

NORD-BRIDGE SENIORS

NEWSLETTER

February 2016



"The Friendly Centre"

1904 - 13th Ave. North

Lethbridge, Alberta T1H 4W9 Open Monday to Friday - 8:30 a.m. to 4:30 p.m.

Telephone 403-329-3222 Fax 403-329-8824 E-mail: friendly@nordbridgeseniors.com

2015-2016 **NORD-BRIDGE SENIORS** EXECUTIVE

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

BOARD OF DIRECTORS

SECOND YEAR FIRST YEAR THIRD YEAR George Berg Vacant Robert Tarleck Marilyn Gillies Vacant Clay Olsen Jack Fox Doug Youngren Donna Takeda

ADMINISTRATIVE STAFF

Executive Director Sr. Administrative Ass't Chief Financial Officer Financial Administrator Director of Programming Member Support Coordinator Reception Supervisor Reception Assistant Rentals Cook II

Cook I DR/Kitchen Assistant

Janitorial

Randy Smith Kathleen Filkowski Roberta Svennes Tracy Beauchemin David Ng Lorri Penner Valerie Arkinstall Heather Belle Kathleen Filkowski Sally Reyna

Gail Krysak Marco & Carla Escobar

Betý Castillo

ON-SITE PARTNER PROGRAMS & SERVICES

National Association of Federal Retirees Chinook Lifecare Assoc.

Gary Drake 403-328-0801 403-320-1170 Jane-Anne

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

(* indicates individual on Board responsible for Program Area) (** indicates "Emeritus")

ADMIN. PROGRAMS

By-Laws/Policies Comm. Crafts Boutique Finance Committee

Memberships Newsletter['] Newsletter Ad Sales Nominations Committee Seniors Helping Seniors

CARDS & BOARD GAMES

Contract Bridge Crib Euchre Military Whist Trump Whist Norwegian Whist Scrabble Texas Hold'em **Duplicate Bridge**

EDUCATION

Acrylic Painting Paper Tole Wood Carving Watercolor Watercolor Club Krafters Koffee Klub Quilters Group Nord-Bridge Card Crafters Spanish for Travelers Library Mind Joggers

Marilynn Heaton* (Chair), H. Fischer

Heather Newsham Roberta Svennes* (Chair), Pat Santa, Jim Hahn, Clay Olsen, Frank Deane, Harry Fischer, Mike Bennett Kathy Filkowski

Kathy Filkowski (Production & Billing) Jim Hahn

Jim Hahn* (Chair), Dan Deringer Harry Fischer, Darlene Crofts, Joanne Fox

Donna Takeda*, Board Rep

Kathy Ludwig Pat Veres & Mike Bennett Rodney Foster Donna Takeda Pat Veres Pat Veres Sheila Brust, Jenny Oleksy** Mike Bennett Pat Kincade

Board Rep - Vacant

Katrina Mak Elta Buckman Don Johnson Denise Savard Sandy Baceda, Erika Bosters Jo-Ann Adams Marilyn Martens Pat Kincade Marco Escobar Marie Areshenko Judy Knox, Jack Simmons Ted Sillito, Melvin Horn

NEW MEMBERSHIPS \$53.00 MEMBERSHIP RENEWALS \$50.00

FUNDRAISING

GAMING

Casino Coordinator In-House Bingo Coordinator Monday Jam Draws Winners Bingo Rep/Co-ord Winners Bingo Alternate

HEALTH & FITNESS

Keep Fit Classes Tai Chi Yoga/Pilates Fitball/Exercise With Arthritis Zumba Fitness 55 Club

OUTREACH

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

SOCIAL ACTIVITIES

Decorations Monday Music Jams Senior Music Makers Socials Committee & Specials Social Dance Clogging Line Dancing Belly Dance & Broadway Dance

SPORTS & RECREATION

Bocce Carpet Bowling Darts Dragon Boat Team Floor Curling Floor Shuffleboard Golf Pool Shuffleboard **Table Tennis**

Travel Trip Bookings Bus Bookings Driver Co-ordination -Travel Driver Co-ordination — Cards Vehicle (Bus 2) Maintenance

VOLUNTEERISM

Building Set-up Volunteers Volunteer Committee

AFFILIATIONS

ACA Representative Alberta 55 Plus—Zone 1 **Health Education Presentations** Lethbridge Seniors Forum N-B Income Tax Program

SASCC (So AB Srs Centre Coalition)

Alberta Assoc. of Senior Centres Go Seniors Society New Horizons for Seniors Program



Pat Santa*, Board Rep Jim Hahn, Board Rep

Jack Fox*, Board Rep Mike Bennett

Frances Wallace Helen Gepneris, Jim Hahn **Bonnie Hammond** Leonard Hutchinson

Marilyn Gillies*, Board Rep

Melanie Hillaby Lynn Hunter-Jóhnston Melanie Hillaby T. J. Dunn Jeannie Williamson Jim Scott (Volunteer Trainer)

Rodger Halvorsen*, Board Rep

Valerie Arkinstall Lydia Prokop/Chris Figenshau Valerie Arkinstall Rodger Halvorsen

Doug Youngren*, Board Rep Eva Deringer

Roy Swidinsky Barbara Stewart Eva Deringer Karen Hooper Sandy Nowell Della Howg Kimberly Lyall

