



February, 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>
Gordon Kometz	Mike Bennett	Bob Bunn
Elaine Molyneux	Helen Gepneris	Eva Deringer
Donna Takeda	Pat Kincade	Al Frohlick

	<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)
Reception Supervisor	Valerie Arkininstall
Seniors Programmer Rec., Health, Education	David Ng
Rentals	Kathleen Filkowski / Shirley Trefan
Cooks	Bonnie Jadeske / Bob Wan
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, Frank Deane, Phil Story, Clay Olsen, 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
Norwegian Whist	Ruth Balogh
Trump Whist	Vi Segouin
Scrabble	Marilyn Saunders
<u>EDUCATION</u>	Jennie Oleksy
Oil Painting	Pat Kincade*, Board Rep
Paper Tole	Yosh Hattori
Wood Carving	Hazel Harvie
Watercolor	Don Johnson
Easter Chocolates	Glenice Caffyn
Pysanky Easter Eggs	Hazel Harvie
	Berniece Pavan

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
Tai Chi

Yoga / Pilates
Fitball

Fitness 55 Club

OUTREACH

Bereavement Cards
Get Well Cards
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)

(Various Other Committees)

Lethbridge Community Network
Pauline Rapson
Nadia Campbell, Jack Simmons,
Ted Sillito
Jim Hahn*, Board Rep
Bob Bunn*, Board Rep
Mary Insley
Shirley Cavanaugh & Frances
Wallace

Jim Hahn
Bonnie Hammond
Leonard Hutchinson
Elaine Molyneux*, Board Rep
Urszula Hebert, Nancy Berlando
Nancy Berlando
Vacant

Urszula Hebert
T. J. Dunn
Jim Scott (Volunteer Trainer)
Donna Takeda*, Board Rep

Vacant
Lydia Prokop
Valerie Arkininstall
Vacant

Eva Deringer*, Board Rep

David Ng
Eva Deringer
Doug Youngren
Barbara Stewart
Eva Deringer
June Dash
Sandy Nowell
Vacant

Helen Gepneris*, Board Rep

Clay Olsen
Helen Gepneris
Ken Bobinec
Eileen Sawatsky, Marg Scallon
Nadine Taylor, Victor Boychuk
Harry Fischer
Dan Deringer
Clay Olsen
Jerry Mikusek, Dave Bergen
Dan Deringer

Harry Fischer*, Board Rep

Valerie Arkininstall
Kathy Filkowski, Shirley Trefan
Valerie Arkininstall
Mike Bennett
Clay Olsen

Jim Hahn*, Board Rep

Clay Olsen
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
(N-B Staff Representative(s))

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

PRESIDENT'S REPORT

The City By-Election for one alderman is Tues. Feb. 1st. We have had four candidates in our Centre sponsoring coffee and giving us ample opportunity to talk to them, and giving us time to make a choice as to who to vote for.



PLEASE exercise your right to vote; the choice is up to you!

Our winter programs are in full swing and that means our Centre is very busy. I see new faces every day and to those I say WELCOME! We enjoy having you as members of our "FRIENDLY CENTRE".

In regard to another election: Please mark your calendars for **WED., MARCH 2nd at 9 a.m.** to remind you to attend our **Annual General Meeting**. We will be electing a PRESIDENT, VICE PRESIDENT, TREASURER AND SECRETARY as well as THREE new BOARD MEMBERS. **Nominations are open until Feb. 7th** only. More details of the nomination process can be found on the back cover of this Newsletter. Nomination forms are available at the Reception Desk. A copy of the complete Nord-Bridge By-Laws is in our Library for your reference.

Please do not forget that **TAX TIME** is fast approaching. In March we will begin our annual tax return program for qualified seniors. Make a file now and watch for your information slips which should begin arriving this month. *Harry Fischer*

Nord-Bridge Meetings Reminder

Each Month

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.

Annually

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

Regular Board Meetings

Feb., April, June, October	Second Tuesday	9:00 a.m.
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Annually



New Members

- | | | |
|-------------------|-------------------|----------------|
| Ignatius Fieger | Diane Dudley-Cuel | Dale Filkowski |
| Randy Trefan | Audrey Bell | Gary Kenna |
| Daniel Hugh Kelly | Chuck Connors | Ian McCulloch |
| Denis Cosette | Lloyd Kanewischer | Ken Tratch |
| Lynda Morelli | Brenda Pepin | Cheryl Lane |
| Gaya Mamula | El Reimer | Joan Marles |
| Kathy Kurze | Max Kurze | Wendy Kalkan |
| Melvin Roth | Larry Shaw | Sharon Shaw |
| Roger Longmuir | Gail Longmuir | Jerry Mikusek |
| Arlene Butler | Michael Cormican | John Janos |

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



We Listen! You Hear!

