

NEWSLETTER

December 2016



*Valerie
Arkinstall*



Donalda



Mary

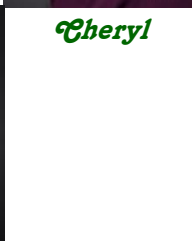


Marie

Sandy



Faye



Cheryl



Dianne



Sharon



Heather Belle



From staff members Val Arkinstall and Heather Belle: Many Thanks to our Reception Desk elves for all their help, all year 'round. Missing are: Wendy and Judy.

"The Friendly Centre" 1904 - 13th Ave. North Lethbridge, Alberta T1H 4W9
Open Monday to Friday - 8:30 a.m. to 4:30 p.m. Telephone 403-329-3222 Fax 403-329-8824
E-mail: friendly@nordbridgeseniors.com

**2016-2017
NORD-BRIDGE SENIORS
EXECUTIVE**

President	Pat Santa
Vice-President	Rodger Halvorsen
Interim Treasurer	Harry Fischer
Secretary	Marilynn Heaton
Past-President	Jim Hahn

BOARD OF DIRECTORS

FIRST YEAR

Robert Grisak
Clay Olsen
Bob Tarleck

SECOND YEAR

George Berg
Jack Fox
Marilyn Gillies

THIRD YEAR

Donna Farkas
Woody Neely
Doug Youngren

ADMINISTRATIVE STAFF

Executive Director
Sr. Administrative Ass't
Financial Administrator
Director of Programming
Member Support Coordinator
Reception Supervisor
Reception Assistant
Rentals
Cook II
Cook I
Red Seal Cook
DR/Kitchen Assistant
Janitorial

Randy Smith
Kathleen Filkowski
Tracy Beauchemin
David Ng
Lorri Penner
Valerie Arkinstall
Heather Belle
Kathleen Filkowski
Sally Reyna
Bety Castillo
Samantha Ajtay
Gail Krysak
Marco & Carla Escobar

ON-SITE PARTNER PROGRAMS & SERVICES

National Association of Federal Retirees	Gary Drake	403-328-0801
Chinook Lifecare Assoc.	Jane-Anne	403-320-1170

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

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

ADMIN. PROGRAMS

By-Laws/Policies
Committee
Crafts Boutique
Finance Committee

Marilynn Heaton* (Chair), Bob Tarleck,
Robert Grisak
Heather Newsham
Chair-Harry Fischer, Pat Santa,
Jim Hahn, Roberta Svennes, Frank
Deane, Mike Bennett, Clay Olsen
Kathy Filkowski
Kathy Filkowski (Production & Billing)
Jim Hahn
Jim Hahn* (Chair), Dan Deringer
Bob Tarleck* (Chair)

Memberships
Newsletter
Newsletter Ad Sales
Nominations Committee
Political Advocacy
Committee
Seniors Helping Seniors

Harry Fischer, Norene Easthope,
Vicki Klassen

CARDS & BOARD GAMES

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

Woody Neely*, Board Rep
Hans & Louise Kochan
Pat Veres
Rodney Foster
Donna Takeda
Pat Veres
Pat Veres
Sheila Brust, Jenny Oleksy**
Mike Bennett, Pino Zucchelli, and
Marilyn Maloff
Pat Kincade

Duplicate Bridge

EDUCATION

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

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

**NEW MEMBERSHIPS \$53.00
MEMBERSHIP RENEWALS \$50.00**

FUNDRAISING

GAMING

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

HEALTH & FITNESS

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

OUTREACH

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

SOCIAL ACTIVITIES

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

SPORTS & RECREATION

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

TRAVEL

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

VOLUNTEERISM

Building Set-up Volunteers
Volunteer Committee

AFFILIATIONS

ACA Representative
Alberta 55 Plus—Zone 1
Alberta Assoc. of Senior Centres
Enviro. & Historic Resources CLG
Go Seniors Society
Health Education Presentations
Lethbridge Seniors Forum
N-B Income Tax Program
New Horizons for Seniors Program



Pat Santa*, Board Rep
Jim Hahn, Board Rep

Jack Fox*, Board Rep

Mike Bennett
Frances Wallace
Helen Gepneris, Jim Hahn
Bonnie Hammond
Leonard Hutchinson

Donna Farkas*, Board Rep

Melanie Hillaby
Christine Curteanu
Melanie Hillaby
T. J. Dunn
Jeannie Williamson
Jim Scott (Volunteer Trainer)

Rodger Halvorsen*, Board Rep

Valerie Arkinstall
Lydia Prokop/Chris Figenshau
Valerie Arkinstall
Rodger Halvorsen

Doug Youngren*, Board Rep

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

Robert Grisak*, Board Rep

Clay Olsen
Norene Irwin, Woody Neely
Robert Grisak
Dawn Vickers
Vacant
Lorna Vandervalk
Judy Workman, Clay Olsen
Vacant
Clay Olsen
Jerry Mikusek, Dave Bergen

George Berg*, Board Rep

Valerie Arkinstall
Kathy Filkowski
Valerie Arkinstall
Mike Bennett
Marco Escobar

Jim Hahn, Board Rep

Clay Olsen, Harry Fischer
Eva Deringer, Elaine Molyneux

Clay Olsen*, Board Rep

Harry Fischer
Mike Bennett, Clay Olsen
Randy Smith
Bob Tarleck
Helen Gepneris, Jack Fox
David Ng (and Alberta Health)
David Ng
Harry Fischer, David Ng, Sheila Brust
Harry Fischer

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

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

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

PRESIDENT'S REPORT

Our **Annual Bake Sale** will be held on Friday, Dec. 2nd. Donated items sell out quickly, so I recommend that you come by 9 AM.

