

NEWSLETTER

JULY 2016



NORD-BRIDGE 2016 SEA 'N' OARS TEAM: Brenda Ambler, Evelyn Beaudoin, Randy Butterwick, Diane Button, Larry Button, John Cicman, Bob Epp, Deb Epp, Dave Friesen, Susan Hendricks, Pat Hood, Joan Kendall, Dianne Lewicki, Wayne Liddell, Shirley Luschinski, Rose Ann McGinty, Randy Pickering, Claude Presse, Pat Presse, Peter Slobodian, Bill Syme, Bobbi Tedesco, Rhoda Trehearne, Terry Walsh, Helen Zubach, Dawn Vickers (Drummer), Linda Pote (Steerer), Jeannie Ng (Team Manager), Allison & Lily McDonald (Jr. Asst Mgrs). Read more about their **Bronze Medal Win** at this year's Dragon Boat Festival on the back cover of this Newsletter.



"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 Marilyn 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 Randy Smith
Sr. Administrative Ass't Kathleen Filkowski
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 Committee Marilyn Heaton* (Chair), Bob Tarleck, Robert Grisak
Crafts Boutique Heather Newsham
Finance Committee Chair-Harry Fischer, Pat Santa, Jim Hahn, Roberta Svennes, Frank Deane, Mike Bennett, Clay Olsen
Memberships Kathy Filkowski
Newsletter Kathy Filkowski (Production & Billing)
Newsletter Ad Sales Jim Hahn
Nominations Committee Jim Hahn* (Chair), Dan Deringer
Political Advocacy Committee Bob Tarleck* (Chair)
Seniors Helping Seniors Harry Fischer, Norene Easthope, Darlene Crofts, Joanne Fox

CARDS & BOARD GAMES

Contract Bridge Woody Neely*, Board Rep
Crib Kathy Ludwig
Euchre Pat Veres
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, Pino Zucchelli, and Marilyn Maloff
Pat Kincade

EDUCATION

Acrylic Painting Marilyn Gillies*, Board Rep.
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
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



Alberta Association of Seniors Centres

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
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

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 Arkininstall
Kathy Filkowski
Valerie Arkininstall
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

As we enter the summer season, some of our structured programs take a summer hiatus but many drop-in programs continue. Drop in for cards, darts, carpet bowling, shuffleboard (table and floor) or pool, to name a few. Our **Jam Sessions will continue throughout the summer** every Monday morning, and our popular **Bingos** will continue on Fridays all summer (except July 1st). **The Dunford Diner** is open to everyone during the summer so we can meet with our friends. Val has some trips planned through the summer. Check at the Reception Desk to book your trip with us.



Louanne Matlock, **Scotia Bankers in the Community** liaison, will be at the desk in the main corridor from **11:15 to 12:15 on July 22nd to sell tickets for the "Tribute to the Alberta Ranch Boys" show on the evening of August 24th**. Ticket sales revenue generated at that time will be matched by **Scotiabank**.

The Outreach Committee was thrilled by the support of our generous bidders at our annual **"Father's Day Luncheon and Pie Auction"**. This most worthy program will realize \$4,000 for their expenses; \$2,000 from the auction and a **matching donation of \$2,000 from Scotiabank Northside Branch**. Once again bank representatives Louanne Matlock and Scott Stevens were gracious volunteers at the auction, and have been super partners of many Nord-Bridge fundraising initiatives. Our thanks go out to them and also to the ladies who made and donated their pies for this event. Thanks as well to **Dean Oseen** and **Dick Indenbosch** who did a great job of auctioning the pies and making the event a lot of fun.

Our fund-raising efforts rely heavily on the support of our members. Volunteers (labour) and members (customers) who continually support our fundraising and social events are our most valuable assets. All of you are key to making Nord-Bridge the great place it is. On behalf of our Board, I would like to express our gratitude for everyone's support.

This summer, I will be volunteering at the front desk alternate Fridays between 10:00 a.m. and 2:00 p.m. if you have anything you want to discuss.