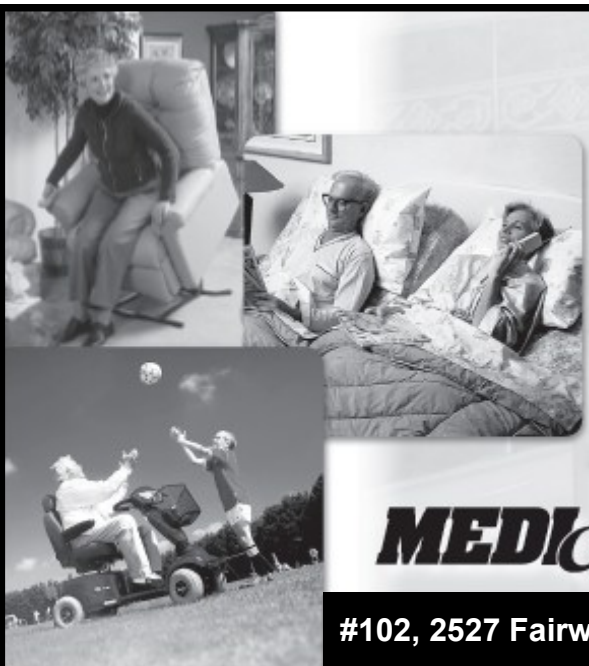


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Executive Director's Report

Greetings Members;

Last month I advised that our Board had asked the Administration to review the operation of our Music Jam program because of some concerns raised over the large attendance at this program. Of specific import, were comments concerning potential problems relating to emergency exiting and adherence to fire safety / building code. Other issues involved the attendance at weekly Jams of individuals neither members of Nord-Bridge, nor guests of members; and matters relating to member and Jammer convenience, revenues, volunteer staffing, logistics, etc. (Please see the *January Newsletter* for further background). As a result, attendees, Jammers, and staff were surveyed for input during the month of December 2010, and early January 2011. The Association also experimented holding Jams on Tuesday afternoons early in the month. All the input, results, and in-progress data was then taken to the Board at its' January meeting. The conclusion, by almost unanimous Board resolution, was to keep the Jam program running on Monday's from 10 am to noon (only 1 Board member preferred Tuesday's). Revenues was a major factor in the decision. Your Administration was also **directed to develop some clearer rules** concerning the Monday Jams, and to post these rules near the Dining Room and Annex entrance(s). Jam rules will also occasionally be published in this *Newsletter*. Actual **rules are still to be developed**, so if you have further input speak with a staff member, or someone on the Board. However, at this stage, rules suggested include:

- Tables/chairs are not to be moved so as to block aisles.
- Newspapers from the Reading Lounge are not to be taken into the Jam area / Dining Room.
- Tables are not to be saved. Seating is first come / first served.
- Complimentary coffee is for Jammers only. Not spouse.

Notice to Members



Annual General Meeting Wednesday, March 2, 2011 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*
- *Alberta Seniors and Community Supports Office (for information on Alberta Seniors Benefits Program)*
- *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.



MINER'S RAFFLE **4 Prizes (Total Value \$2,425)** **Grand Prize. . .**

Invacare 4-wheel Scooter

Donated by *Ultimate Freedom Plus*
220 D - 12A Street North, Lethbridge

Second Prize

"Blue Jay" Paper Tole (3-D Picture)
Donated by *Nord-Bridge Paper Tole Club*

Third Prize

Framed Photo of Japanese Gardens
Donated by *Alderman Bridget Mearns*

Fourth Prize

Wine & Cheese Basket
Donated by *Nord-Bridge Member, Sheila Brust*



TICKETS 2/\$5

Only 1,500 tickets printed.

DRAW DATE:

April 30, 2011

at the Miner's Banquet

All proceeds to Nord-Bridge Seniors Centre for design and development of the Nord-Bridge Miner's Memorial

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Dale Martin Jr.
President/Owner
Funeral Director



Daryl Lockyer
General Manager
Funeral Director

JEFFREY COFFMAN

Aldermanic Candidate

My priorities are to create a *Property Tax Deferral Program* for qualifying seniors, and ensure that planning considers the needs of an aging society.



How my generation will live as seniors depends on how well we treat seniors.

I am a former City Councilor and business owner, an educator, parent and active citizen.

Please support me with your vote!

www.jeffreycoffman.ca Ph: 403-393-9976
e-mail: jeff@jeffcoffman.ca

Authorized by the Committee to Elect Jeffrey Coffman to Lethbridge City Council

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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, February 11, 2011*

Between the hours of 9:00 AM - 11:30 AM

Contact the Front Desk to schedule an appointment.