On Thursday, Dec. 8th at 11:30 AM we will host **The Christmas Luncheon**. Tickets are **now SOLD OUT** but **take-out meals** can be pre-ordered at the Reception Desk.



Nord-Bridge will sponsor **OLD FAVORITES(6) at the Yates Center** on Feb. 17 and 18, 2017 at 7:30 PM plus a 1:30 PM matinee on Saturday. **EARLY BIRD TICKETS** are priced at \$28 until December 30th. After that, the regular price will be \$33. It would be prudent to purchase gift or personal tickets before the price goes up. These tickets make great Christmas gifts for that special someone who has everything.

Miners Raffle Tickets will soon be available. Prizes include a **lift-chair from Shoppers Home Health Care**, a **quilt made by Sandy & Angie Fischer**, and a **\$260 car detailing gift certificate from Titan Auto Spa**.

Your Nord-Bridge Executive team continues to work with Bruce Thurston and Dawn Vickers from the City on our Organizational Review and Strategic Plan. The surveys that many of you recently filled out will help us decide where we want Nord-Bridge to head in the future. Everyone who did a survey was entered into a raffle for a new TV. The winner of the TV will be drawn at the Christmas Luncheon on Thursday, Dec. 8th. All members should have a voice in this Association's future and that is why the survey was done.

I wish every one of you a

Merry Christmas and a Happy New Year!

Pat Santa, President



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



Hey! WELCOME, New Members.
We're very GLAD you're here!



★ Monique Malette ★ Lorraine Mix ★ Ken Mix
★ Patricia Buswell ★ Janice Abrey ★ Ilona Mrnay
★ Eric Millband ★ Nick Stanley ★ Jana Dalton
★ Denise Morrison ★ Charles Nordquist ★ Fumiko Adachi ★ Sherry Nugent ★ Caroline Aimoto ★ Cyril Collis-Wootton ★ Kathleen Calder ★ Carol Roesler
★ Carol Boersma ★ Lila Sloan ★ Joyce Dziedzic
★ Christal Makishi ★ Marnie Kurina ★ Dan Murach
★ Molly Murach ★ John McShane ★ Sandra Norman
★ George Norman ★ Marie Wainwright

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

Live in the Neighbourhood?
Visit the **Lethbridge Public Library's**
Exciting **Bookmobile!**

It will be parked at **Nord-Bridge Seniors Centre, 1904 - 13 Avenue North**
on the following **SATURDAY**
10:45 a.m. to NOON

DECEMBER 10



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

User ID: FriendlyCentre
Password: myfriendlycentre
(Shaw Cable subscribers see below)



Nord-Bridge Meetings Reminder

Each Month

Outreach Committee	First Monday	9:30 a.m.
Executive Meeting	First Wednesday	9:30 a.m.
Board of Directors Meeting	Second Wednesday	9:00 a.m.
Finance Committee	Last 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	Third 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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FOR SHAW SUBSCRIBERS: We are pleased to announce that our building is equipped with **Shaw) Go WiFi**. To connect at Nord-Bridge:

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

Any questions? [Please](http://www.shaw.ca/internet/wifi/) call 1-888-472-2222 or visit <http://www.shaw.ca/internet/wifi/>.

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

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- PROSTHETIC EYE PRACTITIONER

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www.southernoptical.net

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FAX: 403-320-1181



Lethbridge HEARING CENTRE

Lethbridge Hearing Centre will be at Nord-Bridge Centre offering **FREE** hearing tests and consultations every third Thursday of the month from 10 a.m. until Noon. Please book your half-hour appointment at the Reception Desk.

Next FREE Test and Consultation **Dec. 15th**

NORD-BRIDGE SENIORS CENTRE 1904 - 13 AVENUE NORTH



IN-HOUSE BINGO

EVERY FRIDAY AFTERNOON (EXCEPT HOLIDAYS)

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

Everyone (18 and over) welcome!

COME FOR LUNCH, STAY FOR BINGO!



EVERGREEN

Funeral Home
and Cremation Services

403-329-4934

Give us a call regarding ...

- * Affordable Pre-arrangement Options
- * Evergreen's Budget Conscious Pricing

*Because Cost
Is An Option*

*We lessen the expense
Not the care*

A Division of the Caring Group Corp.

