

**NORD-BRIDGE SENIORS**

# **NEWSLETTER**

**June 2012**



***Happy Father's Day!***

***Seniors Week  
June 4 through June 10, 2012***

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

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

**BOARD OF DIRECTORS**

<u>FIRST YEAR</u>	<u>SECOND YEAR</u>	<u>THIRD YEAR</u>
Helen Gepneris	Eva Deringer	Gordon Kometz
Bob Bunn	Paul White	Elaine Molyneux
Rodney Foster	Ian Mac Culloch	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
Seniors Programmer	David Ng
Reception Supervisor	Valerie Arkininstall
Rentals	Kathleen Filkowski / Shirley Trefan
Head Chef	Bonnie Jadeske
Cook	Sally Reyna
DR Cashier/Kitchen Asst.	Gail Krysak
Kitchen Asst.	Margaret Fleming
Janitorial	Marco & Carla Escobar

**ON-SITE PARTNER PROGRAMS & SERVICES**

Alberta Seniors	Norene Easthope	403-381-5469
		or 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.	Linda Liptak * (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
Scrabble	Marilyn Saunders, Pat Veres
Texas Hold'em	Sheila Brust
<b>EDUCATION</b>	Butch Olsen
Oil Painting	Elaine Molyneux *, Board Rep
Paper Tole	Yosh Hattori
Wood Carving	Hazel Harvie
Watercolor	Don Johnson
Ukrainian Easter Eggs	Glenice Caffyn
Watercolor Club	Berniece Pavan
Knitters Koffee Klub	Sandy Baceda, Bea Crawford
Quilters Group	Jo-Ann Adams, Anette Vogl
	Marilyn Martens

New To You Greeting Cards  
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  
Chi Kung  
Yoga/Pilates  
Fitball/Exercise With Arthritis  
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  
Nadia Campbell, 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  
Urszula Hebert, Nancy Berlando  
Nancy Berlando  
Urszula Hebert  
T. J. Dunn

Jim Scott (Volunteer Trainer)  
**Donna Takeda\*, Board Rep**

Valerie Arkininstall  
Lydia Prokop  
Valerie Arkininstall  
Mary Potvin

**Eva Deringer\*, Board Rep**

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

**Helen Gepneris\*, Board Rep**

Clay Olsen  
Norene Irwin, Woody Neely  
Ken Bobinec  
Eileen Sawatsky  
Vacant  
Harry Fischer  
Steve King, Rudy Grams  
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)

**Ian Mac Culloch \*, 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](http://www.nordbridgeseniors.com)

for information, photos, video, Newsletters and more.

## PRESIDENT'S REPORT

At a special lunch time ceremony on May 18th I had the privilege of presenting 16 members with Life Memberships. Life Memberships were awarded to 13 individuals in the "Over 80" Category including: Ex-Presidents Vi Arkin-stall (1997–2000) and Frank Deane (2000-2003), and Ex-Pres. (LSCO) Leo Grudniski. Others included: Bud Hodgson, Dora & Bill Iwaskiw, Art Secretan, Albert Koponyas, Jean Koskoski, Hisako Takahashi, John Tendler, Stanley Warzuta, and Jean Wasylishen. In the "Over 90" Category there were three inductees: Chuck S.E. Rafuse, Alice Slywka, and Norah Weaver. Congratulations to all, and, "thanks for your foresight, wisdom and dedication to building Nord-Bridge - **The Friendly Centre**, as we know it today".



Our membership continues to climb as does our need for volunteers. I encourage new members to step forward and seek out any volunteer opportunities that accommodate their individual skills and interests. Senior's Week is coming up. I hope see many of you during our special events.

Sincerely, *Jim Hahn, President*

# New Members

Judy Warwick  
Allan Lydom  
Donat Demers  
Adele Mathews  
Pete Gronemeyer  
Ronald Neher  
Ronald Barrett  
Mary Violet Molden  
Don MacLennan  
Ann Busch  
Mel Kast  
Shelley Czirjak  
Gerald Graham  
Debbie Hannam  
George Szilagyi

**We hope you 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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# WINNERS OF OUR MAY 1<sup>ST</sup>, 2012 MINER'S RAFFLE

**Grand Prize**  
**Lift Chair**  
**ANDY MIKULA**



**Second Prize**  
**10 oz. Silver Bar**  
**HELEN BERZE**

**Third Prize**  
**Hand Made**  
**Queen Size Patch Quilt**  
**JILL THIESSEN**

**Fourth Prize**  
**Original Photography**  
**AVIS HUNT**

All proceeds will benefit the Nord-Bridge  
Seniors Centre Miner's Memorial Fund.