Board Rep - Vacant

Clay Olsen Norene Irwin, Woody Neely Ken Bobinec Eileen Sawatsky, Dawn Vickers Vacant Lorna Vandervalk Judy Workman, Clay Olsen Vacánt Clav Olsen Jerry Mikusek, Dave Bergen

George Berg*, Board Rep Valerie Arkinstall Kathy Filkowski Valeŕie Arkinstall Mike Bennett Marco Escobar

Board Rep - Vacant

Clay Olsen, Harry Fischer Eva Deringer, Elaine Molyneux

Clay Olsen*, Board Rep

Harry Fischer Mike Bennett, Clay Olsen David Ng (and Alberta Health) David Ng Harry Fischer, David Ng, Sheiĺa Brust Jim Hahn, Roberta Svennes, Harry Fischer, Randy Smith Randy Smith Jack Fox Harry Fischer

Some programs & services partially funded by the joint Provincial and City FCSS Program.

Nord-Bridge is a proud member of the Alberta Association of **Seniors Centres**

View our Website

www.nordbridgeseniors.com for information, photos, video, Newsletters and more.

PRESIDENT'S REPORT

February will be a big month for Nord-Bridge. We have a major fund-raiser coming with "Old Favourites" (5) at the Yates. There will be three shows: Evening shows Friday, February 19th and Saturday, February 20th both at 7:30 p.m. as well as a matinee on Saturday, February 20 at 1:30 p.m. Tickets are \$33.00 and are



available at the Ticket Centre or by phone at (403)329-7328. This will be our biggest fundraiser of 2016 so we urge you to attend.

This month we'll also celebrate Valentine's Day with a luncheon on Thursday, February 11th. Tickets are available at the Reception Desk. Please get yours soon, before they're all sold. The cost is \$12

In the spring, we'll have the Miner's Memorial Banquet on the evening of May 2. We were fortunate to have South Country Jamboree donate \$2,500.00 towards this event. With this donation we will be able to defray the cost of supplying dinners to the honoured miners and their wives as well as provide interesting speakers. Mining is a big part of Nord-Bridge's history and we want to continue to support this valuable part of early Lethbridge and area.

Scotiabank has agreed to support Nord-Bridge by supplying volunteers for at least four events in 2016. This year Scotiabank will attend our Mother's Day Luncheon on May 5th, Father's Day Luncheon & Pie Auc-tion on June 16th, Whoop-Up Pancake Breakfast Aug. 24th and the President's Dinner & Auction on September 13th. For each event Scotiabank will match funds by \$1000.00 per Scotia volunteer they provide. The Scotia Bankers in the Community Program has been a great financial partnership for our Centre and we hope to continue our alliance with Scotiabank as long as they will have us.

If you have any suggestions or concerns, I will be available at the Reception Desk most Friday afternoons. Remember that this is your Centre and as board members, we want to do all we can to give you a say in the future of Nord-Bridge.

Pat Santa. President

9:30 a.m.



Many thanks to Scotiabank for being a terrific corporate partner in our fundraising activities. We appreciate your community spirit.



WELCOME NEW MEMBERS

Bernie Schell Linda Hopkins **James Cumming** Karl Roesler Tom Hopkins **Sharon Davies** Lorenz Droste David Hoffarth Alvina Roberts Ami Oliver Phyllis Hoffarth Victoria Dunn Linda Folster Jim Farrell Gerald Colburn Kevin Folster Lynn Farrell Rex Forsyth Judi Reed **Dorothy Cumming** Betty Forsyth

We hope you enjoy your association with Nord-Bridge "The Friendly Centre"





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

User ID: FriendlyCentre Password: myfriendlycentre

(Shaw Cable subscribers see below)



Nord-Bridge Meetings Reminder

Each Month Outreach Committee Executive Meeting Winners Bingo Committee Board of Directors Meeting Finance Committee Annually Annual General Meeting General Member Meeting

First Monday First Wednesday 9:30 a.m. Second Tuesday 9:00 a.m. Second Wednesday 9:00 a.m. Last Wednesday 9:00 a.m. First Wed. of March 9:30 a.m.

Go Seniors Society

First Wed. of November

Regular Board Meetings Feb., April, June, October

Second Tuesday 9:00 a.m. **Annually** Annual General Meeting First Tuesday of April 9:00 a.m.



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

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

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

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

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Love is something that cannot be fully explained. Love is something that cannot be held but is all around.

Valentine's Day will soon be here. We would like to offer a challenge to our would-be writers out there to come and give us your definition of love. We meet in the Berlando Board Room every Thursday at 9:30 a.m.

Mind Joggers, ♥ Judith A. Knox ♥

Notice to Members



Annual General Meeting Wednesday, March 2, 2016 at 9:30 a.m. Multi-Purpose Hall

Only certain programs and areas of Nord-Bridge will be open during the AGM. These include:

- The Dunford Dining Room
 - Nord Bridge Fitness 55 Plus Club/Room
- And naturally, our commercial tenants' stores

All other programs will be cancelled, and rooms locked by Board Policy, to encourage members to attend the AGM.

The purpose of the Annual General Meeting is to present the entire membership with reports on the accomplishments of Nord-Bridge during the preceding year; to present the audited Annual Financial Statements of the Association; to conduct the annual election of Directors and Officers of the Association; and to conduct other business with the General Membership as the Board of Directors may approve. We appreciate the attendance and participation of our members.

