

NEWSLETTER

JUNE 2016



HAPPY FATHER'S DAY!

Nord-Bridge Director of Programming, David Ng and his sons Rylan 8 and Cohen 6 ham it up for the camera. This trio is a wonderful example of loving family relationships. We featured them on our Newsletter cover in June 2012 (see inset). It's a perfect example of how some things change while others stay the same. Happy Father's Day to all our dear old Dads. You're the greatest!

"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
Treasurer	Vacant
Secretary	Marilynn Heaton
Past-President	Jim Hahn

BOARD OF DIRECTORS

FIRST YEAR	ADMIN-	SECOND YEAR	THIRD YEAR
Robert Grisak		George Berg	Donna Farkas
Clay Olsen		Jack Fox	Woody Neely
Bob Tarleck		Marilyn Gillies	Doug Youngren

ISTRATIVE 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	Marilynn Heaton* (Chair), Bob Tarleck, Robert Grisak
Crafts Boutique	Heather Newsham
Finance Committee	Chair-Vacant, Pat Santa, Jim Hahn, Roberta Svennes, Frank Deane, Harry Fischer, 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
	Judy Knox, Jack Simmons
	Ted Sillito, Melvin Horn

NEW MEMBERSHIPS \$53.00
MEMBERSHIP RENEWALS \$50.00

FUNDRAISING

GAMING

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

HEALTH & FITNESS

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

OUTREACH

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

SOCIAL ACTIVITIES

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

SPORTS & RECREATION

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

TRAVEL

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

VOLUNTEERISM

Building Set-up Volunteers
Volunteer Committee

AFFILIATIONS

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



Pat Santa*, Board Rep
Jim Hahn, Board Rep

Jack Fox*, Board Rep

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

Donna Farkas*, Board Rep

Melanie Hillaby
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
Ken Bobinec
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

We have a special week coming up at Nord-Bridge. It is **Seniors' Week** and it runs from June 6th to 12th. Two special events will occur during this week. On Tuesday, June 7th there will be a **Pancake and Sausage Breakfast** from 8:30 to 10:30 a.m. The cost is \$2.00. On Thursday, June 9th we will host the **Nord-Bridge Annual Barbeque & Picnic** at Pavan Park from 11:00 a.m. to 3:00 p.m. The cost is \$6.00 per person. Rides can be arranged at our Reception Desk.



Our annual **Father's Day Luncheon & Pie Auction** will take place on Thursday, June 16th at 11:30 a.m. I really enjoy this event, especially the auctioning of the pies by Dean Oseen. He is very entertaining and gets everyone into the spirit of the event. The Annual Fishing Trip also takes place this month on Wednesday, June 15th in Pincher Creek. As you can see there are lots of activities planned for June and I hope everyone finds something they like.

Our newest recipients of life memberships were recognized at a special luncheon in May. Their names will soon be added to the plaques honouring our Life Members which are located on the east wall just inside the entrance to the Dunford Diner Annex.

The Nord-Bridge Board will have its last meeting before the summer break on Wednesday, June 8th. Regular monthly meetings will resume in September. Should you have any questions or concerns during this summer break, please feel free to talk to me on Friday afternoons at the Reception Desk. I will continue to be available for you during the summer. If you have any comments or suggestions, they can be written down and put into the Suggestion Box in the main corridor near the Seniors Helping Seniors office. Your input is appreciated and the Board will do their best to address these issues.

I hope all of you have a good month at Nord-Bridge. Our drop-in programs will continue throughout the summer. Drop in for cards, Bingo, breakfast or lunch; or just to cool off on a hot summer afternoon.



Pat Santa, President

WELCOME NEW MEMBERS

Catherine Yamada

Susie Dyck

Terry Moore

Sharon Herman Loran

GINETTE LITTLEJOHN

Linda Kish

George Sevcov

Marlene Van Deurzen

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



FATHER'S DAY LUNCHEON & Pie Auction
June 16, 2016
11:30 a.m.

\$12.00 Per Person



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



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

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](tel: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



LORRI'S CORNER

On May 17, Nord-Bridge proudly hosted our first ever "Housing Fair" in the Multi-Purpose Hall. In order to meet the needs of our members and the senior community as a whole, we gathered housing providers from Lethbridge and Southern Alberta to come and answer the many questions people have.

Seventeen organizations attended with their beautiful displays and most importantly, provided the information people were seeking. It is estimated that approximately 150 people attended which far exceeded the numbers anticipated.

