

JUNE 2011

2010-2011 NORD-BRIDGE SENIORS

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

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

	<u>ADMINISTRATIVE STAFF</u>
Executive Director	Randy Smith
Sr. Administrative Ass't	Kathleen Filkowski (Wed, Thur, Fri)
Administrative Assistant	Shirley Trefan (Mon, Tues, Wed)
Financial Officer	Roberta Svennes
Financial Assistant	Bob Bunn (Volunteer)
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, Phil Story, Clay Olsen, Frank Deane, Harry Fischer, Mike Bennett
Memberships	Shirley Trefan
Newsletter	Kathy Filkowski (Production), Bob Bunn (Sales)
Nominations Committee	Dan Deringer (Chair), Mary Potvin, Clay Olsen *

CARDS & BOARD GAMES

Contract Bridge	Mike Bennett*, Board Rep
Crib	Kathy Ludwig
Euchre	Mike Bennett, Vi Segouin
Military Whist	Rodney Foster
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

(Various Other Committees)

OTHER EDUCATION PROGRAMS

Computer Training
Library
Mind Joggers

FUNDRAISING

GAMING

Casino Coordinator
In-House Bingo Coordinators

Monday Jam Draws
Winners Bingo Rep / Coord
Winners Bingo Alternate

HEALTH & FITNESS

Keep Fit Classes
Chi Kung
Yoga / Pilates
Fitball

Fitness 55 Club

OUTREACH

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

SOCIAL ACTIVITIES

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

SPORTS & RECREATION

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

TRAVEL

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

VOLUNTEERISM

Building Set-up Volunteers
Volunteer Committee Chair
Volunteer Committee Assistant

AFFILIATIONS

ACA Representative
ASCSRA
Economic Development Leth
Health Education Presentations

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

Go Seniors Society

(N-B Staff Representatives)

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

Jim Hahn*, Board Rep

Pat Santa*, Board Rep

Mary Insley
Shirley Cavanaugh & Frances
Wallace

Jim Hahn, Blaine Hyggen

Bonnie Hammond
Leonard Hutchinson

Elaine Molyneux*, Board Rep

Urszula Hebert, Nancy Berlando
Nancy Berlando
Urszula Hebert
T. J. Dunn

Jim Scott (Volunteer Trainer)

Donna Takeda*, Board Rep

Dianne David
Lydia Prokop
Valerie Arkininstall
Mary Potvin

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
Nadine Taylor, Victor Boychuk
Harry Fischer
Dan Deringer
Clay Olsen

Jerry Mikusek, Dave Bergen

Dan Deringer

Hal Osborn*, Board Rep

Valerie Arkininstall
Kathy Filkowski, Shirley Trefan
Valerie Arkininstall
Mike Bennett
Don Murfin

Jim Hahn*, Board Rep

Clay Olsen, Harry Fischer

Elaine Molyneux

Vacant

Clay Olsen*, Board Rep

Harry Fischer, Mike Bennett

Clay Olsen, Ron Kincade

Clay Olsen

David Ng (through Alberta Health
Services)

David Ng

David Ng, Allyn Mills

Clay Olsen, Roberta Svennes,

Harry Fischer, Randy Smith

Bob Bunn, Ash Adams

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

PRESIDENT'S REPORT

It's always something! If it's not the cold and the snow it's the RAIN! But, think of the money you're saving by not watering your lawn.

Our Centre is starting to slow down for the spring and summer as some programs take a break until September. Even so, drop in frequently because we offer several non-structured activities, great breakfast & lunch, plus newspapers, computers, a library and more at your disposal during the summer months. Also, when and if it gets hot out there, enjoy a cool respite in air conditioned comfort.

We do offer some summer programs and my favourite is **GOLF. AS SOON AS THE WEATHER DRIES UP**, we will start our Tuesday morning Golf Program. Our tentative start date is June 7. Why Tuesday...because many local courses offer senior's pricing on Tuesdays. We will meet at the Centre and consensus will decide which course we'll try. If you are interested, please contact Clay or myself. This program **IS NOT** a league, it's just for fun and only jolly golfers are accepted.