Thank you.

NORD-BRIDGE SENIORS CENTRE



IN-HOUSE BINGO

EVERY FRIDAY AFTERNOON (EXCEPT HOLIDAYS)

- Bonanza Pre-call 1:00 pm
- Games Start 1:30 pm
- Regular Book \$5.00
- 3 Extra Games \$1.00 each

Transportation is available for members; \$3.00 each way. Phone Front Desk at least one day ahead at 329-3222 to confirm.

LORRI'S CORNER

I can't believe it is already February! Before we know it, spring will be here and I am ready!

February is well known for being the month of hearts, love and Valentine's Day. For those of you who have lost that special someone, this month can be difficult and bring feelings of sadness. I invite you to stop by my office in February to pick up a heart that you can write your loved one's name on to honour and remember them.



I would like to extend an invitation to you to join me for a "friendly" get-together on Wednesday, February 24 from 9:30 to 11:00 in the Dunford Diner. Stop in to say hi and have a special little treat! As always, my door is open to you, to have a chat if you are experiencing any difficulties or concerns. You don't have to handle things by yourself.

Lorri Penner, Member Support Coordinator



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Dominique Adams Registered Nurse, Kinesiologist www.domcares.ca

EXECUTIVE DIRECTOR'S REPORT

Greetings Members;

In 2015, Nord-Bridge Seniors completed an "*Operational and Strategic Review*" including recommendations which sets out a "road map" for the association as we go forward. This is an important step that will support Nord-Bridge in future programs, funding,



and governance over the next 10 plus years. As I look back at the association since we acquired our building fifteen years ago (in 2000), our successes and focus has related to developing our physical plant; identifying and addressing the programming needs of a quickly growing membership (from 489 members then, to 1,310 today); meeting and maturing the Association's governance and leadership; services to and communications with members; and relationships with governments, funding partners and community agencies. Our recently completed Operational and Strategic Review, will now help us strengthen policies, processes, accountability and leadership as Nord-Bridge works to meet needs of a quickly escalating seniors population. In 2015 some 27.16% of the City's population was 55 plus; 20.82% 60 plus; and 15.03% 65 years of age plus. A "City of Lethbridge January 2014 Population and Housing Projections ... " report suggests a full "one quarter of the City's population will age into retirement in the coming two decades." This projected larger share of the Canadian population who are over the age of 65 is supported in numerous studies on demographic shifts by the Government of Canada; Alberta Health; Alberta Finance; and others.

The 2015 Nord-Bridge Operational and Strategic Review is an assessment requested by our major funding

NORD-BRIDGE SENIOR
CITIZENS ASSOCIATION

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requested by our major funding partner - the City of Lethbridge. It has been intended to guide Nord-Bridge through an objective review of current operations; the association's governance model; processes; Board and administrative policies; programs; and financial strengths and challenges. It was undertaken by consultant R. Bruce Thurston, of Management Resource Services. It identifies future opportunities, challenges, potential barriers, and steps that need to be taken. Bruce is well

qualified to assist Nord-Bridge with this strategic review and planning process, having over 19 years faculty experience with the University of Lethbridge, Faculty of Management (1993 - 2012). He has an EMBA in Strategy from the combined Executive MBA Program of the U of C / U of A, Edmonton. He is also a Member of the Society of Management Accountants of Alberta (FCMA, Certified), and is one of the founders of Charlton & Hill Ltd., which he left in 2003 as a partner, CEO & President.

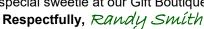
The Operational and Strategic Review with Recommendations was conducted June - November 2015. It was presented to the Nord-Bridge Board and Executive in early December 2015, and was approved unanimously by both bodies. Because the study was funded by the City, the document has firstly been transmitted to the City's CSD Committee (Community and Social Development). It will then be presented to Lethbridge Council by President Pat Santa, consultant Bruce Thurston, and other members of the Executive and Board. (continues at top of next column)

Nord-Bridge hopes that these review steps will be accomplished is the near future, and that the report in its entirety might be presented at the March 2, 2016 Annual General Meeting of members.

The report contemplates that over the next few years, the Province of Alberta, because of a growing seniors population, will see the wisdom in developing a funding strategy for Alberta's Seniors Centres. The Thurston work for Nord-Bridge should help our Centre be able to meet anticipated services criteria for centre funding. On a related topic, the Alberta Association of Seniors Centres (AASC), of which Nord-Bridge is a member, has been advocating to government an initiative known as the Provincially Integrated Seniors Centre System (PISCS) Model. The development of PISCS includes a study that assembles a comprehensive inventory of the seniors centres in Alberta; reviews operating parameters, funding sources and pressures; develops a grading or classification system for centres; and recommends to how centres should be funded. The Government has recently agreed to support AASC in investigating the PISCS Model.

I realize some of our members question the value of government studies. In this case, I would suggest the "PISCS Study" and the Nord-Bridge "Operational and Strategic Review" are necessary steps in securing financial support of our future operations.

I remind our members that Valentine's Day, Sunday, February 14, is fast approaching. We will celebrate the day at the Centre on Thursday, February 11. Please buy your luncheon tickets while they last, and pick-up a card for your special sweetie at our Gift Boutique.