Phone: 329-3222

Programmer's Report by David Ng

We are now a few weeks into the winter programming season. Most of the registered programs are full but there are still some that have spots available. Please see the front desk to register for any programs listed in the "2011 Winter Program" book. I am very pleased to see the attendance with our regular daily drop-in activities. Darts, Floor Curling & Carpet Bowling have been busy, and it is great to see all the new members participating & made welcome to the activities.

The Lethbridge College Massage Therapy students are booked for **February 18 at 9:00 am**. The students will be here to give **FREE back and neck massages**. This is great practical experience for the students and you can benefit with a relaxing free massage!

Good luck to all of our members and local athletes who have qualified to represent Zone 1 at this year's Alberta 55 Plus Winter Games in St. Albert (February 24 - 27). Some of the activities that Nord-Bridge members will be participating in will be: Carpet Bowling, Darts, Pool - Snooker and Shuffleboard. Good luck and bring home the Gold!

Just a reminder, income tax is just around the corner. Nord-Bridge will once again offer the Community Volunteer Income Tax Program in partnership with Canada Revenue Agency starting March 7. Check next month's Newsletter for dates of when you can book appointments.

"Chat with a Constable" will be returning this month. Constable Les Vonkeman is the new Community Diversity Resource Team Liaison Officer. Constable Vonkeman will be here at Nord-Bridge one day a month (first visit Wednesday, February 23, 10 a.m. to noon) to chat with you about any law enforcement concerns you may have. Even if you don't have any concerns, stop by and meet Constable Vonkeman.

David

Dunford Dining Room Menu

IN THE CAFETERIA—EVERYONE WELCOME!

- Breakfast Daily 8:30 to 1 p.m.
- Daily Lunch Specials, Soup & Sandwiches and orders from the menu 11 a.m. to 1 p.m.
- Breakfast Buffet—1st Wed of the month.



Don't feel like making **Breakfast**? We make eggs, bacon, ham, potatoes, pancakes and more Monday through Friday. We also offer daily **Lunch Specials** plus an assortment of sandwiches, hearty soups, salads, desserts and other treats ...and...**coffee is always on**. Please check the menu board for Daily Lunch Specials and á la carte items including: **HAMBURGERS, CHICKEN BURGERS, DENVER SANDWICH, SALMON BURGERS, FRENCH FRIES, ONION RINGS and more.**

DAILY LUNCHEONS
Served 11:00 AM to 1:00 PM
Take Out Available

DEDICATED-ACCOUNTABLE-ACCESSIBLE

On Feb. 1st VOTE for

KEN TRATCH

ALDERMAN



MY COMMITMENTS TO YOU

I WILL**DEMONSTRATE GREATER FISCAL RESPONSIBILITY**
...**MAKE MYSELF ACCESSIBLE TO SENIORS AND THE COMMUNITY**
...**REPRESENT YOUR INTERESTS AND CONCERNS FAIRLY**

- Better Access-A-Ride Service!
- Access to transit at lower senior rates!
- A voice about Senior Services that affect you!
- Taxes! Seniors need a break & relief from taxes.
- Inequity of funding between Associations.
- Access to Community Recreation Programs at a 'senior' cost
- Regular visits of Aldermen at the Senior Facility to hear your concerns and issues!!!

**My Experience Allows Me To
Begin Working For You On Day #1**

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Greetings Everyone!

B

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N

G



One month into 2011 we experienced some nasty weather. With February here, we know that it is the month for lovers. If you don't have one, put an ad in the paper or better still, find someone in the cafeteria and buy him or her a pad of tickets and come and play. You never know, you might win enough money for a dinner date later.

Roses are red, violets are blue, we love doing bingo, so why don't you join our crew? I know our callers are trying to do their best, although some have questioned their tactics. Good guys, but maybe the New Year will encourage them to call your numbers.

Bingo is played every Friday in the Multi Purpose Hall. Bonanza pre-call is at 1 p.m. with games starting at 1:30. We're usually finished by 3:15. A regular game book is \$5.00 and extra games are \$1.00 each. We invite each and every one to try Bingo. Bring a friend, bingo is open to any adult.