Harry



New Members

- Hugh Gordon
- Mary Anne Lang
- Daniel Lang
- Dolores Hoffart
- Bud Helmer
- Jorge Ventura
- Joan Chollack
- Patricia Martin
- Lynnette Leach
- Ed Yalowega
- Janet Yalowega
- Ken Thompson
- Linda Thompson
- Jack Neis

We hope you will enjoy your association with Nord-Bridge!
"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.
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Annually

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

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

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



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EXECUTIVE DIRECTOR'S REPORT

Greetings Members;

At the writing of last month's Newsletter, Nord-Bridge was about to host its second Tribute to Miner's Memorial Banquet. While Janay and I were helping a daughter prepare for the arrival of a new baby, and thus did not attend. I understand the event was again a great success. Thanks is expressed to Jim Hahn and all the event organizers, volunteers, and participants. Thanks also to Bonnie and the kitchen staff for what I understand was an outstanding meal. It has been great to see Nord-Bridge focus on our City's mining roots. The focus on our mining history has also prompted some recent donations to our "coal mining artifacts" display in the main entrance lobby.

Thanks is extended to all donors!! If members happen to have any items that might add to our display, please contact the office. One thing that would be very nice to have is a "lamp check" -- a small round brass disc with a number on it. I understand the miners carried this item into the mine for identification. The "lamp check" was also sent up with the loaded underground rail carts to credit the miner with the tonnage of coal they obtained and loaded. We used the "lamp check" imagery for the plaques on the Miner's Memorial Recognition Wall.

Please also take note in this Newsletter of the brief article on the newly formed Alberta Association of Seniors Centres. We will write more on the Association in future Newsletters.

Finally, Janay and I are pleased to report to you on the birth of our newest grandchild . . . beautiful Joycee Kae Rasmussen. She was born to parents John and Melora on May 18, weighing 6 lb. 6 oz., and 18 inches long.

Both mother and daughter are healthy, and doing well. Joycee is our first grand-daughter, and 4th grandchild. We are going to love her.



Randy

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.

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.*

Getting Your Affairs In Order

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For more information on preplanning contact us at:

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toll free: 1-800-382-2901 Fax: 403-382-3623

www.mbfunerals.com

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

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BOCCE BALL

By Clay Olsen



After a somewhat late start, we have resumed our Bocce Program. We play Tuesday and Thursday evenings at 6:30 p.m. at Nor-bridge Park, 16 St. & 13 Ave. North. EVERYONE WELCOME!

Zone One Sunny South Seniors Qualifying Bocce Playoff is scheduled for June 17 at at Cardston. Teams must register by June 10. The contact is **Tom Meckenzie** 403-653-2336, e-mail is memmac@telusplanet.net

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Christensen Salmon
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MEET & GREET CITY REPRESENTATIVES



**Alderman
JEFF COFFMAN**
will join us for
lunch on **Fri.,
June 17** in the
Dunford Diner.



**Alderman
RYAN PARKER**
will join us for
lunch **Tues.,
June 14** in the
Dunford Diner.

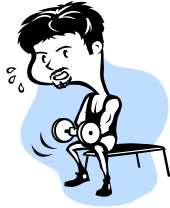
Learn more about our City's governance and our representatives in a comfortable and convenient venue. **All Alderman are encouraged to join us frequently. Confirm your visits by e-mail to friendly@nordbridgeseniors.com.**

Jim's Journal by Jim Scott

"Are you kidding me" is a phrase I frequently use as many of you in the gym recount your successes. How rewarding it is for me when you report the impact that exercise is having on your lives—weight loss, more energy, better balance, and overcoming serious health issues.

I'm amazed how quickly our membership went from 38 (when I started) to over 200. Many of you have indeed discovered the secret of feeling better and living longer...it's called **STAYING ACTIVE**. Getting involved in a program and sticking to it can pay big dividends. Remember, there are four main types of exercise and older adults need some of each:

1. **ENDURANCE EXERCISE** like walking, biking or swimming which all build staying power and improve heart rate and the circulatory system.
2. **STRENGTH TRAINING** which builds muscle and reduces age related muscle loss.
3. **BALANCE EXERCISES** which reduces chances of a fall. This is really important as we age. A fall can literally change your life. It can lead to serious injury, disability and worse yet, loss of independence.
4. **STRETCHING EXERCISE** which keep the body limber and flexible.



From working with our gym members I regularly see the importance of being healthy and taking care of our bodies for the future. Even more important they've taught me that it's never too late to start.

If all this make sense to you, exercise smart, exercise safe and see you at the gym!

Jim Scott, PTS, OAS

Dunford Dining Room Menu

IN THE CAFETERIA—EVERYONE WELCOME!

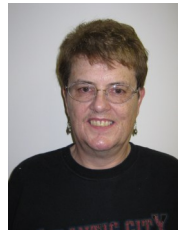
- Breakfast Daily 8:30 to 1 p.m.
- Daily Lunch Specials, Soup & Sandwiches and orders from the menu 11 a.m. to 1 p.m.
- Breakfast Buffet—1st Wed. of the month.