Thank you to everyone that attended and made this event such a huge success!

This kind of event requires the interest and commitment of many community partners. Without them this event would not have been possible. To the facilities that attended, donated door prizes and cookies: AgeCare Columbia; Claresholm Housing Authority; Elim; Extencicare; Green Acres Foundation; Legacy Lodge; Lethbridge Housing Authority; Madison Manor (Nanton); Martha's House; Good Samaritans (Park Meadows), Leecrest and Lindenview; Roost 2 Roost; Sunrise Village; Taber Housing Authority; The Gardens at West Highlands; and The View at Lethbridge. **I thank you!**

To the business sponsors that generously donated door prizes: Firestone Restaurant; Growers Direct; Mint Smartwash; Moxie's Grill and Bar; The Oil Changer; The Smokehouse BBQ & Bar; and Titan Auto Spa. **I thank you!**

To Nord-Bridge's Vice president, Rodger Halvorsen, for finding so many wonderful door prizes. **I thank you!**

And last but not least, to the amazing members and staff of Nord-Bridge for your help and support during planning and implementation of this Fair, **I thank you!**

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 **JUNE 16th**

NORD-BRIDGE SENIORS CENTRE

1904 - 13 AVENUE NORTH



IN-HOUSE BINGO

EVERY FRIDAY AFTERNOON (EXCEPT HOLIDAYS)

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

Everyone (18 and over) welcome!

COME FOR LUNCH, STAY FOR BINGO!



EVERGREEN

Funeral Home
and Cremation Services

403-329-4934

Give us a call regarding ...

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

*Because Cost
Is An Option*

*We lessen the expense
Not the care*

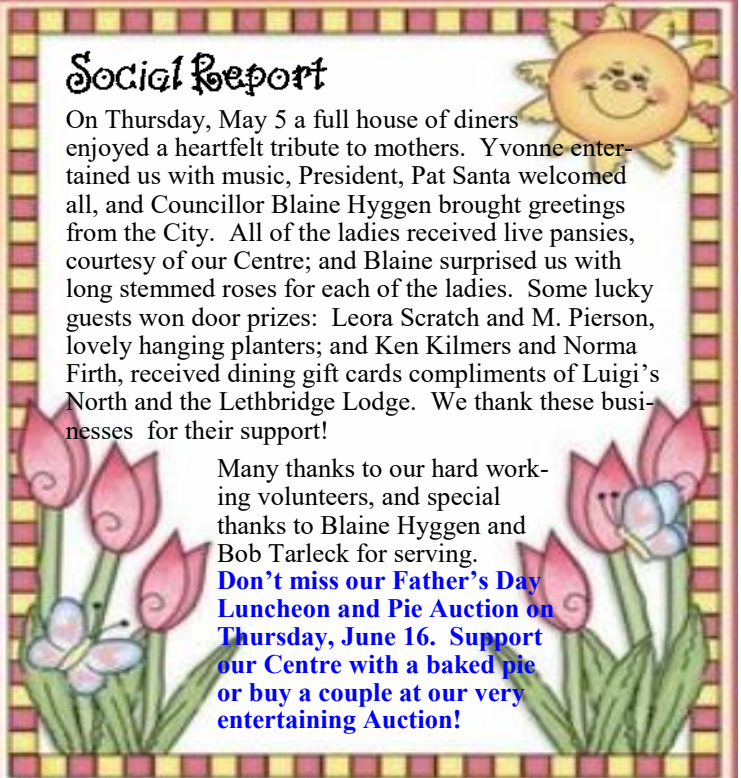
A Division of the Caring Group Corp.

Social Report

On Thursday, May 5 a full house of diners enjoyed a heartfelt tribute to mothers. Yvonne entertained us with music, President, Pat Santa welcomed all, and Councillor Blaine Hyggen brought greetings from the City. All of the ladies received live pansies, courtesy of our Centre; and Blaine surprised us with long stemmed roses for each of the ladies. Some lucky guests won door prizes: Leora Scratch and M. Pierson, lovely hanging planters; and Ken Kilmers and Norma Firth, received dining gift cards compliments of Luigi's North and the Lethbridge Lodge. We thank these businesses for their support!

Many thanks to our hard working volunteers, and special thanks to Blaine Hyggen and Bob Tarleck for serving.

