Keep Fit 7:00 Table Tennis</p>	<p><b>16</b> 9:00 Yoga/Pilates 9:30 Carpet Bowling 1:00 In-House Bingo 1:00 Bridge 1:15 Crib</p>



<p><b>19</b>                  10:00 Floor Curling                  10:00 Jammers                  1:15 Monday Matinee                  1:30 Military Whist                  1:30 Hand Bells</p>	<p><b>20</b>                  10:00 Keep Fit Aerobics  <b>10:45 Winners Bingo</b>  <b>1:00 PROGRAM REGISTRATION</b>                  1:00 Texas Hold'em                  1:30 <b>SCRABBLE</b>                  7:00 Social Dance</p> 	<p><b>21</b>                  9:30 Roll &amp; Stroll                  9:30 Carpet Bowling  <b>10:45 Winners Bingo</b>                  11:30 Line Dancing                  1:00 Darts/Euchre</p>  <p>happy hanukkah</p>	<p><b>22</b>                  9:30 Mind Joggers                  10:00 Floor Curling                  1:00 Woodcarving                  1:00 Trump Whist                  7:00 Table Tennis</p> 	<p><b>23</b>                  9:30 Carpet Bowling                  1:00 In-House Bingo                  1:00 Bridge                  1:15 Crib</p> 
 <p style="text-align: center;"><i>Closed</i>                  Monday Dec. 26 and Tuesday Dec. 27                  Happy Holidays!</p>		<p><b>28</b>                  9:30 Carpet Bowling  <b>10:45 Winners Bingo</b>                  1:00 Darts/Euchre</p>	<p><b>29</b>                  10:00 Floor Curling                  1:00 Trump Whist                  7:00 Table Tennis</p> 	<p><b>30</b>                  9:30 Carpet Bowling                  1:00 In-House Bingo                  1:00 Bridge                  1:15 Crib</p>

**SCHEDULE OF TRIPS & EVENTS**

**Go Friendly Shuttle door-to-door service:** Call 403-329-3222 the day prior to book a ride. Cost is \$2.50 each way, or use your L.A. Transit pass.

- ANNUAL BAKE SALE 9:30 A.M. , FRI., DEC 2
- LOCAL GROCERY TRIP, TUES. , DEC., 6
- ADVANTAGE HEARING, WED, DEC. 7, (by appointment)
- LUNCH & MOVIE MILL, THURS., DEC. 8
- LEGAL CONSULTATIONS, FRI., DEC. 9 (by appointment)



- HILLSPRING BARN DANCE/COWBOY CHRISTMAS, SAT., DEC. 10
- CHRISTMAS LIGHT TOUR, TUES., DEC. 13
- COFFEE WITH A CONSTABLE, WED., DEC. 14
- LOCAL YATES TRIP, THURS., DEC. 15
- 2<sup>nd</sup> CHRISTMAS LIGHT TOUR, MON., DEC. 19
- LOCAL CASINO TRIP, TUES., DEC. 20
- CENTRE CLOSED MON./TUES. DEC. 26/27 & JAN. 2
- WINNERS BINGO - DEC. 13, 14, 20, 21, 27, 28



# WINNERS



## Thursday is SENIORS DAY!

### Half-price Regular & Gold Cards for all players 60+

### For more information Call 403-327-7454

Two blocks west of the Casino on  
Crownsnest Trail

## A Whole New Experience!

CUSTOMER  
APPRECIATION  
Sat. Evening  
December 10th  
Toys for Tots  
Event

BIRTHDAY BASH  
Monday Afternoon  
December 26th



# LIFETIME HIGHS INC.

## SLOTS OF FUN ADVENTURES (CASINOS)

- KOOTENAI RIVER INN & CASINO (4-Day Trip)  
Super Bowl, Feb 4-7, 2012.
- RIVER CREE RESORT & CASINO, EDMONTON: Winter/Spring 2011-2012
- CLEARWATER CASINO (NEAR LEWISTON, IDAHO: Next Trip T.B.A.
- DEADWOOD, SOUTH DAKOTA : 7 Day Trip, 2012. Call for details.
- SASKATCHEWAN CASINO CIRCLE TOUR. Spring 2012. Call for details.  
Out of Calgary casino visits can be arranged  
for Lethbridge groups. Give us a call.