LORRI'S CORNER

*"It's The Most Wonderful Time Of The Year
With the kids jingle belling
And everyone telling you "Be of good cheer"
It's The Most Wonderful Time Of The Year"*



Confession time: Other than summer, Christmas is my most favourite time of the year! The lights, the Christmas carols, the decorations and the excitement of children, especially my five granddaughters; Christmas is so wonderful!

This year though, is going to be different for my family, my children in particular, as their dad passed away this year. I know many of you also lost someone very special and loved this year. The holiday season can magnify your sense of loss and mourning. Family gatherings and seasonal events can be painful reminders of the absence of a loved one. If you are mourning the loss of a loved one this year, here are some important things to keep in mind.

ONLY DO WHAT FEELS RIGHT FOR YOU: Decide which activities or traditions you can handle.

ACCEPT YOUR FEELINGS: Whatever they might be, feel the feelings and accept that you will have moments of deep sadness and perhaps some guilt if you do feel joy.

CALL ON FAMILY AND FRIENDS: Talk to your loved ones and be honest about how you need to do things this year.

FOCUS ON THE KIDS: Spending time with children as they marvel in the season can be a welcome distraction. Give yourself permission to excuse yourself if it is too much.

PLAN AHEAD: Anticipation can be worse than the actual holiday. Plan small moments to look forward to instead of dreading the pain the holiday could bring.

SCALE BACK: Do what feels safe and comfortable for you. If the thought of many activities feels overwhelming, bow out and be gentle with yourself.

GIVE: Sometimes it is a comfort to give to others. Consider volunteering; make a donation to a charity in your loved one's name or give a gift to someone who may not receive anything.

ACKNOWLEDGE YOUR LOSS: Light a candle of remembrance, talk about them, display their picture among holiday items.

DO SOMETHING DIFFERENT: Things have changed and the holidays will not be the same. Plan new activities or create a new tradition.

SKIP IT: If you genuinely feel it is going to be too much for you, or that having other family members around may be just too much to endure, you have the right to opt out of big events. Speak with your family and truthfully share your feelings with them.

As always, if you are struggling dealing with your loss, please, I invite you to come sit and have a chat with me. Together we can come up with a plan that honours your wishes and also pays homage to your loved one.

DECEMBER 2016

M	T	W	Th	F
				2
5		7	8	
	13			16
	20	21	22	
			29	30

Here is my December schedule.
Please stop by for a chat.

Lorri Penner, BSW, RSW
Member Support Coordinator

EXECUTIVE DIRECTOR'S REPORT

Greetings Members;

As we enter the Christmas season, I think it is an appropriate time to call attention and extend a big thanks and send seasonal greetings to the many members, volunteers, and staff who support Nord-Bridge Seniors Centre in so many ways. I hope you have a joyous season of good health; the closeness of family and friends; and that you will find success in achieving the goals and dreams you may have set for yourself for the New Year.

Sometimes the efforts of our volunteers, staff and supporters are seen by the membership. More often, however, the good works of individuals go unnoticed or unrecognized. If this applies to you, I sincerely apologize. Thus in this *Newsletter*, I would call attention to just a few individuals who regularly help Nord-Bridge, of which you may not personally be aware. Specifically, a big thanks goes out to Lydia Prokop and Christina Figenshau, who volunteer on our Outreach Program Team.



These two ladies make almost daily hospital and care facility visits. They report back on the status of individuals in hospital, and they deliver many of the get well and sympathy cards available for members to sign at the Reception Desk. Thanks ladies! You probably also recognized the City placed a new sidewalk to the

west of the Centre on 19th Street this fall. The installation was welcomed as it created better overflow parking for the Centre, but to access our level required that stairs be installed. Member Marco Bosnak, a welder by profession, donated the fabrication and installation of the new handrail for these stairs. Marko also donated other welding projects in our parking lot, grounds, and at the south entry of our building over a few years; and he helped fabricate a special elevated platform used to accommodate a mobility challenged member in our Somatics health class.



This season is a good time to thank another member who has freely given of his services, and is valued by many members for his knowledge and interest with member's personal health. I am referring to our Fitness 55 Plus Club personal trainer and Older Adult Specialist, Jim Scott. I was recently visiting with one of the doctors with a leadership role with our regional health system / hospital. This doctor expressed to me his awareness of the significant impact Jim has been making to the health and well being of hundreds of seniors in our City.

Finally, a job that occurs daily at Nord-Bridge, but may go unnoticed is the tender plant care and seasonal decorating by Eva Derringer. A big thanks goes out to this gifted, home schooled horticulturalist and green thumb. Eva also leads a great team of volunteers that serve food at most of our large fund-raising and socialization events.

To all members who volunteer in any capacity, I express my sincere thanks. I hope all members have a wonderful Christmas.



Seasonal Regards, *Randy Smith*



“Wishing you a very Merry Christmas and a Happy New Year! As you celebrate this miraculous season, may your home be filled with peace, love, and joy.”



