

NEWSLETTER

November 2016



The *Alberta 55 plus Games* were held in Drumheller on September 29, 30 and October 1, 2016. Nine activities were represented including sports, cards, Scrabble and snooker. Zone 1 finished in first place overall with 74 points accumulated by earning 4 gold, 5 silver, 4 bronze, and one fourth place finish.

Above, representing Zone 1 and Nord-Bridge Senior Centre are the **Bocce 70+ Gold Medalists: Mike & Diane Bennett and Clay & Lorraine Olsen**. Inset, also representing Zone 1 and Nord-Bridge Centre is **Scrabble 55+ Gold Medal winner, Lucy Graham**.

Other Zone 1 winners included: **Carpet Bowling 55+ Bronze Medalists Eva & Joe Ellan, Len Hutchinson and Marion Gerder** (non-member but much appreciated substitute); and **Scrabble 70+ Silver Medal winner, Sheila Brust**. Congratulations to all of our medalists and thank you to everyone who participated in the Games. We trust you enjoyed the events and will continue to represent us well into the future.

*Clay Olsen, Vice President
Zone 1 Alberta 55 plus Games*

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

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

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

BOARD OF DIRECTORS

FIRST YEAR

Robert Grisak
Clay Olsen
Bob Tarleck

SECOND YEAR

George Berg
Jack Fox
Marilyn Gillies

THIRD YEAR

Donna Farkas
Woody Neely
Doug Youngren

ADMINISTRATIVE STAFF

Executive Director	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 Arkinstall
Reception Assistant	Heather Belle
Rentals	Kathleen Filkowski
Cook II	Sally Reyna
Cook I	Bety Castillo
Red Seal Cook	Samantha Ajtay
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
Crafts Boutique
Finance Committee

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

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

Harry Fischer, Norene Easthope,
Vicki Klassen

CARDS & BOARD GAMES

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

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

Duplicate Bridge

EDUCATION

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

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

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

FUNDRAISING

GAMING

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

HEALTH & FITNESS

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

OUTREACH

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

SOCIAL ACTIVITIES

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

SPORTS & RECREATION

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

TRAVEL

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

VOLUNTEERISM

Building Set-up Volunteers
Volunteer Committee

AFFILIATIONS

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

Pat Santa*, Board Rep
Jim Hahn, Board Rep

Jack Fox*, Board Rep

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

Donna Farkas*, Board Rep

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

Rodger Halvorsen*, Board Rep

Valerie Arkinstall
Lydia Prokop/Chris Figenshaw
Valerie Arkinstall
Rodger Halvorsen

Doug Youngren*, Board Rep

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

Robert Grisak*, Board Rep

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

George Berg*, Board Rep

Valerie Arkinstall
Kathy Filkowski
Valerie Arkinstall
Mike Bennett
Marco Escobar

Jim Hahn, Board Rep

Clay Olsen, Harry Fischer
Eva Deringer, Elaine Molyneux

Clay Olsen*, Board Rep

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

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

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



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

PRESIDENT'S REPORT

During November, we have scheduled nine special events. They include health and wellness themes and a Health Fair; Emergency Preparedness; and a Crimean War presentation. I would ask that you check the calendar within this Newsletter. All of the presentations are shown in **red**, to help you to find those you would like to attend. Please keep in mind that the student nurses, staff and others put a great deal of time and effort into planning these events for you. I would love to see a good turnout at all of them.



The **U of L Student Nurses** will be here every **Monday & Tuesday, up until the first week of December**. If you have any questions for them, please feel free to contact them in the South View Meeting Room.

Flu season is here and the **Medicine Shoppe** is providing **free flu shots as a drop-in service**. When you get your shot, they will give you a free coffee coupon.

Your Board is continuing to work on the organizational review of Nord-Bridge. We are looking forward to the future with the development of a **Strategic Plan for Nord-Bridge**. As part of this process we have formulated a **survey** for our membership. Please give us a little of your time and take the survey. You can pick one up at our Reception Desk. When you submit your survey, be sure to fill in a raffle ticket. You could win a TV! The draw will be made on December 8 at our Christmas Luncheon.

Sgt. Wilson's Army Show is coming to Nord-Bridge with **afternoon and evening performances on Thursday, November 17**. This show kind of ties in with Remembrance Day. Thank you for attending this event.