## DOMESTIC & INTERNATIONAL ADVENTURES

*DON'T DELAY—THESE ARE FILLING UP FAST*

- PEBBLE BEACH GOLF TOUR, CALIFORNIA. 4 day weekend; play at Pebbles premier golf courses. 2012. Call for details.
- ENGLISH GARDEN TOUR & FLOWER SHOW. Spring 2012. Call for info.
- "DANUBE WALTZ RIVER CRUISE" JUNE 6-21, 2012: Passau, Germany to Budapest, Hungary. Viking Cruise Line; Pre-tour Prague/Post tour in Budapest available. (9 LEFT)
- MARITIMES FALL COLORS TOUR—SEPT 21-29, 2012. (Optional 4-day Newfoundland Tour)
- SOUTH PACIFIC CRUISE: APRIL 2013 (Cruise Line & Itinerary T.B.A.)

**GIFT CERTIFICATES AVAILABLE**

Booking a cruise? Talk to us! Great Prices Guaranteed.

To register or for more information visit our website or contact us at:

**LIFETIME HIGHS INC.** [www.lifetimehighs.com](http://www.lifetimehighs.com)

PHONE: 403-282-5734 FAX: 403-220-0689

[lifetimehighs@shaw.ca](mailto:lifetimehighs@shaw.ca)

## Did you know? #6 in a Series by Hal Osborn

As this year ends and the clock ticks down I got to thinking...as I looked at my watch. Seeing the hands move.....I thought.....

Did you know that the minute hand was added to clocks in 1475?

Did you know that the second hand (hour) was added around 1560?

Did you know "ignorance" equals wisdom?

In 1945 a boy in eighth grade taking part in a Math Olympiad in Russia won first prize even though he DID NOT attempt to solve even one problem. The prize was awarded on the basis of a remark he submitted with an unfinished proof.

The remark was: "I spent much time trying to prove that a straight line can not intersect 3 sides of a triangle in their interior points but failed, for to my consternation, I realized that I have no notion of what a straight line is!"



## ATTENTION: NEWSLETTER CONTRIBUTORS

Thank you for your reports, stories, and advertisements this past year. It's nice to get a variety of items and subjects and a great way to keep members informed of what's happening here and within Lethbridge. The professional quality of the ads is also appreciated. Our circulation is growing as is our revenue. For

advertising rates please contact Bob Bunn at 403-329-3222 or friendly @nordbrigdeseniors.com .

The **deadline for all contributions is the 15th of the month** prior to publication. Please place your copy into the black "Newsletter Reports" in-box within the Administrative Assistant's Office or hand it to Kathy or Shirley.



Submitted By.....The Mind Joggers

Written By.....Anne Buxton

## Happy New Year At Whoop Up Downs

---

**2011 strikes tonight,  
 Minutes to midnight and the light, from Bully's,  
 Shines on drifts like desert dunes.  
 While inside belies those ghostly phantoms,  
 Of shadows out upon the track.  
 As if in spirit they all are back,  
 Longden, Wolf, McBeth, Meeks and Dooley,  
 Goodstriker, Christenson, Heninger, Harker, Finley,  
 Jenkins, Haynes, Flaman, Lytle, Lengyel, Depew,  
 Familiar faces flash back to you.**



**Owners, trainers, horses, all,  
 Beckoning to the midnight call.  
 Friendly ghosts from yesterday,  
 And unhappy souls who would like to stay.  
 Like soldiers lining up at revelry,  
 Unaware that out upon the dark race track,  
 Amid swirling snow they all are back.  
 The clock strikes midnight even so,  
 Leaving effervescent memories as they go.**

## OUTREACH REPORT

Our November 21<sup>st</sup> social "Snowmen & Snowflakes" was a great afternoon. We had a total of 90 guests including our groups, walk-ins and volunteers. We were entertained by our own "Nord-Bridge Line Dancers". The door prize went to one of our guests from Columbia Assisted Living.

