

# NEWSLETTER

## JANUARY 2016



During Mystery Trip #10 our group ran into Santa at the mall.

**(Back Row)** Lucy Graham, Nina Waselenak, Betty Thompson, Doreen Sanheim, Sheila Urban, Lil Colwell, Frank Sera, Doris Furukawa, Georgie Coutts. **(Front Row)** Shirley Boychuk, Simone Leblanc, Park Place Santa, Justine Sera, Hazel Carroll. Our popular Mystery Trips will resume in February, 2016.

***“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](mailto:friendly@nordbridgeseniors.com)

**2015-2016  
NORD-BRIDGE SENIORS  
EXECUTIVE**

President Pat Santa  
Vice-President Rodger Halvorsen  
Treasurer Roberta Svennes  
Secretary Marilyn Heaton  
Past-President Jim Hahn

**BOARD OF DIRECTORS**

**FIRST YEAR**  
George Berg  
Marilyn Gillies  
Jack Fox

**SECOND YEAR**  
Vacant  
Vacant  
Doug Youngren

**THIRD YEAR**  
Robert Tarleck  
Clay Olsen  
Donna Takeda

**ADMINISTRATIVE STAFF**

Executive Director	Randy Smith
Sr. Administrative Ass't	Kathleen Filkowski
Chief Financial Officer	Roberta Svennes
Financial Administrator	Tracy Beauchemin
Director of Programming	David Ng
Member Support Coordinator	Lorri Penner
Reception Supervisor	Valerie Arkininstall
Reception Assistant	Heather Belle
Rentals	Kathleen Filkowski
Cook II	Sally Reyna
Cook I	Bety Castillo
DR/Kitchen Assistant	Gail Krysak
Janitorial	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 Comm.	Marilynn Heaton* (Chair), H. Fischer
Crafts Boutique	Heather Newsham
Finance Committee	Roberta Svennes* (Chair), Pat Santa, Jim Hahn, Clay Olsen, Frank Deane, Harry Fischer, Mike Bennett
Memberships	Kathy Filkowski
Newsletter	Kathy Filkowski (Production & Billing)
Newsletter Ad Sales	Jim Hahn
Nominations Committee	Jim Hahn* (Chair), Mary Potvin, Dan Deringer
Seniors Helping Seniors	Harry Fischer, Darlene Crofts, Joanne Fox

**CARDS & BOARD GAMES**

Contract Bridge	Donna Takeda*, Board Rep
Crib	Kathy Ludwig
Euchre	Pat Veres & Mike Bennett
Military Whist	Rodney Foster
Trump Whist	Donna Takeda
Norwegian Whist	Pat Veres
Scrabble	Pat Veres
Texas Hold'em	Sheila Brust, Jenny Oleksy**
Duplicate Bridge	Mike Bennett
	Pat Kincade

**EDUCATION**

Acrylic Painting	Board Rep - Vacant
Paper Tole	Katrina Mak
Wood Carving	Elta Buckman
Watercolor	Don Johnson
Watercolor Club	Denise Savard
Krafters Koffee Klub	Sandy Baceda, Erika Bosters
Quilters Group	Jo-Ann Adams
Nord-Bridge Card Crafters	Marilyn Martens
Spanish for Travelers	Pat Kincade
Library	Marco Escobar
Mind Joggers	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  
Belly Dance & Broadway Dance

**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  
Health Education Presentations  
Lethbridge Seniors Forum  
N-B Income Tax Program

**SASCC (So AB Srs Centre Coalition)**

Alberta Assoc. of Senior Centres  
Go Seniors Society  
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

**Marilyn Gillies\*, Board Rep**

Melanie Hillaby  
Lynn Hunter-Johnston  
Melanie Hillaby  
T. J. Dunn  
Jeannie Williamson  
Jim Scott (Volunteer Trainer)

**Rodger Halvorsen\*, Board Rep**

Valerie Arkininstall  
Lydia Prokop/Chris Figenshau  
Valerie Arkininstall  
Rodger Halvorsen

**Doug Youngren\*, Board Rep**

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

**Board Rep - Vacant**

Clay Olsen  
Norene Irwin, Woody Neely  
Ken Bobinec  
Eileen Sawatsky, Dawn Vickers  
Vacant  
Lorna Vandervalk  
Judy Workman, Clay Olsen  
Vacant  
Clay Olsen  
Jerry Mikusek, Dave Bergen

**George Berg\*, Board Rep**

Valerie Arkininstall  
Kathy Filkowski  
Valerie Arkininstall  
Mike Bennett  
Marco Escobar

**Board Rep - Vacant**

Clay Olsen, Harry Fischer  
Eva Deringer, Elaine Molyneux

**Clay Olsen\*, Board Rep**

Harry Fischer  
Mike Bennett, Clay Olsen  
David Ng (and Alberta Health)  
David Ng  
Harry Fischer, David Ng,  
Sheila Brust  
Jim Hahn, Roberta Svennes,  
Harry Fischer, Randy Smith  
Randy Smith  
Jack Fox, Delores Bourk  
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](http://www.nordbridgeseniors.com)  
for information, photos, video, Newsletters and more.



## PRESIDENT'S REPORT

Welcome to 2016! With the coming of a new year we are all struggling to keep our new year's resolutions and getting ready for this year's Community Volunteer Income Tax Program. It will soon start getting busy in the Senior's Helping Seniors office which is the base for the Annual Tax Program. I want to give a big "thank you" to the volunteers in this program, they do a great service for our community.



We also need to give a thank you to the **Scotia Bankers in the Community Program** for their cheque in the amount of \$2000 given to Nord-Bridge at the Christmas Luncheon. This matches the sales of the Christmas Luncheon and Country Blends Concert, up to \$1000 for each volunteer that Scotiabank provides. Also, a thank you to volunteers Scott, Lou-Anne and Brennan from Scotiabank Northside Branch.

