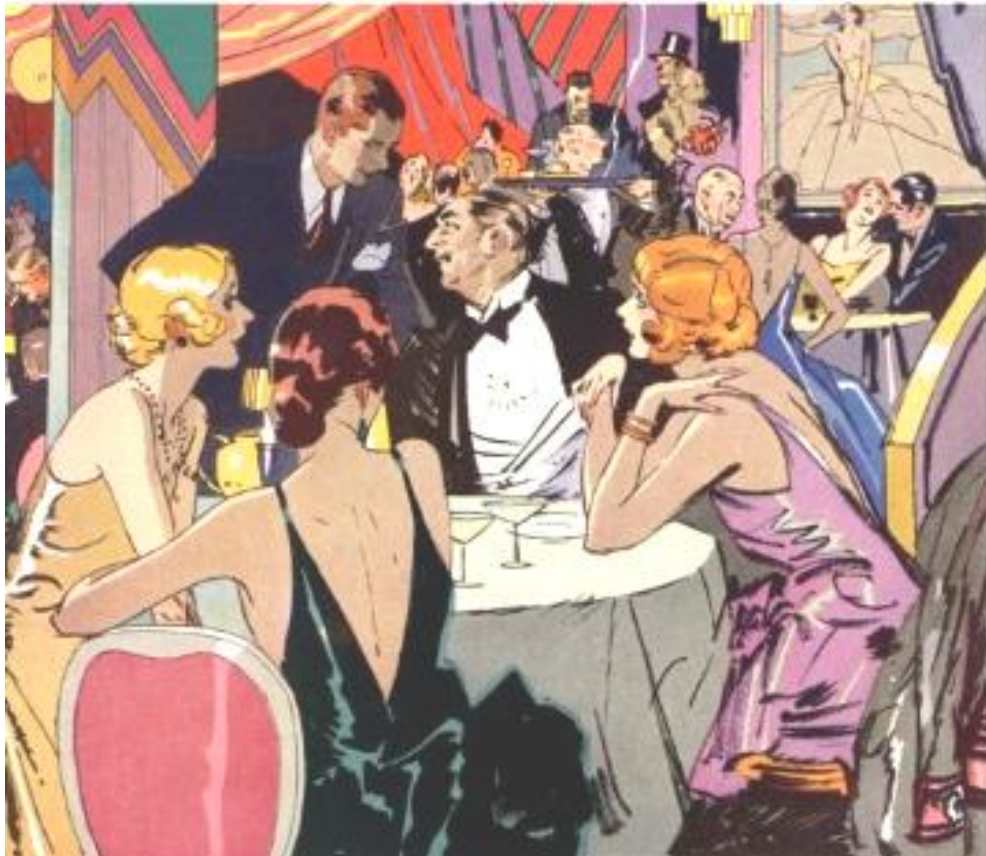


NORD-BRIDGE SENIORS

NEWSLETTER

January 2013



HAPPY NEW YEAR!

“The Friendly Centre”

Telephone 403-329-3222

Fax 403-329-8824

1904—13th Ave. North

Lethbridge, Alberta T1H 4W9

Open Monday to Friday - 8:30 a.m. to 4:30 p.m.

**2012-2013
NORD-BRIDGE SENIORS
EXECUTIVE**

President	Jim Hahn
Vice-President	Pat Santa
Treasurer	Roberta Svennes
Secretary	Vacant
Past-President	Harry Fischer

BOARD OF DIRECTORS

<u>FIRST YEAR</u>	<u>SECOND YEAR</u>	<u>THIRD YEAR</u>
Vacant	Eva Deringer	Gordon Kometz
Bob Bunn	Paul White	Elaine Molyneux
Rodney Foster	Vacant	Donna Takeda

ADMINISTRATIVE STAFF

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
Director of Programming	David Ng
Reception Supervisor	Valerie Arkininstall
Reception Assistant	Heather Belle
Rentals	Kathleen Filkowski / Shirley Trefan
Cook II	Sally Reyna
Cook II	Alina Lewandowska
DR Cashier/Kitchen Asst.	Gail Krysak
Janitorial	Marco & Carla Escobar

ON-SITE PARTNER PROGRAMS & SERVICES

Alberta Health	Call Centre	1-877-644-9992
FSNA	Allyn Mills	403-328-0801
Chinook Lifecare Assoc.	Paula / Jane-Anne	403-330-1170
Leth. Community Network	Jim Campbell	403-317-7799

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

(* indicates individual on Board responsible for Program Area)

ADMIN. PROGRAMS

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

CARDS & BOARD GAMES

Contract Bridge	Rodney Foster*, Board Rep
Crib	Kathy Ludwig
Euchre	Mike Bennett, Vi Segouin
Military Whist	Rodney Foster
Trump Whist	Ruth Balogh
Norwegian Whist	Marilyn Saunders, Pat Veres
Scrabble	Vi Segouin
Texas Hold'em	Sheila Brust
EDUCATION	Butch Olsen
Oil Painting	Elaine Molyneux*, Board Rep
Paper Toile	Yosh Hattori
Wood Carving	Hazel Harvie
Watercolor	Don Johnson
Drawing	Glenice Caffyn
Watercolor Club	Glenice Caffyn
Krafters Koffee Klub	Sandy Baceda, Bea Crawford
Quilters Group	Jo-Ann Adams
	Marilyn Martens

Nord-Bridge Card Crafters
Genealogy
Computer Training
Library
Mind Joggers

FUNDRAISING

GAMING
Casino Coordinator
In-House Bingo Coordinators

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 A.M./P.M.
Handbells

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
AFFILIATIONS
ACA Representative
Alberta 55 Plus
Economic Development Leth.
Health Education Presentations
Lethbridge Seniors Forum
N-B Income Tax Program
SASCC (Srs. Centre Coalition)

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

Pat Kincade
Lethbridge Family History Centre
Lethbridge Community Network
Pauline Rapson
Judy Knox, Jack Simmons,
Ted Sillito

Pat Santa*, Board Rep
Harry Fischer*, Board Rep
Mike Bennett
Shirley Cavanaugh & Frances Wallace