Our next Social will be December 12<sup>th</sup> with Mr. & Mrs. Santa Claus and musical entertainment by the "Nord-Bridge Hand Bells". See you at our Bake Sale on December 2 at 9:30 AM SHARP.

*Mary Potvin, Convener*



## Nord-Bridge Holiday Schedule

2011-2012

Closed all day

Monday & Tuesday,

Dec. 26, & Dec. 27

& Monday, Jan. 2, 2012

## Get Well Wishes

went out to... Ursula Hutchinson, Truus Quist, Janay Smith, Shirley Cavanaugh and John Meyers.

We wish you all a very speedy recovery. It was great to see Di-anne David out on recent Fridays for lunch and B I N GO.

## Condolences

went out to... Ralph Thompson, loss of sister and to Rodney Foster; loss of mother-in-law. Also, to Audrey Melvin & family; loss of Nord-Bridge Life Member, Walter.



## ADDITIONAL BRIDGE PROGRAM STARTS MONDAY, JAN. 9, 2012

Our Bridge program has become so popular that we are adding a second day. Beginning January 9th, 2012 **Bridge** will be played in the South View Meeting Room at 1 p.m. on **both Mondays and Fridays**.

The program will continue to operate on a drop-in basis. If you have any questions regarding Bridge, please stop by on any program day and speak with convener, **Kathy Ludwig**.

## Little Caesars® Senior's Day

**1<sup>ST</sup> THURSDAY OF EVERY MONTH  
10% OFF (55+)**

PICK UP ONLY • NOT VALID WITH ANY OTHER OFFER

**LETHBRIDGE**

**1720 MAYOR MAGRATH DR. S.  
146 COLUMBIA BOULEVARD W. 1702-23RD STREET N.  
32P-IZZA (327-4992)**

## EUCHRE

**By Rodney Foster, Convener**

November was a good month for Euchre. We had several new players out and willing to learn the game. We had good turnouts due to the mild weather for this time of year.

With Christmas on the way, don't forget the real reason for the season: and, don't forget the best present you can give to someone is your presence. Last, but not least, as the beatnik said, Have a COOL YULE and a FRANTIC FIRST.

*Merry Christmas to all.*



**Bridget A. Pastoor, MLA  
Lethbridge East**



Contact Bridget at:  
2816 - 5th Avenue North  
Lethbridge, AB T1H 0P1  
Phone: 403-320-1011  
lethbridge.east@assembly.ab.ca

# ALBERTA SENIORS AND COMMUNITY SUPPORTS



Our Resource Centre is located within the  
**Nord-Bridge Senior Citizens Centre, 1904—13 Avenue North**  
**Lethbridge, Alberta T1H 4W9**  
**403-381-5469 or 1-877-644-9992 [www.seniors.gov.ab.ca](http://www.seniors.gov.ab.ca)**

**Visit our Resource Centre at your convenience.**

## SCRABBLE

BY SHEILA BRUST

Santa Claus shares his favorite everlasting  
**“FREE”** Christmas Gift List with everyone:

1. *Forgiveness*
2. *Tolerance*
3. *True Friendship*
4. *Charity*
5. *Good Examples*
6. *Respect (Others & Yourself)*

The Scrabble Club wishes you a very Merry Christmas and Happy New Year. Remember, we meet on  
**Tuesdays, at 1:30 p.m. in the Dunford Diner.**



The Happiest of Christmas  
Holidays to Everyone!



## LOGO HISTORY

The Nord-Bridge Seniors logo represents three people linked together, after the fashion of the Lethbridge Canadian Pacific High Level Bridge. Just as the criss-crossing of the support beams within the trestle adds strength to a bridge, seniors linked together in friendship, activity and unity receive strength from one another. The coloured version of the logo represents the diversity of individual members within Nord-Bridge.

Nord-Bridge prides itself as being “the Friendly Centre”. We hope you remember this message each time you look at our logo.