Member of Parliament Lethbridge





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Brad Lindsay, BC-HIS
Registered Hearing Aid Practitioner

Programmer's Report by David Na

ew Years resolution or not, the **Fitness 55 Club** welcomed 19 new members in the month of January. Personal Trainer, Jim Scott, has been busy each Wednesday orientating new members and helping existing members achieve their fitness goals. If you are interested in joining the Fitness 55 Club or would like more information, come and see me at the Reception Desk.



The Community Volunteer **Income Tax Program** (CVITP) will launch on March 1^{st} . This year we have seven volunteers who will be taking the necessary training during the month of February. If you would like to have your 2015 Income Tax filed by one of our volunteers you can leave your name at the Reception Desk after February 22^{nd} and our CVITP volunteer, Sheila, will phone and arrange an appointment. For more information please see the CVITP add on Page 14 of this Newsletter.

Please be advised: We have moved all special luncheons from Fridays to Thursdays. This move allows the Dunford Diner to maximize dining room capacity on both Thursdays and Fridays. On special luncheon days, patrons who have not purchased luncheons tickets will have access to food options in the Multi-Purpose Hall Servery at 12 Noon, after the Keep Fit exercise program. Please plan accordingly on these dates if you have not purchased a luncheon ticket. Also, please note on these luncheon days Duplicate Bridge and Trump Whist will not have access to the Dunford Dining Room Annex until 1:00 pm (for setup and start of their program).

MY PEN By Jack Simmons of the Mind Joggers

I remember my first encounter with a pen in school but it wasn't all that cool. I had a grip on that straight pen, with a medium nib, with all my whole left hand, in such a manner that it would never escape and run unimpeded across the clean white page. Miss Rone pried the pen out of my clumsy hand and reinserted it properly in my grasp.

Wenda, the other half of our class in our oneroom school house, didn't need Miss Rone's help,
her grip was perfect. Wenda, I'm sure, practiced
all night. We then proceeded to remove the cap
from our bottles of ink; Wenda's was
"Mediterranean Blue", mine said standard blue. At
this point we were allowed to dip the pen into the
ink, then place it on the piece of blotting paper,
that Miss Rone had told us to place on the righthand top position of our desk next, to the inkwell.

At this time in my education I was still trying to prove left handedness to my teacher or she

believed that the only difference between lefties and rightness was the hand you wrote with. After all, the inkwell was on the right side of the desk.

This location of inkwell and blotter was to create many situations where a frustrated little boy came close to really losing his cool. I reached very carefully across my body to the ink, dipped my pen into the ink, and then pulled it out. Somehow, the pen had gone in too far into the ink and the ink now covered the whole nib and was dripping all over the desk between the inkwell and blotter. While I was performing the delicate operation, Wenda had been perfect in her execution.

From this time on I had many experiences with my straight pen, spilt ink, too much ink on the pen, nib through the paper, and broken nibs. These were but a few of the trials I put my poor straight pen through.

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. Members may enter for other members and you do not need to be present to win.

IN ORDER TO PARTICIPATE YOU MUST:

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





RECENT WINNER(S)

NO RECENT WINNERS POT NOW OVER \$400.00

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 \$2.00 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!



RECENT WINNER

Vicky Linn \$208.00 January 22, 2016

Next Draw February 26th

SOUND SYSTEM DRAW

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



MONDAY JAM 50/50 WINNERS

- Jan 11 Kathy Kurze \$47; Irene Jones \$47
- Jan 18 Jim Hahn \$50; Vera Miechkota \$50
- Jan 25 Evelyn Wince \$45; Gordon Vaselenak \$45

Thanks Jammers, Volunteers and Patrons.
Thanks also to Helen Gepneris & Jim Hahn for selling tickets at Monday Jams.



NORD-BRIDGE BUILDING FUND RECENT DONORS

Russell Scratch \$500
In Memory of Ike Thiessen \$325
2015 Nord-Bridge In-House Bingo Program \$20,008

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2016 Through January 22, 2015: \$ 1,068



BUILDING FUND UPDATE:	Goal	Achieved
Total Fund-Raising Goal	\$6,250,000	
From City of Lethbridge	750,000	82%
From Various Provincial Grants	2,500,000	66%
From Various Federal Grants	500,000	7%
From Nord-Bridge		
- by Fundraising	2,500,000	82%
Total Contributions to our		
Building Fund 1998 through	<u>Jan. 2016</u>	\$ 2,059,103
Still needed by N-B Fundraising		\$ 440,897

WE THANK Bonnie Hammond and her team of over 20 volunteers who work up to nine Winner's Bingo events every month. Their dedication has translated into significant funding for our Centre.



NORD-BRIDGE SENIORS CENTRE 1904 – 13 AVENUE NORTH

Dunford Diner

Breakfast from 8:30 a.m. to 1 p.m. Daily lunch specials 11 a.m. to 1 p.m.

Homemade soups, sandwiches and treats plus Menu items including hot and cold sandwiches, burgers, fish, fries, onion rings, salads, desserts and more!