Helen Gepneris, Blaine Hyggen
Bonnie Hammond
Leonard Hutchinson

Paul White*, Board Rep

Lorelei Waters-Huss
Lynn Hunter-Johnston
Theresa Spencer/Kathy Gill
T. J. Dunn
Jeannie Williamson
Jim Scott (Volunteer Trainer)
Donna Takeda*, Board Rep
Valerie Arkininstall
Lydia Prokop/Kathleen Boschman
Valerie Arkininstall
Mary Potvin

Eva Deringer*, Board Rep

Eva Deringer
Doug Youngren
Barbara Stewart
Eva Deringer
Karen Hooper
Sandy Nowell
Della Howg
Lucy Graham

Vacant*, Board Rep

Clay Olsen
Norene Irwin, Woody Neely
Ken Bobinec
Eileen Sawatsky
Janet Bobinec, Alice Strickland
Harry Fischer
Steve King
Clay Olsen
Jerry Mikusek, Dave Bergen
Dan Deringer

Bob Bunn*, Board Rep

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

Jim Hahn*, Board Rep

Clay Olsen, Harry Fischer
(Structure Under Review)
Vacant*, Board Rep
Harry Fischer, Mike Bennett
Mike Bennett, Clay Olsen
Two year terms appointed by City
David Ng (and Alberta Health Svc)
David Ng
David Ng, Sheila Brust, Allyn Mills
Jim Hahn, Roberta Svennes,
Harry Fischer, Randy Smith
Randy Smith
Clay Olsen, Delores Bourk
Harry Fischer

View our Website

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

PRESIDENT'S REPORT

Happy New Year! 2012 was a great year at Nord-Bridge Centre. On the membership side we saw our membership climb to 1,289, just short of our goal of 1,300. We are averaging (registered) 210 visits to our Centre each day. However, this number does not capture all of our guests, especially those who use the Center outside of our regular hours for rentals and programming. On the financial side – we are keeping our head just above water while we continue our quest for finding a solution to our continuing core funding problem. Hopefully, 2013 will bring results!

Nord-Bridge was instrumental in the formation of the provincial organization "Alberta Association of Senior Centres". In December, Randy attended their first Strategic Planning Session. Not surprising, the number one issue facing all centres in Alberta is the issue of core funding. So - we are not alone. This issue needs to be addressed by the Province, and soon. Talk to your elected representatives, they are aware of our problem.

Nord-Bridge Centre has just been notified that our FCSS funding for 2013 has been cut by \$10,000 from last year. This funding cut is difficult to accept when our membership is growing and demanding more services. Every morning, afternoon and evening (except the occasional Wednesday evening) Nord-Bridge Centre is booked for programming. We are told that eligibility rules exclude some of our programming. The question then becomes – which programs do we cut? Or, do we seek eligibility rule changes in order to qualify FCSS funds? I am looking forward to not only the challenges but the continued support and growth of our "Friendly Centre"!

Remember – Keep Active and Stay Connected!

Sincerely, *Jim Hahn, President*



*Barb Githmark
Charles Wakelen
Betty Walstra
Sharon Halcro
Henry Gretzinger
Lesley Villeneuve*

*Stella Whitt
Don White
Murielle Nikles
Les Marles
Alice Sibbet
Erika Miller*

*We hope you
enjoy your
association with
"the Friendly
Centre"*

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.
----------------------------	----------------	-----------

Annually

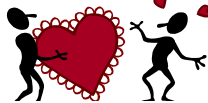
Annual General Meeting	First Tuesday of April	9:00 a.m.
------------------------	------------------------	-----------

SHUTTLE MAX.ca

**DOOR to DOOR
LETHBRIDGE - CALGARY**

403-715-7939

Valentine's Luncheon Friday, February 8th



Limited seating. Don't be disappointed.
Get your ticket early. Tickets are \$10.00 each and will be available January 8, 2013 at the Reception Desk.

Everyday Solutions

sales • service • rentals

If daily tasks are becoming a challenge, talk to 'the home medical equipment specialists'. We can show you hundreds of ways to increase your independence and help make life simpler again.

**PLEASE NOTE OUR
NEW ADDRESS**

www.medichair.com

MEDichair®

the home medical equipment specialists

#102, 2527 Fairway Road South, Lethbridge (403) 320-1488 or 1-800-561-7749





appletalks

Join the conversation in our new series of community talks on health topics. Our series begins with the discussions about dementia, in recognition of Alzheimer Awareness Month.

**Tuesday, Jan. 22, 2013
at 10:30 a.m.**

TOPIC: Health services supports for individuals with dementia
GUEST SPEAKERS: Collin Ziebler, Jay Barton & Jackie Poncelet of AHS South Zone
LOCATION: Nord-Bridge Seniors Centre, 1904-13 Avenue N, Lethbridge

**Wednesday, Jan. 23
at 10:30 a.m.**

TOPIC: Treatments of Alzheimer dementia: are we making progress?
GUEST SPEAKER: Dr. Roland Ikuta, Senior Medical Director, Seniors Health, AHS South Zone
LOCATION: Lethbridge Senior Citizens Organization, Room A, 500-11 Street S, Lethbridge

**Wednesday, Jan. 30
at 10:30 a.m.**

TOPIC: Living with Dementia: Supporting the person while encouraging independence
GUEST SPEAKERS: Pam Janzen & Tanya Howe, daughter and partner in care
LOCATION: Lethbridge Senior Citizens Organization, Room A, 500-11 Street S, Lethbridge

All talks are free; refreshments will be served.

BROUGHT TO YOU BY:



For more information, visit applemag.ca/appletalks

EXECUTIVE DIRECTOR'S REPORT

Greetings Members;

I am writing this article at the conclusion of a significant year in the history and accomplishments for your Association. As I reflect upon 2012, **some** of the memorable highlights include:



- We have had a net member increase of 1.5% for the year. We ended 2012 with 1,289 members. This includes over 200 new members who joined throughout 2012. Unfortunately, we lost 61 good friends, through death.
- Attendance at your Centre totaled 51,721 "signed-in" visits. This does not include members or guests who forgot to register, or those who entered via the South West (Rear) Entrance, and failed to attend the book at the Front Desk. It also does not include individuals who attend weekly N-B evening programs in the Multi-Purpose or Community Rooms; or the thousands who attend weddings, community events, and other rentals within our Centre.
- We offered a variety of preventative, recreational, leisure, and socialization programs within Nord-Bridge over the year. These activities help maintain well-being and reduce senior isolation. Sixty-three (63) programs were offered during the period Jan—June; sixty-four (64) during Sept—Dec.
- Sixty-nine (69) day trip travel programs highlighted 2012.
- Our Outreach program held 9 major events, total attendance was 870, a decrease of 25% from 2011. However, the decrease can be explained by bad winter weather during two events, 9 events in 2012 rather than 10 events in 2011, and the closure of the Carmangay Centre.
- We organized numerous, very successful fundraising events.
- And, we successfully bid to co-host the 2013 Alberta Seniors Services "Grey Matters" Conference.