## COFFEE WITH A CONSTABLE

Lethbridge Police Services **Constable Les Vonkeman** will sit down and chat with you about any concerns you have regarding law enforcement; he will be here the second Wednesday of each month 10:00 to 11:30 a.m. Next visit is **Wednesday, December 14<sup>th</sup>.**



## HEALTHCARE SOLUTIONS FOR BETTER LIVING

The last Thursday of every month is Senior's Day!  
Seniors receive a 20% discount with a Shoppers Optimum Card.

- Wheelchairs & Scooters
- Blood Pressure & Home Diagnostic Products
- Walk-in Tubs & Bathroom Safety Products
- Back Care, Supports & Braces
- Aids to Daily Living
- Porch Lifts & Stair Lifts

**SHOPPERS**  
**HomeHealthCare™**

119 Stafford Drive South,  
Lethbridge  
(403) 327-4511  
1-800-661-1032

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The only travel agency offering  
**AIRMILES®** reward miles!

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## Lethbridge Denture Clinic

Putting that sparkle back in your smile.

**Kimberley A Ankermann D.D**  
803A 3 Ave South, Lethbridge, AB T1J 0H8  
Phone (403) 381-4142

**GO-FRIENDLY SHUTTLE** Need a ride to the Centre? Phone 403-329-3222 AT LEAST one day prior to book a ride and we will pick you up at your door. You must call to confirm EVERY pickup. Also: To cancel a pick-up please phone in by 3 p.m. or sooner on the prior day. The cost is **\$2.50** per one-way trip (Cash); or use your "Breeze Card".



## TRAVEL NEWS



PLEASE NOTE: ALL NON-MEMBERS must pay an additional \$10 for all Nord-Bridge trips.

**TUESDAY, DECEMBER 6, 2011**

**LOCAL GROCERY TRIP - COST: \$3.00**

Sign up for this Go Friendly service to pick up your groceries on 15% off Tuesdays. The Shuttle will leave Nord-Bridge Centre at Noon and go to a local grocery store.

For the next 2 months, anyone bringing a new shopper for our bus, will get to ride free that month. Please encourage others to participate in this beneficial program.

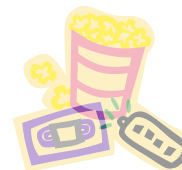


**THURSDAY, December 8, 2011**

**Local Movie Mill Outing**

**Cost is \$13** (includes bus and lunch)

Pay your own movie admission. Bus will depart Centre at 11 a.m. There are limited seats available. Payment deadline is Monday, December 5th.



**Tuesday, December 20, 2011**

**LOCAL CASINO OUTING**

**Cost: \$6.00**

**Sign up early.**

**Bus departs Centre at 9:30**

**a.m. to arrive at Casino by 10:30 a.m.**

**Come out and try your luck!**

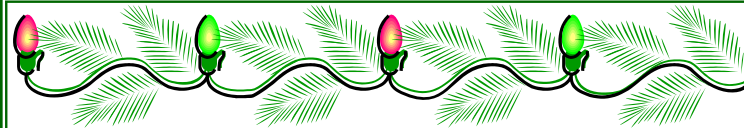


**Yates Theater  
Musical**

AN ORIGINAL  
NEW WEST THEATRE  
PRODUCTION

**Light  
IT UP**

**Thursday  
Dec. 15, 2011  
\$28 Includes  
Show & Bus  
Meet here at  
4:30 p.m. or call  
for home  
pick-up.**



**LOCAL CHRISTMAS LIGHT TOUR**

**TUESDAY, DECEMBER 13, 2011 AT 5:00 p.m.**

**MONDAY, DECEMBER 19, 2011 AT 5:00 p.m.**

*Pick-ups will start at 4:00 p.m.*

*We will stop for a quick supper at the "Park Place Mall Food Court" before we start out for the light tour.*

*Supper will be at your own expense.*

*Because it is Christmas, the Bus ride is free for Nord-Bridge Members, only.*



**ATTENTION ALL CITY TRANSIT  
BUS RIDERS:**

Effective December 1, 2011 L.A. Transit, Go Friendly and Access-A-Ride will be changing over to the new Breeze bus pass. These electronic fare cards will replace tickets and monthly passes. Nord-Bridge is now ready to sell these cards for your immediate use. Stop by for a brochure or to purchase your new card at Nord-Bridge Centre.