We love you, Francis and Shirley
Bingo Newsletter Reporters



February 2011



Monday	Tuesday	Wednesday	Thursday	Friday
 <p>VOTE FEB. 1, 2011 SPECIAL ALDERMANIC BY-ELECTION DATE</p> <p>IT'S UP TO YOU!</p>	<p>1</p> <p>9:00 Shuffleboard 10:00 Music Makers/Clogging 10:00 Keep Fit Aerobics 11:00 Chi Kung 1:00 Watercolor I 1:00 Texas Hold'em 1:30 Norwegian Whist 1:30 SCRABBLE 3:00 Arthritis Exercise 7:00 Social Dance</p>	<p>2</p> <p>8:20 Yoga 9:30 Paper Tole 9:30 Roll & Stroll 10:00 Carpet Bowling 1:00 Darts/Euchre 1:00 Watermedia 3:00 Fitball 3:00 Advantage Hearing 6:30 Chi Kung</p>	<p>3</p> <p>9:00 Oil Painting 9:30 Mind Joggers 10:00 Floor Curling 1:00 Woodcarving 1:00 Oil Painting 1:30 Trump Whist 1:30 Keep Fit Str. & Flex. 3:00 Nintendo Bowling 7:00 Table Tennis</p>	<p>4</p> <p>9:00 Yoga/Pilates 9:30 Carpet Bowling 10:30 Paper Tole 1:00 In-House Bingo 1:00 Bridge 1:15 Crib</p> 
<p>7</p> <p>9:00 Yoga 10:00 Floor Curling 10:00 Jam Session 1:15 Movie Matinee 1:30 Military Whist 2:30 BIRTHDAY PARTY 3:00 Fitball</p> 	<p>8</p> <p>9:00 Shuffleboard 10:00 Music Makers/Clogging 10:00 Keep Fit Aerobics 10:45 Winners Bingo 11:00 Chi Kung 1:00 Watercolor I 1:00 Texas Hold'em 1:30 Norwegian Whist 1:30 SCRABBLE 3:00 Arthritis Exercise 7:00 Social Dance</p>	<p>9</p> <p>8:20 Yoga 9:00 Computer Class 9:30 Paper Tole 9:30 Roll & Stroll 10:00 Carpet Bowling 10:45 Winners Bingo 1:00 Darts/Euchre 1:00 Watermedia 3:00 Fitball 6:30 Chi Kung</p>	<p>10</p> <p>9:00 Oil Painting 9:30 Mind Joggers 10:00 Floor Curling 1:00 Woodcarving 1:00 Oil Painting 1:30 Trump Whist 1:30 Keep Fit Str. & Flex. 3:00 Nintendo Bowling 7:00 Table Tennis</p>	<p>11</p> <p>9:00 Legal Consultations 9:00 Yoga/Pilates 9:00 Computer Class 9:30 Carpet Bowling 10:30 Paper Tole 11:30 Valentine's Lunch 1:00 In-House Bingo 1:00 Bridge 1:15 Crib</p>
<p>14</p> <p>9:00 Yoga 10:00 Floor Curling 10:00 Jam Session 1:30 Military Whist 1:30 OUTREACH 3:00 Fitball</p> 	<p>15</p> <p>9:00 Shuffleboard 10:00 Music Makers/Clogging 10:00 Keep Fit Aerobics 10:45 Winners Bingo 11:00 Chi Kung 1:00 Watercolor I 1:00 Texas Hold'em 1:30 Norwegian Whist 1:30 SCRABBLE 3:00 Arthritis Exercise 7:00 Social Dance</p>	<p>16</p> <p>8:20 Yoga 9:00 Computer Class 9:30 Paper Tole 9:30 Roll & Stroll 10:00 Carpet Bowling 10:45 Winners Bingo 1:00 Darts/Euchre 1:00 Watermedia 3:00 Fitball 6:30 Chi Kung</p>	<p>17</p> <p>9:00 Oil Painting 9:30 Mind Joggers 10:00 Floor Curling 1:00 Woodcarving 1:00 Oil Painting 1:30 Trump Whist 1:30 Keep Fit Str. & Flex. 3:00 Nintendo Bowling 7:00 Table Tennis</p>	<p>18</p> <p>9:00 FREE MESSAGES 9:00 Yoga/Pilates 9:00 Computer Class 9:30 Carpet Bowling 10:30 Paper Tole 1:00 In-House Bingo 1:00 Bridge 1:15 Crib</p> 

<p>21 CLOSED FAMILY DAY</p> 	<p>22 9:00 Shuffleboard 10:00 Music Makers/Clogging 10:00 Keep Fit Aerobics 10:45 Winners Bingo 11:00 Chi Kung 1:00 Watercolor I 1:00 Texas Hold'em 1:30 Norwegian Whist 1:30 SCRABBLE 3:00 Arthritis Exercise 7:00 Social Dance</p>	<p>23 8:20 Yoga 9:30 Paper Tole 9:30 Roll & Stroll 10:00 Carpet Bowling 10:45 Winners Bingo 1:00 Darts/Euchre 1:00 Watermedia 3:00 Fitball 6:30 Chi Kung</p>	<p>24 9:00 Oil Painting 9:30 Mind Joggers 10:00 Floor Curling 1:00 Woodcarving 1:00 Oil Painting 1:30 Trump Whist 1:30 Keep Fit Str. & Flex. 3:00 Nintendo Bowling 7:00 Table Tennis</p>	<p>25 9:00 Yoga/Pilates 9:30 Carpet Bowling 10:30 Paper Tole 1:00 In-House Bingo 1:00 Bridge 1:15 Crib</p> 
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28
9:00 Yoga
10:00 Floor Curling
10:00 Jam Session
1:30 Military Whist
3:00 Fitball



SCRABBLE ANSWER


Grumbler

BUTS
STUB
TUBS

Valentine's Luncheon
Friday, Feb. 11th. Take your Valentine out for lunch! Selling out fast! Tickets \$8.50 each.