RACHAEL HARDER
Member of Parliament for Lethbridge

Email: Rachael.Harder@Parl.gc.ca Phone: (403) 320-0070



Dear Nord-Bridge Members:

Thank you so much for welcoming us into your facility and including us in your daily routines. We have really enjoyed the time we spent here; and learning from your experiences. We feel as though our time spent here with you will enhance our nursing careers and that the experiences you and Nord-Bridge have provided for us will be very beneficial for our future practice.



Thank you to all the people who came out to the educational sessions and health fair, we really appreciate the efforts you made to support us and to take charge of your own health. We hope you were able to learn something new from these events and that you continue to make healthy decisions each and every day.



As winter is now in full force and as sidewalks become slippery, we remind you to take precautionary measures and stay safe. Walk like a penguin! Thank you again, and we wish you all the best in the future.

U of L Bachelor of Nursing Students

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

From the Desk of Val

HO HO HO! It is that time of year again. I would like to extend very Happy Christmas greetings to all of you, and I hope you get time to relax with family and friends.

I offer many thanks to all of our volunteers who have contributed many hours to the Friendly Centre. Volunteers don't get paid - not because they are WORTHLESS, but because THEY ARE PRICELESS! Please mark your calendars for **Tuesday, Dec. 20th when we'll host a drop-in Volunteer Thanks event with hot chocolate & hot apple cider from 2 to 3 p.m.** We really do APPRECIATE you in whatever job you do at the FRIENDLY CENTRE.

VOL NTEER

all that's missing is U!



Our Outreach Program is once again giving back to the community by decorating a Christmas tree for the Interfaith Food Bank so that a special family can have a cheerful holiday reminder to brighten up their home. Bring in your SMALL TREE ORNAMENTS so my elves at the Reception Desk can light up the tree.

Stay warm, and stay connected.

Valerie



Programmer's Report by David Ng

Thank you, thank you... to all of the members who came out to support the U of L Nursing students this Fall. We saw a big jump in the number of attendees at their education sessions. In previous years, attendance averaged around seven members attending each session. This year, we had a tremendous increase of an average of 15 members attending the education sessions. A large part can be accredited to their unique marketing and promotion of their events, but in the end, it was the members who took the time to support them and it was greatly appreciated by Nord-Bridge and the students. All the best to Danyelle, Stephen, Erin, Jess, Tamara, Shanise, Kristy, Mikaela, Paige, Becca, Michelle & Jacquie in your final year of studies.



Have you ever wanted to try Yoga, Chair Yoga or Pilates? Now is the time to give them a try. On Tuesday, December 13th join Melanie Hillaby's free, introductory classes in all three of these yoga disciplines. The free introductory classes will start with Chair Yoga & Breathing at 9:30 am, and Yoga & Pilates at 10:00 am. All interested members and non-members are welcome to drop-in and attend.

Free massages this month from the Southern Alberta Institute of Massage will take place on Friday, December 9th from 9:30 am - 11:30 am.



The **Winter 2017 Program Booklet** will be available at the Reception Desk on Wednesday, December 14th. Program registration will open on Thursday, January 5, 2017.

Merry Christmas and Happy New Year!



David

OUTREACH REPORT *Rodger Halvorsen, Convener*



Our November Outreach Program was held on the afternoon of Monday, November 21. We opened with a "Remembrance" tribute, offered with a moment of silence. Following that, "Floyd Sillito & Friends" sang 'O Canada' and provided entertainment for the event. Guests from six care homes as well as our own members brought our total attendance to 107. The Door Prize was won by Audrey MacDonald. Awesome entertainment and visiting with friends, filled the schedule for the day. Special thanks to our MC's Jim and Bud for leading us through the afternoon. Many guests expressed delight with our entertainment. Next month's event will be held on the afternoon of Monday, December 12th featuring our own Music Makers with the theme, "Christmas in the Rockies". To ensure you are part of the day, register early because we expect a sold out December event!

How Can We Help Your Trees Today?

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Ladybug Arborists

Maureen Sexsmith-West, ISA Certified Arborist, PR4600A

www.ladybugarborists.com



WIN CASH AT NORD-BRIDGE! DAILY 50/50 DRAW

Nord-Bridge hosts a Daily 50/50 Draw to help raise much needed funds. Half of the proceeds go to the Centre. Members may enter for other members and you do not need to be present to win.

IN ORDER TO PARTICIPATE YOU MUST:

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



RECENT WINNERS

LORRAINE OLSEN
\$536.00 NOVEMBER 25, 2016

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 at the draw desk in the Dunford Diner.
2. Drop \$2.00 into the envelope and deposit it into the Draw Box.
3. Come out to lunch on "draw day" to see if you are the winner. The more times you enter, the more chances you have of winning!