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.

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

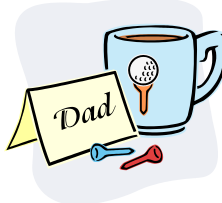
FROM THE DESK OF VAL



Yahoo! The nice weather has finally arrived and that means we can spend some time outdoors walking, gardening, and golfing, or maybe just relaxing on our decks soaking in some sun, reading a book and enjoying a few cool drinks. Speaking about walking, how about joining the "Roll and Strollers" for a leisurely walk around our neighbourhood come summer? This group has a great time walking with stops for a coffee and a little social chit chat. How about joining us each Wednesday from 9:30 to 10:30 a.m. It is a great way to meet new friends.

Volunteers are very important to our Centre. This is just a reminder for you to report all of your volunteer hours to me monthly. Just ask at the front desk for a volunteer sheet. The new Volunteer Recognition Policy will be from July 1st – June 30th annually. Everyone that reports a minimum of 100 hours per year will receive special recognition.

Many thanks to all my front desk volunteers. Come mid-June, volunteer shifts will be reduced down to 10 – 2 p.m. (except of course when I'm on vacation which will likely be the first week of July). All of you deserve a vacation too and I encourage you to take a break during the summer so you'll be well rested when September rolls around. I'm working on a Summer Relief Schedule now so please let me know if you'll be available.



Valerie Arkininstall,
Reception Supervisor &
"Friendly" Travel Agent

BINGO REPORT

Now that we have quickly passed through the month of May, the weather might get a bit warmer. Where the time goes is anybody's guess - we sure must be having a lot of fun. Fun is the operative word, especially when you come to our Friday Bingo sessions. Our pay outs for the month of May were very good. The Bonanza game paid an average of \$85.00. Pretty good for our small group.

Our Bingo shop will remain open for the summer months so please make an effort to come. As the saying goes "no rest for the wicked" and I fall into that category. I do love the job, but some jobs cannot be done alone. So I am begging you to come in and keep me company.

Again it only costs you \$5.00 for a pad of games and \$1.00 each for the Special Games. Try your luck!

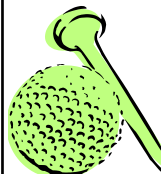
Love you all - Shirley

B

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G



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

- May 2 Dan Deringer \$65.80
- May 5 Ken Bobinec \$16.25
- May 25 Frank Wolfe \$121.30



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 Dining Room.
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!



MAY WINNER...

Frank Wince \$172.00

Next Draw June 17, 2011

SOUND SYSTEM DRAW

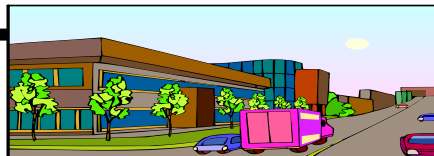
Proceeds of Monday Jam draws are earmarked to assist with sound system and AV costs in the building.



50/50 WINNERS

- May 2 H. Grenier, \$45; E. Graf, \$45.
- May 9 J. Amlin, \$56; L. Hutchinson, \$56.
- May 16 A. Hirshe, \$42; M. Ramberg, \$41
- May 30 J. Butlin, \$44; J. Randa, \$43

Thanks Jammers, Volunteers and Patrons!
Thanks also to Blaine Hyggen & Team for selling tickets at weekly Jam draws!



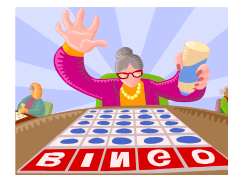
NORD-BRIDGE BUILDING FUND

RECENT INDIVIDUAL, GROUP & CORPORATE DONORS

- Lawrence Dzuren \$100.00
- Anonymous \$ 45.00

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 7, 2011 to May 20, 2011: \$5,869.00



BUILDING FUND UPDATE:

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

Total Contributions to our

Building Fund 1998 to May 2011 \$645,197

Still needed from members:

- short term \$ 20,743
- for payment of City loan (2yrs) \$ 41,486



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June 2011



Monday	Tuesday	Wednesday	Thursday	Friday
<p>NEW PROGRAMS</p> <p>GOLF Tuesday Mornings</p>  <p>BOCCE BALL Tuesday & Thursday Evenings</p> 	<p>Wednesday June 1st Senior's Week Preview</p> <p>Events throughout the day.</p> 	<p>1</p> <p>8:20 Yoga 9:30 Roll & Stroll 9:30 Carpet Bowling 1:00 Darts 3:00 Advantage Hearing</p>  <p>3:00 Fitball</p>	<p>2</p> <p>9:30 Spanish 9:30 Mind Joggers 10:00 Floor Curling 1:00 Woodcarving 1:30 Trump Whist</p> <p>6:30 Bocce Ball 7:00 Table Tennis</p> 	<p>3</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>6</p> <p>10:00 Floor Curling 10:00 Jam Session 1:15 Movie Matinee 1:30 Military Whist 2:00 Senior's Week "Strawberry Tea Social"</p>   <p>3:00 Fitball</p>	<p>7</p> <p>9:30 Golf 9:30 Spanish 1:00 Texas Hold'em 1:30 SCRABBLE 1:30 Arthritis Exercise 6:30 Bocce ball 7:00 Social Dance</p>	<p>8</p> <p>9:30 Roll & Stroll 9:30 Carpet Bowling 10:45 Winners Bingo 1:00 Darts 3:00 Fitball</p> 	<p>9</p> <p>9:30 Spanish 9:30 Mind Joggers 10:00 Floor Curling 11:00 Nord-Bridge Bar-B-Q at Pavan Park Centre Closes at Noon</p> <p>6:30 Bocce Ball 7:00 Table Tennis</p> 	<p>10</p> <p>9:30 Carpet Bowling 10:30 Paper Tole 1:00 In-House Bingo 1:00 Bridge 1:15 Crib</p> 
<p>13</p> <p>10:00 Floor Curling 10:00 Jam Session 1:15 Movie Matinee 1:30 Military Whist 3:00 Fitball</p> 	<p>14</p> <p>9:30 Golf 9:30 Spanish 10:45 Winners Bingo 1:00 Texas Hold'em 1:30 SCRABBLE 2:00 Arthritis Exercise 7:00 Social Dance</p>	<p>15</p> <p>9:30 Roll & Stroll 9:30 Carpet Bowling 10:45 Winners Bingo 1:00 Darts 3:00 Fitball</p> 	<p>16</p> <p>9:30 Spanish 9:30 Mind Joggers 10:00 Floor Curling 1:00 Woodcarving 1:30 Trump Whist 6:30 Bocce Ball 7:00 Table Tennis</p>	<p>17</p> <p>9:00 Legal Consultations 9:30 Carpet Bowling 11:30 Father's Day Luncheon & Pie Auction 1:00 In-House Bingo 1:00 Bridge 1:15 Crib</p> 

<p>20 10:00 Floor Curling 10:00 Jam Session 1:30 OUTREACH <i>Strawberry Tea</i></p>  <p>1:30 Military Whist</p>	<p>21 9:30 Golf 9:30 Spanish 10:45 Winners Bingo 1:00 Texas Hold'em 1:30 SCRABBLE 6:30 Bocce Ball 7:00 Social Dance</p>	<p>22 9:30 Roll & Stroll 9:30 Carpet Bowling 10:45 Winners Bingo 1:00 Darts</p> 	<p>23 9:30 Spanish 10:00 Floor Curling 1:00 Woodcarving 1:30 Trump Whist 6:30 Bocce Ball 7:00 Table Tennis</p> 	<p>24 9:30 Carpet Bowling 1:00 In-House Bingo 1:00 Bridge 1:15 Crib</p> 
<p>27 10:00 Floor Curling 10:00 Jam Session 1:15 Movie Matinee 1:30 Military Whist</p> 	<p>28 9:30 Golf 9:30 Spanish 10:45 Winners Bingo 1:00 Texas Hold'em 1:30 SCRABBLE 6:30 Bocce Ball 7:00 Social Dance</p>	<p>29 8:30 FOOT CARE Dr. Bolokoski 9:30 Roll & Stroll 9:30 Carpet Bowling 10:45 Winners Bingo 1:00 Darts</p> 	<p>30 9:30 Spanish 10:00 Floor Curling 1:00 Woodcarving 1:30 Trump Whist 6:30 Bocce Ball 7:00 Table Tennis</p>	<p>SCRABBLE ANSWER</p> <p>ROTI TIRO TRIO</p> 

SCHEDULE OF TRIPS & EVENTS

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

- ADVANTAGE HEARING, WED, JUNE 1 (by appointment)
- SENIORS'S WEEK PREVIEW, WED., JUNE 1.
- STRAWBERRY TEA SOCIAL, MONDAY, JUNE 6TH
- ANNUAL BAR-B-Q, THURS., JUNE 9TH