Our next big event is the "Old Favourites" (5) show coming up on February 19<sup>th</sup> and 20<sup>th</sup>. You can get your tickets for this event at the Yates. Thanks to Jim Hahn and **1<sup>st</sup> Choice Savings and Credit Union Ltd.** for their support and work on this fund-raiser.

I hope by now most of our members have met our new Member Support Coordinator, Lorri Penner. If you have any questions for her, please contact Lorri in her office across from the front desk. Lorri brings with her a lot of experience and will certainly be an asset to Nord-Bridge.

I look forward to talking to members every Friday afternoon at the front desk. I want to wish everyone a Happy 2016!

*Pat Santa, President*



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



## WELCOME NEW MEMBERS

Donna Karl ☺ Arnold Gay  
 Gary Higgins ☺ Larry Klim  
 Fred Baxter ☺ Eva Pavlik  
 Marlene Plewes ☺ Marie Varriell  
 Jean Burnett ☺ Barbara Johnson  
 Patty Lee ☺ Marc Siewert  
 Beth Saida ☺ Kiyu Adachi

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

**SANDY TOES FOOT CARE**  
 (In the Nord-Bridge Seniors Centre)  
**Theresa Wiberg, LPN**  
 Cutting and Filing Nails  
 Filing Calluses and Corns  
 Simple Foot Massage  
 Phone for your appointment  
**403.892.5659**



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.
Winners Bingo Committee	Second Tuesday	9:00 a.m.
Board of Directors Meeting	Second Wednesday	9:00 a.m.
Finance Committee	Last Wednesday	9:00 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

<b>Regular Board Meetings</b> Feb., April, June, October	Second Tuesday	9:00 a.m.
<b>Annually</b> Annual General Meeting	First Tuesday of April	9:00 a.m.



**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** 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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FAX: 403-320-1181

## Connie's Final Rest

By Judith A. Knox of the Mind Joggers

Place me high upon my deathbed,  
Made of branches, leaves and pine.  
Let all who wander near me,  
See a shell that is mine.

Pay me homage by looking upward,  
See my spirits winging home.  
See a bear off in the distance,  
That is me, so watch me roam.



Leaving behind my human life form,  
I no longer dwell inside.  
My spirit is in the mighty bear,  
Filled with honor, strength and pride.

So should you see an eagle soaring,  
Near a bear that saunters close.  
Stop and ponder what the odds are,  
The bear is me, I'm his ghost.



## NORD-BRIDGE 2016 AGM & BOARD ELECTION



Wednesday, March 2, 2016, 9:30 a.m.  
Nominations Notice for Board  
& Executive Positions

At the Association's upcoming Annual General Meeting, scheduled for **March 2, 2016, 9:30 am**, the membership of Nord-Bridge will be asked to elect a new Executive. This occurs annually. Executive Officers can serve a maximum of 3 years in the same position, excepting for the Treasurer and Board Secretary who can be elected for extended terms. In 2016 our membership will minimally elect (or re-elect) the President and Vice-President. Members will also be asked to vote on the election of the Treasurer and Board Secretary. The By-Laws outline that [where possible] nominations for Executive positions are made from individuals who have served on the most recent Board, and have been a Director on the Board for a period of at least one year.

In addition, there will be at least 3 new Directors elected to the Board at the March 2, 2016 AGM. Directors on the Board are elected from members of the Society in "good standing", per By-Law Item 7.1.4.

If you would like to serve on the Executive or Board of Directors, please see the By-Laws in the Library or at the Front Desk; and speak with a member of the Nominations Committee, chaired by Past-President Jim Hahn. Other committee members are listed within the monthly *Newsletter*. Nomination Forms will be available at the Front Desk by January 11, and will be accepted again at the Front Desk until **4:30 pm on February 1, 2016, at which time Nominations Close**.

Questions can be directed to Nominations Chair Jim Hahn; to members of the Nominating Committee; or to the Societies Executive Director Randy Smith.

### LORRI'S CORNER

Happy New Year! I would like to thank you for welcoming me to the Nord-Bridge family. I am enjoying meeting everyone and look forward to getting to know you better.

With this being a brand new role, I am excited to be able to develop the program to meet YOUR needs. If there are any workshops or topics you feel would be beneficial to you personally or all members in general, please let me know and if there is enough interest, I will do my best to make it happen.

As always, I invite you to stop in or make an appointment if you are struggling or experiencing difficulties in your life. Together, we will create a plan to help you during this time; you don't have to deal with it alone. All the best in 2016 to each of you!



Lorri Penner,  
Member Support Coordinator



## EVERGREEN

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and Cremation Services

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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.

### 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 crisscrossing 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 colors of the logo represent the diversity of individual members within Nord-Bridge, and pays tribute to the many ethnic origins and histories of our City's residents. Nord-Bridge prides itself as being "the Friendly Centre". We hope you remember this message each time you look at our logo.

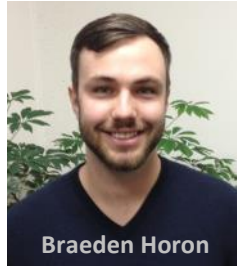




## EXECUTIVE DIRECTOR'S REPORT

Greetings Members;

I hope you have had a peaceful and pleasant Holiday Season, and that 2016 will bring you, your family and friends good health and happiness. The New Year has brought some changes to Nord-Bridge. Most obvious, you will note change in the commercial tenants in our building, and on our property. We announce that **the Saver's Convenience Store has been sold** to Mr. Braeden Horon and Mr. Matthew Lyon of Lethbridge. These two gentlemen have purchased both the Nord-Bridge Savers and the Savers store located in west Lethbridge at 15 Micmac Boulevard. They will continue to operate under the name of **Saver's Convenience Store**. We have been in discussion with the former owners of Saver's since April 2015, reviewing the possibility of a sale, and a lease to new operators. The Keet family, who have operated this very successful business for many years, have now decided to retire. We extend our congratulations, and wish the Keet's well, and thank them for our past relationship.