RECENT WINNER

JUDY BRADFIELD \$278 NOVEMBER 25
Next Draw Dec. 23rd

SOUND SYSTEM DRAW

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



MONDAY JAM 50/50 WINNERS

Nov. 7 Nina Waselenak \$46; Sheila Urban \$46
Nov. 14 Sally Reyna \$37; Donna Makelki \$37
Nov. 21 Floyd Sillito \$38; Janice Abrey \$38
Nov. 28 Rudy Grams & Doreen Jurgens \$75

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

Friday Dunford Diner Lunchtime Entertainment

Dec. 2 Bryan Bradfield
Dec. 9 Oscar & Yvonne
Dec. 16 Alice Tinordi



NORD-BRIDGE BUILDING FUND RECENT DONORS

Denise Cole \$200; Robert Tarleck \$ \$100;
Anonymous \$60; Heinz & Angela Fischer \$100;
Nina Waselenak \$200; Willy Holz \$100;
Eveline Polczer \$500; New Connections \$1,000

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2016
Through November 25, 2016 : **\$16,636**



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	83%

**Total Contributions to our
Building Fund 1998 through 2016**
Still needed by N-B Fundraising

\$ 2,066,593
\$ 433,407

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



Dunford Diner

NORD-BRIDGE SENIORS CENTRE

1904 - 13 AVENUE NORTH

Breakfast from 8:30 a.m. to 1 p.m.

Daily lunch specials 11 a.m. to 1 p.m. plus ...

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

PUBLIC WELCOME! NO SURCHARGE

DEBIT & CASH ACCEPTED


Friday Lunch Specials \$7.50

Dec. 2 Spaghetti & Meatballs, Caesar Salad & Toast
Dec. 9 Homemade Cheeseburger & Homemade Fries
Dec. 16 Stuffed Pork Loin, Veggies & Mashed Potato
Dec. 23 Liver & Onions, Veggies & Roasted Potato
Dec. 30 Shepherd's Pie with Salad

Special December Buffet Wed., Dec. 7 8:30-10:30
Waffles, Bacon, Ham, Hashbrowns, French Toast,
Eggs Benedict, Fruit & much more!

\$9.00



Monday	Tuesday	Wednesday	Thursday	Friday
5 9:00 Yoga 9:30 Jammers 10:00 Floor Curling 10:15 Chair Yoga 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts 	6 9:00 Shuffleboard 10:00 Music Makers 11:00 Keep Fit Aerobics 1:00 Texas Hold'em 1:00 Norwegian Whist 1:00 Canasta 1:30 SCRABBLE 3:00 Arthritis Exercise 7:00 Social Dance 	7  BREAKFAST BUFFET 8:30 8:45 Yoga 9:30 Carpet Bowling 10:15 Paper Tole 10:45 WINNERS BINGO 11:00 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball 3:00 Advantage Hearing <i>By Appointment</i>	1* & 8* 9:00 Floor Curling 9:30 Card Crafters 9:30 Mind Joggers 10:00 Somatic 11:00 Keep Fit Str & Flex *11:30 Christmas Luncheon *1:00 Acrylic Painting 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 1:00 Duplicate Bridge *5:30 Zumba *7:00 Table Tennis	2* & 9* *9:00 Bake Sale! 9:00 Pilates 9:00 Paper Tole *9:00 LEGAL CONSULTS <i>(By appointment)</i> *9:30 FREE MASSAGE *9:30 Carpet Bowling 10:15 Chair Yoga 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib 
12 9:30 Jammers 10:00 Floor Curling 1:00 Contract Bridge 1:00 Military Whist 1:30 OUTREACH  Christmas in the Rockies	13 9:00 Shuffleboard 10:00 Music Makers 10:45 WINNERS BINGO 11:00 Keep Fit Aerobics 1:00 Texas Hold'em 1:00 Norwegian Whist 1:00 Canasta 1:30 SCRABBLE 3:00 Arthritis Exercise 7:00 Social Dance 	14 9:30 Carpet Bowling 10:00 Out & About + coffee TOO 10:15 Paper Tole 10:45 WINNERS BINGO 11:00 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball 	15  9:00 Floor Curling 9:30 Card Crafters 10:00 Lethbridge Hearing <i>(By Appointment)</i> 11:00 Keep Fit Str & Flex 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 1:00 Duplicate Bridge 7:00 Table Tennis	16 9:00 Paper Tole 9:30 Carpet Bowling 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib 