I am now privileged to take a holiday break to DISNEYLAND with my entire family. I hope all of you will get to spend time with your loved ones over the holidays.

Happy New Year to all of you! I wish you all the best for 2013 and look forward to another busy year working with and for you.

Respectfully, Randy Smith

EVERY WEDNESDAY - ROLL & STROLL



Start the New Year with an enjoyable, regular exercise routine. Each Wednesday, rain or snow or shine, our bus will drive you to a walking excursion. Weather permitting, the walk will be outside. In bad weather, we'll go to the Park Place Mall or Walmart to walk inside. The cost is just \$4.00.

ROOST 2 ROOST Ltd.

When it's time to move on, we'll help you clear out your old nest, and feather your new one!"



Call us for your complimentary, in-home consultation. Don't stay stuck because you don't know where to start.

We can help!

Janice Ross 403.330.4482
Wendy Gillett 403.388.4122

PREPLANNING

insures that your WISHES ARE HEARD,

COSTS ARE LOCKED IN

at today's prices when prepaid,

and your family is NOT LEFT CONCERNED

OR WONDERING.



Martin Brothers
Funeral Chapels Ltd.

*People you know, Friends you trust.
Martin Brothers since 1907.*

Call **403-328-2361** www.mbfunerals.com

610 - 4 Street South, Lethbridge, AB T1J 4P3

LEARN More: Signs & Symptoms of Elder Abuse

Elder Abuse has a serious effect on victims, their friends and families. Not only that, the effects reach even farther to the community agencies that provide services to victims, police officers that respond and health care systems that provide care. Community impact is great. However, with early intervention, education and prevention, not only will the severity and number of cases of elder abuse decrease, by extension, so will the impact on community resources. Key to early intervention is early identification. Here are some signs and symptoms that may be exhibited by an abused older adult:

- Unexplained injuries and/or bruising
- Unusual changes in behaviour, personality or demeanor
- Fear of certain people or potential events
- Unpaid bills, older adult is unable to afford items, even though income should be sufficient
- Sudden change in lifestyle or living arrangements
- Emotional distress and/or depression
- Social or physical isolation
- Lack of appropriate medical care or medication.
- Poor hygiene

Many of these signs are symptoms can also indicate other illnesses or problems in an older adult's life, and their presence may not always indicate that abuse is occurring. Recognizing Elder Abuse is not simple, and there are assessment tools used by professionals to determine abuse risk level and to determine if a person is being abused. By being able to recognize possible signs of abuse, older adults are better equipped to notice when something may be affecting a family member or friend, the first step in recognizing abuse. If that information is reported a professional assessment can occur and early intervention can begin.

If you notice any of these signs and symptoms in an older person, I encourage you to contact the Lethbridge Elder Abuse Response Network.

Jennifer Payne, LEARN Coordinator
 403-394-0306 learn@lethseniors.com
 Meeting Room E, 2nd Floor, LSCO
 Mon to Fri 8am – 4pm

HOSACK DENTURE CLINIC LTD.

Formerly Dietrich Denture Clinic



Allen N. Hosack, DD
Denture Specialist

- Equilibrated Dentures
- Quality Custom Precision Dentures
- Partial & Implant Dentures
- Relines & Repairs

Improving southern Albertans' smiles for 2 Generations

403-327-7244



1-877-467-2251 TOLL FREE



604—6th Street South, Lethbridge, AB

What is the best kept secret in Lethbridge?

Retirement Living at it's Best



THE
Gardens

Did you know that we have:

1. Full kitchens with full sized appliances in each suite?
2. A balcony with every suite?
3. A washer and dryer hookup in each suite?
4. Underground parking?
5. Just a short walk for groceries and over 30 shops and services?

*The secret is out so call or drop in for
a friendly no pressure tour.
You are always welcome at "The Gardens"*

2641 Garry Drive West, Lethbridge
403-317-3024

www.TheGardensAtWestHighlands.com



L.A. SHUTTLE

**Express Passenger Service
Between Lethbridge and Calgary**

**Bookings Call: 380-2015
In Calgary Call: 681-4038**

**Airport Service,
Medical Appointments
Residential Drop off and Pick up**

LUNCH WITH CITY REPRESENTATIVES



**Tues.
Jan.
8th**

**Alderman
Ryan Parker**



**Fri.
Jan.
11th**

**Alderman
Bridget Mearns**



**Fri.
Jan.
18th**

**Alderman
Jeff Coffman**

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

Programmer's Report by David Ng

Happy New Year to everyone! I trust everyone had a great holiday and enjoyed time with family and friends. I enjoyed Christmas with my kids and family. It is truly amazing to see the magical look in your kids eyes when they see what Santa brought them on Christmas morning.

I would like to highlight our daily card programs. We play a different type of cards every afternoon! Be sure to check all of them out as we have a card game for almost everyone. From Whist, Euchre, Bridge, and Crib to Texas Hold'em.

Most of our registered programs are almost full for the Winter Session. If you are interested in any of these classes please be sure to stop by the front desk to register.

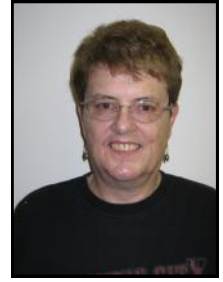
January is a great time to come and check out our Fitness 55 Room. Every Wednesday from 9:00 am - noon Jim Scott (Personal Trainer) will be available to orientate new members to fitness equipment and exercise safety.

Unfortunately we are unable to offer you the "first Wednesday breakfast buffet" in January. Due to the way the holidays fell this year, the logistics of offering the buffet presented too many inefficiencies with food and staffing. However, we will offer it again on February 6th and in each subsequent month.