Braeden Horon

Braeden and Matt took over management on December 30, and following some minor improvements, will re-open their doors in early January. Braeden's background includes a Business diploma (Accounting major) from Lethbridge College, and a Bachelors degree in Management (Finance major) from the University of Lethbridge. Braeden also comes from a family with 25 plus years of retail business experience in Lethbridge. Matt also has a Management diploma (Accounting major) from Lethbridge College, and has worked for 10 years in customer service, the last 2 and one half years having been employed by the Royal Bank of Canada as a teller and then Account Manager. These new owners of Savers have promised to bring many changes to the Nord-Bridge Savers Store. The changes will include cleaning-up, painting the premises, and the installation of new store fixtures, and lots more stock. Their lease with Nord-Bridge requires the new operators to meet various store improvement thresholds within the first and second months of operation, with all required improvements to be made within the first four years of operation. Future leases are conditional upon achieving operational goals jointly set out by the new store operators and Nord-Bridge. The Centre trusts that these new owners will bring about improvements that will enhance our facility and services. At least one owner will be on-site during most hours of store operations. Nord-Bridge encourages you to support this new operation. Their success will be beneficial to our Association, and to the Centre's property asset.

On a related topic, you will have noted **the KFC Store located on our property has now closed**, after 40 years of fast-food business in north Lethbridge. The KFC closure is the result of heightened location, physical property, and franchise standards set by KFC's parent company, YUM Brands. The Nord-Bridge 13th Avenue location simply can no longer meet franchise requirements. Re-building is not a viable option, both in terms of sales and location. Yum Brands, who also franchises Taco Bell and Pizza Hut stores, likes their properties to be in high traffic retail clusters or pockets. This requirement at present is simply not available. Hence, there will be no new KFC store constructed in north Lethbridge.

Nord-Bridge wishes to thank the Wichers family, and Lethbridge Caterers Ltd., for their support of our Association. They have been a good tenant, and we understand the closure of this store was a difficult business decision. We will now investigate future tenant options for the former KFC building.

Respectfully, *Randy Smith*



## DOM CARES

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**403 892 2653**

Dominique Adams  
Registered Nurse, Kinesiologist  
[www.domcares.ca](http://www.domcares.ca)

## LUNCH WITH CITY COUNCILLORS

Jeff  
Coffman  
Friday  
March 11



Ryan  
Parker  
First  
Tuesday  
Each  
Month



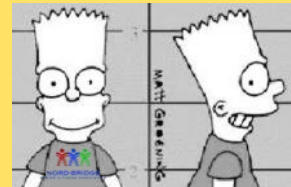
Blaine  
Hyggen  
Second  
Friday  
Each  
Month



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

## ARE YOU DELINQUENT?

2016 MEMBERSHIP RENEWALS **\$50.00**



**Renewals are due!**

**Pay Now and get your FREE 2016 calendar.**

***New Memberships \$53.00***

To All Members of Nord-Bridge  
Senior Citizens Centre:



We would like to thank everyone for their hospitality these past four months. We really enjoyed our clinical rotation semester here. Thank you so much for involving us in your activities which we looked forward to every week. We have learned a lot from all of you and will take it with us into our practice as Registered Nurses. We wish you all the best health and much happiness in the New Year and many more years to come!

Sincerely,

**The Nursing Students;**

**Alyssa, Shelby. M, Hanna, Sam, Shelby. T, Erika, Jen, Joseph, Meaghan, Sushma, Katie and Kayla**

# 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

## Programmer's Report by *David Ng*

**Happy New Year!** 2016 will be another exciting year for Nord-Bridge programming. Winter Program registration will start on January 7<sup>th</sup> at 8:30 am. Similar to last fall's program registration there will be two lines set up for registration. One line will be dedicated to: Yoga, Chair Yoga, Pilates, and Somatic. The other line will be dedicated to all other programs i.e. Arts and Crafts, Fitball, Exercise With Arthritis, Clogging, etc. Please note: If you are registering for a Yoga class and another such as an arts and crafts class you will need to be in the Yoga dedicated line. Also, if you are just registering for the Keep Fit Classes (reserved for members only), there is no need to line up for registration as the Keep Fit classes are an open registration which does not require you to register to hold a spot for the class.



**Two new programs** will be starting in January. We have added **Canasta** to our afternoon card programs. Canasta will be played on Tuesdays, at 1:00 p.m. in the South View Meeting Room. The other new program is **Somatic**, which is an exercise class designed to compliment all other activities you participate in, and improve your daily functional movements. An in-depth description appears on Page 11 of this Newsletter. I'm excited about these new programs and hope you are too.

*David*

### SOCIAL ACTIVITIES

A very Merry Christmas luncheon was enjoyed by a sold out crowd on Friday, Dec. 11. The festive décor in the Dunford Diner and music by Yvonne started the event on the right tone. Members and guests were welcomed by our Executive Director, Randy Smith and President, Pat Santa. Guests bringing greetings included Mayor Spearman, Tom Wickersham (for MP Rachael Harder), MLA for Lethbridge East, Maria Fitzpatrick, and Scott Stevens, Northside Branch Manager, Scotiabank.

Lunch including salad, turkey, trimmings, dessert and beverages was provided by kitchen staff Sally, Bety & Gail and served by our many "jolly" volunteers. Thanks to all of you for your contributions to this most popular annual event.