Don't miss our Father's Day Luncheon and Pie Auction on Thursday, June 16. Support our Centre with a baked pie or buy a couple at our very entertaining Auction!



EXECUTIVE DIRECTOR'S REPORT

Greetings Members;

For over 23 years, Roberta Svennes has served our Association as Treasurer. It has been my great pleasure to work with her. Her expertise and commitment is greatly acknowledged and appreciated by all of us. Around the time of our March Annual Meeting, Roberta announced her retirement from this voluntary position, leaving a critical gap in our Executive Committee that needs to be filled by September.

For those who are interested: The Treasurer sits on our Executive Committee, which meets monthly. Additionally, the Treasurer serves as Chairman of the Finance Committee which meets a minimum of six times per year. Working closely with the Executive Director and Financial Administrator, the Treasurer is responsible for the maintenance of financial records as may be required of the Association and reports on financial matters to the Executive and Board. Additionally, the Treasurer is involved with the preparation of a preliminary annual budget for review by the Finance Committee for presentation to the Board for approval.

If you are interested in filling this important position, kindly contact me. I will be pleased to discuss this opportunity with you in detail and answer any of your questions.

Respectfully, *Randy Smith*



RACHAEL HARDER

Member of Parliament
Lethbridge

Phone:
403-320-0070

Website:
RachaelHarder.ca

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



IMPACT

Innovative Models Promoting
Access-to-Care Transformation



Here To Serve You

Free Health and Community Services!

Coming to you at

Nord-Bridge Seniors Centre

1904 – 13th Avenue, North Lethbridge

June 6, 2016 3 to 7 p.m.

What will be there?

- Family physician/medical care
- Sexual health counseling and services
- Homecare access
- Active living/nutrition counseling
- Addictions counseling and supports
- Recreation subsidies
- Children's mental health care
- Supports for healthy pregnancy
- Parenting supports
- Dental examinations and care
- Food and housing supports
- Social services navigation
- Help with government forms and identification
- Blood pressure and blood sugar testing
- Mental health care and supports
- Public health care and immunizations
- **And more!**

What do I need to bring?

Please bring your ID and healthcare card if possible, but ID services will be available if you don't have ID. Snacks and refreshments will be provided.

ADVANTAGE HEARING CENTRE

406-6th St. South Lethbridge, Alberta

Nord-Bridge Complimentary Hearing Evaluations

We will offer Complimentary
Hearing Evaluations at
Nord-Bridge the First
Wednesday of every month!

Book your appointment
at the front desk!

403-320-5051



Brad Lindsay, BC-HIS
Registered Hearing Aid Practitioner

Programmer's Report by *David Ng*

Seniors' Week 2016 will take place from June 6 to the 12th. At Nord-Bridge we will celebrate with a **Toonie Pancake Breakfast on Tuesday, June 7th from 8:30 a.m. until 10:30 a.m. in the Dunford Diner.** During the pancake breakfast there will be **Free Coffee, compliments of Lethbridge Hearing Centre.** On June 9th Nord-Bridge will be hosting our **Annual Member BBQ Picnic at Pavan Park from 11 a.m. until 3 p.m. Cost is \$6.00 and includes food and entertainment.** Purchase tickets at the Reception Desk. **Please note: On this day Nord-Bridge will close at Noon.**



The tremendous success of our "Friendly Geek" Justin, has led us to schedule him every Tuesday in June from 10:00 am - 2:00 p.m. Justin will man the tech desk to help troubleshoot and answer questions you may have with your technical devices (cell phones, laptops, tablets), plus educate you on differing software and Apps. **The "Friendly Geek" services is free and is offered to Nord-Bridge members only.** Appointments are not necessary as this is a first come - first served service. If you utilize this service, please be sure to give a big **Thank You** to Justin for offering his time to Nord-Bridge members.

On Monday, **June 6th Nord-Bridge will partner with IMPACT (Innovative Models Promoting Access-to-Care Transformation) to host a FREE HEALTH AND COMMUNITY SERVICES event.** Please see their ad on Page 5. **Programs cancelled this day are: Darts, Military Whist & Bridge. Exercise with Arthritis will move to the West Community Room.**

David

From the Desk of Val

Time continues to fly by as we move into June. May was a supremely busy month here at the Centre with three major events that occurred close together

I would like to thank the seniors who have taken the time to listen to the kids from Wilson Middle School as they learn English. They have two more visits; Wed. June 1st and Wed. June 22nd. If you want to participate, please sign up at the Reception Desk. It's a fun experience working with the kids. Just listening to these young people can help us feel young so we can live longer by staying connected.