I hope many of you will attend the "Apple Talks" presentation "**Health Services Supports for Individuals with Dementia**" on **January 22, at 10:30 a.m. in our Dunford Diner Annex.** January is Alzheimer Awareness month. It would be good for all of us to learn more about this health issue that affects seniors. See the "Apple Talks" ad on Page 4 of this Newsletter for more information about this presentation and two others that will be presented on January 23 and January 30 at the L.S.C.O.

David

FROM THE DESK OF VAL



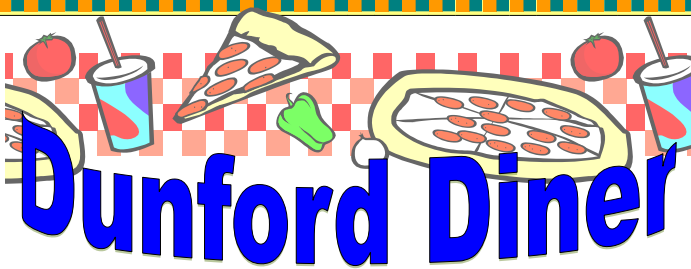
With the festive season behind us we now welcome a brand **NEW YEAR—2013.** Last year brought a major lifestyle change to my family when in February my Mom decided to move into a lodge. She felt that being closer to others during the days and regular prepared meals would be beneficial to her health and wellbeing. Her very responsible and logical decision was also good for me as it makes me feel so much better knowing that she is in good hands and help is always near by should she need it. Now Mom is enjoying better health and enjoying life more than before.

Here, at the Centre the year was amazing, awesome and **BUSY!** In June I welcomed a new, very helpful and senior friendly assistant, Heather Belle who helps me in so many ways. I also continued to work with many **dedicated VOLUNTEERS.** Thanks to everyone for your much needed help.

The travel program went well thanks to all my great drivers. We miss driver Linda Liptak who moved to Red Deer so that means we just have to **RECRUIT NEW DRIVERS in 2013.**

Our Outreach Committee also deserves a BIG **THANK YOU.** Our bake sale held recently was a **HUGE SUCCESS AND TOPS ALL PAST YEARS** totalling \$2,625, including donations. The Committee works really hard for each event and at various annual fundraisers. Thanks to the members who took time to call the membership reminding them to bake and to come and buy. A little phone call really helps. For all those who gave donations, **THANK YOU** for supporting this very worthwhile program.

Valerie



Friday Lunch Specials \$6.00

Fish & Chips with Coleslaw
...plus...

- Jan. 4 Veal Cutlet, Mashed Potatoes & Veggies
- Jan. 11 Hot Beef Sandwich, Mashed Potatoes & Veggies
- Jan. 18 Chicken Parmesan, Roasted Potatoes & Salad
- Jan. 25 Chicken & Ribs, Rice & Fruit Cocktail



NEXT
All You Can Eat
Breakfast Buffet
Wed., Feb. 6th
\$6.00



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.

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

Stan Kosolofski \$210.00 Dec. 3
Kathy Machacek \$59.50 Dec. 9

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!



DECEMBER WINNER...
Shirley Cavanaugh \$175.00
Next Draw January 24, 2013

SOUND SYSTEM DRAW

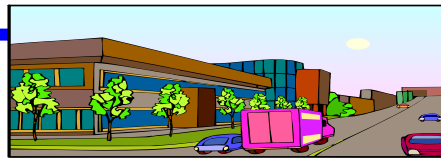
Proceeds of Monday Jam draws are earmarked to assist with sound system and AV costs in the building.



50/50 WINNERS

Thanks Jammers, Volunteers and Patrons. Thanks also to Helen Gepneris & Blaine Hyggen for selling tickets for weekly Jam draws.

- | | | |
|---------|---------------------|--------------------|
| Dec. 5 | Doreen Jurgens \$50 | Jill Stewart \$50 |
| Dec. 10 | Rob Randa \$51 | Floyd Sillato \$51 |
| Dec. 17 | Anne Watson \$54 | Mike Bennett \$54 |
| Dec. 27 | Iva Thiessen \$60 | |



NORD-BRIDGE BUILDING FUND

RECENT INDIVIDUAL, GROUP & CORPORATE DONORS

MINDJOGGERS \$200.00

- | | |
|--|------------------------------|
| BETTY COWAN \$ 60 | DONNA FARKAS \$100 |
| PATRICIA VON CHORUS \$50 | ANDREW ALM \$1,200 |
| ALAN & ROBERTA KIMBER \$100 | FLORENCE ZIMMER \$100 |
| Y. & S. TOMIYAMA \$100 | CLARA BLUST \$100 |

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2012
Through Dec. 28, 2012: **\$ 19,056**



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	78%

Total Contributions to our

Building Fund 1998 through Dec. 2012 \$ 1,952,416
Still needed by N-B Fundraising \$ 547,584

HOUSE CLEANING

- Experienced and Reliable
- \$40 per Hour for Two Cleaners
- One Hour Minimum

We are accepting new clients. For enquiries please call:

Lori 403-328-3081
Arlene 403-795-6059



DARTS NEWS by Ken Bobinec, Convener

I hope everyone had a Merry Christmas and a Happy New Year!

On November 28 the qualifying playoffs for the Zone 1, 2013 Provincial Winter Games were held. The results: **MEN'S 55+:** GOLD - Gary Pelland; SILVER - Bill McTighe; **MEN'S 70+:** GOLD - Glen Barry; SILVER - Ken Bobinec.

WOMEN'S 55+: GOLD - Dianne Pelland; SILVER - Bernice Carrier.

WOMEN'S 70+: GOLD - Iva Thiessen; SILVER - Janet Bobinec; BRONZE - Alice Strickland. The In-house tournament for **DOUBLES** was held in December and the winners are: GOLD - Eva Deringer & Bill McTighe; SILVER - Verna Penner & Ken Bobinec; BRONZE - Iva Thiessen & Alice Strickland.

I hope to see everyone at "DARTS" in the new year!