Christmas of course is gift giving time and we had no shortage of gifts. The Nord-Bridge Social Committee expresses sincere thanks to local businesses that provided gift certificates including: **LUIGI'S NORTH, HONG KONG RESTAURANT, LETHBRIDGE LODGE, MOXIES AND NEW DYNASTY.** **The support of these local businesses is appreciated and we thank them for their generosity.**

Congratulations to all our winners including: **Allan Kimber, Lynn Peterson, May Pearson, Colleen Kerber, Gordon Skidmore, and Lynn Layton** - winner of two tickets to the Nord-Bridge February Fund Raiser "Old Favourites" (5) Program at the Yates Centre.

EVA DERINGER, SOCIAL COMMITTEE &  
SPECIAL EVENTS COORDINATOR

### *From the Desk of Val*

**HAPPY NEW YEAR!** Let us ring in the New Year and hope it brings many positive results to our friendly Centre. One aspect that has remained positive over many years is our Volunteer Program. At the risk of sounding like a broken record, I once again repeat: "Without the commitment of good volunteers, our Centre cannot function successfully". We have numerous volunteers who do many jobs and that is remarkable. Unfortunately, in 2015 we lost our very committed and successful Volunteer Co-ordinator, Delores Bourk who moved back to Red Deer. Delores did an amazing job recruiting volunteers. When you want to volunteer in 2016, please ask Heather or Val at the Reception Desk, for a volunteer application and we will certainly help you get involved.

**VOLUNTEERING HELPS MEMBERS GET CONNECTED AND KEEPS THE BRAIN AND BODY ACTIVE.**



If you haven't renewed your membership, it is time to pay. In order to play our many free recreational activities, you must be a PAID UP MEMBER. Renewals are \$50 and cover a calendar year. If you're not sure whether or not you have renewed, just ask at the Reception Desk. Also, remember to get your free 2016 calendar upon renewal. Any calendars left after the end of January will be distributed to non-member guests as promotion for our Centre.

**The Reception Desk staff and volunteers wish all of you GOOD HEALTH, HAPPINESS & THE BEST OF LUCK IN THIS BRAND NEW YEAR. EAT HEALTHY, BE ACTIVE, AND STAY CONNECTED.**

*Valerie*



## 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 will be made at 12:15 p.m.
4. After the draw, members may sign-in for the next day's draw.



### RECENT WINNER(S)

**Doreen Bock \$257, Dec. 1, 2015**  
**Bill Randa \$116, Dec. 15, 2015**

## MONTHLY 50/50 Toonie Draw

Nord-Bridge holds a "Monthly 50/50 Toonie Draw" on the third or fourth Friday of each month. Members do not have to be present to win. The Nord-Bridge share of proceeds is dedicated to Programming.

### TO PLAY:

1. Fill out an envelope for the draw at the draw desk in the Dunford Diner.
2. Drop \$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

**George Yamada \$200.00**  
**December 18, 2015**  
**Next Draw January 22<sup>nd</sup>**

## 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.30 Ellen Koenen \$42; Laurence Velker \$42  
Dec. 7 Gerrie & Doreen \$50; Stan Smetana \$50  
Dec.14 Kathy Kurze \$50; Doreen Jurgens \$50  
Dec.21 Vi Behrns \$47; Gladys Rushfeldt \$47  
Dec.28 Gordon Skidmore \$39; Fred Mehlhaff \$39

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



### NORD-BRIDGE BUILDING FUND RECENT DONORS

Alan & Roberta Kimber \$100; Denise Cole \$200; Dorine Roberts \$50;  
Fred & Alice Mehlhaff \$100; Joseph & Eveline Polczer \$200;  
Murielle Nikles (In Memory of Floyd Scott) \$75; Clara Blust \$100;  
Willy & Hildegard Holz \$100; Sandi Baceda \$50

### NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2015  
Through December 31, 2015: **\$ 20,008.50**



### 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	81%
<b>Total Contributions to our Building Fund 1998 through Nov. 2015</b>	<b>\$ 2,038,270</b>	
Still needed by N-B Fundraising	<b>\$ 461,730</b>	

### WINNERS BINGO VOLUNTEERS NEEDED

We need both regular and substitute volunteers to work at Winners Bingo most Tuesdays & Wednesdays, 11 to 4 p.m. These jobs can include lots of walking, so good gym shoes are recommended. Get your exercise indoors while you help your Centre. Coffee and lunch are provided. If you can help, please call **Bonnie Hammond 403-842-2817** or leave a message with Tracy at 403-329-3222.



**Bonnie Hammond**  
Winners Bingo  
Volunteer Co-ord.

NORD-BRIDGE SENIORS CENTRE  
1904 – 13 AVENUE NORTH

## Dunford Diner

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

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

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










**EVERYONE WELCOME!**

### Friday Lunch Specials \$7.50

Jan 8 Skewer (Beef, Bacon, Shrimp & Veg) with Rice  
Jan 15 Steak Fajita with Rice, Salsa & Beans  
Jan 22 Salisbury Steak, Mashed Potatoes & Veggies  
Jan 29 Chicken Breast, Alfredo Pasta, Caesar Salad & Garlic Toast