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

Christine Barnhart	Roseanne Gammon
Alvin Hendricks	Marvina Hendricks
Shirley Sokvitne	Jean Sokvitne
Brian Cuthill	Jillian Doram

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

WANTED

DONATIONS

FOR OUR SILENT & LIVE AUCTIONS

On September 13th we will hold our annual **PRESIDENT'S DINNER & AUCTION FUNDRAISER**. We are welcoming the volunteers from **SCOTIA BANKERS IN THE COMMUNITY** to this event as they will match any funds raised. **What we need from our members are donations of items for our auctions.** The items should be unused, antiques or new home made items. We are giving this early request in order to get the best items possible and to allow time for those who wish to make items. Cash donations are also welcome. You can drop off any donations at the front desk or give them to Kathy. **Thank you in advance for your support of this fundraiser!**



Pat Santa, President



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

Regular Board Meetings

Feb., April, June, October	Second Tuesday	9:00 a.m.
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Annually

Annual General Meeting	First Tuesday of April	9:00 a.m.
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Shaw) Go



Available here.

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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LORRI'S CORNER

Would you be able to look after yourself should an emergency occur? Whether it's a wildfire, power outage, winter storm or a tornado, most disasters can strike anytime and often without warning. Natural emergencies such as severe weather and man-made dangers such as chemical spills, train derailments, and even terrorist threats can significantly impact our lives.



If you had to be evacuated quickly, with little warning, would you have the necessities for your survival? What would you bring with you and what would you have to walk away from, and perhaps never see again? What about those important papers and documents? What about your beloved furry companion? What if you were forced to stay in your home with no utilities, because leaving wasn't safe?

In light of the wildfires in Fort McMurray and comments from many of you expressing your concern, I will be offering an **Emergency Awareness & Preparedness 4-part presentation in July**. We will talk about how to prepare and plan should you be without power and water in your home, and creating a safety plan. We will also discuss what needs to be in an emergency kit and start making one that you can keep in your hall closet should you be required to leave your home quickly. The sessions will be held on **Wednesdays in the Dunford Diner Annex from 9:30 to 10:30 a.m.**

TOPICS INCLUDE:

JULY 6th AWARENESS – WHAT IS EMERGENCY PREPAREDNESS AND WHY DO I CARE?

JULY 13th SAFETY PLANS.

JULY 20th 72 HOURS.

JULY 27th BUILDING YOUR OWN EMERGENCY KIT.

If you are interested in attending these sessions, please let me know so I can ensure I have enough resources for all attendees. Each session will be a continuation of the previous one so please try to attend all four sessions.

MY JULY SCHEDULE

July 5 Tuesday	July 20 Wednesday
July 6 Wednesday	July 21 Thursday
July 12 Tuesday	July 26 Tuesday
July 13 Wednesday	July 27 Wednesday
July 14 Thursday	July 28 Thursday

Lorri Penner, BSW, RSW
Member Support Coordinator

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 **JULY 21st**

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!



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*We lessen the expense
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WE NEED VOLUNTEERS DRIVERS CAN YOU HELP?

Good weather is here. A great time to hit the road and take some happy seniors out of town to see the sights and enjoy something new or different. The trouble is, we don't have enough drivers. **If you enjoy driving, are good at it, and are 55 to 70 with a clean driving record, WE NEED YOU.** We take short day trips, some take only a few hours. Your help will enable us to schedule more adventures and limit disappointing cancellations when we can't find a driver. Interested? See Valerie or Heather at the Reception Desk.



Thank You

EXECUTIVE DIRECTOR'S REPORT

Greetings Members;

I am writing this report on Monday, June 27. In Lethbridge media you may note a matter of business being discussed (this date) specific to Nord-Bridge by Lethbridge City Council. At Council's request, and funded by the City, our Association had an independent "Operations and Strategic Review" conducted in 2015.