January 2013



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>NEW YEAR'S DAY JANUARY 1</p> <p>CENTRE CLOSED</p> <p>2013</p>	<p>2</p> <p>9:30 Carpet Bowling 10:00 Roll & Stroll 1:00 Darts/Euchre</p>	<p>3</p> <p>10:00 Floor Curling 1:00 Trump Whist 1:00 Woodcarving 7:00 Table Tennis</p>	<p>4</p> <p>9:30 Carpet Bowling 1:00 In-House Bingo 1:00 Bridge 1:15 Crib</p>
<p>7</p> <p>10:00 Floor Curling 10:00 Jammers 1:00 Bridge 1:30 Military Whist</p>	<p>8</p> <p>9:00 Shuffleboard 10:00 Music Makers 10:15 Keep Fit Aerobic 1:00 Texas Hold'em 1:00 Norwegian Whist 1:30 SCRABBLE 7:00 Social Line Dance</p>	<p>9 8:30 Dr. Bolokoski FOOT CARE By appointment</p> <p>9:30 Carpet Bowling 10:00 Paper Tole 10:00 Roll & Stroll 1:00 Darts/Euchre 1:00 Krafters/Quilting 3:00 ADVANTAGE HEARING By appointment</p>	<p>10</p> <p>9:00 Card Crafters 9:30 Mind Joggers 10:00 Floor Curling 1:00 Trump Whist 1:00 Woodcarving 1:30 Keep Fit Str. & Flex 5:20 Zumba 7:00 Table Tennis</p>	<p>11</p> <p>9:00 LEGAL CONSULTATIONS By appointment</p> <p>9:30 Carpet Bowling 10:30 Paper Tole 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 Jammers 1:00 Bridge 1:30 Military Whist 1:30 Hand Bells 3:00 Fitball</p>	<p>15</p> <p>9:00 Shuffleboard 10:00 Music Makers 10:00 & 11:00 Clogging 10:15 Keep Fit Aerobic 10:45 WINNERS BINGO 1:00 Texas Hold'em 1:00 Norwegian Whist 1:30 SCRABBLE 3:00 Arthritis Exercise 7:00 Social Line Dance</p>	<p>16</p> <p>8:20 Yoga 9:30 Carpet Bowling 10:00 Paper Tole 10:00 Roll & Stroll 10:45 WINNERS BINGO 11:30 Line Dancing 1:00 Darts/Euchre 1:00 Krafters/Quilting 3:00 Fitball</p>	<p>17</p> <p>9:00 & 1:00 Oil Painting 9:00 Card Crafters 9:30 Mind Joggers 10:00 Floor Curling 1:00 Trump Whist 1:00 Woodcarving 1:30 Keep Fit Str. & Flex 5:20 Zumba 7:00 Table Tennis</p>	<p>18</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>21</p> <p>9:00 Yoga 10:00 Floor Curling 10:00 Jammers 1:00 Bridge 1:30 Outreach <i>New Beginnings!</i> 1:30 Military Whist 1:30 Hand Bells</p>	<p>22</p> <p>9:00 Shuffleboard 10:00 Music Makers 10:00 & 11:00 Clogging 10:15 Keep Fit Aerobic 10:45 WINNERS BINGO 1:00 Texas Hold'em 1:00 Norwegian Whist 1:30 SCRABBLE 3:00 Arthritis Exercise 7:00 Social Line Dance</p>	<p>23</p> <p>8:20 Yoga 9:30 Carpet Bowling 10:00 Elder Abuse Help 10:00 Paper Tole 10:00 Roll & Stroll 10:45 WINNERS BINGO 11:30 Line Dancing 1:00 Darts/Euchre 1:00 Krafters/Quilting 3:00 Fitball</p>	<p>24</p> <p>9:00 & 1:00 Oil Painting 9:00 Card Crafters 9:30 Mind Joggers 10:00 Floor Curling 1:00 Trump Whist 1:00 Woodcarving 1:30 Keep Fit Str. & Flex 5:20 Zumba 7:00 Table Tennis</p>	<p>25</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>28</p> <p>9:00 Yoga 10:00 Floor Curling 10:00 Jammers 1:00 Bridge 1:30 Military Whist 1:30 Hand Bells 3:00 Fitball</p> 	<p>29</p> <p>9:00 Shuffleboard 10:00 Music Makers 10:00 & 11:00 Clogging 10:15 Keep Fit 10:45 WINNERS BINGO 1:00 Texas Hold'em 1:00 Norwegian Whist 1:15 Tai Chi Tune Up 1:30 SCRABBLE 7:00 Social Line Dance</p>	<p>30</p> <p>8:20 Yoga 9:30 Carpet Bowling 10:00 Paper Tole 10:00 Roll & Stroll 10:45 WINNERS BINGO 11:30 Line Dancing 1:00 Darts/Euchre 1:00 Krafters/Quilting 3:00 Fitball</p>	<p>31</p> <p>9:00 & 1:00 Oil Painting 9:00 Card Crafters 9:30 Mind Joggers 10:00 Floor Curling 1:00 Trump Whist 1:00 Woodcarving 1:30 Keep Fit Str. & Flex 5:20 Zumba 7:00 Table Tennis</p>	<p>SCRABBLE ANSWERS</p> <table border="0"> <tr> <td>Dame</td> <td>Made</td> </tr> <tr> <td>Dare</td> <td>Mare</td> </tr> <tr> <td>Dear</td> <td>Mead</td> </tr> <tr> <td>Derm</td> <td>Read</td> </tr> <tr> <td>Dram</td> <td>Ream</td> </tr> </table>	Dame	Made	Dare	Mare	Dear	Mead	Derm	Read	Dram	Ream
Dame	Made													
Dare	Mare													
Dear	Mead													
Derm	Read													
Dram	Ream													

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 Lethbridge Transit "Breeze Card".