GETTIN' FLABBY?
Come out and get fit! Give our **FITNESS 55 PLUS CLUB** a try. We have free weights, universal gym, electronic walkers and bikes, and more! Monthly pass \$18* 20 visit pass \$25* (*plus a Nord-Bridge membership)



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.

- SENIORS HELPING SENIORS EVERY TUESDAY & THURSDAY 9 TO 11:30 A.M.
- POPOVICH "ROARING 20'S SHOW", TUES. FEB 1st AT 1:30
- GROCERY SHOPPING, TUESDAY, FEB. 1st
- ADVANTAGE HEARING, WED., FEB. 2nd (by appointment)



- BIRTHDAY PARTY—MON., FEB. 7th AT 2:30 IN THE DUNFORD DINING ROOM
- LEGAL CONSULTATIONS, FRIDAY, FEB. 11th (by appointment)
- OUTREACH WITH "TOM & CURT", FEB. 14th
- LOCAL CASINO TRIP, TUES., FEB 15th
- TRIP, JASMINE TEA ROOM & ZELLER'S, THU., FEB. 17th
- YATES "OLD WEST FAVOURITES 2" , SAT. FEB. 26
- WINNERS BINGO - FEB. 8, 9, 15, 16, 22, 23



WINNERS



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CUSTOMER APPRECIATION
Evening
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BIRTHDAY BASH
Afternoon, Monday Feb. 28

Thursday is SENIORS DAY!

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- RIVER CREE & PALACE IN EDMONTON: CALL FOR DETAILS
- DEADWOOD, SOUTH DAKOTA : 7 DAY TRIP, 2011. CALL FOR DETAILS
- SWIFT CURRENT/MOOSE JAW/REGINA CASINOS: 4 DAYS JUNE 18 - 21
- CLEARWATER RIVER RESORT/CASINO (NEW NEAR LEWISTON) OCT 30-NOV 3
- OTHER CASINO TRIPS OUT OF LETHBRIDGE CAN BE ARRANGED.
Call for details.

INTERNATIONAL ADVENTURES & CANADIAN TOURS

- ISLANDS IN THE SUN CARIBBEAN CRUISE: MAR 9-19, 2011
New itinerary with Oceania Cruise Line.
- ENGLISH GARDENS TOUR: MAY 21 TO 28, 2011
- HOMERUNS, SHOWS & BIG APPLE FUN: SEPT. 15 - 19, 2011
From the Yankees to Broadway New York City awaits you!
- EAST AFRICA WONDERS TOUR TANZANIA, ZANZIBAR: OCT. 7-25, 2011
Featuring the Serengeti Migration.
- POLAR BEARS @ CHURCHILL: NOVEMBER 2011. CALL FOR DETAILS
- EASTERN CARIBBEAN CRUISE, CELEBRITY LINE: JAN 31 - FEB. 11 2012
Additional pre-tour in Puerto Rico available.
- "DANUBE RIVER CRUISE" JUNE 2010: Passau, Germany to Budapest, Hungary. Viking Cruise Line; Pre-tour Prague/Post tour Budapest.
- SOUTH PACIFIC CRUISE: MARCH 2013 (ITINERARY TBA)

GIFT CERTIFICATES AVAILABLE

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To register or for more information visit our website or contact us at
LIFETIME HIGHS INC. www.lifetimehighs.com
PHONE: 403-282-5734 lifetimehighs@shaw.ca
or see Val at Nord-Bridge

SOCIAL ACTIVITIES by Eva Deringer

Our BIRTHDAY PARTY, is Monday, Feb. 7th at 2:30 in the Dunford Dining Room.
\$2.50 Everyone welcome!



Roast Beef VALENTINE'S DAY LUNCHEON,
Friday, Feb. 11 at 11:30 also in the Dunford Dining Room. Tickets are limited and on sale now for \$8.50. Casual lunch: sandwiches, soup, etc. in the Multi purpose Hall.



Say Cheese!

Thurs, Feb. 17th, 10 a.m.

"Rogue's Gallery" Portrait Photo Session

New or re-takes welcome!



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Vibration Exercise technology naturally tenses your muscles, leading to improved circulation, muscle strengthening and increased bone density, without the usual strain of conventional exercise on joints and ligaments.