## EXECUTIVE DIRECTOR'S REPORT



Greetings Members,

Each spring, as regular daily programming slows down, Nord-Bridge Centre holds several events that remain highlights of the year. These include our Mother's Day Luncheon, and our annual Miner's Memorial Banquet, held in May; Senior's Week, this year June 4 - 10, including: a Special Afternoon Jam (Mon. June 4), a Toonie Pancake Breakfast (Tues. June 5), a Carpet Bowling Tournament (Wed. June 6), an Annual B-B-Q Picnic, (Thurs. June 7) at Pavan Park, and a Special Prizes Bingo, (Fri. June 7). **To all who have been, or will be responsible, for these keynote events, I express sincere thanks!** I would particularly thank David for his organizational input; Val, Kathy, and Shirley for supporting the marketing and organizational needs; our kitchen staff and volunteers for great food; and our Board, Front Desk, serving and program volunteers (many coordinated by Eva) for making each event a big success!

On a political note, thanks also to the elected representatives who attended and served at our Mother's Day Luncheon. This year's attendees included: Mayor Rajko



Dodic; City Aldermen Jeff Coffman, Faron Ellis, Liz Iwaskiw, Bridget Mearns, and Ryan Parker; and new MP Jim Hillyer. As you are aware, MLA's Greg Weadick and Bridget Pastoor, who were coming off a Provincial Election; and Alderman Wickersham, extended greet-

ings and sent door prizes. Thanks to all!

Finally, on a governmental relations note, the seniors portfolio has been transferred to the Ministry of Health, in the recent Provincial Cabinet re-organization. Our **new Minister** is the **Hon. Fred Horne**, and **MLA George VanderBurg** will serve as **Associate Minister of Seniors**. Nord-Bridge congratulates these two leaders, and looks forward to making their acquaintance, as we jointly work to serve the health and wellness needs of Alberta's seniors.



### VOLUNTEERS ARE NEEDED...

...to work Bingos at Lucky's Bingo Hall (SABA) one or two days per month. If you are interested please call:

**Mike Bennett**

403-329-3222 (Nord-Bridge)  
403-381-0495 (Home)  
403-894-5241 (Cell)

**Clay Olsen**

403-329-3222 (Nord-Bridge)  
403-382-0492 (Cell)

Help support your 55 plus membership fees.

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Janice Ross 403.330.4482  
Wendy Gillett 403.388.4122

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### LUNCH WITH CITY REPRESENTATIVES

 <b>Alderman                  Ryan Parker</b>	<p><b>Tues.                  June                  6th</b></p>	 <b>Alderman                  Bridget Mearns</b>	<p><b>Fri.                  June                  8th</b></p>	 <b>Alderman                  Jeff Coffman</b>	<p><b>Fri.                  June                  22nd</b></p>
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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](mailto:friendly@nordbridgeseniors.com).



## Programmer's Report by David Ng

The two little guys on the cover of this month's Newsletter are my two boys. Rylan is my oldest and will be 4 years old this year, while Cohen will turn 2 this month. One of the best things that I have enjoyed about being a dad is seeing the world through my kids' eyes and watching their reactions to seeing/learning/achieving something new for the first time brings tremendous joy to me! Happy Father's Day to all the fathers out there!

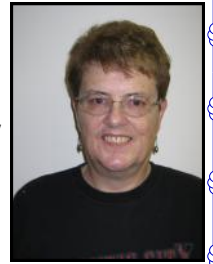
Seniors Week is from June 4 - 10th. We have numerous activities throughout the week. Monday - a Jam Session will be held in the Multi-Purpose Hall starting at 1:00 p.m. Tuesday - a Toonie Pancake Breakfast in the Dunford Diner starting at 8:30 am. Wednesday - a fun Carpet Bowling Tournament (tournament is full) feel free to come and watch and cheer! Thursday - Annual BBQ Picnic at Pavan Park (\$6.00). Friday - Regular In-House Bingo with additional prizes! Join us for one or all of these activities to celebrate Seniors Week 2012!

June 15th is World Elder Abuse Awareness Day, we will have some awareness and information available at the Centre on that day (Please see the back page of this Newsletter for more information).

Keep up your fitness level this summer. Why not try our Golf or Bocce programs? It's really nice to get outdoors during the summer months.

*David*

## FROM THE DESK OF VAL



Wow ... ee! May included a welcome respite from cool days with some warm, sunny days that many of you enjoyed outdoors.

Activities are winding up here at the Centre but on a very hot day, it's nice to be in a place where there is air conditioning. I would like to sincerely thank ALL VOLUNTEERS for the many hours you have put in. You all deserve a little rest and relaxation so I am reducing the front desk staffing time starting June 11<sup>th</sup> to 10 a.m. to 2:00 p.m. shifts. Desk volunteers welcome all members and their summer guests making sure they sign in and to be "Friendly" tour guides showing visitors our Centre.