- JENNIFER PAYNE, ELDER ABUSE - 4TH THURS. OF EACH MONTH AT 10
- FRIENDLY SHOPPERS PROGRAM - FIRST TUESDAY OF EACH MONTH (CALL Val at 403-329-3222 TO ARRANGE)
- NEW YEAR'S DAY 2013 - TUES. JAN. 1 CENTRE CLOSED
- YATES THEATER "TIDINGS" -THURS., JAN. 3
- ADVANTAGE HEARING - WED., JAN. 9 (by appointment)
- DR. BOLOKOSKI FOOT CARE - WED., JAN. 9 (by appointment)

- COFFEE WITH A CONSTABLE - WED., JAN. 9, 10 a.m.
- LOCAL "LUNCH & MOVIE MILL" -THURS., JAN. 10
- FREE LEGAL CONSULTATIONS - FRI., JAN. 11 (by appointment)
- LOCAL CASINO TRIP - TUES., JAN. 15
- OUTREACH - MON., JAN. 21 "NEW BEGINNINGS" 1:30 p.m.
- "APPLE TALKS' ALZHEIMER SUPPORTS PRESENTATION—TUES., JAN. 22 IN THE DUNFORD DINER ANNEX. FREE SNACKS AND COFFEE
- WINNERS BINGO - JANUARY 15, 16, 22, 23, 29, 30



WINNERS



A Whole New Experience!

CUSTOMER APPRECIATION
Wednesday
Afternoon
January 16

BIRTHDAY BASH
Monday Evening
January 28

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 Crowsnest Trail

Lethbridge Denture Clinic

Putting that sparkle back in your smile.



www.lethbridgetdentureclinic.com

#2, 1718 - 3 Ave. South, Lethbridge T1J 0Y9 403-381-4142



Free Initial Legal Consultation Wills...Estate Planning...
and other matters as you may require.

Nord-Bridge offers this service through

**HUCKVALE WILDE HARVIE
MACLENNAN**

Upcoming FREE consultation dates at Nord-Bridge: Fridays, Jan. 11 & Feb. 8
between the hours of 9:00 a.m. & 11:30 a.m.

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

EUCHRE

Rodney Foster, Convener

What a great Christmas and New Year's Eve. Now, to start on your New Year's resolutions: 1. Lose some holiday weight. 2. Volunteer some time at Nord-Bridge. 3. Learn how to play Euchre. Just a few ideas or your can make up some of your own. We meet for Euchre on Wednesdays at 1 o'clock; come on out and meet some really nice people. Stay for coffee or tea and conversation after cards. We hope to meet you soon!



P.S. Remember the year on your cheques is "2013".
P.S.S. Remember to smile, we are the "Friendly" Centre

Rodney Foster

Did You Know?

Up to 1600 older adults in Lethbridge are victims of Elder Abuse.

LEARN can help.

LEARN is an acronym for....

Lethbridge Elder Abuse Response Network
403-394-0306 learn@lethseniors.com

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.

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

The Medicine Shoppe **403-381-0700**
 Monday - Friday: 9:00 a.m. - 5:30 p.m.
 Saturday: 9:00 a.m. - 1:00 p.m.
 PHARMACY

winter DEEP FREEZE SALE



59¢

Rexall Brand
 Facial Tissue 3-ply • 90's

Offer expires 31/01/13. Limit 2 per family. While supplies last.



\$1.29

Fisherman's Friend
 Cough Lozenges Assorted • 22's

Offer expires 31/01/13. Limit 2 per family. While supplies last.



\$3.99

Rexall Brand
 Vitamin D Tablets
 1000 IU • 100's

Offer expires 31/01/13. Limit 2 per family. While supplies last.



\$4.99

Rexall Brand
 Ibuprofen Gel Capsules 200 mg • 72's

Offer expires 31/01/13. Limit 2 per family. 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.



NORD-BRIDGE 2012 AGM & BOARD ELECTION **Wednesday, March 6, 2013, 9:30 a.m.** **Nominations Notice for Board** **& Executive Positions**

At the Association's upcoming Annual General Meeting, scheduled for **March 6, 2013, 9:30 am**, the membership of Nord-Bridge will be asked to elect a new Executive. This occurs annually.

In addition, at least 5 Board members will be elected at this year's AGM. (Two [2] of the five [5] Directors will be elected to fill current vacancies on the Board)

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" to be available at the Front Desk by **January 18, 2013 at 4:30 p.m.** **Nominations close Friday, February 15, 2013 at 4:30 pm.** Questions can be directed to Nominations Chair, Harry Fischer

ADVANTAGE **HEARING CENTRE**

406-6th St. South Lethbridge, Alberta

Nord-Bridge Complimentary **Hearing Evaluations**

We will offer Complimentary
Hearing Evaluations at
Nord-Bridge the First
Wednesday of every month!

Book your appointment
at the front desk!

403-320-5051



Brad Lindsay, BC-HIS
 Registered Hearing Aid Practitioner

OUTREACH REPORT by Mary Patvin

Our December social was very well attended by 110 guests. Entertainment was provided by the Nord-Bridge "Music Makers" and our Nord-Bridge "Hand Bells" group; and, special guests Mr. & Mrs. Santa Claus. We awarded the "12 Days of Christmas" prizes as well as a gingerbread Christmas tree donated by Diane Smith and a lovely white poinsettia donated by Bud & Cheryl Hodgson. The Christmas Centerpiece Raffle was won by Rob Randa and Irene Jones. A big "Thank You" to everyone who bought tickets. We made \$99.50 which we'll put to good use. Very special thanks is extended to our 19 volunteers who work so hard during every one of our functions. They are the people who set up the tables and chairs, greet our guests, prepare the lunch treats, serve and clean-up. It's a big job and their work is critical to our program.



In expressing our Christmas spirit, the Outreach Committee donated money and a decorated Christmas tree to a deserving family through the Interfaith Food Bank.

Join us at our next event, "New Beginnings", on **Monday, January 21**, at 1:30 p.m. Entertainment will be provided by **Jill Melody**. See you there!

GET WELL WISHES WENT OUT TO...

.....Sandy Fischer (detached retina), Maxine Sheen, Jean Geiger, Pat Westcott (toe surgery) and Andy Alm. Maxine had a bad head first fall, and Andy has a medication problem. Our visiting angel, Lydia, said that both are doing well so we hope they will be home by the start of the new year. Juliette Terleski is doing well in the St. Michael's parap program.



CONDOLENCES WENT OUT TO...

...the Enander family - loss of Ken who passed away suddenly with apparent heart attack; the family of Pearl Graveland a new member; and the Kinsey family on the loss of Roy.



Our thoughts go out to all who have lost a loved one. Try to include these individuals in your daily activities.