<p>19 9:30 Jammers 10:00 Floor Curling 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts</p> 	<p>20 9:00 Shuffleboard 10:00 Music Makers 10:45 WINNERS BINGO 1:00 Texas Hold'em 1:00 Norwegian Whist 1:00 Canasta 1:30 SCRABBLE 2:00 Volunteer Drop-In 7:00 Social Dance</p> 	<p>21 9:30 Carpet Bowling 10:45 WINNERS BINGO 1:00 Darts/Euchre 1:00 Quilt/Kraft</p> 	<p>22 9:00 Floor Curling 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 1:00 Duplicate Bridge 7:00 Table Tennis</p> 	<p>23 9:30 Carpet Bowling 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p> 
<p>26 <i>Centre Closed</i></p> <p>Christmas break!</p> 	<p>27 <i>Centre Closed</i> 10:45 WINNERS BINGO</p>	<p>28 9:30 Carpet Bowling 10:45 WINNERS BINGO 1:00 Darts/Euchre 1:00 Quilt/Kraft</p> 	<p>29 9:00 Floor Curling 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 1:00 Duplicate Bridge 7:00 Table Tennis</p> 	<p>30 9:00 Pilates 9:30 Carpet Bowling 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p> 
<p>Go Friendly Shuttle door-to-door service: Call 403-329-3222 the day prior, or sooner, to book a ride. Cost is \$3.00 each way, or use your <i>Lethbridge Transit "Breeze Card"</i>.</p> <ul style="list-style-type: none"> LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL FIND A PHONE FRIEND FOR YOU. (CALL VAL AT 403-329-3222 TO ARRANGE) COFFEE, TEA & YOU: 2nd & 4th TUESDAY 10 A.M. IN DUNFORD DINER ALZHEIMER SOCIETY'S REP. MIKAELA, WILL VISIT THE CENTRE ON THE THIRD WEDNESDAY OF EACH MONTH AT 10 A.M. IN THE DUNFORD DINER 			<ul style="list-style-type: none"> L.E.A.R.N. (ELDER ABUSE) REP. TANYA PURDY-FISCHER - TUES, DEC. 6, 10 A.M. ADVANTAGE HEARING - WEDNESDAY, DECEMBER 7 (by appointment) FREE LEGAL CONSULTATIONS - FRI. DEC. 7 (by appointment) with HUCKVALE LLP BROXBURN/GREEN HAVEN GARDEN CENTRES, WEDNESDAY, DECEMBER 7 LETHBRIDGE HEARING CENTRE TESTS - THURS, DEC. 15 (by appointment) LOCAL LIGHT TOUR - THURSDAY, DECEMBER 15 DR. BOLOKOSKI - FUTURE DATES INCLUDE: JAN. 11, MAR. 8, MAY 3, June 28, Aug. 23, Oct. 18, Dec. 13, 2017 	

WINNERS



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HUCKVALE LLP
established 1906

Upcoming FREE consultation dates:
Friday, December 9 & January 13
between the hours of 9:00 a.m. & 11:30 a.m.
Contact the Reception Desk to schedule
an appointment. **Phone: (403)329-3222**

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www.health.ab.ca**



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Government forms?**

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here at Nord-Bridge. We have friendly,
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CONTACT 403-329-3222 OR
Seniorshelping@nordbridgeseniors.com**

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CONDOLENCES WERE SENT TO:

Lillian Millar, loss of daughter; Mary Potvin, loss of sister-in-law; May Pearson, loss of sister; Pat Santa and Sandy Fischer, loss of sister; Marjorie Ferguson, loss of brother; the Brown Family, loss of Wayne; George Crowe, loss of son; the family of Life Member, Bill Bilesky; Councillor Jeff Carlson, loss of father, Lynne; and the Chiste Family, loss of Bruno.

GET WELL & HEALTH WISHES WERE SENT TO:

Betty Cowan, and Dermv Copeland, both at Regional Hospital; and Maralyn Burghardt, recuperating and resting at home. Our thoughts are also with volunteer, Judy Cartwright, now in Calgary with her son who recently had surgery and is back in Foothills Hospital because of complications. We will miss long-time members, Evelyn & Frank Wince who will be leaving us to be closer to family in Calgary.



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- Back Care, Supports & Braces
- Ostomy



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SCRABBLE

Sheila Brust, Convener

TICKLE ME FANCY WORDS

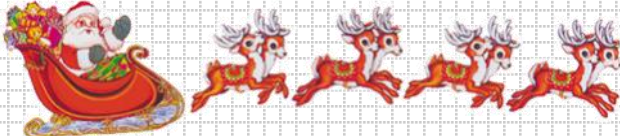
The month of December brings us

CHRISTMAS

a word much loved by most everyone.

The Scrabble Club would like to wish everyone the happiest of Christmases and good health, and the best of everything in the New Year.

Scrabble meets every Tuesday at 1:30 in the Dunford Diner Annex. We welcome one and all!



Shannon Phillips,
MLA Lethbridge West

402 8th St S
Lethbridge, AB T1J 2J7
lethbridge.west@assembly.ab.ca
403-329-4644



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Lethbridge AB T1J 2W1
Phone: (403) 320-1011
Fax: (403) 328-6613
Email: Lethbridge.east@assembly.ab.ca



Photo: David Rossiter

Members can make an appointment at the Nord-Bridge Reception Desk to meet with Maria here at the Centre on the 2nd or 4th Friday of the month between 9:30 & 10:30 a.m.

NORD-BRIDGE SENIORS FITNESS 55 CLUB

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

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

(A \$10 refundable key fob deposit is also required)

Meet with Jim Scott, Certified Personal Trainer
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COMMUNITY SAFETY

LEARN is a team of human services organizations that responds to and provides education, awareness and support for those at risk of or already experiencing abuse, as well as the community at large. Services are provided confidentially and free of charge to seniors who reside in the City or County of Lethbridge.