- accelerates injury rehabilitation
- decreases arterial hardening
- reduces the effects of stress
- accelerates weight loss
- enhances digestion
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Submitted By...The Mind Joggers

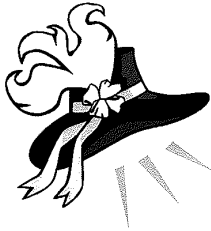
Written by....Judith A. Knox

Hats

I love hats!

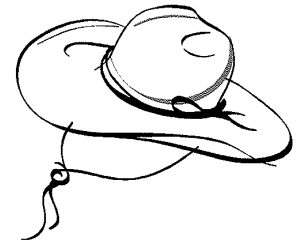
Old hats, new hats,
Red hats, blue hats.
Hats with feathers,
Hats without.

Hats with ribbon that weaves in and out.



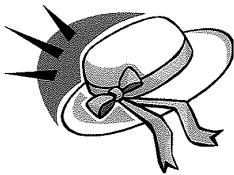
Wide hats, thin hats,
"Neat as a pin" hats.
Floppy hats, cotton hats,
Something old and endearing hats.

Veggie hats, meat hats,
Fruit as a treat hats.
(Carman Merianda)
Unique hats, daring hats,
Easy to wear Fedora hats.



Queen hats, King hats,
"Home on the range" cowboy hats.
Elegant hats, Medicine Hats,
"Everything in between," hats.

American hats, European hats,
Even "All season" designer hats.
Straw hats, fur hats,
Handmade "One of a kind" hats.



Hats that sparkle in the sun.
Oh, I love hats!
Yes, every "hat like" one.

OUTREACH REPORT
by JoAnn Adams



Our Outreach program on Monday, January 17th went off without a hitch. Ten groups visited with us along with 13 individuals from Nord-Bridge. A large group from Da Capo was unable to attend due to the wind chill temperature. In total we had 66 group members, 17 individuals, 13 volunteers and 2 entertainers for a total of 98 persons in attendance.



We started the social with a couple of card bingo games while we awaited the arrival of **Oscar & Yvonne** – our entertainers for the day. They provided wonderful music until the close of the social at 3 o'clock. As usual, they were well received by our guests. The door prize went to a resident of Blue Sky Lodge. A light lunch was provided while the entertainment was in progress.

Our next social will be held a week earlier than usual, February 14th due to the Family Day holiday the third Monday of the month. Our entertainers will be the very popular **Tom & Curt** so we anticipate a large crowd for this social. Please secure your seat early so you won't be disappointed. See you there!



DARTS by Ken Bobinec

Despite the cold weather we still average about 12 people. Everyone is welcome to come out and play darts on Wednesdays at 1 p.m. Some of the players are getting real good! Mark your calendars now for our Awards Luncheon on March 17th at 11:30 a.m. I am very happy to be back from my illness. It was a long haul.



Get well wishes are sent to:

There were no get well cards sent out in January which is a good thing. On the other hand if we're not apprized of who is sick, we can't send a card. I did hear that Butch Olsen was recently in the hospital for two days following surgery. Sorry Butch that you didn't get a card from us but we do wish you a speedy recovery at home.



Condolences were sent to:

Gus Herresvele - loss of sister and Alice Kowalski - loss of husband - Louie. Louie was a life time member who lived 96 years.



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EUCHRE

by Rodney Foster

Laughter is a tranquilizer with no side effects.

January has passed so quickly, where does the time go? But this is a good thing; it means that we are active and that means we are still alive and enjoying life.

Why not join our 20 to 24 fun loving and happy players on Wednesdays at 1:00 for a fun and friendly game of Euchre? We have beginners and experienced players; we can teach you how to play. Our elder statesperson for the game learned how to play at the age of five; yes, you read it right, 5! So we know YOU are old enough to learn.

We also enjoy fellowship and fun after cards in the Dunford Dining Room with a cup of coffee, tea, or hot chocolate. What are you waiting for?

Please don't forget your special someone on Valentine's Day, February 14.

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Regular Home Checking While You Are Away

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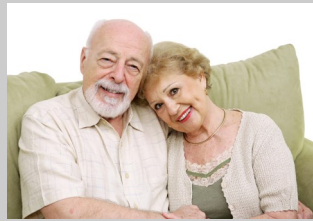


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ALBERTA SENIORS AND COMMUNITY SUPPORTS



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

Visit our Resource Centre at your convenience.

SCRABBLE

FOUR-LETTER SHUFFLE

The word below has three useful
 anagrams. Can you find all of them?

BUST

(Answers on Calendar next to February 28th)

Scrabble players meet Tuesdays at 1:30
 in the Dunford Diner. Please come play,
 meet the gang and have fun!