PUBLIC WELCOME/ No Surcharge

Friday Lunch Specials \$7.50

- Feb. 5 Turkey Dinner, Mashed Potatoes, Veggies
- Feb 12 Beef, Bacon & Shrimp Skewers, Rice & Salad
- Feb 19 Roast Beef Dinner, Mashed Potatoes & Salad
- Feb 26 Chimichanga, Rice & Refried Beans

All You Can Eat Breakfast Buffet First Wednesday of each month 8:30 to 10:30

\$ 7.00



15 16 17 18 19 9:00 Shuffleboard 8:45 Yoga 9:00 Card Crafters 9:00 Pilates 9/10/11:00 Clogging 9:30 Carpet Bowling 9:00 Floor Curling 9:00 Adv. Paper Tole 9:30 Beg. Watercolor **Family Day** 10:15 Paper Tole 9:30 Mind Joggers 9:30 Carpet Bowling 10:00 Music Makers 10:15 Chair Yoga 10:00 Roll & Stroll Centre Closed 10:00 Somatic 10:45 WINNERS BINGO 10:45 WINNERS BINGO 11:00 Keep Fit Flex & Strength 1:00 In-House Bingo 11:00 Keep Fit Aerobic 11:00 Line Dancing 11:30 CHINESE BUFFET 1:00 Contract Bridge 1:00 Texas Hold'em 1:00 Darts/Euchre 1:15 Crib 1:00 Duplicate Bridge 1:00 Norwegian Whist 1:00 Quilt/Kraft 1:00 Woodcarving 1:00 Canasta 3:00 Fitball 1:00 Trump Whist 1:15 Tai Chi 1:00 Floor Shuffleboard 1:30 SCRABBLE 1:00 Acrylic Painting 3:00 Arthritis Exercise 1:30 Spanish Level 3 7:00 Social Line Dance 7:00 Table Tennis 23 22 / 29 24 25 26 9:00 Shuffleboard 9:00 Yoga 8:45 Yoga 9:00 Card Crafters 9:00 Pilates 9:30 Jammers 9/10/11:00 Clogging 9:30 Carpet Bowling 9:00 Floor Curling 9:00 Adv. Paper Tole 9:30 Beg. Watercolor 9:30 Pen & Ink Watercolor 10:15 Paper Tole 9:30 Mind Joggers 9:30 Carpet Bowling 10:00 Music Makers 10:00 Floor Curling 10:00 Roll & Stroll 10:00 Somatic 9:30 FREE MASSAGE 10:45 WINNERS BINGO 10:45 WINNERS BINGO 10:15 Chair Yoga 10:15 Chair Yoga 11:00 Keep Fit Flex & Strength 11:00 Keep Fit Aerobic 1:00 Contract Bridge 11:00 Line Dancing 1:00 In-House Bingo 1:00 Duplicate Bridge 1:00 Texas Hold'em 1:00 Military Whist 1:00 Darts/Euchre 1:00 Contract Bridge 1:00 Woodcarving 1:00 Norwegian Whist 1:00 Darts 1:00 Quilt/Kraft 1:00 Trump Whist 1:15 Crib 1:00 Canasta 3:00 Fitball 1:00 Floor Shuffleboard 1:15 Tai Chi 1:00 Acrylic Painting 1:30 SCRABBLE 1:30 Spanish Level 3 3:00 Arthritis Exercise 7:00 Table Tennis 7:00 Social Line Dance

GO Friendly Shuttle door-to-door service: Call 403-329-3222 the day prior, or sooner, to book a ride. Cost is \$3.00 each way, or use your *Lethbridge Transit "Breeze Card"*.

- LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL FIND A PHONE FRIEND FOR YOU. (CALL VAL AT 403-329-3222 TO ARRANGE)
- L.E.A.R.N. REP. TANYA PURDY-FISCHER TUESDAY, FEBRUARY 2, 10 A.M.
- ADVANTAGE HEARING WEDNESDAY, FEBRUARY 3 (by appointment).
- COFFEE, TEA & YOU: 2[∞] & 4[∞] THURSDAY 10 A.M. IN DUNFORD DINER
- CENTRE CLOSED MONDAY FEBRUARY 15, FAMILY DAY
- FREE LEGAL CONSULTATIONS FRI., FEB. 12 (by appointment) with HUCKVALE LLP
- COFFEE WITH A CONSTABLE, WEDNESDAY, FEBRUARY 10
- LOCAL CASINO TRIP, TUESDAY, FEBRUARY 16
 - FREE MASSAGE BY SO. ALBERTA INSTITUTE OF MASSAGE FRIDAY, FEB. 26
- DR BOLOKOSKI FOOT CARE, WED., FEB. 10, (by appointment). FUTURE DATES INCLUDE: APR. 6; JUNE 1; JULY 27; SEPT. 21; & NOV. 6, 2016
- WINNERS BINGO FEBRUARY 3, 9, 10, 16, 17, 23, & 24





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Upcoming FREE consultation dates:
Friday, February 12 & March 11
between the hours of 9:00 a.m. & 11:30 a.m.
Contact the Front Desk to schedule
an appointment. Phone: (403)329-3222

From the Desk of Val

work day, and a Monday to boot!

to get your Valentine's Luncheon ticket before they're all gone. Other February dates worth notice are Groundhog Day on the 2nd meaning either 6 more weeks of winter or spring ahead; Family Day on the 15th (my favourite as we're closed that day); and February 29th, Leap Year Day, an extra

Your Reception Desk crew have been rocking and rolling with work as members pay renewals, sign-up for programs, and enroll in our Fitness 55 Club. "Are you delinquent?" This is your last call to pay your 2016 fee. SHOW US YOUR CARD or check with us and we will let you know if you have paid or not.