**All You Can Eat Breakfast Buffet First**  
**Wednesday of each month 8:30 to 10:30 \$ 7.00**



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>4</b></p> <p>9:30 Jammers 10:00 Floor Curling 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts</p> 	<p><b>5</b></p> <p>9:00 Shuffleboard 10:00 Music Makers 11:00 Keep Fit Aerobic 1:00 Texas Hold'em 1:00 Norwegian Whist 1:00 Canasta 1:30 <b>SCRABBLE</b> 7:00 Social Line Dance</p> 	<p><b>6</b> <i>BREAKFAST BUFFET</i></p> <p>9:30 Carpet Bowling 10:15 Paper Tole 10:00 Roll &amp; Stroll <b>10:45 WINNERS BINGO</b> 11:00 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft</p> <p><b>3:00</b> Advantage Hearing By Appointment</p> 	<p><b>7</b></p> <p>9:00 Card Crafters 9:00 Floor Curling 9:30 Mind Joggers 11:00 Keep Fit Flex &amp; Strength 1:00 Duplicate Bridge 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 5:30 Zumba 7:00 Table Tennis</p> 	<p><b>8</b></p> <p><b>9:00 LEGAL CONSULTS</b> (By appointment) 9:00 Adv. Paper Tole 9:30 Carpet Bowling 10:15 Chair Yoga <b>1:00 In-House Bingo</b> 1:00 Contract Bridge 1:15 Crib</p>  
<p><b>11</b></p> <p>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</p> 	<p><b>12</b></p> <p>9:00 Shuffleboard 9/10/11:00 Clogging 10:00 Music Makers <b>10:45 WINNERS BINGO</b> 11:00 Keep Fit Aerobic 1:00 Texas Hold'em 1:00 Norwegian Whist 1:00 Canasta 1:30 <b>SCRABBLE</b> 7:00 Social Line Dance</p> 	<p><b>13</b></p> <p>8:45 Yoga 9:30 Carpet Bowling 10:15 Paper Tole 10:00 Roll &amp; Stroll <b>10:45 WINNERS BINGO</b> 11:00 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft</p> 	<p><b>14</b></p> <p>9:00 Card Crafters 9:00 Floor Curling 9:30 Mind Joggers 11:00 Keep Fit Flex &amp; Strength 1:00 Duplicate Bridge 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 5:30 Zumba 7:00 Table Tennis</p>	<p><b>15</b></p> <p>9:00 Pilates 9:00 Adv. Paper Tole 9:30 Carpet Bowling 10:15 Chair Yoga <b>1:00 In-House Bingo</b> 1:00 Contract Bridge 1:15 Crib</p> 



<p><b>18</b></p> <p>9:00 Yoga 9:30 Jammers 10:00 Floor Curling 10:15 Chair Yoga 1:00 Contract Bridge 1:00 Military Whist <b>1:30 OUTREACH</b></p> 	<p><b>19</b></p> <p>9:00 Shuffleboard 9/10/11:00 Clogging 9:30 Watercolor 10:00 Music Makers <b>10:45 WINNERS BINGO</b> 11:00 Keep Fit Aerobic 1:00 Texas Hold'em 1:00 Norwegian Whist 1:00 Canasta 1:15 Tai Chi 1:30 <b>SCRABBLE</b> 7:00 Social Line Dance</p> 	<p><b>20</b></p> <p>8:45 Yoga 9:30 Carpet Bowling 10:15 Paper Tole 10:00 Roll &amp; Stroll <b>10:45 WINNERS BINGO</b> 11:00 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft</p> 	<p><b>21</b></p> <p>9:00 Card Crafters 9:00 Floor Curling 9:30 Mind Joggers 11:00 Keep Fit Flex &amp; Strength 1:00 Duplicate Bridge 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 5:30 Zumba 7:00 Table Tennis</p> 	<p><b>22</b></p> <p>9:00 Pilates 9:00 Adv. Paper Tole 9:30 Carpet Bowling 10:15 Chair Yoga <b>1:00 In-House Bingo</b> 1:00 Contract Bridge 1:15 Crib</p> 
<p><b>25</b></p> <p>9:00 Yoga 9:30 Jammers 9:30 Pen &amp; Ink Watercolor 10:00 Floor Curling 10:15 Chair Yoga 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts</p> 	<p><b>26</b></p> <p>9:00 Shuffleboard 9/10/11:00 Clogging 9:30 Watercolor 10:00 Music Makers <b>10:45 WINNERS BINGO</b> 11:00 Keep Fit Aerobic 1:00 Texas Hold'em 1:00 Norwegian Whist 1:00 Canasta 1:15 Tai Chi 1:30 Spanish Level 1 1:30 <b>SCRABBLE</b> 3:00 Arthritis Exercise 7:00 Social Line Dance</p>	<p><b>27</b></p> <p>8:45 Yoga 9:30 Carpet Bowling 10:15 Paper Tole 10:00 Roll &amp; Stroll <b>10:45 WINNERS BINGO</b> 11:00 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball</p> 	<p><b>28</b></p> <p>9:00 Card Crafters 9:00 Floor Curling 9:30 Mind Joggers 11:00 Keep Fit Flex &amp; Strength 1:00 Duplicate Bridge 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 1:00 Acrylic Painting 1:30 Spanish Level 3 5:30 Zumba 7:00 Table Tennis</p>	<p><b>29</b></p> <p>9:00 Pilates 9:00 Adv. Paper Tole 9:30 Carpet Bowling <b>9:30 FREE MASSAGE</b> 10:15 Chair Yoga <b>1:00 In-House Bingo</b> 1:00 Contract Bridge 1:15 Crib</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 Lethbridge Transit "Breeze Card".**

- LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL FIND A PHONE FRIEND FOR YOU. (CALL VAL AT 403-329-3222 TO ARRANGE)
- L.E.A.R.N. REP. TANYA PURDY-FISCHER - TUESDAY, JANUARY 5, 10 A.M.
- ADVANTAGE HEARING - WEDNESDAY, JANUARY 6 (by appointment).
- WINTER CLASS REGISTRATION - THURSDAY, JANUARY 7 8:30 A.M.
- COFFEE, TEA & YOU: 2<sup>nd</sup> & 4<sup>th</sup> THURSDAY 10 A.M. IN DUNFORD DINER