Now that summer is upon us, the Reception Desk volunteer schedule will be reduced to 10 a.m. to 2 p.m. effective Monday, June 13. The schedule is posted so sign up now. If anyone is interested in learning Reception Desk duties, Heather and I are eager to train new volunteers. Qualifications: You are caring, friendly, patient, and have good judgment when dealing with customers. If you possess this skill set, this volunteer opportunity is waiting for YOU!

The weather services are predicting a hot, dry June, July, and August. If you don't have travel plans, come to the Centre and enjoy our nice air conditioned atmosphere or excursions with us in our Nord-Bridge bus or Care Free Express bus. There are lots of interesting day trips for you to enjoy.



Valerie

Nord-Bridge Crafts Boutique

The **Boutique** is looking for volunteers. If you are interested, please stop by and leave your name and phone number. Heather will contact you to discuss opportunities.

Thank you for your donations. We are in need of fabric and yarn. These two items go quickly so we can use whatever you have to spare.

Thank you, Heather Newsham

2016 MINER'S RAFFLE WINNERS

Gas Fireplace - **Fumiko Adachi**
Horse & Wagon - **Wilma Valer**
Mink Jacket - **Vi Molden**
Book & Painting - **Allan McKenzie**
Quilt - **Ray Kostiuik**

We sold 646 tickets. Thank you to everyone who donated the gifts; to everyone who brought tickets; and to the many members who sold tickets.

Event Coordinator, Jim Hahn



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

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

IN ORDER TO PARTICIPATE YOU MUST:

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



RECENT WINNER(S)

Marjory Tomomitsu \$371, May 9; Cheryl Crowe \$36, May 12; Alice Mehlhaff \$84, May 25

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

Vic BOYCHUK \$241.00

May 27, 2016

Next Draw June 24th

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

- May 2 Doreen Jurgens \$34; Sally Reyna \$34
 May 9 Doreen Smid \$44; George Yamada \$44
 May 16 Richard Thompson \$39; Noel Burles \$39
 May 30 Colleen Masson \$38; Rudy & Doreen \$38

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

Friday Dunford Diner Lunchtime Entertainment

- June 3 Jill Timleck, Singer/Guitar
 June 10 Oscar & Yvonne
 June 17 Trevor, Barn Dance
 June 24 Alice Tinordi, Accordion



NORD-BRIDGE BUILDING FUND RECENT DONORS

Marjory Tomomitsu \$125; Anonymous \$60;
Stan & Phyllis Kruszewski \$800;
Maralyn Burghardt \$50; Lillian Colwill \$50

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2016
 Through May 20, 2016 : **\$ 7,667**



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 May, 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

- June 3 Beef-Bacon-Shrimp Skewers, Rice & Salad
 June 10 Chimichanga, Rice & Refried Beans
 June 17 Lasagna, Caesar Salad & Garlic Toast
 June 24 Cabbage Rolls, Rice & Veggies

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

Seniors' Week 2016 june 6-12



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Support the Nord-Bridge Sea 'n Oars Dragon Boat Team</p>  <p>Henderson Lake June 24, 25 & 26</p>	<p>Wear Purple and Walk to Raise Awareness for WORLD ELDER ABUSE AWARENESS DAY Wednesday, June 15, 2016 From 10 to 11 a.m. Location: Civic Field behind LSCO. There will be a \$2 BBQ following this event. All proceeds will go to LEARN for the 2017 Seniors Safety Calendar</p> 	<p>1 BREAKFAST BUFFET </p> <p>8:30 FOOT DOCTOR 9:30 Carpet Bowling 10:15 Paper Tole 10:45 WINNERS BINGO 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Advantage Hearing By Appointment 3:00 Fitball</p>	<p>2 9:00 Card Crafters 9:30 Floor Curling 9:30 Mind Joggers 11:00 Keep Fit Flex & Strength 1:00 Duplicate Bridge 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 7:00 Table Tennis</p>	<p>3 9:00 Adv. Paper Tole 9:30 Carpet Bowling 1:00 In-House Bingo 1:00 Contract Bridge 1:15 Crib</p>  
<p>6 9:30 Jammers  3:00 Arthritis Exercise 3:00 IMPACT: Innovative Models Promoting Access-to-Care Transformation. Alberta Health Services Event</p>	<p>7 8:30 SENIORS' WEEK \$2 PANCAKE BREAKFAST 9:00 Shuffleboard 11:00 Keep Fit Aerobic 1:00 Texas Hold'em 1:00 Canasta 1:30 SCRABBLE 7:00 Social Line Dance</p> 	<p>8 9:00 Yoga 9:30 Carpet Bowling 10:15 Paper Tole 10:15 Chair Yoga 10:45 WINNERS BINGO 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball</p> 	<p>9 9:00 Card Crafters 9:30 Floor Curling 9:30 Mind Joggers 11:00 Keep Fit Flex & Strength 11:00 Member's Picnic at Pavan Park CENTRE CLOSING AT NOON  7:00 Table Tennis</p>	<p>10 9:00 LEGAL CONSULTS (By appointment) 9:00 Adv. Paper Tole 9:30 Carpet Bowling 1:00 In-House Bingo 1:00 Contract Bridge 1:15 Crib</p> 