Welcome Heather Bradley who is a recent new member. You will see her Thursday mornings at the front desk. We are losing a member and volunteer, Anette Vogl, who has decided to return to Langley, B.C. We will miss her very much for she has been a devoted volunteer at Nord-Bridge, helping out in the Boutique, Alberta Senior's Office, Outreach, front desk, and kitchen. Don't forget us, Anette, we won't forget you.

Welcome Shelley Czirkak as one of our new members. You will find her volunteering in the dining room every Tuesday filling up napkin holders, cleaning tables, etc. She does an excellent job. Thanks Shelley.

In closing, there are plenty of volunteer opportunities open in the Boutique, Alberta Senior's Office, kitchen, front desk, etc. Just ask a staff person, or Board member. Getting involved with volunteering will offer you a good opportunity to get to know other members and staff of Nord-Bridge.

*Valerie*

**Happy Father's Day!**

# Dunford Diner



## Friday Lunch Specials \$5.75

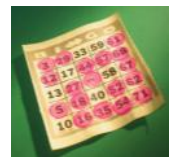
June 1st	Liver & Onions; Mashed Potatoes and Veggie
June 8th	Chicken Cutlet; Oven Roast Potatoes and Veggie
June 15th	<b>FATHER'S DAY LUNCHEON &amp; PIE AUCTION*</b> (* Ticket Required) Soup & Sandwich in the Hall
June 22nd	Beef Pot Pie with Salad
June 29th	Fish 'n Chips with Coleslaw



**REMINDER**  
All You Can Eat  
Breakfast Buffet  
Wed., June 6th



## 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

Ann Hirshe, May 15th, \$123.00  
Sandra Fischer, May 29th, \$96.00

## MONTHLY 50/50 Toonie Draw

Nord-Bridge holds a "Monthly 50/50 Toonie Draw" on the 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!

### MAY WINNER...

**Lillian Peters \$138.00**  
Next Draw June 22nd, 2012

## SOUND SYSTEM DRAW

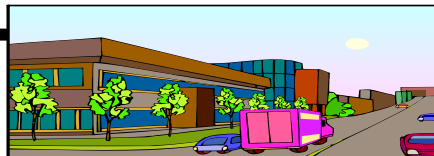
Proceeds of Monday Jam draws are earmarked to assist with sound system and AV costs in the building.



## 50/50 WINNERS

- Apr 30 Gordon Kryway, \$45; JoAnne Adams, \$45
- May 7 Sandi Fischer, \$41; Jim Hahn, \$41
- May 14 Bernie Moore, \$42; Marg Astolos, \$42
- May 28 Jim Hahn, \$41; Stan Peters \$41

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



## NORD-BRIDGE BUILDING FUND RECENT INDIVIDUAL, GROUP & CORPORATE DONORS

**Maxine Richards \$100**

### NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2012 to May 25, 2012: **\$ 7,434.00**



### BUILDING FUND UPDATE:

	Goal	Achieved
Total Fund-Raising Goal	\$5,898,921	
From City of Lethbridge	650,000	95%
From Various Provincial Grants	2,000,000	83%
From Various Federal Grants	1,000,000	4%
From Nord-Bridge		
- by Fundraising	2,000,000	97%
- by City Loan	248,921	100%

### Total Contributions to our

**Building Fund 1998 to June 2012 \$ 1,948,247**

Still needed from members:

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

## WHAT IS A LIFE MEMBER?

"Life Membership" is a special status that is awarded to select individuals once per year. Life Members **do not pay annual dues in recognition of their special standing** within our Association. On May 18, we recognized our newest "Life Members" at a special luncheon. Refer to President, Jim Hahn's article on Page 3 for our 2012 inductees.

### How does one become a "Life Member"?

To qualify for Life Membership "special recognition status" an individual must be a minimum of 80 years of age, having been an active volunteer where possible, and a supportive member of Nord-Bridge for a minimum of ten (10) years in total.

Life Membership can also be awarded to an individual who is 90 years of age, having been a paid member of Nord-Bridge for a minimum of three (3) years.

Candidates must be approved by the Board prior to the Annual General Meeting. Names approved for Life Membership are announced once per year at the Annual General Meeting.

Life Members are entitled to all privileges of membership, including voting.