- FREE LEGAL CONSULTATIONS - FRI., JAN 8 (by appointment) by HUCKVALE LLP
- COFFEE WITH A CONSTABLE, WEDNESDAY, JANUARY 13
- MOVIE MILL - THURSDAY, JANUARY 14
- OUTREACH - MONDAY, JANUARY 18
- LOCAL CASINO TRIP, TUESDAY, JANUARY 19
- FREE MASSAGE BY SO. ALBERTA INSTITUTE OF MASSAGE - FRIDAY, JAN. 29
- DR BOLOKOSKI - FOOT CARE, (by appointment). FUTURE DATES INCLUDE: FEB. 10; APR. 6; JUNE 1; JULY 27; SEPT. 21; & NOV. 6, 2016
- WINNERS BINGO - JANUARY 6, 12, 13, 19, 20, 26, 27



# WINNERS



Two blocks west of the casino on Crowsnest Trail

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**HALF PRICE  
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Sunday Afternoons  
**FREE \$200 GAME**

Call the Hotline: 403-327-7454  
or Email: winners\_bingo@telus.net



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www.lethbridgetentureclinic.com



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and other matters as you may require.  
Nord-Bridge offers this service through  
**RYAN CHAN, B.A., J.D.**

**HUCKVALE** LLP  
established 1906

Upcoming **FREE** consultation dates:  
Friday, January 8 & February 12  
between the hours of 9:00 a.m. & 11:30 a.m.  
Contact the Front Desk to schedule  
an appointment. Phone: (403)329-3222

## SAVERS CONVENIENCE STORE

Located next to Nord-Bridge Seniors Centre  
and at 15 Micmac Blvd. West. **SENIORS DAY EVERY TUESDAY.**  
15% off everything except tobacco and lottery items.



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AFFORDABLE PRICE. **\*ASK ABOUT OUR SENIORS BUDGET PLAN\***

CALL TODAY FOR YOUR FREE NO CONTRACT QUOTE @ 403-915-5208



### OUTREACH BY CO-ORDINATOR *Rodger Halverson*

Our final 2015 "Outreach Monday" event took place on the afternoon of December 14<sup>th</sup>. Though it was a cold and foggy day we had a large attendance of 91 representing the various care homes and Nord-Bridge members. We all enjoyed an afternoon of music, fellowship and refreshments in our "Friendly" Centre". "**Doug Youngren and Friends**" provided musical entertainment while the "Twelve Gifts Of Christmas" were appreciated by the gratified recipients. This month's door prize winner was Rick Hilchey.

We'll kick off the new year on **Monday, January 18, 2016** as we present "**Winter Wonderland**" featuring musical entertainment by **Floyd Sillito**. I hope to see a very large turnout. As usual, please call ahead to confirm your visit.

The Outreach Committee wishes to thank the Watercolor Club for its yearly donation. "Your support and generosity toward our Outreach Program is deeply appreciated." *Rodger*

**CONDOLENCES WERE SENT TO:**  
The family of Floyd Scott; the family of Richard Ferguson; the family of Howard Johnsrude; the family of Margaret Baron; and the family of Liz Santrau.

**GET WELL & HEALTH WISHES ARE SENT TO:** Nelson Erman at St. Michaels and Janay Smith at Regional Hospital. **Updates:** Hazel Grisack is back home and making great homemade chocolates again. Mae Johnson had her surgery and is back to playing cards and Gary Kenna is back playing pool. Nanette Payne is now home after her hospital stay in Calgary. Of course, we cannot forget Eleanor Jockims who is at home. Thanks again to Lydia Prokop and Chris Figenshau for visiting our ailing friends.



### \*SOMATIC\*



**Somatic** is a complement to any activity you participate in and helps improve your daily functional movements. As you explore the movements of Somatics you are connecting the body and mind through movement and meditation. As we bring awareness to our bodies (SOMA'S) we can then help ourselves relieve pain, recover from injury, reduce stress and maximize flexibility. These exercises do not just address the body's movement gateways as we walk and breath but how we carry our stress and tension which can lead to chronic neck, shoulder, hip and low back pain. We as individuals need to view ourselves from the inside looking out, otherwise the distinction between mind and body disappears. "We are our own best healers". Somatics is great for MS, stroke recovery, chronic pain, migraines and much more. \*Please note this class requires participants to do mat work on the floor, the instructor is able to assist participants getting down and up from mats.

**Session 1:** Thursday, (Feb 4 - Mar 24) 8 weeks  
**Session 2:** Thursday, (Mar 31 - May 19) 8 weeks

**Time:** 10:00 am - 10:45 am  
**Location:** Nord-Bridge Seniors Centre  
1904 13 Avenue North  
West Community Room

**Fee:** Nord-Bridge Members \$60.00 per session  
Non-Members \$80.00 per session

**REGISTRATION starts January 7, 2016**



### SANDY TOES FOOT CARE

(In the Nord-Bridge Seniors Centre)  
Now also offering comfort massage of the lower legs and feet for \$10.00. Please phone to book your session.

**403.892.5659**



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Call **403-320-6000** to make your personal complimentary consultation today!

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www.lethbridgehearing.ca

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Lethbridge, AB

**Candice Elliott-Boldt** **Jake Boldt**  
BC-HIS, Registered Hearing Aid Practitioner Hearing Technician

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**Chinook LifeCare Association**  
#8, 1904 - 13 Ave. N, Lethbridge, Alberta  
**403-320-1170**  
(In the Nord-Bridge Senior Centre)



### Military Whist Tournament

**Saturday, March 12, 2016**

**Registration Deadline March 7, 2016**

**Cost: \$50 per team**

Includes Lunch, Coffee and Snacks  
Register 9 to 9:30 a.m.  
Play begins at 10 a.m.