<p>13 9:30 Jammers 10:00 Floor Curling 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts 3:00 Arthritis Exercise</p> 	<p>14 9:00 Shuffleboard 10:45 WINNERS BINGO 11:00 Keep Fit Aerobic 1:00 Texas Hold'em 1:00 Canasta 1:30 SCRABBLE 7:00 Social Line Dance</p> 	<p>15 9:00 Yoga 9:30 Carpet Bowling 10:15 Paper Tole 10:15 Chair Yoga 10:45 WINNERS BINGO 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball</p> 	<p>16 9:00 Card Crafters 9:30 Floor Curling 9:30 Mind Joggers 10:00 Lethbridge Hearing 11:00 Keep Fit Flex & Strength 11:30 Father's Day Luncheon & Pie Auction 1:00 Duplicate Bridge 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 7:00 Table Tennis</p> 	<p>17 9:00 Adv. Paper Tole 9:30 Carpet Bowling 1:00 In-House Bingo 1:00 Contract Bridge 1:15 Crib</p> 
<p>20 & 27 9:30 Jammers 10:00 Floor Curling 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts 3:00 Arthritis Exercise</p> 	<p>21 & 28 9:00 Shuffleboard 10:45 WINNERS BINGO 11:00 Keep Fit Aerobic (June 21 only) 1:00 Texas Hold'em 1:00 Canasta 1:30 SCRABBLE 7:00 Social Line Dance</p> 	<p>22 & 29 9:00 Yoga 9:30 Carpet Bowling 10:15 Paper Tole 10:15 Chair Yoga 10:45 WINNERS BINGO 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball</p> 	<p>23 & 30 9:00 Card Crafters 9:30 Floor Curling 9:30 Mind Joggers 1:00 Duplicate Bridge 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 7:00 Table Tennis</p> 	<p>24 9:00 Adv. Paper Tole 9:30 Carpet Bowling 1:00 In-House Bingo 1:00 Contract Bridge 1:15 Crib</p> 
<p>Go Friendly Shuttle door-to-door service: Call 403-329-3222 the day prior, or sooner, to book a ride. Cost is \$3.00 each way, or use your <i>Lethbridge Transit "Breeze Card"</i>.</p> <ul style="list-style-type: none"> LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL FIND A PHONE FRIEND FOR YOU. (CALL VAL AT 403-329-3222 TO ARRANGE) L.E.A.R.N. (ELDER ABUSE) REP. TANYA PURDY-FISCHER - TUES., JUNE 7 10 A.M. ADVANTAGE HEARING - WEDNESDAY, JUNE 1 (by appointment) COFFEE, TEA & YOU: 2nd & 4th THURSDAY 10 A.M. IN DUNFORD DINER SENIORS' WEEK \$2 PANCAKE BREAKFAST, TUESDAY, JUNE 7 8:30 A.M. <ul style="list-style-type: none"> MYSTERY TRIP #5: WEDNESDAY, JUNE 8 MEMBERS PICNIC, THURSDAY, JUNE 9. CENTRE CLOSING AT NOON. FREE LEGAL CONSULTATIONS - FRI., JUNE 10 (by appointment) with HUCKVALE LLP TRIP: PINCHER CREEK FISHING DERBY - WEDNESDAY, JUNE 15 FATHER'S DAY LUNCHEON - THURSDAY, JUNE 16 TRIP: LOCAL CASINO, TUESDAY, JUNE 21 DR BOLOKOSKI - FOOT CARE (by appointment). FUTURE DATES INCLUDE: JULY 27; SEPT. 21; & NOV. 16, 2016 WINNERS BINGO - JUNE 1, 8, 14, 15, 21, 22, 28, 29 				

WINNERS



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established 1906

Upcoming **FREE** consultation dates:
Friday, June 10 & July 8
between the hours of 9:00 a.m. & 11:30 a.m.
Contact the Reception Desk to schedule
an appointment. Phone: (403)329-3222

The Senior Citizens of Lethbridge Need You!