The review and report was made by consultant R. Bruce Thurston, a former U of L Faculty of Management professor. Bruce has a EMBA in Strategy from the combined U of C / U of A program in Edmonton. He is also a member of the Management Accountants of Alberta (FCMA, Certified). The operations report was first presented to Council on April 18. During the question period, Councillor Carlson expressed a concern that Nord-Bridge might be using public dollars to subsidize [its] commercial rents. Nord-Bridge's Board found this line of questioning troubling, and chose to respond by passing a resolution at its May 11 Board meeting. The resolution addressed the matter and clearly outlined that the policy of Nord-Bridge is, and has been, to charge full market value for its commercial properties. The Board directed that City Council be advised of this policy and practice; and that Council be asked to record this fact in the Minutes of City Council. While this advice was made, the action by Council did not occur immediately. Thus at Nord-Bridge's June 8 Board meeting, another correspondence was directed to be sent to Council, asking that this matter be placed on Council's agenda, and thereby document the Association's policy in the public record of the City of Lethbridge. Council did so on June 27. In fairness to Councillor Carlson, he did write President Pat Santa on June 21 clarifying his intent on the matter. He said: "I wanted to touch base about any misconception there may have been around my question around rental rates at Nord-Bridge for your commercial tenants. In no way was I trying to imply that City funds were being used to subsidize your tenants; I was merely asking the question (which I regularly ask of any group receiving tax dollars which also sublets to commercial entities) for clarity and certainty. I assumed your public response would be similar to the response I receive from other organizations, that "Nord-Bridge charges fair market value to its commercial tenants". The information you have provided goes beyond what was required, and I appreciate the effort. I hope this allays any ongoing concerns, and be assured that I greatly value the services and supports that Nord-Bridge provides to our community." And, on the same topic to Past President Jim Hahn, who also wrote Councillor Carlson about the matter, he included the following statement: "For the record, I think your model is a good one. Using a commercial entity to subsidize a valuable not-for-profit is very commendable! We are looking at a similar structure in our upcoming leisure centre..." This clarification of support from Councillor Carlson is welcomed.

I have brought this Council questioning matter to our member's attention via the *Newsletter*, as I feel it highlights some important practices: (1) It is prudent for Nord-Bridge to listen in depth to questions presented when we appear before City Council, and other governments; (2) Misimpressions can be created quite innocently; (3) Your Nord-Bridge Board is working to protect the good name, assets, programs and services of Nord-Bridge.

On the topic of the "Review", we have asked the City to develop a *Strategic Funding Strategy for senior centres in Lethbridge*. Nord-Bridge hopes this strategy will be similar to that developed by the City of Edmonton, which commits to equity in funding approaches to the 9 seniors centres in that City. Their strategy was developed under the guidance of a "Seniors Centre Coordinating Council", with representation from all seniors centres in Edmonton. A similar approach would be helpful in Lethbridge where funding equity is not the current practice. **You can learn more about the comparisons in Alberta's larger seniors centres within the "Operational and Strategic Review" (see pages 31 - 35, and 82 - 86, in our Library).** Councillor Ryan Parker has agreed to develop Terms of Reference for a Lethbridge "coordinating committee" which will be an important starting point. This action still needs to occur.

Respectfully yours, *Randy Smith*

RACHAEL HARDER

Member of Parliament
Lethbridge

Phone:
403-320-0070

Website:
RachaelHarder.ca

Office:
255 8th St. S
Lethbridge, AB
T1J 4Y1



Here To Serve You

Social Report

Our Father's Day Luncheon and Pie Auction on June 16 was the highlight of our June social activities. President Pat was our MC and Yvonne was our music entertainer.



The roast beef dinner including salad and dessert was delicious. We had five lucky door prize winners: Ash Adams, a bottle of wine; Shirley Boychuk and Rosalie Jockims, Earl's Gift Cards; Lydia Vaczy and Carol Kimmert each received a Lloyd Robertson book.

After dinner the fun began as auctioneers extraordinaire, Dean Oseen and Dick Indenbosh smoothly sold an amazing array of donated pies. The entire process was quite charming and the cadence of the auctioneer's chant lent a motivating ambiance to the process. Bidding was robust and generous. Proceeds from this event help to support our Outreach Program. Read President Pat Santa's report on Page 3 for the financial details of this fundraiser.

This annual event requires a lot of volunteer and staff commitment. Thanks to everyone; phone callers, bakers, bidders, buyers, dining room volunteers and both kitchen and administrative staff for a most enjoyable and successful event. It could, however, have been better. We were disappointed that only 82 dinners were sold when we normally accommodate 144, but everyone who did participate was very satisfied. We hope more of you will support our efforts at our next big fundraiser, the President's Dinner and Auction on September 13.



Eva Deringer,
Social Committee

ADVANTAGE HEARING CENTRE

406-6th St. South Lethbridge, Alberta

Nord-Bridge Complimentary Hearing Evaluations

We will offer Complimentary
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Brad Lindsay, BC-HIS
Registered Hearing Aid Practitioner

Programmer's Report by *David Ng*

Please check the July calendar in the center pages of this Newsletter for programs that will continue throughout the summer. Our summer schedule allows members, instructors, and conveners to take a break so they can return to the Centre rejuvenated in September.