**Contact: Donna Takeda**  
**403-715-5606**



## Maria Fitzpatrick, MLA Lethbridge-East



Contact Maria:  
Phone: 403-320-1011  
Email: lethbridge.east@assembly.ab.ca  
Address: 543-13th Street South  
Lethbridge, AB T1J 2W1

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## 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

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.*

## Our Volunteers are the Icing on the Cake

### VOLUNTEERS: THE MOST IMPORTANT INGREDIENT

Our December 4<sup>th</sup> 2015 Bake Sale generated a total of \$1,746.00 including sales and donations. This sum is slightly less than last year's total. The money is earmarked for our Outreach Program.

Many thanks to the 26 volunteers who attempted to phone all of our members, to make them aware of the sale, and to solicit baked donations. We had a marvelous response in food and cash donations and in customers. Special thanks are expressed to Lil Colwill, Maralyn Burghardt, and Janet Bobinec, for organizing and pricing the goods. Special recognition is expressed also to those who managed the sale including: Mary Potvin, Cheryl and Bud Hodgson, Lydia Prokop, Marie Lundgren, Clara Lapointe, Hazel Carroll, and Jillian Hannigan.

Our Outreach Program is directed towards super seniors with monthly entertainment events for over 120 people as well as hospital visits, get well, Keep-In-Touch, Buddy Companions, and bereavement support. This is our friendly way of giving back to those friends of older generations, who preceded us in building our community and Nord-Bridge Seniors Centre for us to improve and enjoy.

## MEMBER PORTRAIT SESSIONS

MARK YOUR CALENDAR FOR  
Wednesday, January 13<sup>th</sup> Two sessions:

10:30 to 11:30 a.m.

-or-

1:00 to 2:00 p.m.



Our In-house Member Photographer, **SID LEWIS** will be here to take your picture for our Photo Gallery.

So choose a time, comb your hair and put on a nice big smile for the camera.

## DARTS REPORT Ken Bobinec, Convener

I hope everyone had a Merry Christmas and a Happy New Year. We wrapped-up our "Doubles Tournament" in December, and the winners are....

**GOLD** John Johnson and Dianne Reid  
**SILVER** Bob Gow and Bill McTighe  
**BRONZE** Bill Lelievre and Verna Penner

Congratulations to all our winners and thanks to everyone who participated. In January we'll return to our regular schedule which is (most) Mondays and every Wednesday, at 1 p.m. in the Multi-Purpose Hall.

*Continuing to Care  
Through the Generations.*

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# New Year, New You!

Let us help you manage your health.

## Smoking Cessation

Do you know about the health benefits of quitting? People who quit smoking can greatly reduce their risk of developing lung cancer and other diseases.

At The Medicine Shoppe Pharmacy we carry a wide range of smoking cessation products and we can work with you to develop a plan that is right for you. Let us help you take the first step towards kicking the habit.

### Switch & Save vs. leading national brands

	<b>NICORETTE</b> Mint Gum 2mg 30's		<b>ATOMA</b> Gum 2mg 30's
<b>13<sup>49</sup></b> each		<b>7<sup>49</sup></b> each	

**25% off all smoking cessation products.**

PRICES IN EFFECT UNTIL January 31, 2016 OR WHILE QUANTITIES LAST. We reserve the right to limit quantities. Items may not be exactly as shown. Due to space limitations, some items may not be available at all locations. May not be combined with any other offer or discount. Some restrictions may apply. See in-store for details. Prices do not include Provincial Sales Tax, Goods and Services Tax or Harmonized Sales Tax.

# Did you know that changing your pharmacy is easy?

Call or visit us today to learn how.

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

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

**403-381-0700**



# Ladybug Arborists

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Maureen Sexsmith-West

ISA Certified Arborist, PR4600A

**403-634-3062**

[ladybugarborists@gmail.com](mailto:ladybugarborists@gmail.com)



## VALENTINE'S LUNCHEON

THURSDAY, FEBRUARY 11, 2016

11:30 A.M. \$12.00 PER PERSON

Tickets will be available January 11

**LIVE ENTERTAINMENT**

**EVERYONE WELCOME!**



**NORD-BRIDGE**  
SENIOR CITIZENS ASSOCIATION



### HEALTHCARE SOLUTIONS FOR BETTER LIVING

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

- Wheelchairs & Scooters
- Blood Pressure & Home Diagnostic Products
- Walk-in Tubs & Bathroom Safety Products
- Back Care, Supports & Braces
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Lethbridge

(403) 327-4511

1-800-661-1032

**Alberta Government  
Seniors Information**  
1-877-644-9992  
www.health.ab.ca

**Are you buried under a pile of paperwork?  
Confused about Government forms?**



If so, contact "Seniors Helping Seniors" here at Nord-Bridge. We have friendly, trained volunteers to help you:

**Monday & Wednesday 9:30 a.m. to 3 p.m.**

**Thursday 9:30 a.m. to 12 noon.**

Call 403-329-3222 to make an appointment.

## EUCHRE REPORT

YIKES! January 1, 2016. Happy New Year and I hope you all had a very Merry Christmas! I did.



Now we start our New Year's resolutions:

#1 Lose Weight. #2 Go to the Gym. #3

Learn a new game...Euchre. Come out and meet a great group of people. We don't play with a full deck, so everyone fits in, no exceptions. We have a great time and laugh a lot. We meet every Wednesday with lessons starting at 12:30 followed by regular play at 1 p.m. Play finishes up around 3 p.m. when we visit over coffee, tea or hot chocolate.

Join us!

*Rodney Foeter*

**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

Transportation is available for members; \$3.00 each way. Phone Front Desk at least one day ahead at 329-3222 to confirm.

## COFFEE WITH A CONSTABLE

Chat with a member of the Lethbridge Regional Police Services about law enforcement or elder abuse concerns. Constable Les Vonkeman will be here on the second Wednesday of each month, from 10 to 11:30 a.m. in the Dunford Diner.