The Go Seniors Society of Southern Alberta needs your help in raising funds for future Go Friendly vans.

To help the Go Seniors Society earn the money it needs for a new van, all you have to do is purchase a membership for \$5 per year. Even Donald Trump can't make a promise like that!

Before you say, "My \$5 couldn't possibly help to purchase a van estimated to cost about \$100,000!" let me explain. We believe your membership will help us to qualify for an Alberta casino permit, enabling us to earn the money we will need for our next van.

Like many of you, I frequently use the Go-Friendly shuttle, so I know how important it is for many seniors. Your membership can make a difference for you and many of your friends. Join today! Your friends will thank you!

Bob Tarleck, a Go-Friendly Shuttle Customer

**GO-FRIENDLY MEMBERSHIPS MAY BE PURCHASED
AT THE NORD-BRIDGE RECEPTION DESK.**

OUTREACH REPORT

Rodger Halverson, Convener

On the afternoon of Monday, May 16, we held our final Outreach Program for the spring session. Once again we enjoyed hosting a full house of guests representing a number of care facilities as well as our own Nord-Bridge members. The afternoon began with a few games of Card Bingo called by our faithful duo of Bud and Ash. Our guests were served coffee, juice and dessert as they enjoyed the entertainment of Elaine Unger-Pengilly who played a number of favorites on the piano. **Again, I say thanks to our 20 plus volunteers who contribute both time and love for our monthly programs and indeed make our Outreach Events a great success.**



Our Fall Outreach Program will begin on Monday, September 19, at 1:30 p.m. Join us for an afternoon of great music and refreshments. I want to remind everyone to book early in September, to ensure you are able to be part of our afternoon event. Have a great summer!

Rodger

SCRABBLE

Sheila Brust, Convener

TICKLE ME FANCY WORDS

I visited my "Swinging Bachelor" friend's new home which he had planned and dreamed about for years. It was constructed of brick, wood and glass and consisted of many levels, angles and juts, and I have to confess, I found it very "FREMD".

What is "FREMD" you may ask? Strange

We wish all the men Happy Father's Day and hope someone buys you a pie for your special day!

Scrabble meets Tuesdays at 1:30 p.m. in the Dunford Diner Annex. We would like to have you join us for a game or two.

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CONDOLENCES WERE SENT TO:

Carol Johnsrude & Family - loss of mother; the family of Life Member Margaret Hewlett; Roberta Svennes & Family - loss of Dorothy Svennes; Alice Strickland & Family - loss of brother; Stan & Marcia Kosolofski - loss of mother; Everett & Valerie Arkinstall - loss of mother Viola (Vi to her many friends); the Swanson Family - loss of Anita; and Evelyn Polczer & Family - loss of husband, Joe.



GET WELL & HEALTH WISHES

WERE SENT TO: Janet Bobinec still recuperating at Regional Hospital from very severe body breaks; Ken Bobenic, also still in hospital; Doug Cole and Harold Moore who both had short stays in the hospital but are now at home.



MEMBER PICNIC

John Martin Recreation Area at Pavan Park.

Thursday, June 9th 11 a.m. to 3 p.m.

On this day, our Centre will close at Noon.

Tickets: \$6.00. Cost includes food and entertainment. Tickets are available at our Reception Desk. If you need a ride, let us know by Friday, June 3. Volunteers are needed. If you can help, see Val or Heather.

Thank you!

Shannon Phillips, MLA Lethbridge West

402 8th St S
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MARIA FITZPATRICK
MLA FOR LETHBRIDGE-EAST



543 13th St South
Lethbridge AB T1J 2W1
Phone: (403) 320-1011
Fax: (403) 328-6613
Email: lethbridge.east@assembly.ab.ca

Photo: David Rossiter

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

**NORD-BRIDGE SENIORS
FITNESS 55 CLUB**

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

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

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

Meet with Jim Scott, Certified Personal Trainer
Wednesday mornings, for safe training tips and motivational goal setting advice.