The **Fall 2016 Program** booklet will be available on Wednesday, **August 17th**. Fall Registration will begin on September 1st at 9:00 a.m.



Nord-Bridge summer events and activities (Annual BBQ Picnic, Whoop-Up Days Pancake Breakfast and Sea 'N' Oars Dragon Boat Team) rely on many sponsors & donations to make each one a success. Annual sponsors deserve recognition for their continued support of Nord-Bridge programming. McDonalds Restaurants, P & H Milling, and ATCO Gas sponsor and donate to our annual BBQ Picnic and Whoop Up Days Pancake Breakfast every year. Lethbridge Hearing Centre, and Chad Baker's Medicine Shoppe Pharmacy have been loyal supporters of our Sea 'N' Oars Dragon Boat team. This year Salon Nineteen04 joined them in sponsoring the team.

The programs at Nord-Bridge are not what they are without the help I get from the great administrative staff that I work with every day. Heather and Val help promote programs & activities and manage registrations. Tracy helps with all of the financial questions I have throughout the day. Lorri, has been a great addition to information and resources that I am not aware of on many senior related issues. Kathy, not only helps with Fitness 55 Club registration but she helps ensure the programs and activities are booked in the appropriate rooms. Randy, has infinite wisdom of grants available to help source out our next programming venture. I am very fortunate to have such great support from each one them.

David

From the Desk of Val

Summer is here and as you see we recently took advantage of the great weather by holding a "staff meeting" outdoors in nice, relaxing surroundings. We hope you will enjoy many summer days relaxing in the fresh air, at home or with friends. Have a cool, refreshing drink in the shade, out of the heat, perhaps reading a good book, or lolling in a hammock.



Everett and I would like to take this opportunity to thank the Nord-Bridge staff and members for the lovely cards, flowers, and fruit arrangement we received on the loss of our mother. For those who supported my brother and myself at the funeral service and at the grave site, thank you. It made me feel that Nord-Bridge is a great place to work and we have many good friends. My mother was a tireless worker and although her loss brought tears and sadness, she is now at peace. My brother and I will always think about her and we will see her happy smile.

July will be a month of housekeeping at the Reception Desk. The mid-summer lull will give us much needed time to get our desks and files in order. Many thanks to all our committed volunteers. Take this summer to rest, relax, and get refreshed so everyone can come back all ready for action come the fall. Remember; stay fit and stay connected.

Valerie

A great big "Thank You" is extended to my Nord-Bridge family for the opportunities, support and love I receive every day I come to work. From warm smiles that meet me as I arrive; to greetings of "good morning" and "how are you today"; and **especially** the thankful looks that come from under sweaty brows and through thirsty lips. I never expected to be part of such a wonderful group of friends. You are an amazing bunch of people and each and every one of you hold a very special place in my heart. I am already looking forward to our fall programs and seeing everyone again. **Have a beautiful summer! Namista!**



Melanie Hillaby, Instructor

I'll be lookin' for ya'll

at the Nord-Bridge
Annual Pancake Breakfast
8 a.m. to 11 a.m. on
Wednesday August 24.



**Ya'll better
be there!**



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.



NO RECENT WINNER(S)
THE POT IS NOW OVER \$350

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
TOM HOPKINS \$162.00
June 24, 2016
Next Draw July 22nd

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

June 6 Helen Winters \$32 / Sally Reyna \$32
June 13 Jim Hahn \$35 / Stan Peters \$35
June 20 Glenys Megella \$31 / Angela Randa \$31
June 27 Angela Randa \$41 / Stan Peters \$41

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

SUMI TOMIYAMA AND DOUG STALKER were our lucky 50/50 winners at our **Annual Members Picnic on June 9 at Pavan Park**. They each won \$66.

All 130 people who attended were treated to an awesome picnic lunch including hamburgers, hot dogs, grilled onions, potato salad, coleslaw, baked beans and an array of squares for dessert. The food was really, really, delicious. Thanks to our kitchen staff & volunteers & entertainers.



NORD-BRIDGE BUILDING FUND RECENT DONORS

No recent donations.