**HAVE A "Happy Valentine's Day"
 and get lots of sweetsies!**

Attention: Craft Artists & Customers

NORD-BRIDGE ARTS & CRAFTS SALE

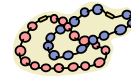
SATURDAY, MARCH 12, 2010

MULTI PURPOSE HALL - 10 A.M. TO 3 P.M.

NEW home made crafts *ONLY* including:
 Watercolors, Paper Tole, Mind Joggers,
 Boutique Items and other Creative Work

Members table rental fee \$10.00

Non-members table rental fee \$20.00



**TABLES MUST BE BOOKED
 BY FEB. 28, 2011
 Phone Valerie at
 403-329-3222**



*Lunch snacks
 will be available
 for sale!*



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
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Kimberley A Ankermann D.D
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 Phone (403) 381-4142

GO-FRIENDLY SHUTTLE Need a ride to the Centre?? Phone 403-329-3222 the day prior to book a ride and we will pick you up at your door. This service has been expanded to include Monday through Friday with all-day service between 8:00 a.m. & 11:00 a.m. and 12:30 p.m. & 4:30 p.m. The cost is: \$2.50 per one-way trip (Cash); or \$20.00 for 10 LA Transit Strip tickets, or \$25.00 for a monthly LA Transit "Senior Bus Pass".



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

LOCAL GROCERY SHOPPING TRIP
Tuesday, February 1, 2011



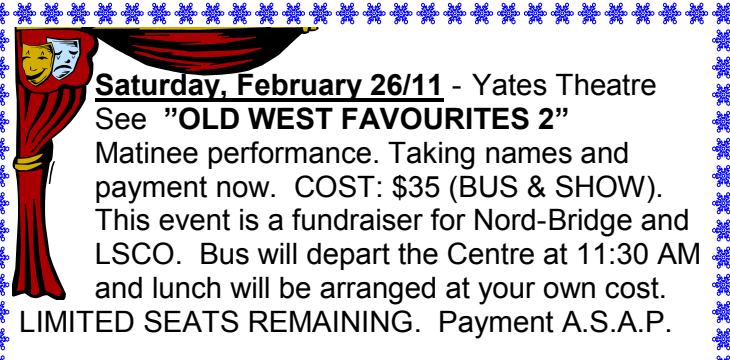
Sign up at the front desk for this Go-Friendly service for those who need transportation. Bus will depart Centre at Noon to go to Sobey's, Wal-Mart, or Safeway. Sobey's and Save-on-Foods will deliver your groceries free of charge.



LOCAL CASINO
Tuesday, February 15/11



COST: \$5.00. Sign up early.
Bus will depart Centre at 10 a.m. to arrive at the casino 11 a.m. Come with us and try your luck!



Saturday, February 26/11 - Yates Theatre
See "OLD WEST FAVOURITES 2"
Matinee performance. Taking names and payment now. COST: \$35 (BUS & SHOW). This event is a fundraiser for Nord-Bridge and LSCO. Bus will depart the Centre at 11:30 AM and lunch will be arranged at your own cost. LIMITED SEATS REMAINING. Payment A.S.A.P.

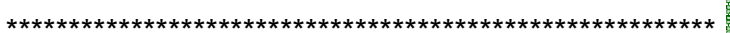


Is anyone interested in seeing a U of L THEATRE show "Richard III" by William Shakespeare? This is an eternal classic fraught with treachery, seduction, and murder as Richard III attempts to claim the throne of England.

WATCH FOR SIGN UP SHEET.



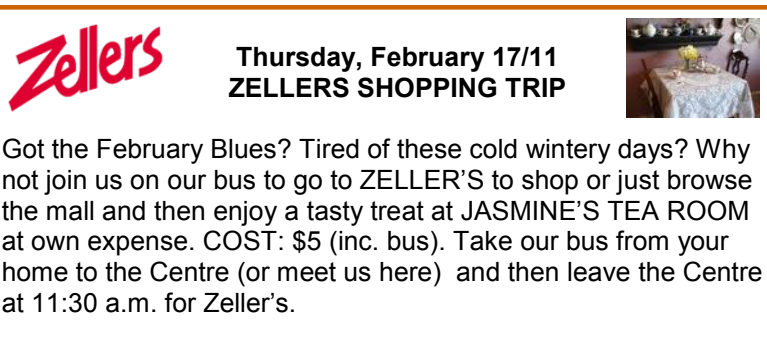
The Roll and Stroll walkers are still active in the winter months. We would like to see more walkers join us each Wednesday. Just be at the Centre by 9:15 a.m. and hop onto our "Go Friendly" bus for only \$2.50. When it's TOO COLD or ICY, we walk indoors in one of the local malls.



Life Time Highs is offering some new trips:

June 18-21/11 - Swift Current, Moose Jaw, & Regina; Casinos.