**BOCCE BALL
SEASON IS HERE.**

If you want to play, contact **Clay Olsen** to register. We play in the evening at Nord-bridge Lions Park on 13 Ave. N. Once registration is complete we can confirm our start date and exact schedule. **Anyone** can play this game.



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Join us at Nord-Bridge Centre
on Monday June 20th
at 1:30 p.m. for a
musical presentation
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Nord-Bridge members are invited to this special presentation by the Westminster Elementary School Kindergarten classes. The half hour performance will take place in the Dunford Diner.



LUNCH WITH CITY COUNCILLORS

Jeff
Coffman
Friday
July 15



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.

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Chad Baker
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Pharmacist/Owner

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EUCHRE REPORT

Join me in congratulating our **Euchre In-House Tournament winners: First: Donna Takeda. Second: Ron McCaugherty. Third: Judy Workman.**

We send thanks to our business supporters: London Drugs; Humpy's; Expressions; Sandy Toes Foot Care; the Medicine Shoppe; and Savers.

I'm taking the summer off but if you want to play Euchre, the key will be at the Reception Desk.

Rodney Foster

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.



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Seniors Information
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Are you buried under a pile of paperwork?
Confused about Government forms?
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here at Nord-Bridge. We have friendly,
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BOARD REPORT: Cards & Board Games
Woody Neely, Board Representative



Contract Bridge: Kathy Ludwig, Convener. Games are played Mondays and Fridays at 1 p.m. They have space for more players.

Duplicate Bridge: Pat Kincade, Convener. Games are on Thursdays at 1 p.m. with steady attendance by a small group. An Annual In-House Tournament is planned for September.

Canasta: This new game is convened by Noreen Irwin and presently consists of 4 to 8 players meeting weekly on Tuesdays at 1 p.m. in the South View Meeting Room.

Cribbage: Pat Veres, Convener. Another popular game; 20 to 28 participants compete weekly, Friday afternoons at 1:15

Euchre: Convener, Rodney Foster has developed a well attended program which gets good, steady attendance. In May they conducted an In-House Tournament. See Page 13 for that report.

Military Whist: A good deal of rivalry is created by the transfer of flags from one table to another. Donna Takeda "rules" over the Monday 1 p.m. program in the Dunford Diner Annex.

Norwegian Whist: Convener, Pat Veres and her cheery group of 4 to 8 players, have placed this game on summer recess but plan to reconvene in September on Tuesdays at 1 p.m. in the Dunford Diner Annex.

Scrabble: Sheila Brust, Convener. Our Scrabble group meets weekly, every Tuesday at 1:30. Sheila and her group welcome new members.

Texas Hold'em: Conveners Mike Bennett, Pino Zucchelli & Marilyn Maloff. This game enjoys strong attendance of 22 to 32 players weekly. In addition to having fun, they generate financial support for the "Go Seniors Society of Southern Alberta" by contributing funds from two annual tournaments.

DAD

BY DOREEN, MIND JOGGERS GROUP

Thank you Dad for all you've done through the years
When you made me laugh and when you dried my tears
For all the love with me you shared
To show me that you really cared
The spank on the bottom the kiss on the cheek
The morals and values you helped me to seek
Thanks for the life you patterned for me
That fenced me in yet let me be free
For all the kindness you've shown
Not only to me but others you've known
I'm so proud you've had such a part
Of the thoughts and the feelings I hold in my heart
And now as your years measure four score
My love for you grows more and more
I want you to know I am so glad
That God chose you to be my Dad

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TRAVEL NEWS

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



5

Wednesday, June 8
Cost: \$25.00 Includes Bus & Admission
 (Buy your own lunch)

We will depart from the Centre at 10:00 a.m. Enjoy lunch (at your own cost) and then we'll begin our tour.

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.



Wednesday, June 15
ANNUAL FISHING DERBY
Bobby Burns Pond,
Pincher Creek.



Fish for medals: Biggest fish, smallest fish, oldest fisherman, oldest fisherwoman. **COST \$25.** Includes catered lunch by Pincher Creek Legion. Provide your own gear and bait. Don't be disappointed. Sign-up and pay NOW!