MIND JOGGERS – Judith A. Knox

Our program resumes on Jan. 10th minus a few members who are enjoying the sun south of the border. They will return with the spring thaw. Lucky Canucks! We would like to welcome the new members of Nord-Bridge. Please accept our offer to come to the Craft Room, to listen to talented people present their feelings through poems and stories. The Mind Joggers wish all our fellow members a year filled with lots of fun which Nord-Bridge offers.

The "Mind Joggers" writing group meets weekly in our Craft Room on Thursdays at 9:30 a.m. This friendly drop-in program will offer encouragement and support so that you can start writing about your memories.

Notice to Members



Annual General Meeting Wednesday, March 6, 2013 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.

Lethbridge HEARING CENTRE

Lethbridge's
Trusted Source For
Hearing Solutions

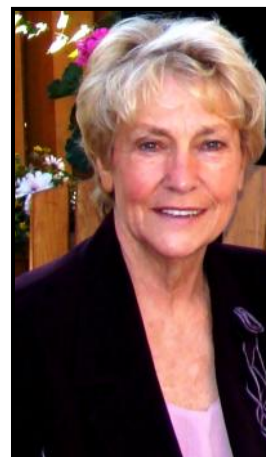
- Full hearing evaluations
- AADL, DVA, & WCB Vendor
- Digital hearing devices
- Repairs & Adjustments on all makes/models
- Listen Hear products

Candice Elliott-Boldt
BC-HIS,
Registered Hearing Aid Practitioner



NUEAR
Authorized Dealer

#120, 2037 Mayor Magrath Dr S.,
Lethbridge, AB
403 320 6000 T



Bridget A. Pastoor, MLA
Lethbridge East



Contact Bridget at:
2816 - 5th Avenue North
Lethbridge, AB T1H 0P1
Phone: 403-320-1011

Alberta Health – Seniors Services and Continuing Care Division

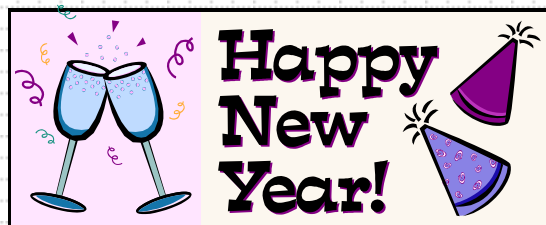
Effective immediately: Anyone seeking information on programs and services may help themselves to the printed materials on display in our office located within the Nord-Bridge Seniors Centre at 1904 - 13 Avenue North. You may also visit the government website www.health.alberta.ca. Alberta Health (management) has advised they will no longer provide walk-in service or appointments. **Direct all calls to the Alberta Supports Call Centre at 1-877-644-9992. All mail should be sent directly to, Alberta Health – Seniors Services, Box 3100, Station Main, Edmonton, AB T1J 4W3.**

SCRABBLE

How many four-letter words can you form from the word below? Use a letter in each word only as many times as you see it used here.

DREAM

Welcome to a new year, new hopes and new dreams from the Scrabble ladies. Join us for fun & laughs on Tuesdays, 1:30 p.m. in the Dunford Diner. Everyone welcome!



**Happy
New
Year!**



Sutton

Jo Ann & Allan Kelly
sutton group - lethbridge
1010 3rd Ave. South
403.320.6411

Selling or buying your home? Call today!

FLOOR CURLING by Alice & Janet

We enjoyed a really good tournament this year; ten teams participated. Here are the results:

GOLD

Clay Olsen
Butch Olsen
Nadine Taylor
Bill McTighe

SILVER

Ken Bobenic
Janet Bobenic
Ash Adams
Art Gilbert

BRONZE

Harold Moore
Len Hutchinson
Audrey Gillies
Floyd Irwin

Try something new for 2013. Everyone is welcome to come and play Floor Curling on Mondays and Thursdays at 10 a.m. It's fun and you meet new people.



Social Activities by Eva Deringer

A sold out luncheon on Dec. 14th was a very "Merry Christmas" event. A total of 144 diners and about 26 volunteers enjoyed a turkey feast, including black forest cake dessert. Yvonne Nelson played Christmas music on piano. President Jim Hahn and V.P. Pat Santa welcomed everyone and extended Season's Greetings. Guests bearing gifts included: MLA Greg Weadick (poinsettias); Alderman Bridget Mearns (boxed cookies courtesy of MLA Bridget Pastoor); and Dawn Vickers, Elder Abuse Rep. (calendars). Nord-Bridge provided four little potted Christmas trees and 4 other donated door prizes thanks to the efforts of Val Arkininstall. The program was lively and the turkey was served merrily by our volunteers and special guests. Our kitchen staff went over and above expectations, serving us a beautiful fresh dinner. Everything was juicy and delicious, and prepared with a special touch. Our 26 volunteers also worked hard to serve and clean up all the many, many, dishes, trays, utensils and more that a function like this requires. I sincerely thank every one of you for your hard work and commitment.

Happy New Year to All



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™

AAOL, WCB, NIHB and DVA vendor

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

Go Friendly Shuttle

TO CONFIRM OR CANCEL A PICK-UP, CALL 403-329-3222 at least one day prior. **BE READY and BE PATIENT.** If you are not ready when the bus arrives, you will have to find another ride to the Centre. The Driver will be unable to return due to his schedule. 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, January 15, 2013 LOCAL CASINO OUTING

Cost: \$8.00

Bus departs Centre at 10:00 a.m. SHARP!

Thursday, January 3, 2013 "TIDINGS" at the Yates

A live music/comedy performance with superb local talent. COST: \$25 (includes transportation & show) Sign up at the front desk.

This is an evening performance.

BUY YOUR OWN SUPPER. Limited seats remaining.



THURSDAY, January 10, 2013

Local Movie Mill Outing & Lunch at Nord-Bridge

COST: \$15 (Includes bus & part lunch)

Beat the January blues and sign up. If no suitable movies, we will go on a mystery trip.



We are now taking on line bookings for Red Arrow. If anyone needs to go to Calgary or places north, please stop by the front desk to see Val or Heather and we can book your ticket. Red Arrow Motorcoach will give Nord-Bridge a commission for all on-line bookings.



A nice little weekend getaway with "the Fugitives"

and...the finest of Dancing at Danceland

Watrous-Manitou Beach, Saskatchewan

January 24 to 27, 2013

Trip Includes

Two Dances...Two Suppers...