I welcome **Sharon Davies** our newest Reception Desk volunteer. Sharon will be working Monday afternoons; stop by and give her your friendly welcome. Thanks to Roberta Soenen who has decided to do her own thing. Her sweet nature and friendly smile will truly be missed.

The Reception Desk is selling 50/50 tickets for its all new SWEETHEART DRAW. The tickets are \$2 each, and open to all of our LADIES (or gents who buy one for their special lady). Names will be placed on a heart and put into a decorated Valentine's box. Proceeds from this draw will benefit our Centre. The winner will be announced at our Valentine's Luncheon.

To all Reception Desk volunteers: Your work shifts will now be 9:30 a.m. to 12:30 p.m. or 12:15 p.m. to 3:00 p.m. If this time change does not work for you, please advise Val or Heather. Thank you!



OUTREACH BY CO-ORDINATOR Rodger Halvorsen

Our January Outreach started the New Year with a bang! We entertained a maximum capacity crowd of 123 people, representing nine care facilities, volunteers and entertainers. Our musical program by "Floyd Sillito & Friends" set a positive tone with familiar, popular selections, keeping us all engaged. Snacks included yummy banana cake. January's lucky door prize winner was Lou Karpick. We were pleased to welcome newcomers from Rehoboth and Alberta Health Services and hope that they will attend frequently.

Plans are well underway for the February event, A BOUQUET OF RED ROSES scheduled for Monday, February 8th with entertainment by "Tom and Curt". This event was so eagerly anticipated that it sold out before this publication was released. If you were lucky enough to reserve a seat, WEAR RED to this



event. Our March 21 event, "Easter Parade" (wear your Easter bonnet) will also be popular so BOOK EARLY!

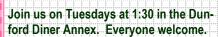
SCRABBLE

Sheila Brust, Convener

hile browsing through my Scrabble dictionary, I was amazed by the plethora of words I had never heard of, so this is the year I'm going to write about words that "tickle my fancy". Example:

The seminar room was packed to overflowing and the participants sat spellbound listening to the main speakers jeremiad.

You may ask "what is jeremiad"? It is a tale of woe (after the lamentations of Jeremiah in the Bible).





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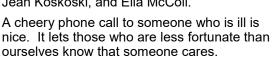
(In the Nord-Bridge Senior Centre)

CONDOLENCES WERE SENT TO:

The Kenna Family, loss of Gary; the Family of Yosh Hattori our oil painting teacher for many years; the Schnurr Family, loss of Ed Schnurr; the Carroll Family, loss of Darlene; to our kitchen co-worker Bety Castillo and Family on the loss their father and grandfather; and the Larter Family, loss of Mike.

GET WELL & HEALTH WISHES ARE SENT TO:

Eleanor Jockims, David Stock, Lydia Prokop, Janay Smith, Cal Brandley, Doreen Bergen, and Ann Sera, all at home now; and others in hospital including: Kae Mann, Betty Dickson, Jean Koskoski, and Ella McColl.





DARTS REPORT

Ken Bobinec, Convener

Our Darts Program is quite popular, with 20 players competing each session. We recently gained new players but we have room for more. We invite all of you to join us on (most) Mondays and every Wednesday at 1 p.m. in the Multi-Purpose Hall.



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ath Dr. S. Candice Elliott-Boldt

BC-HIS, Registered Hearing Aid Practitioner

Jake Boldt Hearing Technician



Military Whist Tournament Saturday, March 12, 2016

Registration Deadline March 7, 2016

Cost: \$50 per team

Includes Lunch, Coffee and Snacks Register 9 to 9:30 a.m. Play begins at 10 a.m.

Contact: Donna Takeda 403-715-5606



Maria Fitzpatrick, MLA Lethbridge-East



Contact Maria:

Phone: 403-320-1011

Email: lethbridge.east@assembly.ab.ca

Address: 543-13th Street South

Lethbridge, AB TIJ 2WI

NORD-BRIDGE SENIORS FITNESS 55 CLUB

Nord-Bridge membership, plus a special user fee is applicable.

Annual Pass \$180 Monthly Pass \$18 20 Visit Pass \$25

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

Meet with Jim Scott, Certified Personal Trainer Wednesday mornings, for safe training tips and motivational goal setting advice.

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MEMBER PORTRAIT SESSIONS

MARK YOUR CALENDAR FOR Friday, February 5th Two sessions:

10:30 to 11:30 a.m. -and-1:00 to 2:00 p.m.

Our In-house Member Photographer, **SID LEWIS** will be here to take your picture for our Photo Gallery.

So choose a time, comb your hair and put on a nice big smile for the camera.



JO ANN KELLY

Sutton group - lethbridge
AN INDEPENDENT MEMBER BROKER

1010 - 3 Ave. South, Lethbridge, AB. T1J 0J4 Bus: 403-320-6411 Fax: 403-381-4546

E-mail: kellyaj@telusplanet.net

I can assist you whether you are buying, selling or transitioning to a condo or gated community living!