For more information or to make a report, please contact the LEARN Case Manager, **Tanya Purdy-Fischer**. Tanya is on-site at **Nord-Bridge Seniors Centre** the first Tuesday of each month from 10:00 to 11:30 a.m.



Phone: 403-394-0306 Email: learn@lethseniors.com
Facebook: <https://www.facebook.com/Lethbridge-Elder-Abuse-Response-Network>

www.lethseniors.com/support-services/learn-lethbridge-elder-abuse-response-network

THANK YOU

...to the community minded businesses that generously donated door prizes or items for the **Winter Emergency Preparedness** session and the **Fall Housing Fair!**

Barrie - Canadian Tire North; Ashley - Salon Nine-teen 04; Ashley - Mint Smartwash; Onion Bar and Grill; Jo-Ann Kelly - Sutton Group; and Nord-Bridge Senior Centre.

EUCHRE REPORT

Rodney Foster, Convener

Merry Christmas! I hope you enjoy the season with all the treats, craft shows, grandchildren and great grandchildren. Have a Safe & Happy New Year. We welcome you to join us for fun and games! We give lessons at 12:30 and play games from 1 to 3 every Wednesday in the Dunford Diner Annex.



DART REPORT

Our Annual 2016 In-House Dart Tournament concluded on Nov. 16. 12 players competed. Kindly join me in congratulating our winners.

WOMEN'S SINGLES

GOLD
Bev Lelievre

SILVER
Diane Reid

BRONZE
Karen Argento

MEN'S SINGLES

Al Martin

Bill Lelievre

Bob Gow

DOUBLES

Diane Reid
& Al Martin

Barb & John
Johnson

Bev & Bill
Lelievre

We are now resuming regular weekly play on Monday and Wednesday afternoons at 1 p.m. in the Multi-Purpose Hall.

Thank you for joining us!

ROB CRISAK

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Through the Generations.*

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Lethbridge, AB
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Christensen Salmon

GENERATIONS

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You have until Dec. 7 to complete your **Member Survey** and be eligible to **win a new television**. Ask for a survey and raffle entry at our Reception Desk.



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Stop Winter Falls. Walk like a penguin! Know why?
They **walk flat footed**. They **take short strides**. They
walk with their **arms at their sides** (not in their pockets).

They concentrate on maintaining balance. Don't fall! Follow
these simple tips:

- ☺ Choose **footwear** that will provide traction on snow and ice.
- ☺ **Plan ahead**; think about the best route to your destination
and give yourself a little extra time to get there.
- ☺ **Walk on designated walkways**. It can be hazardous to
take shortcuts over snow piles or areas that cannot be cleared.
- ☺ **Don't carry heavy objects** in slippery conditions.
- ☺ **Beware of "black ice"** and slippery conditions on surfac-
es that have been cleared. Water vapour can freeze on cold
surfaces and form an extra-thin, nearly invisible layer of ice that
can look like a wet spot on the pavement. It often shows up
early in the morning, in areas that are shaded from the sun and
sunny spots where puddles freeze after dusk.
- ☺ Before you step off the curb into the street, make sure any
approaching **vehicles have come to a complete stop**.
- ☺ **Walk slowly and keep both hands out** to stay balanced.
- ☺ **Use handrails** while walking up and down stairs.
- ☺ When exiting or entering a vehicle, **hold on to it** for support.
- ☺ When entering a building, be sure to **use floor mats and
boot cleaners** to remove moisture from the soles of your
shoes. This will help protect you, as well as others who follow.
- ☺ **Choose your path carefully** to avoid wet or slippery floors.

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HANDS AFTER
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December

by Doreen Taylor - Mind Joggers Group

Frosty air gives us rosy cheeks
Blankets of snow cover mountain peaks
Millions of snowflakes flutter and fall
No longer is heard the wild goose call
The birds and the bees have all flown away
To where the sun shines every day
Tree branches reach up all gray and bare
Their colorful leaves no longer there
The green grass is covered with glistening snow
Everything will be green again we all know
Christmas lights twinkle thro' the night
Colorful, festive, a beautiful sight
Folks are all bustling and shopping with glee
Looking for gifts to put under the tree
But during this time let us look toward heaven
And be thankful for the gifts God has given.



December 8, 2016 is the last day for Mind Joggers, this year. After the Christmas Holidays, we will resume our regular schedule on January 12th, 2017 (the second Thursday in January).

Judith Knox



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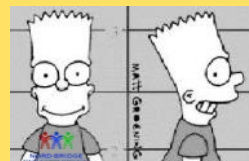
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Jan. 10, 17, 24, 31, Feb. 7, 14, 2017

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TRAVEL



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

TRAVEL NOTES

On Nov. 17th 39 passengers and our friendly Carefree Bus driver went to Rosebud and enjoyed a tasty meal and the live performance of "Miracle on 34th Street."



Another full bus journeyed to Hillspring's Great Canadian Barn Dance to enjoy a cowboy meal and show. Thanks to volunteer driver, George.