**WE ARE TAKING NAMES NOW** for our **2<sup>nd</sup> Annual Cranbrook-St. Eugene Casino Resort** junket May 29 to 31, 2016. Don't delay! This is an awesome trip. \$200 double or \$295 single occupancy. Golf extra. Talk to Val today for more information.



## Volunteers Needed

**403-320-1879**

**Ask for Catherine**

**Fridays  
1:00 to 3:30 p.m.  
To help distribute  
food to clients**



**Twice a week  
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up bulk products in  
the warehouse.**

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## Go Friendly Shuttle



Call us at 403-329-3222 to book your rides for your preferred days and times. We provide convenient service direct from your door to our door. The cost to use the **Go Friendly Service is \$3.00 each way.** Pay cash or use your L.A. Transit *BREEZE CARD.*



## TRAVEL NEWS

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

**Thursday, January 14**  
**Local movie Mill Outing**  
**Get out of the house! Join us for a movie and Lunch**



**COST: \$10 Bus & Lunch.**  
**Show ticket 50% off regular price.**

**"Old Favourites" (5) at the Yates**

**An Important Nord-Bridge Fund-Raiser**

Music of the 50's, 60's, & 70's

Saturday Matinee, February 20, 2016

COST: \$37 (Includes bus and show ticket)

Bus will pick up at homes starting 11:30 a.m.



**Tuesday, January 19<sup>th</sup>**

Pick-ups start at 9:30 a.m. to arrive at the Casino by 11:15 a.m. You get a **FREE lunch while you GAMBLE.** Bus departs Casino for home at 3 p.m. **COST: \$8.00**



## TRAVEL NEWS:

**Annual Broxburn Outing:** A full bus enjoyed this trip with volunteer driver, Ron Freng. Everyone enjoyed delicious homemade soup. Pie was extra but I don't know if anyone sprung for that.



## Cowboy Christmas Dinner Show:

Another full bus journeyed down the highway westbound to the Hill-spring Great Canadian Barn Dance. This seasonal event included a festive dinner with all the trimmings. Then we sat back to enjoy the live show "A Cowboy Christmas" western event with Christmas songs and stories.

## MYSTERY TRIPS WILL RESUME IN FEBRUARY

Beat the winter blahs and get ready for some fun. Guess where we're headed and enjoy the scenery along the way. Don't delay, book quickly because all these trips sell out fast! Watch for more information in our next Newsletter.



## THANK YOU, DAVE SLOVAK.

Dave Slovack is our friendly Shuttle driver. A City of Lethbridge employee, Dave is assigned to our vehicle to take our members door-to-door, from their homes to our Centre and back home again, safely and courteously. His schedule is packed and add to it, lousy weather, construction, school zones, traffic and more.

In November Dave transported a record 484 riders. He deserves our appreciation for this feat alone...but here's the best part: Dave is extremely friendly, conscientious and patient. He always goes the extra mile, ensuring that everyone gets home warmly and safely, even when he needs to coordinate with our own day trip schedules, which sometimes drive him over his regular hours. We know we can depend on Dave.

**MYSTERY TRIP #10:** On this final of our Mystery series we stayed close to home. First we went shopping, strolling and, browsing at the Park Place Mall. With all the seasonal hustle & bustle the place was a zoo! During our stroll we met up with that jolly old elf, Santa, who was most gracious and arranged for us to have a group photo taken which everyone thought was grand! A copy of the photo is on the cover of this Newsletter. Afterward we enjoyed a treat at The Jasmine Tea Room at 1112 - 6 Ave. S. We loved the atmosphere, it's such an interesting place. There we were treated to Buckingham Palace tea served in real china cups and scrumptious carrot cake! Thanks to our driver, Lucy.



**YATES THEATER- ALL SPRUCED UP:** Drama, music & dancing by superb local talent was enjoyed by all. Thanks to Mike for being our driver.

**ROLL & STROLL / WALK 'N TALK PROGRAM** continues year 'round. New walkers are always welcome to join this senior friendly program each Wednesday, from 10 a.m. until noon. If you need to get a little exercise, and don't like to walk alone, this program is for you! We go to weather appropriate destinations. **COST: \$3**



CITY OF  
*Lethbridge*

# Keeping You on the Move

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

## What can you do to help?

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



For more information, including a priority map, visit  
[www.lethbridge.ca/WinterRoads](http://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](http://www.lethbridge.ca/SnowRoutes).

## Nord-Bridge Centre & 1st Choice Savings Presents...

# "Old Favourites" (5)

A 50's, 60's and 70's Music and  
Comedy Revue Starring...



Jeff Carlson



Jordana Kohn



Andre Royer



Enca Hunt



Scott Carpenter



Arlene Bedster



Kelly Roberts

**Yates Theatre**  
Three Performances Only

Friday, Feb. 19, 2016  
7:30pm

Saturday, Feb. 20, 2016  
1:30pm

Saturday, Feb. 20, 2016  
7:30pm

\$28 Early Bird Tickets (Purchased before Dec. 31, 2015)

\$33 Regular Price Tickets (Purchased in 2016)

10% Discount (Purchase of 10 or more tickets)

(Prices include a \$3 Ticket Centre Fee)

Tickets available at the Ticket Centre or call 403-329-SEAT (7328)

Proceeds to go to the Nord-Bridge Centre

Lethbridge  
HEARING CENTRE

Christiana Schreyer  
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# Free Tickets

If you are interested in entering a draw for a chance to win a pair of tickets on a certain date, please enter your name and phone number on the draw sheets. Draw sheets are located in the main corridor. Draws will be made a few days advance of the games. Win great seats and cheer on the Hurricanes all season!



Lethbridge Hurricane Season Tickets donated by

**HIGH IMPACT** lethbridge media