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2016
Through June 30, 2016 : **\$ 9,487**



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	82%

Total Contributions to our Building Fund 1998 through June, 2016 **\$ 2,061,933**

Still needed by N-B Fundraising **\$ 438,067**

WE THANK Bonnie Hammond and her team of over 20 volunteers who work up to nine Winner's Bingo events every month. Their dedication 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, treats and 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

- July 8 Liver & Onions, Mashed Potatoes, Veggies
- July 15 Parmesan Chicken, Spaghetti & Garlic Toast
- July 22 Meat Loaf, Mashed Potatoes, Veggies
- July 29 Ham Steak, Scalloped Potatoes, Veggies

All You Can Eat Breakfast Buffet First
Wednesday of each month 8:30 to 10:30 \$7.50



Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>9:30 Jammers 10:00 Floor Curling 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts</p> 	<p>5</p> <p>9:00 Shuffleboard 1:00 Texas Hold'em 1:00 Canasta 1:30 SCRABBLE</p> 	<p>6</p>  <p>8:30 BREAKFAST BUFFET 9:00 Yoga 9:30 Carpet Bowling 9:30 Emerg. Session 10:15 Chair Yoga 10:45 WINNERS BINGO 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Advantage Hearing By Appointment</p>	<p>7</p>  <p>9:30 Floor Curling 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 2:00 Baby Shower 7:00 Table Tennis</p>	<p>1  Canada Day</p> <p>CENTRE CLOSED</p> <p>8</p> <p>9:30 Carpet Bowling 1:00 In-House Bingo 1:00 Contract Bridge 1:15 Crib</p> 
<p>11</p> <p>9:30 Jammers 10:00 Floor Curling 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts</p> 	<p>12</p> <p>9:00 Shuffleboard 10:45 WINNERS BINGO 1:00 Texas Hold'em 1:00 Canasta 1:30 SCRABBLE</p> 	<p>13</p> <p>9:00 Yoga 9:30 Carpet Bowling 9:30 Emerg. Session 10:15 Chair Yoga 10:45 WINNERS BINGO 1:00 Darts/Euchre 1:00 Quilt/Kraft</p> 	<p>14</p> <p>9:30 Floor Curling 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 7:00 Table Tennis</p> 	<p>15</p> <p>9:00 LEGAL CONSULTS (By appointment) 9:30 Carpet Bowling 1:00 In-House Bingo 1:00 Contract Bridge 1:15 Crib</p> 

<p>18 9:30 Jammers 10:00 Floor Curling 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts</p> 	<p>19 9:00 Shuffleboard 10:45 WINNERS BINGO 1:00 Texas Hold'em 1:00 Canasta 1:30 SCRABBLE</p> 	<p>20 9:00 Yoga 9:30 Carpet Bowling 9:30 Emerg. Session 10:15 Chair Yoga 10:45 WINNERS BINGO 1:00 Darts/Euchre 1:00 Quilt/Kraft</p> 	<p>21 9:30 Floor Curling 10:00 Lethbridge Hearing (By Appointment) 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 7:00 Table Tennis</p>  	<p>22 9:30 Carpet Bowling 1:00 In-House Bingo 1:00 Contract Bridge 1:15 Crib</p> 
<p>25 9:30 Jammers 10:00 Floor Curling 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts</p> 	<p>26 9:00 Shuffleboard 10:45 WINNERS BINGO 1:00 Texas Hold'em 1:00 Canasta 1:30 SCRABBLE</p> 	<p>27 8:30 FOOT DOCTOR 9:00 Yoga 9:30 Carpet Bowling 9:30 Emerg. Session 10:15 Chair Yoga 10:45 WINNERS BINGO 1:00 Darts/Euchre 1:00 Quilt/Kraft</p> 	<p>28 9:30 Floor Curling 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 7:00 Table Tennis</p> 	<p>29 9:30 Carpet Bowling 1:00 In-House Bingo 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. (ELDER ABUSE) REP. TANYA PURDY-FISCHER - TUES., JULY 6, 10 A.M.
- ADVANTAGE HEARING - WEDNESDAY, JULY 6 (by appointment)
- COFFEE, TEA & YOU: 2nd & 4th THURSDAY 10 A.M. IN DUNFORD DINER