*It's a Breeze!*

**TRAVEL NEWS** Join me in welcoming new hostess, **Dolores Bourk**, to our travel team. Dolores accompanied us on a recent trip to Calgary's Chinook Mall. Let's also welcome new driver, **George Berg**. Now we are looking for someone to look after our bus between trips, to make sure it is fueled up and clean. If you are interested, please contact our President, Harry Fischer.

On November 17th, we booked a Carefree Express bus for an outing to the Rosebud Dinner Theatre. We had 55 passengers who had a great time—good food, good show and lots of little shops with great merchandise. Almost everyone went home with a little package from one of the shops. Let's do this again. They will be performing "Anne of Green Gables" in the spring. Let Val know if you are interested in this or any other trips.

**Suggestions for 2012 outings are needed and welcome!**

**Triple D Tours** would like to THANK all of our Friends who have travelled with us and we hope to meet new Friends in 2012. We wish everyone a Very Merry Christmas and a Happy, Healthy New year!

**1. Spokane Spring Shopping - April 13 to 15, 2012.**

Cost \$259.00 per person, double occupancy.

**2. Saskatchewan Casinos - May 13 to 18, 2012.**

Cost: \$499 per person, double occupancy. Includes Swift Current, Prince Albert, North Battleford and Saskatoon.

**3. Treasures of China Trip- April 8 to 26, 2013**

**BROCHURES FOR ALL TRIPS ARE AVAILABLE, HERE AT NORD-BRIDGE.  
PLEASE REMEMBER THAT NORD-BRIDGE GETS A COMMISSION ON EACH  
TRIP BOOKED HERE AT THE CENTRE.**

**Contact Triple D Tours at 403-394-0349 or E-mail:  
tripleddtours@hotmail.com for "Christmas Gift Certificates"**

# Happy Holidays From everyone at The Medicine Shoppe Pharmacy.



We, at the Medicine Shoppe Pharmacy, want you to stay healthy during the hustle and bustle of the holiday season. Don't let your body's defenses get run down. Make sure you get plenty of rest, eat nutritious foods, exercise regularly, avoid excessive drinking, and keep to your medication regime. Drop by to see us, we look forward to caring for your health in 2012.



9.99 each

**REXALL BRAND**  
Low Dose Enteric Coated  
ASA 81 mg • 180's  
Offer expires Dec 31, 2011. Limit 2 per person.  
While supplies last.



8.99 each

**REXALL BRAND**  
Complete for Adults 50+  
29 Essential Vitamins • 100's  
Offer expires Dec 31, 2011. Limit 2 per person.  
While supplies last.

**Chad Baker**, B.Sc.Pharm  
Pharmacist/Owner

Nord-Bridge Senior's Centre  
#2, 1904 - 13 Avenue North  
Lethbridge, Alberta

**403-381-0700**

Monday - Friday:  
9:00 a.m. - 5:30 p.m.

Saturday: 9:00 a.m. - 1:00 p.m.



## A MESSAGE FROM THE NURSING STUDENTS

Hi Members of Nord-Bridge!  
We would like to thank every-  
one for their



attendance and participation in our Health Fair. We hope all who attended were able to learn something new as well as find out about services here in Lethbridge aimed towards older adults. Congratulations to those of you who won door prizes! We would also like to express our gratitude to members and staff who have all been very friendly and accommodating towards us during our time here at Nord-Bridge. We have enjoyed our experience here and have truly learned a lot from all of you. We hope that you have also learned from us. Again, we thank you for welcoming us into your facility and wish you all Happy Holidays!