# June 2012



Monday	Tuesday	Wednesday	Thursday	Friday
				<p><b>1</b></p> <p>9:00 Yoga/Pilates 9:30 Carpet Bowling 1:00 In-House Bingo 1:00 Bridge 1:15 Crib</p>
<p><b>4</b> *Note Jammers Time Change (today only)</p> <p>9:00 Yoga 10:00 Floor Curling 1:00 Bridge <b>*1:00 Jammers</b> 1:30 Military Whist 1:30 Hand Bells</p>	<p><b>5</b></p> <p><b>8:30 Pancake Breakfast</b> 9:00 Golf 9:00 Shuffleboard 10:00 Keep Fit Aerobics 1:00 Texas Hold'em 1:00 Norwegian Whist 1:30 <b>SCRABBLE</b> 6:30 Bocce Ball</p>	<p><b>6</b></p> <p><b>10:00 Carpet Bowling Tournament</b> 10:00 Paper Tole 10:00 Watercolor 10:00 Roll &amp; Stroll 1:00 Euchre 3:00 <b>Advantage Hearing</b></p>	<p><b>7</b></p> <p>9:30 Mind Joggers 10:00 Greeting Cards</p> <p><i>CENTRE CLOSING AT NOON FOR ANNUAL PICNIC AT PAVAN PARK</i></p> <p>6:30 Bocce Ball 7:00 <b>Winners Bingo</b></p>	<p><b>8</b></p> <p><b>9:00 Legal Consultations</b> 9:30 Carpet Bowling 1:00 In-House Bingo 1:00 Bridge 1:15 Crib</p>
<p><b>11</b></p> <p>10:00 Floor Curling 10:00 Jammers 1:00 Bridge 1:30 Military Whist 1:30 Hand Bells</p>	<p><b>12</b></p> <p>9:00 Shuffleboard 9:00 Golf 10:00 Keep Fit Aerobics <b>10:45 Winners Bingo</b> 1:00 Texas Hold'em 1:00 Norwegian Whist 1:30 <b>SCRABBLE</b> 2:00 Arthritis Exercise 6:30 Bocce Ball</p>	<p><b>13</b></p> <p>9:30 Carpet Bowling 10:00 Paper Tole 10:00 Roll &amp; Stroll <b>10:45 Winners Bingo</b> 1:00 Darts 1:00 Euchre 3:00 Fitball</p>	<p><b>14</b></p> <p>10:00 Greeting Cards 1:00 Woodcarving 1:00 Trump Whist 1:30 Keep Fit 6:30 Bocce Ball 7:00 Table Tennis</p>	<p><b>15</b></p> <p>9:30 Carpet Bowling <b>11:30 Father's Day Luncheon &amp; Pie Auction</b> 1:00 In-House Bingo 1:00 Bridge 1:15 Crib</p>



<p><b>18</b> 10:00 Floor Curling 10:00 Jammers 1:00 Bridge 1:30 Military Whist 1:30 Hand Bells</p> 	<p><b>19</b> 9:00 Golf 9:00 Shuffleboard <b>10:45 Winners Bingo</b> 1:00 Texas Hold'em 1:00 Norwegian Whist 1:30 <b>SCRABBLE</b> 2:00 Arthritis Exercise 6:30 Bocce Ball</p>	<p><b>20</b> 9:30 Carpet Bowling 10:00 Roll &amp; Stroll <b>10:45 Winners Bingo</b> 1:00 Darts 1:00 Euchre 3:00 Fitball</p> 	<p><b>21</b> 10:00 Floor Curling 10:00 Greeting Cards 1:00 Woodcarving 1:00 Trump Whist 6:30 Bocce Ball 7:00 Table Tennis</p> <p><i>Scrabble Answer:</i> <b>STEVE</b></p>	<p><b>22</b> 9:30 Carpet Bowling 1:00 In-House Bingo 1:00 Bridge 1:15 Crib</p> 
<p><b>25</b> 10:00 Floor Curling 10:00 Jammers 1:00 Bridge 1:30 Military Whist 1:30 Hand Bells</p> 	<p><b>26</b> 9:00 Golf 9:00 Shuffleboard <b>10:45 Winners Bingo</b> 1:00 Texas Hold'em 1:00 Norwegian Whist 1:30 <b>SCRABBLE</b> 2:00 Arthritis Exercise 6:30 Bocce Ball</p>	<p><b>27</b> 9:30 Carpet Bowling 10:00 Roll &amp; Stroll <b>10:45 Winners Bingo</b> 1:00 Darts 1:00 Euchre 3:00 Fitball</p>	<p><b>28</b> 10:00 Floor Curling 10:00 Greeting Cards 1:00 Woodcarving 1:00 Trump Whist 6:30 Bocce Ball 7:00 Table Tennis</p>	<p><b>29</b> 9:30 Carpet Bowling 1:00 In-House Bingo 1:00 Bridge 1:15 Crib</p> 