- TITANIC EXHIBIT TRIP—CALGARY, THURS. JUNE 16
- FATHER'S DAY LUNCHEON & PIE AUCTION, FRI., JUNE 17
- LEGAL CONSULTATIONS, FRIDAY, JUNE 17
- OUTREACH, MONDAY, JUNE 20
- LOCAL CASINO TRIP, TUESDAY, JUNE 21
- ANNUAL FISHING DERBY. WED., JUNE 22
- FOOT CARE, WEDNESDAY, JUNE 29 (by appointment)
- WINNERS BINGO - JUNE 8, 14, 15, 21, 22, 28, 29



WINNERS



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June 20th
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Monday Afternoon,
June 27th

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SLOTS OF FUN ADVENTURES (CASINOS)

- KOOTENAI RIVER INN & CASINO, BONNERS FERRY, IDAHO: AUG 29 - SEPT 1; NOV 29 - DEC 2, 2011
 - MOOSE JAW & SWIFT CURRENT CASINOS: JUNE 18-21/11
 - *DEADWOOD, SOUTH DAKOTA : 7 DAY TRIP, 2011. CALL FOR DETAILS
 - CLEARWATER RIVER RESORT/CASINO (NEW NEAR LEWISTON) OCT 30-NOV 3
 - RIVER CREE RESORT & CASINO, EDMONTON: SEPT. 25-27
- OTHER CASINO TRIPS CAN BE ARRANGED. GIVE US A CALL.

DOMESTIC & INTERNATIONAL ADVENTURES

DON'T DELAY—THESE ARE FILLING UP FAST

- HOMERUNS, SHOWS & BIG APPLE FUN: SEPT. 15 - 19, 2011
From the Yankees to Broadway New York City awaits you!
- POLAR BEARS @ CHURCHILL: NOV/OCT 2011. FROM CALGARY OCT 29, 30 & NOV 5. FROM EDMONTON OCT 23, NOV 11.
- EAST AFRICA WONDERS TOUR TANZANIA, ZANZIBAR: SEPT.29 - OCT. 17, 2011 Featuring the Serengeti Migration.
- PUERTO RICO & SOUTHERN CARIBBEAN SUN CRUISE, CELEBRITY LINE: JAN. 31 - FEB. 11 2012. Additional pre-tour in Puerto Rico available.
- “DANUBE WALTZ RIVER CRUISE” JUNE 6–21, 2012: Passau, Germany to Budapest, Hungary. Viking Cruise Line; Pre-tour Prague/Post tour in Budapest available.
- SOUTH PACIFIC CRUISE: MARCH 2013 (ITINERARY TBA)

GIFT CERTIFICATES AVAILABLE

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

To register see Val at the Nord-Bridge Reception Desk
LIFETIME HIGHS INC. www.lifetimehighs.com
PHONE: 403-282-5734 FAX: 403-220-0689
lifetimehighs@shaw.ca



MINER'S RAFFLE WINNERS

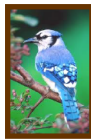
Invacare 4-wheel Scooter

Donated by *Ultimate Freedom Plus*
Del Kiemele



“Blue Jay” Paper Tole (3-D Picture)

Donated by Nord-Bridge Paper Tole Club
Jim Tryer



Framed Photo of Japanese Gardens

Donated by Alderman Bridget Mearns
Cathy Kennedy

Wine & Cheese Basket

Donated by Nord-Bridge Member, Sheila Brust
Evelyn MacKay

Framed Picture of Galt #3 Mine

Donated by Mayor Dodic
John Burgwal

“People of the Mines” History Book

Donated by MLA Bridget Pastoor
Diane David

A sincere Thank you is extended to everyone who supported our April 30, 2011 Miners Raffle.

Nord-Bridge will allocate all proceeds for the design, upkeep and further development of the Nord-Bridge Miner's Memorial.

Father's Day Luncheon &

Pie Auction

Friday, June 17th

Tickets \$8.50



EVERYONE WELCOME! Lunch at 11:30 a.m.
Salad, Mashed Potatoes, Veggies, Meatloaf and Peach Melba



Pie Auction

Immediately Following Lunch





THE BIG DIG

The surface is all covered with weeds,
Not the best for planting seeds,
It must be prepared with some haste,
As the season will pass and it will be waste.

The garden fork is the tool that I'll use,
Oh that heavy soil my back will abuse,
Into the ground the times of the fork I'll push,
Turn the weeds under and don't harm the bush.