- MYSTERY TRIP #6: TUESDAY, JULY 5
 - FREE LEGAL CONSULTATIONS - FRI., JULY 8 (by appointment) with HUCKVALE LLP
 - TRIP: ISLAND AT PICTURE BUTTE - TUESDAY JULY 12
 - EMERGENCY PREPAREDNESS JULY 6, 13, 20, & 27 DUNFORD DINER AT 9:30
 - LETHBRIDGE HEARING CENTRE TESTS - THURS, JULY 21 (by appointment)
 - DR BOLOKOSKI - FOOT CARE JULY 27 (by appointment). FUTURE DATES INCLUDE: SEPT. 21; & NOV. 16, 2016. JAN. 11, MAR. 8, MAY 3, 2017
 - WINNERS BINGO - JULY 6, 12, 13, 19, 20, 26, 27
- 

WINNERS



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Upcoming **FREE** consultation dates:
Friday, July 8 & August 12
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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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 Noon to 3 p.m.
Tuesday & Thursday 9 a.m. to Noon

CONTACT 403-329-3222 OR
SeniorsHelping@nordbridgeseniors.com
TO MAKE AN APPOINTMENT.

PLEASE NOTE:

EFFECTIVE JULY 1, 2016 THERE WILL BE A
MAJOR CHANGE TO SPECIAL NEEDS ASSIS-
TANCE FOR SENIORS -- HOME REPAIRS WILL
NO LONGER BE COVERED. A NEW HOME RE-
PAIR PROGRAM WILL BE INTRODUCED AND
INFORMATION WILL BE MADE AVAILABLE IN
THE COMING MONTHS.

 **Nikka Yuko**
Japanese Garden
403-328-3511
info@nikkayuko.com
GARDEN TOURS DAILY



Tuesday Special Presentations
Cost for Seniors is 50% Off
\$3.00 will cover Admission, Presentations and a Tour.

Presentations start at 2 p.m. with tour at 3 p.m.

- July 5 Yukata Presentation.** Learn about the clothing of Japan; Yukatas and Kimonos.
- July 12 Urban Legends.** We all grew up with Legends. What stories are shared in Japan?
- July 19 Japanese Canadian History.** What was it like for Japanese Canadians and immigrants? Where were the interment camps located?
- July 26 Tea Ceremony.** Take part in a time-honored tradition, and share a bowl of tea with us.

SCRABBLE

Sheila Brust, Convener

TICKLE ME FANCY WORDS

At cooking class the other day our instructor gave us one of his surprise challenges. We were to make the biggest "SARNIE" we could. Well this called for a lot of imagination and a lot of hard work, but we were proud of our finished product. What is a "SARNIE" you may ask?

A sandwich!

Scrabble meets Tuesdays at 1:30 in the Dunford Diner Annex. Feel free to join us for fun and lots of laughs.

Have a safe and Happy Canada Day!

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CONDOLENCES WERE SENT TO:

Marybelle Tollestrup on the loss of her husband Jack; Clara Poberznick who lost her husband, Nick; and Janet Bobinec and Family on the loss of husband, Ken

GET WELL & HEALTH WISHES

WERE SENT TO: Janet Bobinec recovering at St. Michael's PARP and doing well; Buella Chervinski at Regional Hospital. Buella had a fall and broke her (other) hip but she too is doing well after surgery and is up walking and exercising. Frank Deane and Clark Figenshau had short stays at Regional but are at home now.



WE NEED A MARIACHI BAND...



... to perform at our September 19, 2016 Outreach Welcome Back "Mexican Fiesta". Our guests will be super seniors who need a break from their regular routines. The event will start at 1:30 p.m. with a 30 minute performance at 2 p.m. Do you know anyone who could do this? Also: If you have any ideas for this theme, let me know.

Call Valerie or Heather at 403-329-3222.



Shannon Phillips, MLA Lethbridge West

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Photo: David Rossiter

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

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Meet with Jim Scott, Certified Personal Trainer
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CRIB TOURNAMENT

Saturday, September 10, 2016
 Entry Fee \$12.50 (includes lunch)
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Registration 9 a.m. Games Start 10 a.m.

Deadline to Register is September 7

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www.alberta.ca/release.cfm



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 Friday
 July 15



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 Each
 Month



Blaine
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 Second
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 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.