## SCHEDULE OF TRIPS & EVENTS

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

- SENIORS HELPING SENIORS - EVERY TUESDAY AND THURSDAY 9:00 A.M.
- FRIENDLY SHOPPERS PROGRAM - FIRST TUESDAY OF EACH MONTH (CALL Val at 403-329-3222 TO ARRANGE)
- SENIORS WEEK "JAMMERS", MON., JUNE 4, 1 P.M.
- PANCAKE BREAKFAST, TUE. JUNE 5, 8:30 A.M.
- TRIP - MEDICINE HAT CASINO, TUES., JUNE 5



- ADVANTAGE HEARING, WED, JUNE 6 (by appointment)
- ANNUAL NORD-BRIDGE PICNIC AT PAVAN PARK, THURS., JUNE 7
- LEGAL CONSULTATIONS, FRI., JUNE 8 (by appointment)
- TRIP - ROSEBUD DINNER THEATER, WED., JUNE 13
- FATHER'S DAY LUNCHEON & PIE AUCTION, FRI. JUNE 15
- LOCAL CASINO TRIP, TUES., JUNE 19
- ANNUAL FISHING DERBY PUNCHER CREEK, WED., JUNE 20
- WINNERS BINGO - JUNE 7; 12; 13; 19; 20; 26; 27



# WINNERS



## Thursday is SENIORS DAY!

Half-price Regular & Gold Cards for all players

60+ For more information Call 403-327-7454

### A Whole New Experience!

CUSTOMER APPRECIATION  
Wed. Evening  
June 20th

BIRTHDAY BASH  
Monday Afternoon  
June 25th



Two blocks west of the Casino on Crowsnest Trail

### Lethbridge Denture Clinic

Putting that sparkle back in your smile.



[www.lethbridgedentureclinic.com](http://www.lethbridgedentureclinic.com)  
803 - 3 Ave. S., Lethbridge, AB 403.381.4142

## EUCHRE

Thank you for your kind thoughts, cards and good cheer, during my recent surgery and recovery. I am taking the summer months off, but during my vacation, Dolores and Marilyn will look after Euchre for the months of June, July and August.

Have a great summer, enjoy your gardening, travel and grandkids & great-grandkids.

We recently had seven (7) tables of Euchre players, so business is booming. Come on out and join our fun group. You just might surprise yourself.

*"Do not worry about whether or not the sun will rise; just be prepared to enjoy it."*



Rodney Foster, Convener

# SENIORS WEEK

PANCAKE BREAKFAST  
TUESDAY  
JUNE 5<sup>TH</sup>



In the Dunford Diner  
\$2.00  
Everyone Welcome

Mon. - June 4  
Jam Session  
1 to 3 p.m.



Wed. - June 6  
Carpet Bowling  
Tournament



Friday,  
June 8  
Bingo!  
1 p.m.  
With Special Prizes!

Annual BBQ Picnic  
Pavan Park  
Thursday, June 7  
10:30 a.m. Tickets \$6

## 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.



# ADVANTAGE HEARING CENTRE

406-6<sup>th</sup> 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

## FATHER'S DAY LUNCHEON



## & PIE AUCTION!

Friday, June 15, 2012 11:30 a.m.  
**EVERYONE WELCOME!**

Salad, Pork Cutlet with Mushroom Gravy,  
Mashed Potatoes, Veggies & Dessert  
COST: \$ 8.50 per person. Advance Ticket Sales.

The Auction will begin immediately  
following lunch.

Van rides available at \$2.50 each way.  
Phone 403-329-3222 by  
June 13 to book your ride!

### I PROMISE

By Edward (Ted) Sillito, Nord-Bridge Mind Joggers

As your father I promise; As your son I promise;

To nourish you,  
And to clothe you,  
To educate you,  
And to heal you when  
you ail.

To honour you,  
And to obey you.  
To be fair,  
And to listen to your  
advise.

To understand your  
feelings,  
And to teach you your  
values,  
To accept who you are,  
And to always judge you  
fairly.

To accept my role,  
And to respect your  
rules.  
To heed your warnings,  
And to learn from your  
wisdom.

And when you are in  
despair,  
Whether you are near  
or far,  
To always love you,  
And to hold you close,  
As I do now...

And when it's time to  
Break free,  
Whether I am near  
or far.  
To always love you,  
And to hold you close,  
As I do now...