The old roots to the tool tightly they grab,
The dandelion roots I stoop and try to nab,
Pulling them out so long and slender,
Woops I just lost my left side suspender.

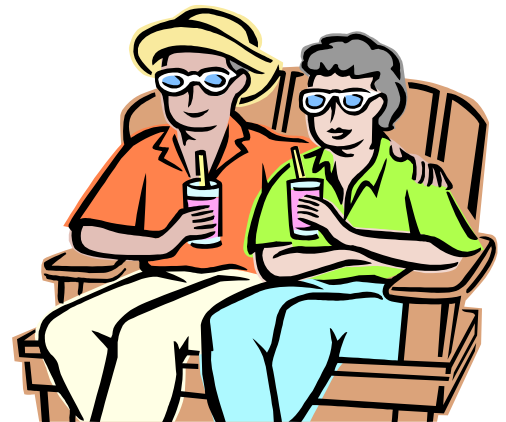
The soil in places can be really quite hard,
It's not where we planted that Swiss chard,
I jump onto the fork and drive it right in,
Oho I just slipped and skinned by right shin.

The palms of my hands are so sore and so hot,
There'll soon be blisters my gloves are all shot,
My back is twitching and has tightened up so,
I need a drink as my condition will show.

Back to work I dig and dig the ground,
I should lay on the grass like the old black hound,
If I could direct it to dig up the rich dark soil,
It would ease my load and reduce my toil.

I've finished digging now the job is done,
I'll get a cold icy drink and sit in the sun,
Soak my hands and look after those sores,
Remembering how sweat came out from my pores.

By Jack Simmons



OUTREACH REPORT by Mary Potvin



Our last Outreach Social on May 16th hosted 114 guests, including 8 groups, walk-in people and our volunteers. Everyone enjoyed the songs by our own Nord-Bridge Music Makers.

The Door Prize was won by a first-time attendee, Mary Krull, who is a life-time member of Nord-Bridge.



Our Monday, June 20th Social will be our wind-up "Strawberry Tea Party" with Bonnie Laurien playing the piano. We will also be playing our ever-popular card bingo. After that, we will take a well-deserved summer break!

I hope to see everyone on June 20th



Representatives to a newly formed ALBERTA ASSOCIATION OF SENIOR CENTRES Luanne Whitmarsh, Kerby Centre, Calgary; Roger Laing, SAGE (Seniors Association of Greater Edmonton); Linda Liptak, Nord-Bridge Seniors Centre; Rob Miyashiro, L.S.C.O.; Diana Jossa, Veiner Centre, Medicine Hat:

The Alberta Association of Senior Centres will work toward and advocate for continuing support for all Alberta Senior Centres. All senior centres face similar problems regarding operations, maintenance and growth. The hope is that by networking we will develop a stronger united voice that will resonate more successfully in the halls of government.

Get Well Wishes go out to. . .

...Barry Fawcett, Barbara Coates, Peter Gamracy, Volunteer Georgie Coutts and Elaine Hahn (wife of our V.P. Jim Hahn). Presently, in hospital are Ab Chervinski, Barbara Coates, Pat Cain (who suffered a stroke), and Lillian Peters. Doug Oliver is at home now and says "Hello" to everyone. Peter Gamracy now lives in the new Legacy Ridge Lodge. Best Wishes for a Speedy Recovery are offered to Bud Hodgson who will undergo surgery on June 1st at Calgary at the Foot Hills Hospital; and to Volunteer Driver Dianne David who will undergo a knee procedure in June

Condolences were sent to the Wickend family, on the loss of member Alice Wickend who was a card player here at Nord-Bridge.

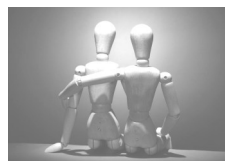


THANK YOU

To All Nord-Bridge Members, Administration & Staff

For all your cards, phone calls and visits over the past year, I offer my heartfelt appreciation. You have helped make my healing so much easier. Thanks for your prayers too. Your kindness, caring and concern have been very much appreciated by us. Nord-Bridge certainly lives up to its motto "The Friendly Centre".

*Very truly yours,
Eleanor & Clarence Jockims*



ANNUAL BAR-B-QUE: Set aside time to attend our annual Nord-Bridge Bar-B-Q. We have rented the John Martin recreation area at Pavan Park for this event scheduled for Thursday, JUNE 9, 2011. The Centre will close at Noon on this day to enable all staff and volunteers to attend the Bar-B- Que.