Oct.30-Nov.3/11 - Clearwater River Resort and Casino, near Lewiston, Idaho. Brochures are NOW AVAILABLE !



Thursday, February 17/11
ZELLERS SHOPPING TRIP



Got the February Blues? Tired of these cold wintery days? Why not join us on our bus to go to ZELLER'S to shop or just browse the mall and then enjoy a tasty treat at JASMINE'S TEA ROOM at own expense. COST: \$5 (inc. bus). Take our bus from your home to the Centre (or meet us here) and then leave the Centre at 11:30 a.m. for Zeller's.

STAGE WEST THEATRE (Calgary) PRODUCTIONS
"All Shook Up"

Featuring the music of **Elvis Presley**
Wednesday, April 27/11

Join us on another trip to Calgary's Stage West to see the musical "All SHOOK UP" music and lyrics of ELVIS PRESLEY.
COST: \$80 (INC. BUS, SHOW, AND MEAL).
A deposit will be required upon signing.
Full payment is required my March 25/11.



TRIPLE D TOURS has out-of-town trips planned. Brochures are available. The re-scheduled **Coeur d'Alene Casino** resort trip will be going March 20-23, 2011 for 4 days and 3 nights leaving from Lethbridge. **COST: \$259.00.**
Spokane Getaway: April 15th - 17th, 2011.

Next Fall - watch for **Deadwood South Dakota/Mt. Rushmore** trip.



NOTE: Please sign up at the front desk if you are going on these tours because we receive a commission.



High blood pressure is a ticking timebomb.

Also known as hypertension, high blood pressure is one of the main risk factors for heart disease, and nearly one-quarter of all Canadians live with it. Sadly, many don't find out they have it until they suffer a stroke, heart attack or one of the many other conditions related to hypertension. We want to change that.

Join us for a **FREE** Blood Pressure Screening on February 16 & 17, 2011

from 10:00 a.m. to 4:00 p.m.

Call (403) 381-0700 to book your appointment today.

\$7⁹⁹ reg. \$11⁹⁹

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Bridget A. Pastoor, MLA
Lethbridge East



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



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Greg Weadick, MLA
LETHBRIDGE WEST



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
2011 AGM & BOARD ELECTION
Wednesday, March 2, 2011, 9:30 a.m.
Nominations Notice for Board
& Executive Positions

At the Association's upcoming Annual General Meeting, scheduled for **March 2, 2011, 9:30 am**, the membership of Nord-Bridge will be asked to elect a new Executive. This occurs annually.

In addition, at least 3 Board members will be elected at this years AGM. (More could be elected should any of the current Directors with remaining term of office choose to not complete their full term.)

By-laws relating to Nord-Bridge's annual elections state:

Executive Nominees - Excepting for the Past President, all Executive Officer positions are elected annually, for a 1 year term. To qualify for Executive positions, members must have served on the most recent Board, and have been a Director for a period of at least one year. (see *By-Law Items 7.2 and 7.2.3). in the Library.*)

Board Nominees - must be members in "good standing". No length of membership is specified. (*per By-Law Item 7.1.4.*)

To read more about our elections, see the By-Laws available within the Library or at the Front Desk.

If you are interested in serving on the Board or Executive, please complete a "Nomination Form" available at the Front Desk. **Nominations close Monday, February 7, 2011 at 4:30 pm.** Questions can be directed to Nominations Chair Dan Deringer.



NORD-BRIDGE
SENIORS CENTRE



IN-HOUSE BINGO
Friday Afternoon

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

Pay Outs & the number of regular players continue to grow !!

Transportation is available for members; \$2.50 each way. Phone Front Desk at least one day ahead at 329-3222 to confirm.

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- will work diligently for Seniors' programs and care.
- will be readily available to address Seniors' concerns to Council.
- will be your advocate for Senior Tax relief.

Please support me on February 1st

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geo.mccrea@gmail.com

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Nord-Bridge & Lethbridge Senior Citizens Organization Present

"Old West" Favourites (2)

A Music and Comedy Revue

**Starring ...Erica Hunt...Scott Carpenter...
Arlene Eedster... Felly Roberts... Jordana Fohn*...
Andre Eoyer and Jeff Carlson.**



Photo courtesy of the Lethbridge Herald *Appears courtesy of Canadian Actors Equity Association

Yates Theatre

Three Performances Only

Friday, February 25, 20 11 - Evening 8 p.m.
Saturday, February 26, 20 11 - Matinee 2 p.m.
Saturday, February 26, 20 11 - Evening 8 p.m.

Evening performances \$35

Matinee \$30

Tickets available at the Ticket Centre or Call 403-329-SEAT (7328)
Proceeds to go to Nord-Bridge Seniors & Lethbridge Senior Citizens Organization