## LIFETIME HIGHS INC.

### SLOTS OF FUN ADVENTURES (CASINOS)

- KOOTENAI RIVER INN & CASINO 2012: Sept. 4-7; Nov. 21-24 Black Friday Shopping
- RIVER CREE RESORT & CASINO, EDMONTON: September 16-18, 2012
- 5 DAY CLEARWATER RIVER RESORT / KOOTENAI RIVER INN CASINO TOUR. Call for details.
- DEADWOOD, SOUTH DAKOTA: 7 Day Trip, Oct. 27-Nov. 2, 2012.  
Out of Calgary casino visits can be arranged for  
for Lethbridge groups. Give us a call.

### DOMESTIC & INTERNATIONAL ADVENTURES

- POLAR BEAR TOUR: One day fly in-fly out from Calgary tour in Churchill, Oct. 27, 28 & Nov. 3, 2012
- MARITIMES FALL COLORS TOUR—An amazing tour of Nova Scotia and PEI w/Optional 4-day pre-tour of Newfoundland. Sept. 21-29, 2012
- PEBBLE BEACH GOLF TOUR, CALIFORNIA. 3 day weekend; play at Pebbles premier golf courses. Nov. 23-25 2012.
- TANZANIA & ZANZIBAR: Safari and much more Feb. 2-21, 2013.
- SOUTH PACIFIC CRUISE: Oceania (Marina) April 4-20, 2013
- THE GALAPAGOS ISLANDS & MACHU PICHU: Fall, 2014

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

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

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

lifetimehighs@shaw.ca

## OUTREACH REPORT by *Mary Potvin*

Our "Celebrate Spring/Gardening Time" social was well attended with 95 guests and 16 volunteers. We were entertained by 10 members of our Nord-Bridge Music Makers.

The door prizes of tulip bouquets were won by Pearl Graveland and Dee Williamson and the perfume was won by Karen Charleton. The volunteers served strawberry shortcake which was enjoyed by everyone.



We will be taking a well-deserved summer break and welcome everyone back in September for our Mexican Fiesta. Please remember to register early and we hope you all have a great summer.

Relax and enjoy the outdoors and stop by the Centre for a visit. Remember, our Centre is air-conditioned if it gets too hot outside.



## SOCIAL COMMITTEE by *Eva Deringer*

The Miner's Banquet & raffle was held on May 1st. Our volunteers served a Roast Beef Dinner to 130 appreciative guests. The guest speakers presented an interesting program and the music and wine was enjoyed by all. Congratulations to the raffle winners and thanks to all who supported the raffle.

Our Mothers' Day Luncheon was held on May 11th, another SOLD OUT event. What can we say except "WOW" for "MOM". Piano music was provided by Yvonne, and welcome by President, Jim Hahn and Executive Director, Randy Smith. Dinner was served by numerous gentlemen, including Mayor Rajko Dodic, MP Jim Hillyer and several Aldermen, as well as some of our Nord-Bridge members. They all did a great job. Thanks to Bridget Pastoor, Greg Weadick and Laurie Stahr for contributing door prizes for this event. The wine and hanging baskets were donated courtesy of Nord-Bridge. Cudos to Nord-Bridge for presenting all the ladies with a lovely potted pansy. Bouquets to all the volunteers who worked so hard to make this such a great event. **NEXT EVENT:** Annual Fathers' Day Luncheon & Pie Auction will be held on Friday, June 15th. Come to this "Sweet" event & stock up on pies.



### ALMOST PERFECT

Life Member Ruth Orchard scored a hand of 28 at our April 19<sup>th</sup> Crib Tournament. With one jack in lieu of any one of those 5's, Ruth would have had a perfect score of 29!



### GET WELL WISHES WENT OUT TO...

Jeanine Goosens, Lillian Lastuka, Elaine Molyneux, and Ethel Wong. In hospital: Ike Thiessen, Louise Talbot, Doris Iwaskiw, Esther Dulong and Lee Hargrave.

### CONDOLENCES WENT OUT TO...

Maralyn Burghardt, on the loss of her husband, Alan, who loved to play crib and poker.



Welcome Kathleen Boschman who has offered to help Lydia with hospital visits. Thanks Kathleen!

### MIND JOGGERS

Mind Joggers will end their meetings for the summer months. We will return on the second Thursday of September.

I hope you all have a great summer. We bet you would like to come visit us and tell us what exciting adventures you experienced this summer.

Don't be shy! Do come and share with us, we would love to hear all about it.

Judith Knox

## 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



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Lethbridge, AB  
403 320 6000 †



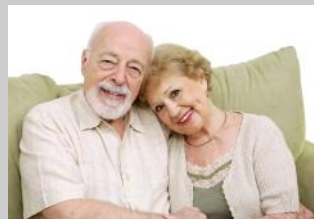
*Bridget A. Pastoor, MLA*  
Lethbridge East



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



# ALBERTA SENIORS



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

Visit our Resource Centre at your convenience.