BOARD REPORT: Health & Fitness
Donna Farkas, Board Representative



It is the aim of our **Director of Programming, David Ng** to design health and fitness programs that are varied and popular. The first step in the process is finding out what our members want and then finding instructors that can bring appropriate skills to our Centre. The members I interviewed are happy with the outcomes. As an example, one lady who was unable to walk without the assistance of a walker, enrolled in Chair Yoga. She is now walking with a cane and her balance is greatly improved. All of the fitness programs are well attended. Some have waiting lists, and all are cost effective as well as affordable. Following is a summary:

Keep Fit has two components offered at different times; strength and flexibility; and aerobics.

Yoga, Pilates and Chair Yoga are extremely popular. We schedule these classes in three sessions, twice a year.

Somatic was introduced just this year. These exercises connect the body and mind through movement and meditation. They are excellent for MS, stroke recovery, chronic pain, migraines and much more. **Professional Trainer, Melanie Hillaby**, manages all of these programs.

Tai Chi is offered with the expertise of **Instructor, Lynn Hunter-Johnston**. Tai Chi, sometimes described as "meditation in motion", promotes good health and encourages a relaxed mental attitude. Improved balance, coordination, stamina and mental function are just a few of the benefits of this gentle movement technique.

Fitball & Exercising With Arthritis. These two programs are offered in a partnership with Alberta Health Services who lend us **Instructor, TJ Dunn, Kinesiologist**.

Fitball involves a variety of movements and is intended to stimulate the mind and body by using a combination of tools including fitballs, tennis balls and bodyweight resistance. Classes occur twice a week on Monday and Wednesday afternoons.

Exercising With Arthritis. This class is always full and the benefit (according to many I have talked with) is keeping them moving and active in their daily lives and participating in activities with family and friends. The program includes two components; various strengthening and range of movement exercises; and an educational component to help participants manage their chronic condition. We thank TJ for coaching us on the ins and outs of good exercises so important in the treatment of arthritis, and for the collective benefits our members have enjoyed.

Fitness 55 Club. Admission to our Fitness Club is available to members who pay a special user fee and meet a minimum level of wellness. Some people need a physician's approval to participate. Those approved then meet with member volunteer, **Jim Scott, Certified Personal Trainer**. Jim does an orientation with all our Club members and is also available to those who seek his guidance on their personal fitness needs.

Zumba involves dance and aerobic elements. Each session delivers a dynamic, exciting, fun and effective cardio workout. This class is offered at 5:30 p.m. on Thursdays by **Jeannie Williamson**, in our Multi Purpose Hall.

On behalf of our Board and members I thank all conveners and instructors who are involved in these health and fitness programs. Your time and expertise are recognized and appreciated.



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Nord-Bridge Members and Staff
 are invited to a...



for our co-worker
Bety Castillo
 Thursday, July 7th
 at 2:00 p.m.

Join us in the **Dunford Diner**
 For snacks and celebration.
 Bring a gift for the baby boy
 that is due on July 23!



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AUGUST 24, 2016
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LEMON PIE BLUES by Judith A Knox, Mind Joggers Group

This summer was very hot for days at a time, so I didn't bake as I normally would because of the 30 degree weather. But one day during the week it was supposed to be cooler, so I decided to make my husband his favorite treat; a lemon meringue pie.

The night before I took two large eggs out of the fridge. By morning the eggs would be room temperature. That would make it easier for the meringue to be fluffy and make nice tall peaks. I also made the crust and baked it so it would be cool enough to pour the lemon pie filling in as soon as it was cooled sufficiently.

The next morning I had all my ingredients ready; sugar, cold water, lemon powder and a large sauce pan. The instructions read to empty the contents of the pouch into a large sauce pan with 3/4 cup of sugar and add 1/2 cup of cold water. Blend in three large egg yolks...I stopped reading because I only had two, room temperature eggs.

Not a problem. I knew what I would do to solve it. I had a plan. I would get another egg from the fridge. So what if it was very cold? I would warm up the cold egg in no time. I had never tried what I was going to do before, but it seemed easy to me.

But something my mother said many years ago came to me. She said "Haste makes waste." I never knew the true meaning of that statement until this day. However, that would have to wait, I had a plan to complete. So on with my plan to speed up the process of warming up the very cold egg.

I took the egg and proceeded to tuck it into my armpit. It was very cold but it felt good in my hot pit. Then it was time to put it in my other armpit. I was feeling pretty good and very smart. At the rate I was going I'd have that egg warmed up in no time at all.