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LIBRARY UPDATE By Marie Areshenko

Long-time member, Fred Veres, has donated an impressive collection of historical books to our Library. These non-fiction, hard-covered volumes include the history of pioneers, communities, mining, ranching and farming throughout southern Alberta. Title subjects include: Alberta Miners; Bowden; Chief Mountain/Cardston; Cochrane; County of 40 Mile; Coyote Flats; Etzikom; Grassy Lake/Purple Springs; Lomond; Pemmican Club; Red Deer River Communities; Stirling; Tilley; Warner; When the West Was Young and many more.

As part of a permanent, reference collection, these books can be signed out by members for a period of two weeks. If you want them longer, come back with the book and sign it out for another two weeks. To borrow these books, **contact Marie at 403-394-7749**. Our thanks is extended to

Fred for sharing his wonderful collection with us. Our regular Library books may be taken out on the honor system. We continue to collect many donations every week so I encourage you to browse our library shelves frequently.



LUNCH WITH CITY COUNCILLORS

Jeff Coffman Friday March 11



Ryan Parker First Tuesday Each Month



Blaine Hyggen Second Friday Each Month



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

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Terry Toth B. Sc. Pharm. Pharmacist

Chad Baker B. Sc. Pharm. Pharmacist/Owner

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



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JAMIESON Omega-3 1000mg 200s

Visit your Medicine Shoppe Pharmacy today for details or go to www.medicineshoppe.ca to learn more.

PRICES IN EFFECT UNTIL February 29, 2016 OR WHILE QUANTITIES LAST. We reserve the right to limit quantities. Items may not be exactly as shown. Due to space limitations, some items may not be available at all locations. May not be combined with any other offer or discount. Some restrictions may apply, See in-store for details. Prices do not include Provincial Sales Tax, Goods and Services Tax or Harmonized Sales Tax.



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VALENTINE'S LUNCHEON

THURSDAY, FEBRUARY 11, 2016 11:30 A.M. \$12.00 PER PERSON

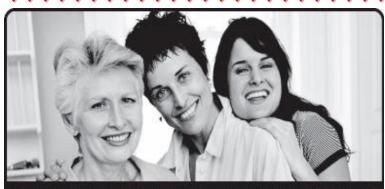


LIVE ENTERTAINMENT

EVERYONE WELCOME!



NORD-BRIDGE



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
- Walk-in Tubs & Bathroom Safety Products
- · Aids to Daily Living

AADL, WCB, NIHB and DVA vendor

- Blood Pressure & Home Diagnostic Products
- · Back Care, Supports & Braces
- · Porch Lifts & Stair Lifts

HomeHealthCare

119 Stafford Drive South, Lethbridge (403) 327-4511 1-800-661-1032 Alberta Government
<u>Seniors</u> Information
1-877-644-<u>9992</u>
http://www.albertahealthservices.ca/info/

Are you buried under a pile of paperwork?

Confused about Government forms? If so, contact "Seniors Helping Seniors" here at Nord-Bridge. We have friendly, trained volunteers to help you:

Monday & Wednesday 9:30 a.m. to 3 p.m. Thursday 9:30 a.m. to 12 noon.

Call 403-329-3222 to make an appointment.

EUCHRE REPORT

Roses are red Violets are blue Come and play Euchre We will teach you.



Join us for fun and Euchre. We meet every Wednesday. Lessons start at 12:30 with regular play beginning at one o'clock. Afterward, stay for coffee and conversation. Meet new people and friends. I hope to see you there!

HAPPY VALENTINE'S DAY!

Rodney Foster

Nord-Bridge Community Volunteer Income Tax Program



Our FREE Tax Program will begin on March 1, 2016 (for

income received in 2015). During the last week of February, our scheduling volunteer, Sheila, will begin making appointments.

PLEASE NOTE: Volunteers will not be able to prepare returns for incomes over \$35,000 for a single person; over \$45,000 for a couple; returns for deceased or bankrupt persons; individuals with investment income over \$1,000; or any complex tax situation. To make an appointment, please visit the Nord-Bridge Reception Desk or call 403-329-3222. This is a FREE service; HOWEVER, donations to Nord-Bridge would be greatly appreciated.



Chat with a member of the Lethbridge Regional Police Services about law enforcement or elder abuse concerns. Constable Les Vonkeman will be here on the second Wednesday of each month, from 10 to 11:30 a.m. in the Dunford Diner.





Volunteers Needed

403-320-1879 Ask for Catherine

Fridays 1:00 to 3:30 p.m. To help distribute food to clients



Twice a week (mornings) to break up bulk products in the warehouse.



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PLEASE NOTE: ALL NON-MEMBERS must pay an additional \$20 for all Nord-Bridge trips.

COMING IN MARCH Local movie Mill Outing Get out of the house! Join us for a movie and Lunch

Exact date not yet determined.

COST: \$10 Bus & Lunch. Show ticket 50% off regular price.

Tuesday, February 16th

Pick-ups start at 9:30 a.m. to arrive at the Casino by 11:15 a.m. You get a FREE lunch while you **GAMBLE.** Bus departs Casino for home at 3 p.m. COST: \$8.00



Thursday, February 18, 2016 **MYSTERY TRIP #1**

We are ready to roll on our

First Mystery Trip of 2016. We are taking names now and anticipate a full bus very so This will be a smokin' hot time!