S C R A B B L E

Which name in the  
 list at the right IS  
 NOT an acceptable  
 SCRABBLE  
 word?

S H A W N  
 S H E I L A  
 S H E L L Y  
 S I B Y L  
 S T E V E



(Answer on Calendar—June 21)

One way to become a better Scrabble player:

**Bonus Squares** - always look for ways to play across premium squares. Check especially for premium squares next to vowels.

For some light hearted fun and laughter, please come and join us.

Scrabble meets  
 Tuesdays at 1:30 p.m.  
 in the Dunford Diner.

LETHBRIDGE  
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## CUSTOM DRIVING FOR INDIVIDUALS AND GROUPS OF UP TO 13 PASSENGERS

- In Town Driving Services
- Airport Service (Incl. Lethbridge, Calgary, Great Falls)
- House Sitting, Home Care and Senior Check-Ins
- Sightseeing & Tours



Call June at  
 (403) 892-7116



## HEALTHCARE SOLUTIONS FOR BETTER LIVING

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

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

SHOPPERS  
 HomeHealthCare™

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

AAOL, WCB, NIHB and DVA vendor

The Clever Crafters (aka the used Greeting Card gals) would like to thank everyone who contributed their old cards and craft supplies to our group.

We are having fun making new creations and also making some money for the Centre. We are taking a break for July, but will back later in the summer, SO PLEASE CONTINUE TO DROP OFF YOUR "USED" CARDS AT THE BOUTIQUE.

We would also like to thank all those who have supported our efforts by buying our cards.

For those of you with no creative talents (as we all said in the beginning), please join us in the fall on Thursday mornings at 10 am.



Again, many thanks for your support.

Alyce, Annette, Elaine, Eleanor, Faye, Gertrude,  
 Jan, Joan, Marina, Maxine and Pat (Kincade)

## 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. To cancel a pick-up please phone in by 3 p.m. or sooner on the prior day. The cost is \$2.50 per one-way trip (Cash); or use your "Breeze Card".



## TRAVEL NEWS



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

### WANTED!!!!

**BUS DRIVERS**—We need some new volunteer bus Drivers or we will be unable to book many outings in August this year. If you are a member, a good driver who enjoys driving, we have some fun day trips for you.



PLEASE CONTACT VAL AT THE FRONT DESK!

### September 27-28, 2012—STETTLER TRAIN EXCURSION

An overnight trip to Stettler to ride the train through the countryside to see fall colors. Book early. A deposit of \$100 is required. Cost of trip is \$275/person, including transportation, train and hotel (double occupancy).



Tuesday, June 19, 2012  
**LOCAL CASINO OUTING**

Cost: \$6.00

Bus departs Centre at 9:30 a.m. SHARP.  
This trip sells out quickly.

### SUMMER OUTINGS ARE NOW IN PLANNING STAGE:

- ♥ Annual Mystery Trip—Thursday, July 12, 2012—Cost: \$30 (Bus & Lunch)
- ♥ Seniors Day at the Calgary Stampede—Tuesday, July 10, 2012—Cost: \$45 (Bus & Admission)
- ♥ Annual Waterton Lakes Outing—Tuesday, July 24, 2012—Sightseeing, shopping & Teddy Bear Picnic.
- ♥ Kootenai Brown Museum in Pincher Creek—If there is enough interest, we will make this return trip on Thursday, July 19, 2012. Last year we went there on the mystery trip and the weather was cold. It's a must see on a warm, sunny day.



Watch for sign-up sheets.  
Payments are required upon sign-up.

### TRAVEL NEWS

May was a capacity month for sell outs for our outings. Stage West in Calgary, 2 trips to Broxburn/Greenhouse walk and lunch and the popular local casino outing.

In the future, when you sign up for a trip, a DEPOSIT is required to guarantee your seat. NO REFUNDS will be issued. If you cancel, you must either forfeit your money or get your own replacement.

### Medicine Hat Casino Shopping Trip

Tuesday, June 5, 2012

Shop & Gamble in Medicine Hat Mall and Casino.

Cost: \$35.00 (Transportation Only)

Buy your own lunch at the mall.

This trip is nearly a sell out!

**SOLD OUT**



### "Anne of Green Gables" at Rosebud Dinner Theatre Wednesday, June 13, 2012

The luxury bus is booked so payment is required on sign-up. COST includes meal, show)

This trip has a few seats remaining.

Bus departs Nord-Bridge at 8:00 AM Sharp.

**Final Payment Deadline: Wed., May 31, 2012**



**SOLD OUT**

### WEDNESDAY, JUNE 20, 2012

ANNUAL FISHING DERBY in Pincher Creek

Cost: \$22.00

Lunch is provided by the Pincher Creek Legion. Prizes will be awarded in various categories. Good Luck and enjoy the day!