★★★★★**TRIP REPORTS:** Mystery Trip # 4 May 26. GEM OF THE WEST MUSEUM and MING'S CHINESE RESTAURANT in Coaldale. Everyone loved the museum and the restaurant. A happy group of 44 thoroughly enjoyed an awesome three-day gambling, golf, and relaxation junket to CRANBROOK-ST. EUGENE RESORT on May 29 to 31.

Summer Trips: Here is a list of some trips still in the planning stage.

Mystery Trip #7: August

Saskatoon Farm, Okotoks: Tues, Aug. 9

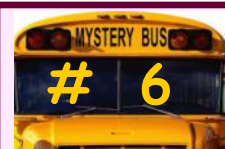


Thanks to everyone who's shown interest in our potential trips to Rose Bud to see "Miracle on 34th Street" and to the Grey Eagle Casino/ Shopping trip to Calgary. Watch for details.

Another local Casino outing for the lucky and the hopeful, **Tuesday, June 21st**. 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!**



OKOTOKS THURSDAY, JUNE 23
COST: \$60 (LUNCH)
CANCELLED
 BUY YOUR OWN LUNCH AT HIGH RIVER



Tuesday, July 5 Mystery Trip: We'll travel (not too far) to a new destination never attempted before. **COST \$12** including bus and tour. Buy your own lunch at a SURPRISE stop.

Thursday, July 14. Stirling Historic Railway Park

Enjoy a picnic lunch provided by our Dunford Diner staff then take this interesting outdoor / indoor tour including many historic artifacts. **COST: \$20** including Bus & Lunch. Don't be disappointed, time flies! Book today!



Triple D Tours

Brochures are now available here at Nord-Bridge.

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

COEUR D' ALENE CASINO

COEUR D'ALENE CASINO & SPOKANE SHOPPING

October 14 - 17, 2016 4 Days / 3 Nights

Dble \$380.00 Per Person / Single \$570.00 Per Person

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Nov. 29, 2016 - Dec. 02, 2016 4 Days / 3 Nights

Dble \$280.00 Per Person / Single \$365.00 Per Person

Triple \$250.00 Per Person / Quad \$210.00 Per Person

CROSS IRON MILLS / CHRISTMAS LIGHT TOUR

December 05, 06, 07, 2016

\$40.00 Per Person

Contact Donna at **Triple D Tours** 403-394-0349 Phone, Cell 403-380-0931 or E-Mail - tripleddtours@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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- Apps
- Email
- Photographs
- Too Slow
- No Wi-Fi Signal
- Pop-ups
- Not Charging
- Lost Passwords, and many more irritating issues.

Date: **Tues. June 7**
Tues. June 14
Tues. June 21
Tues. June 28

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

Place: **Nord-Bridge Main Corridor**

Fee: **FREE for Nord-Bridge Members**

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.

PLAY HEAR

H	S	E	K	Y	M	O	R	B	O	C	B	I	Z	R	THOMAS
W	A	G	X	G	X	H	Y	M	P	O	E	P	T	Q	COPPS
H	M	W	I	C	N	S	S	U	P	G	N	G	Q	W	DOCTOR
E	O	J	Z	S	E	B	V	W	L	L	X	J	A	U	GLENN
A	H	K	N	O	W	L	E	D	G	E	A	B	L	E	HOLE
R	T	P	L	R	C	X	L	K	D	N	T	J	C	I	KNOWLEDGEABLE
I	R	H	I	U	P	O	E	E	G	N	R	E	I	T	CARING
N	K	M	K	E	Q	N	P	G	N	O	E	K	K	G	HEARING
G	H	S	R	S	R	Z	M	P	T	C	H	T	R	Z	EXPERTS
D	E	T	S	U	R	T	F	C	S	V	E	W	K	N	EXCELLENCE
Q	S	U	U	T	W	E	O	C	A	R	I	N	G	Q	TRUSTED
B	E	I	G	J	Y	D	D	B	X	C	T	U	T	H	LEADERS
Z	J	P	R	G	U	A	O	A	H	N	C	Q	O	Q	
D	U	C	S	W	Y	Y	M	T	E	Y	G	L	V	X	
B	M	N	Y	Y	D	D	W	E	O	L	E	M	Z	L	



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Where: Nord-Bridge Senior Citizens Association
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Cost: \$2.00

EVERYONE WELCOME

* Please note: Dining Room Menu will not be available during the Pancake Breakfast