Thanks to Lucy for taking our first **OUT & ABOUT+coffee TOO** jaunt to Walmart on Nov. 30th. Don't drive? Need to shop? No Problem! Come along with us next time on Wednesday, Dec. 14th to Park Place Mall or Walmart. Register at the Reception Desk.

Thursday, December 15th LOCAL LIGHT TOUR

Our **Go Friendly** bus driver will take us to see the festive City lights. We'll depart from the Centre at 5:30 and return back to the Centre by 8 p.m. **COST: \$15. Sign-up NOW. Members get priority seating.**



Wednesday, December 7th

BROXBURN & GREEN HAVEN GARDEN CENTRES
CHRISTMAS OUTING
Bus Cost: \$10
BROXBURN CAFÉ LUNCH
EXTRA COST: PRE-ORDERED
PAYMENT DEADLINE DEC. 5TH



Wednesday, January 25, 2017 Stage West Dinner Theatre Calgary

Join us for this theatre production with music that rocked the movies like Saturday Night Fever, Ghostbusters, Despicable Me 2, The Graduate, and more. **COST: \$90 (non-members extra)**



December 16, 2017 is our payment deadline.

Collette Tours presents a FANTASTIC FUNDRAISER

Ireland

October 28th, 2017, 13 Days. Local travel agent, Dixie Fowler of Maritimes Travel, 403-329-3373. **COST: \$3,769 inc. accommodation, airfare & taxes. Please contact Dixie for booking and more information. Itinerary pamphlets will be delivered soon. Nord-Bridge will receive a \$100 commission for each member booking.**

Watch for travel outings hosted by Life Time Highs.



Their brochures are available on our Travel Board. **PLEASE NOTE: When pick ups are at Fort McLeod, Life Time Highs will pay for our shuttle to take you there. We will receive a 8% commission for each trip booked by our members.**

We welcome **LEADER TOURS**, another Nord-Bridge travel partner. Posters for their trips are on the travel bulletin board. If interested, call and tell them you are a Nord-Bridge member because we will receive a commission.

For a good time mark your calendar NOW for our annual **CRANBROOK-ST.EUGENE CASINO RESORT GOLFING & GAMBLING Jun- ket, June 5-7, 2017**. Watch for posters. We will be ready to take reservations and deposits in January 2017.



Triple D Tours

would like to thank everyone who has traveled with us and for all the great memories that you have given us over the years. We would like to take this opportunity to wish everyone a **Very Merry Christmas and a Happy New Year.**



As of December 31, 2016 Triple D Tours will be closing its business as we are retiring. We would like to thank everyone for the friendship and patronage that you have given to us over the years. We wish each and every one of you **All The Best!**

Donna, Bob and Ian Dobra

NEW! **OUT&ABOUT+coffee TOO** This new program began in November and will run twice a month on Wednesdays at 10 a.m. It replaces Roll 'n Stroll. Our bus will take you from the Centre for a jaunt around town and back before lunchtime. **Sign up at the Reception Desk.**

COST
\$3



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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.



Do you live on a snow route? Find out what you need to know and sign up for email alerts at www.lethbridge.ca/SnowRoutes.

Nord-Bridge Centre & 1st Choice Savings Present...



"Old Favourites" (6)

Tickets go on sale December 1, 2016

Nord-Bridge Senior Citizens Association and 1st Choice Savings & Credit Union will present a sixth edition of "Old Favourites" a music and comedy revue featuring our favourite music selections from the 50's, 60's and 70's. This is a family show and is appropriate for ALL ages. There will be **ONLY three performances at the Yates Theatre**. The evening performances are scheduled at 7:30 p.m. on Friday, February 17, and on Saturday, February 18, 2017. A matinee performance is scheduled for 1:30 p.m. on Saturday, February 18, 2017.

Just in time for Christmas giving, tickets will be available at the Ticket Centre or call 403-329-SEAT (7328).

Early bird tickets purchased before December 28 are \$28.

Regularly priced tickets purchased in 2017 are \$33. All ticket prices include Ticket Centre fee of \$3.00. A discount of 10% will apply on purchases of 10 or more REGULAR PRICED tickets. Proceeds from this major fundraiser go toward Nord-Bridge Centre.

Sponsored by the Lethbridge Hearing Centre and Generations

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His areas of expertise are awesome and include: •Desktops •Laptops •Tablets •iPad •Smart Phones •Apple •Windows •Microsoft •Apps •Email •Photographs •Too Slow •No Wi-Fi Signal •Pop-ups •Not Charging •Lost Passwords, and many more irritating issues.

These are just a few examples of how we can help you. Bring your problems to Justin.

This free service is available for Nord-Bridge Senior Citizens Association Members only.

Date: Tues. Dec. 6
Tues. Dec. 13
Tues. Dec. 20

Time: 10 a.m. - Noon
1 p.m. - 2 p.m.

Place: Nord-Bridge
Main Corridor

Fee: FREE for
Nord-Bridge Members