Two Swimming Passes

Hotel Accommodations

Bus Transportation

\$460 per person (double room occupancy)

Book at Nord-Bridge



NEW—Rocky Desert Tours

An exciting trip to LAS VEGAS - March 9-17, 2013

COST: \$399 (dbl. occ.) or \$559 (single)

WE ARE TAKING NAMES NOW!!

If we get 40 or more, Nord-Bridge will receive a commission of \$50/person.

PLEASE TELL YOUR FRIENDS ABOUT THIS TRIP

AND HELP ME FILL UP THE BUS.

(Cheques payable to Rocky Desert Tours)

STAGE WEST SHOW—Date to be announced.

Watch for sign up sheet in January for the April/May musical, "Chicago" at Calgary's Stage West Dinner Theatre. A deposit will be required when you sign up.



TRAVEL NOTES

Short outings went to Broxburn to see the Christmas decorations and to the U of L Theatre to see "The Nutcracker" with positive comments.

Thanks to drivers, Butch, Mike and Alden for your time on these trips. Once again we had 2 successful local light tours. Thanks to the Olsen bothers for driving for these trips. Thanks also to all the other drivers that have volunteered their time in 2012. We appreciate each and every one of you very much.

Triple D Tours

April 2013—China

September 2013—Deadwood, S.D.

October 2013—Spokane Shopping Trip

December 2013—Cross Iron Mills Mall & Lights

Book at the Nord-Bridge Front Desk or...

Contact Donna at

Triple D Tours 403-394-0349

or tripleddtours@hotmail.com for additional information

PLEASE REMEMBER THAT NORD-BRIDGE GETS A COMMISSION ON EACH TRIP BOOKED HERE AT NORD-BRIDGE CENTRE

Memories

By Edward L. Sillito for the Mind Joggers

I believe this is my eighty third year. I can't remember the exact year I was built, but I'm sure I'm at least eighty years old. Although I was once considered sound, sturdy and strong, I admit that structurally I've developed a few flaws. My roof has begun to sag and my shingles are old, with a few missing. I leak during prolonged rainstorms and these leaks have caused dry-rot within my walls, some of which have begun to crack. Inside my paint is peeling, and almost every board in every room creaks when anyone walks on them. As a result of all this deterioration, they have brought upon me the ultimate shame a structure can suffer. They have considered me a hazard and condemned me. Tomorrow I will be destroyed.

While I await my inevitable fate, I remember all the families I have cradled within my walls. I have witnessed the miracle of birth, and the tragedy of death. I have felt the warmth of love, and cried at the termination of that same love. I've gone through a dozen personalities as each tenant tried to make me a part of them. I have heard the laughter of countless children, and watched in awe at the ability of a mother to quiet and console them when they feel pain. I'll miss all this.

Dawn! My time has come. Does anyone care? Will anyone miss me? I wonder if they realize that it's not just wood, plaster and concrete they destroy. It's memories.



"OLD FAVOURITES" (4)

Evening performances on

Friday, February 22 and

Saturday, February 23, 2013

Plus A Matinee performance
on Saturday, February 23!

At the **YATES THEATRE**



A NEW music and comedy revue starring Erica Hunt, Scott Carpenter, Arlene Bedster, Kelly Roberts, Jordana Kohn, Andre Royer and Jeff Carlson featuring music from the 50's, 60's and 70's. Tickets are on sale now at the Ticket Centre or call 403-329-SEAT (7328).

CHINOOK LIFECARE ASSOCIATION

Affordable lifeline within the Community

Chinook LifeCare has been providing emergency response service for over 27 years to clients in Lethbridge, Taber and surrounding communities.

Visit our new office at Nord-Bridge Senior Centre to view all the options for extending independent living.

#8, 1904-13 Ave. North, Lethbridge

Phone: 403-320-1170



HELP IS AT HAND

NOMINATIONS OPEN FOR PRIME MINISTER'S VOLUNTEER AWARDS

Nominations are now open for the Prime Minister's Volunteer Awards, a program recognizing the contributions of volunteers, businesses and not-for-profit organizations that help make our communities stronger. Nominations will close March 1, 2013.

Our Government is proud of all the Canadians whose voluntary work enriches our communities and exemplifies all that makes Canada such a great country.

The award features regional and national components, with the regional component recognizing individual volunteers or groups of volunteers, businesses and not-for-profit organizations. The national component, divided into two categories, recognizes lifelong achievement and new volunteers.

Award recipients will be honoured at an award ceremony, and can identify an eligible not-for-profit organization to receive a grant for \$5,000 (regional award) or \$10,000 (national award). For further information and to access the online nomination form visit www.pm.gc.ca/awards.

Jim Hillyer, MP Lethbridge
255 8th St. S

Lethbridge, AB T1J 4Y1

403-320-0070 e-mail: hillyer@iimhillyer.com



Continuing to Care Through the Generations.

Christensen Salmon

GENERATIONS

Funeral Home & Cremation Services

703-13 Street North, Lethbridge / 403-382-3601

Greg Weadick, MLA

LETHBRIDGE WEST
Associate Minister for Municipal Affairs



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



Blue Sky Lodge Transitional Housing

Overview

Each one-bedroom suite has a view of the large property, in close proximity of the north side amenities. Although the resident has a full kitchen, the option for partial or complete meal service is available. With a full-time activity coordinator and all the conveniences of lodge living including 24-hour staffing, residents will enjoy all of the comforts of home, with the added sense of security.

Optional Services:

A choice of meal plans, weekly light housekeeping & parking



For more information:

Contact: Cindy Koskewich
Phone: (403) 328-1155
email: ckoskewich@greenacres.ab.ca

To book a tour:

Contact: Maggie Adamuv
Phone: (403) 328-9422
email: madamuv@greenacres.ab.ca



CITY OF
Lethbridge

Keeping You on the Move

When it snows the City of Lethbridge plows, sands and de-ices roads based on a priority system

What can you do to help?

- Slow down and drive with care
- Keep a safe distance from the vehicle in front of you
- Stay a safe distance behind snow plows and sand trucks
- Never pass a snow plow or sanding truck



For more information, including a priority map, visit

www.lethbridge.ca/WinterRoads or follow us on Facebook and Twitter.