However, something happened. While I was moving my arm in a circular motion to change the position of the egg, I squeezed a little too hard and I heard a muffled "CRACK". I then felt the gooey liquid slowly flowing down the inside of my arm.

But no worry, this story was not a true one. It was only a yolk!

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TRAVEL NEWS

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



7

Thursday, August 25
Cost: \$15.00 Includes
Bus & Lunch

We will provide a picnic lunch for you during this mystery adventure. A sign-up sheet will be available by July 15.

Thursday, July 28 Waterton Lakes Park:

Sightseeing, shopping, and browsing. **COST \$50 includes bus only.** Buy your lunch or bring lunch and have a picnic. Enjoy the ride and scenery along the way. Selling out fast! Book as soon as possible!



Tuesday, July 12

Join our eager outdoor adventurers for a trip to the popular **ISLAND AT PICTURE BUTTE**. Cost is only \$10 and lunch is included. Seats are limited and selling FAST. Bus #2 will depart our Centre at 10:15 a.m.



Tuesday, August 16th

ANOTHER FUN TRIP TO CALGARY
Cost of \$40 includes luxury bus & lunch (\$50 if we have to take the small bus). Then we'll spend from 1 to 3 p.m. trying our luck on the slots. **All aboard!**



Another local Casino outing for the lucky and the hopeful, **Tuesday, July 19th**. An afternoon at the slots with complimentary soup and a half-sandwich. **Cost: \$8.00 includes your ride and lunch.** Bus leaves Centre at 10:30 and returns 2:30 p.m. Bring a friend. Play alone or as a team. **GOOD LUCK!**



Thurs., Nov. 17
"Miracle on 34th Street" Rosebud.
Cost \$100. Sign up now. A deposit is required.



Calgary Casino
T.B.A.
September 2016



Tuesday, August 9th

Back by popular demand **Saskatoon Berry Farm, Okotoks**. Buy some berries or perhaps some homemade Saskatoon jam or a tasty pie. **COST: \$50.00 (bus only, buy your lunch).** Bus leaves Centre at 9 a.m.



Tuesday, July 5 Mystery Trip:
We'll travel (not too far) to a destination. **COST \$12** including bus and tour. Buy your own lunch at a SURPRISE stop.

SORRY SOLD OUT

Member Paul Cohen was the winner of the "Most Fish Caught" award (14) at the annual "Seniors Fishing Derby" at Robbie Burns Park in Pincher Creek. Congratulations Paul. **George Berg ALMOST** won an award too, but you'll have to ask him about "the one that got away".



Triple D Tours

Brochures are now available here at Nord-Bridge.

A deposit of \$50 is required at sign-up.

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December 05, 06, 07, 2016

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Contact Donna at **Triple D Tours** 403-394-0349 Phone, Cell 403-380-0931 or E-Mail - tripledtours@hotmail.com

IMPORTANT NOTICE

Make sure your completed registration form is stamped with "Nord-Bridge" to ensure our commission.

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**



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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. July 5
Tues. July 12
Tues. July 19
Tues. July 26
Time: 10 a.m. - Noon
1 p.m. - 2 p.m.
Place: Nord-Bridge Main Corridor
Fee: FREE for Nord-Bridge Members

PLAY HEAR

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S S L B C I G S I C O B J Q F
E Q L I R X N D S O A W Y R P
F O Z P A E N G R E T T E B X
O T F X D I I Z M B R L M S V
R D D Q F V W N F A X M S S D
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Congratulations to the 2016 Nord-Bridge Sea 'n' Oars Dragon Boat team! The team qualified for the Mixed D Final and won Bronze. They finished 26th overall out of 65 teams. The Sea 'N' Oars would like to thank Candice & Jake at Lethbridge Hearing Centre, Chad at the Medicine Shoppe (North) & Ashley at Salon Nineteen04 for sponsoring the team once again.

Mixed D Medal Final	Placed	Crew	Time
67	1	Eldorado Fun Finders	02:31.75
1:10 PM	3	Sea 'N' Oars	02:32.68
Mixed D Medal Final	4	Rudder Chaos	02:33.52
Big Rock	2	U of L Pronghorn Paddlers	02:32.05

Salon Nineteen04