Tickets are only \$6.00

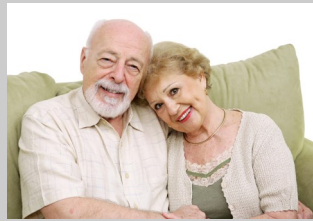


Bridget A. Pastoor, MLA
Lethbridge East



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

ALBERTA SENIORS AND COMMUNITY SUPPORTS



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

Visit our Resource Centre at your convenience.

SCRABBLE

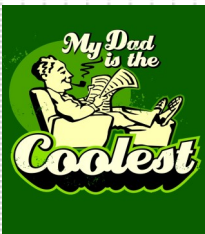
"FOUR-LETTER SHUFFLE"

The word "RIOT" has four
 useful anagrams.

Can you find all of them?

(Answers on the calendar next to June 30th)

The Scrabble Club meets Tuesdays at 1:30
 in the Dunford Diner. Everyone welcome!



Don't forget dear old Dad on Sunday, June
 19th. ALSO... mark your calendar for the
 Nord-Bridge Annual Father's Day
 Luncheon & Pie Auction, Friday, June 17th
 at 11:30 a.m. in the Dunford Diner!

SOCIAL ACTIVITIES by Eva Deringer

With a guest list of 140, the Mother's Day Luncheon on May 6 was another successful sold out event. Music was provided by Bonnie Laurien. Pres. Harry presided beginning with an eloquent Mother's Day prayer. Special guests included MLA's Bridget Pastoor and Greg Weadick, Mayor Dodic, and Aldermen Jeff Coffman, Ryan Parker, Bridget Mearns and Liz Iwaskiw. A special thanks is extended to all the gentlemen who ably served dinner and of course to all our member volunteers and staff. A most enjoyable meal and celebration was enhanced by lovely door prizes compliments of Bridget & Greg as well as flowers which were presented to each of the ladies compliments of Nord-Bridge.

Up coming events include : STRAWBERRY TEA on Tues., June 6; BBQ AT PAVAN PARK on Thurs., June 9 and the FATHER'S DAY LUNCHEON & PIE AUCTION on Fri., June 17. I hope to see ALL of you at those events!



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.

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- Blood Pressure & Home Diagnostic Products
- Walk-in Tubs & Bathroom Safety Products
- Back Care, Supports & Braces
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Phone (403) 381-4142

GO-FRIENDLY SHUTTLE Need a ride to the Centre? Phone 403-329-3222 AT LEAST one day prior to book a ride and we will pick you up at your door. You must call to confirm EVERY pickup. Also: To cancel a pick-up please phone in by 3 p.m. or sooner on the prior day. The cost is \$2.50 per one-way trip (Cash); or \$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, June 7, 2011
 Cost: \$3.00
SIGN UP AT THE FRONT DESK



BUS WILL DEPART NORD-BRIDGE AT 11:30 AM
 AND GO TO SOBEY'S OR WAL-MART.
SPECIAL MYSTERY TREAT AFTER SHOPPING.

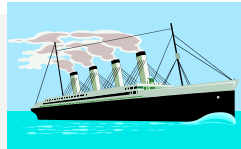
LOCAL CASINO
Tuesday, June 21, 2011



COST: \$6.00. Sign up early.

Bus will depart Centre at 10:15 a.m. to arrive at the casino 11:15 a.m. Come with us and try your luck!

Thursday, June 16, 2011
Totus World of Science,
 Discover the artifacts



of the Titanic (Lunch)
 Cost: \$65.00. (Buy tickets early)
 No Walkers as there is a

SORRY SOLD OUT

Wednesday, June 22, 2011
Annual Fishing Derby in
 Pincher Creek. It's time to get
 your fishing gear ready.



Cost: \$20. Lunch will be provided.

ONLY 3 SEATS REMAINING!

SUMMER OUTINGS TO WATCH FOR:

1. Nanton—July 14, 2011—World of Miniatures Museum, Big Sky Garden Railway, Antique Walk down Main Street.
2. ANNUAL MYSTERY TRIP—Tentative Date: Thursday, August 11, 2011.
3. Picture Butte Museum and Coaldale Birds of Prey—Tentative Date: Wed. July 27, 2011.
4. Waterton Park with an added Boat Trip on the lake sometime in August if there is enough interest.
5. Cardston World Miniature Chuckwagon Championship—Friday, August 19 or Saturday, August 20. Watch for a sign-up sheet.



Cardston Carriage House Theatre,
 a Rogers & Hammerstein production of **"The King and I"**.