COST \$10 (includes bus and to After the tour we'll stop for lung of the course of the งเ not included) and snacks.

om the Centre at 10:15 a.m. Our bus will and have ack here by about 2:30 p.m.

MONTHLY MYSTERY TRIPS WILL **BE PLANNED IN 2016**

This series was so successful that we decided to run a mystery trip every month beginning in February.



Guess where we're headed and enjoy the scenery along the way. Once announced, book guickly because all of these trips will sell out fast!

"Old Favourites" (5) at the Yates

An Important Nord-Bridge Fund-Raiser Music of the 50's, 60's, & 70's Saturday Matinee, February 20, 2016 COST: \$37 (Includes bus and show ticket) Bus will pick up at homes starting 11:30 a.m.



WE ARE TAKING NAMES NOW for our 2nd Annual Cranbrook-St. Eugene Casino Resort junket May 29 to 31, 2016. Don't delay! This is an awesome trip. \$200 double or \$295 single occupancy. Golf extra. Talk to Val today for more information.



TRAVEL NEWS:

Thanks to drivers George Berg, Lucy Graham and Ron Freng for their commitment to our Travel Program.

January was somewhat guiet with just our regular Casino trip, Movie Mill outing and the Roll & Stroll program. Once spring arrives, along with the promise of more predictable weather, and the re-opening of seasonal venues, we'll be able to broaden our horizons and travel to more exciting destinations a little further afield.

UPCOMING SPRING/SUMMER 2016 TRAVEL PLANS

Some trips that will be offered include: The Great Canadian Railway Park; Ft. Macleod Museum/R.C.M.P. Musical Ride; Park Lake; The Jasmine Tea Room; Raymond/Cardston Theatre performances; Chinook Honey Farm, Okotoks; Canmore Chocolate Factory; Waterton National Park; a Hutterite Colony; and Monthly Mystery Trips, to name a few.

We most likely will not offer trips to Stage West (Calgary) or Rosebud Theatre due to cost and time considerations. We found that in the past, too many of these trips had to be cancelled due to a lack of interest. We are open to your suggestions as we aim to please. Please stop by and bring us your ideas for destinations that are of interest to you.

Thank you, Val & Heather

ROLL & STROLL / WALK 'N TALK PROGRAM continues year 'round. New walkers are always welcome to join this senior friendly program each Wednesday, from 10 a.m. until noon. If you need to get a little exercise, and don't like to walk alone, this program is for you! We go to weather appropriate destinations. COST: \$3



2016 MINER'S RAFFLE

(Proceeds to Nord-Bridge Building Fund)

5 Prizes ALL ITEMS ON DISPLAY

GRAND PRIZE... "Regency Panorama"

Fireplace Value \$1,550 Donated by Charlton GHill



SECOND PRIZE

Hand Made Queen Size Patchwork Quilt Value \$800 Donated by Sandi Fischer



THIRD PRIZE

Original Art "Winter Sport" & Book "The Ladders We

Climb" by Irene McCaughtery Value \$550

Donated by RON & DOREEN McCAUGHERTY

FOURTH PRIZE

Vintage Mink Jacket Value \$500 **Donated by Arta Withers**



Horse Drawn Wagon Model Value \$400 Donated by John Tendler



Raffle License # 426724 TICKETS 2 for \$5 or 1 for \$3 DRAW DATE Monday, May 2, 2016



TICKET SALES BEGIN FEBRUARY 15, 2016

he Nord-Bridge Miners Memorial project began in 2003 as a way to celebrate our mining heritage. At that time we were very privileged to receive "The Coal Miner" a donation from the Miner's Library. "The Coal Miner", a bronze statue made by artist Corney Martins of Coaldale, was commissioned by the Miner's Library and originally stood in front of their building on 13th Street North. The statue now stands in our main entrance were we placed our Miner's Memorial which honors those miners who have passed on. some of whom were killed while working in the Lethbridge area mines. Around the same time, we received an original painting by Jacko Tarnava and Vern Young which was also donated by the Miner's Library. The painting depicts the "No 3 Mine". It is mounted outside of our Multi-Purpose Hall. The No 3 Mine site is now the home of Lafarge Canada Inc. on 9th Avenue North. In subsequent years we received numerous mining artifacts from our members and friends. These are also displayed in our main entrance.

Since 2010 we have also recognized miners still living in our community at an Annual Banquet. Our 7th Annual Miners Memorial Banquet is planned for Monday, May 2, 2016 at the Nord-Bridge Centre. Doors open at 4 p.m. The evening program will include a presentation, banquet, entertainment, and, will conclude with the Miners Raffle Draw at 8 p.m. Everyone is welcome. To assist and help fund the costs of our project and Banquet, South Country Jamboree and John Lorencz made a donation of \$2,500 to Nord-Bridge. We want to thank South Country Jamboree very much for such kind consideration. Tickets for the Miner's Banquet will be available at Nord-Bridge Reception Desk next month. Please support us with your attendance!

Jim Hahn, Event Coordinator



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JK Trucking is an equal opportunity employer so come join our team!





Free Tickets

If you are interested in entering a draw for a chance to win a pair of tickets on a certain date, please enter your name and phone number on the draw sheets. Draw sheets are located in the main corridor. Draws will be made a few days in advance of the games. Win great seats and cheer on the Hurricanes all season!







Lethbridge Hurricane Season Tickets donated by

lethbridge media