**SOLD OUT**



**RIDERS**—Please remember you must call the Centre the day before your pick up. If you are not on the list, **YOU WILL NOT BE PICKED UP.** There will be no more 12:30 pick-ups, so if

you are coming to the afternoon programs, you will be picked up at 12 Noon.  
**ALL RIDERS MUST BE READY AND WAITING.**  
**REMEMBER, OUR BUS IS NOT A TAXI.**



### Triple D Tours

1. **Deadwood South Dakota; 2nd Trip** departing Sun, September 16th, 2012 — \$515.00 Per Person Double Occupancy. **Only a few seats left.**
2. **Spokane Fall Shopping Getaway** (4 days); Fri., October 19th to 22nd, 2012—\$349/person Double Occupancy. **All most sold out.**
3. **Treasures of China Trip:** April 8th to 26th, 2013—\$4,599/person—Double Occupancy.

Call Donna @ 403-394-0349

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

Contact **Triple D Tours** at 403-394-0349 or E-mail: [tripleddtours@hotmail.com](mailto:tripleddtours@hotmail.com) for additional information



*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.

# It's Our Customer Appreciation event

Throughout the entire month of June

Welcome  
**First Time Customer**

Find out why so many customers have made us their pharmacy. We invite you to come and experience The Medicine Shoppe Pharmacy difference - you'll be glad you did!

Your health. Our priority.

## Thousands of Alberta seniors enjoy the benefits of Seniors Plus. You can, too!

If you're an Albertan age 65 or over, consider the value of a Seniors Plus plan from Alberta Blue Cross.

Our plans fill the gaps in government-sponsored benefits for Alberta seniors—with useful supplementary coverage to help you maintain your health and avoid out-of-pocket costs.

Senior Plus plans are affordable and require no medical review.

Call us for an information package today!



[www.ab.bluecross.ca](http://www.ab.bluecross.ca)

Lethbridge  
**403-328-1785**

Toll free  
**1-800-394-1965**

- dental care
- preferred hospital accommodation
- eye glasses
- chiropractor and podiatrist
- accidental death benefit
- other important health benefits

ALSC 02932 2012/01



### 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 8th, 2012*

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

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



**BUY 2**  
at regular price and  
**GET 1**  
**FREE**  
ON ALL REXALL BRAND  
VITAMINS & MINERALS

Offer expires 30/06/12. While supplies last. Limit 2 per customer.



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

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

Proudly Supporting



Canadian Mental Health Association  
Mental health for all

Association canadienne pour la santé mentale  
La santé mentale pour tous



**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](mailto:lethbridge.west@assembly.ab.ca)  
or drop by 402 - 8 Street South  
Lethbridge, AB T1J 2J7



# WORLD ELDER ABUSE AWARENESS DAY JUNE 15TH

## WHAT IS ELDER ABUSE?

Any action or lack of action by someone in a position of power or trust that harms the health or well being of any older person.

*Some examples are: hitting, pushing, name calling, taking money or property, threats, withholding medication, lack of care and/or unwanted sex.*

## Some Facts About Elder Abuse

- ◆ Most cases are not reported (about 7% of seniors have been abused)
- ◆ In many cases, the abuser is a family member (about 25%)
- ◆ Older men are often abused too
- ◆ Addiction is a common trigger for elder abuse
- ◆ Elder abuse occurs in all races, cultures, religions, educational levels and income levels

## Reducing Risk of Being Abused

1. Stay connected – visit with friends often and regularly attend community activities. People are more vulnerable when they are isolated.
2. Stay physically active and live a healthy lifestyle – the better you feel as you age, the more likely you are to stay connected and the less dependent you are on others for care.
3. Chose an Enduring Power of Attorney wisely: an ethical, appropriate person will respect your wishes and understand your needs. Having two people share that role can reduce temptation.
4. Call the police if you believe you are a victim of a crime
5. Know your rights: to make choices; to receive fair treatment; to keep assets; to have appropriate shelter, food, clothing, medical care and community ties; to be safe and to live without fear.

## Be Involved, Be Aware, Show you Care



### JOIN US FRIDAY, JUNE 15TH AT NORD-BRIDGE'S ANNUAL "FATHER'S DAY LUNCHEON & PIE AUCTION"

Members of the Lethbridge Elder Abuse Response Network will be on-hand to help serve and to raise awareness of Elder Abuse issues. Tickets for the luncheon can be purchased at the front desk for \$8.50. Half of the proceeds from the Pie Auction will go towards Nord-Bridge Senior Citizens Association's new Elder Abuse Fund.