**UNIVERSITY OF LETHBRIDGE, SCHOOL OF NURSING**



**Free Initial Legal Consultation  
Wills...Estate Planning...**  
and other matters as you may require.  
Nord-Bridge offers this service through

**Huckvale Wilde Harvie MacLennan.**

*The next free consultation date at Nord-Bridge is  
Friday, December 9, 2011*

**between the hours of 9:00 a.m. & 11:30 a.m.**

Contact the Front Desk to schedule  
an appointment. **Phone: (403)329-3222**

**Greg Weadick, MLA**

**LETHBRIDGE WEST &  
Minister of Advanced Education  
and Technology**



Contact Greg at (403)329-4644  
or via e-mail at:  
lethbridge.west@assembly.ab.ca  
or drop by 402 - 8 Street South  
Lethbridge, AB T1J 2J7

## Nord-Bridge Seniors Presents....

### Richard Popovich & his "Sheriff Show!"



The "wise-cracking" Sheriff  
from the Stettler Steam Train!

Famous Cowboy & Western Songs  
plus lots of laughs!

Ω Wednesday - January 25, 2012 Ω  
Ω 12:30 Luncheon; Show to follow 1:30 p.m. Ω  
Ω \$12.50 for Lunch & Show/\$7.00 Show only Ω  
Ω Tickets available at Nord-Bridge Senior Centre Ω  
Ω 403-329-3222 Ω

Generations Funeral Home and  
Cremation Services presents

Live Entertainment! **Country Blend's** Coming Soon!

# CHRISTMAS & CLASSIC COUNTRY

10 CD Releases



Country Blend featuring Evelyn Ramage, Dianne Lodge,  
Gordy "Crazy Fingers" Lindquist, Henry Martens, Cyn Lodge

APPEARING:  
Tuesday,  
December 6/11



Nord-Bridge Centre  
1904 - 13 Ave. North  
Lethbridge, AB

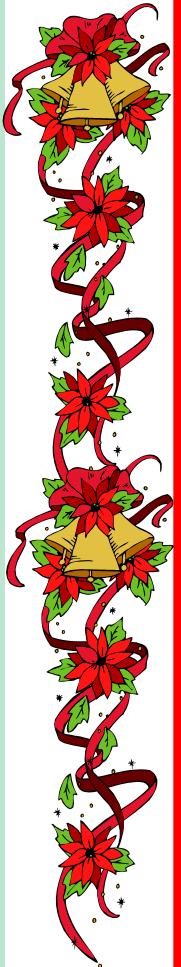
Show Time: 7:30 p.m.  
Tickets: \$20.00 (advanced)  
\$25.00 (at the door)

Tickets Available at:  
Nord-Bridge Centre  
403-329-3222

Listen to our Music at...  
[www.countryblend.ca](http://www.countryblend.ca)

PROCEEDS TO NORD-BRIDGE BUILDING FUND

Printed by Design: '07, 3496 329-422-0009



### SOCIAL ACTIVITIES by Eva Deringer

Don't forget our ANNUAL CHRISTMAS BAKE SALE ON  
FRI., DEC. 2 AT 9:30 A.M. SHARP!

Our *Annual Christmas Luncheon* on Fri-  
day, Dec. 9th. sold out in record time. I  
hope everyone who wanted to come was  
accommodated. If you were not able to  
get a ticket, you might still be able to get  
a "take out" advance ticket or you might  
enjoy the mini turkey luncheon which will  
be available in the Multi Purpose Hall.

A special "thank you" to everyone  
who helped decorate the Centre for the Christmas Holiday  
Season. Your help is greatly appreciated.



### The Friendly Centre COMMUNITY CHRISTMAS TREE PROJECT

We need donations of SMALL, NEW,  
TREE ORNAMENTS to help decorate a four foot  
tree. Can you help us?

Once completed we will donate the decorat-  
ed tree to a nice family that otherwise would not  
have one. Please **bring your donations to the  
front desk by Friday, December 16th**, and help  
dress up the tree.

"Thank you and Merry Christmas!" from  
the Reception Desk staff and volunteers.



Whatever is beautiful,  
whatever is meaningful,  
whatever brings you  
happiness....

May it be yours this  
Holiday Season and  
throughout the  
coming year.

From the NordBridge Board  
and Staff