Date: Thursday, July 21, 2011
 Watch for sign-up sheet and cost.

Triple D Tours has some wonderful trips planned for the upcoming months.



1. **Heritage Park/Chinook Mall** – Wed. July 20/11
 COST: \$49. Brochures available.
2. **Deadwood S. Dakota** – Sept. 4-10/11; Cost: \$499 (Dbl. Occupancy). **SOLD OUT—WAITING LIST ONLY.**
3. **Spokane Valley Shopping Getaway** – Oct.21-23rd/11
 Cost: \$259.00 (Dbl. Occupancy)
4. Brochures now available for an excursion to **China,** April 6 to 28, 2013.

Thursday, November 17, 2011
ROSEBUD DINNER THEATRE
 "The Gift of the Magi"



The bus is booked. We have 17 people signed up now.
 Deposit required at sign up.
 Watch for total cost in the next Newsletter.



Nord-Bridge gets a commission on each trip booked here at the Centre.

The Medicine Shoppe
PHARMACY

403-381-0700

Monday - Friday: 9:00 a.m. - 5:30 p.m.
Saturday: 9:00 a.m. - 1:00 p.m.

Your health. Our priority.



At The Medicine Shoppe Pharmacy we're 100% dedicated to your health - you won't find any cameras, appliances, stationary, tobacco products, cosmetics or seasonal supplies.

That's because we focus on what we do best: helping you get the most out of your medication therapy.

At The Medicine Shoppe Pharmacy we're all about increasing patient interaction time to best serve the needs of our customers. The kind of service that stems from focusing only on prescriptions and health products in a warm and welcoming environment.



TYLENOL
Extra Strength
24 CAPLETS - 500 mg EACH

1.99 each

Tylenol Extra Strength
24 Caplets 500mg each
Offer expires June 30, 2011. Limit 2 per person.
While supplies last.

8.99 each



REXALL BRAND
Complete for Adults 50+
Multivitamin/Minerals with Lutein 100's
Offer expires June 30, 2011. Limit 2 per person.
While supplies last.



23.99 each

Vitalux Plus Omega-3
100 Softgels
Offer expires June 30, 2011. Limit 2 per person.
While supplies last.

7.99 each

REXALL BRAND
Vitamin B & C Stress Tabs 100's
Offer expires June 30, 2011. Limit 2 per person.
While supplies last.

Chad Baker, B.Sc.Pharm
Pharmacist/Owner
Nord-Bridge Senior's Centre
#2, 1904 - 13 Avenue North
Lethbridge, Alberta
403-381-0700



Monday - Friday: 9:00 a.m. - 5:30 p.m.
Saturday: 9:00 a.m. - 1:00 p.m.

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COAL MINE ARTIFACTS

The coal mining history of the Lethbridge area is impressive and contributed significantly to the dynamics of our City and the surrounding communities. We are fortunate to have received many mining artifacts which we proudly display in our main entrance vestibule.

Take a few minutes to look at the display. I think you will enjoy a small glimpse into our local mining heritage. If you have any artifacts you would like to donate please bring them in and we will gratefully add them to our display.



**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, June 17, 2011

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

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

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

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General Dentist

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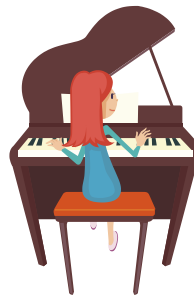
Strawberry Tea

Monday, June 6
at 2 p.m.

Dunford Dining Room

\$2.00

Music & Prizes



WANTED

YOUR DONATIONS FOR OUR SILENT & LIVE AUCTIONS

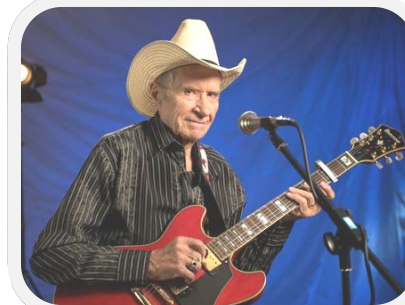


This year's "PRESIDENT'S DINNER & AUCTION" will be held on Tuesday, September 20, 2011. This annual event is a major fund-raiser for Nord-Bridge.

We are once again soliciting our Members & Friends for their generous donations of items for our auctions. This early notice will also give you time to prepare any craft items. Items should be new or very nearly new, or of a collectable or antique nature. Please bring your items to Nord-Bridge Admin. Assistants Kathy or Shirley. Kindly identify your items with your name and give us a fair dollar value if possible.



Thanks from Event Coordinator,
Jim Hahn, V.P.



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