Our **Partners at Scotiabank** are going to support two events next year. These events will be the Father's Day Luncheon & Pie Auction in June, and the President's Dinner & Auction in September. I look forward to their participation in these fundraisers.

I expect to be at the Centre every Friday morning. If you have ideas or concerns pertaining to Nord-Bridge and wish to talk, stop by and see me. Have a great November.



Pat Santa, President



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



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



★ Ross Berrevoets ★ Brian Savage ★ Linda Malik
★ Marilyn Marshman ★ Harold DeWitt ★ Ken Way
★ Lesley Shardlow ★ Ed Shardlow ★ Debbie Jensen
★ Henry Siemens ★ Marjorie Little ★ Linda Lang
★ Heather Smith ★ Jean Wright ★ Irene Bradbury
★ Paulette Hofkamp ★ Arthur Perreault ★ Robert Henry
★ Jan Henry ★ Elizabeth Cook ★ Alan Martin

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

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

It will be parked at **Nord-Bridge Seniors Centre, 1904 - 13 Avenue North** on the following

SATURDAYS
10:45 a.m. to NOON
November 12
November 26
December 10



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

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



Nord-Bridge Meetings Reminder

Each Month

Outreach Committee	First Monday	9:30 a.m.
Executive Meeting	First Wednesday	9:30 a.m.
Board of Directors Meeting	Second Wednesday	9:00 a.m.
Finance Committee	Last Wednesday	9:30 a.m.

Annually

Annual General Meeting	First Wed. of March	9:30 a.m.
General Member Meeting	First Wed. of November	9:30 a.m.

Go Seniors Society

Regular Board Meetings

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

Annual General Meeting	First Tuesday of April	9:00 a.m.
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FOR SHAW SUBSCRIBERS: We are pleased to announce that our building is equipped with **Shaw) Go WiFi**. To connect at Nord-Bridge:

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

Any questions? [Please 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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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 **Nov. 17th**

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

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and Cremation Services

403-329-4934

Give us a call regarding ...

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

*Because Cost
Is An Option*

*We lessen the expense
Not the care*

A Division of the Caring Group Corp.

LORRI'S CORNER



"There are only four kinds of people in the world.

Those who have been caregivers.

Those who are currently caregivers.

Those who will be caregivers, and those who will need a caregiver."

Rosalyn Carter (Wife of Jimmy Carter, 39th US President)

Being a caregiver for a family member can be one of the most difficult roles a person may occupy in their life. It can be emotionally and physically draining and lead to the care provider experiencing significant stress and burn out. In short, it can be exhausting. You may be thinking, "yes this is true, but I have no choice. They are my family".

Sometimes, we all need a bit of extra support as we navigate life. I will be offering three sessions developed by Caregivers Alberta that you are invited and encouraged to attend if you are a caregiver. Each session will provide you with practical information on concerns identified as being very important to caregiver health.

I ask that you let me know you are planning on attending to ensure I have enough packages. Each session will be held in the South View Meeting Room from 10 a.m. until Noon. Sign up at the Reception Desk or call 403-329-3222.

Caregiver Sessions:

Session 1 – **Managing Stress** Wednesday, November 9

Session 2 – **Family Dynamics-Dual Roles** Wednesday, November 23

Session 3 – **Merry Holidays? The Gift of Self Care** Wednesday, December 7

NOVEMBER 2016

M	T	W	Th	F
		2	3	
7	8	9		
	15	16	17	
21	22	23		
28	29			

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

Lorri Penner, BSW, RSW
Member Support Coordinator

OUTREACH REPORT *Rodger Halvorsen, Convener*

Another sold out afternoon of enjoyment was attended by ten different care facilities, including for the first time, Legacy Lodge, and 19 of our Nord-Bridge Members, on October 17. Oktoberfest, the German fall festival that celebrates everyone's favorite things: food, beer, and merrymaking was our theme. Our 23 volunteers brought it all together with an afternoon to remember. John Janos provided lively entertainment with his banjo pickin' and great accordion music. Popcorn, apple juice and ginger cake comprised the refreshments for the afternoon. Special thanks to Mathilda for keeping the popcorn coming! Door Prizes were won Brent Piling, Lillian Peters and Lydia Vaczy. Congratulations to all of you!

Plan to attend our November event, **"Golden Oldies"** on **Monday, November 21st**. See you there!

EXECUTIVE DIRECTOR'S REPORT

Greetings Members;

I express sincere thanks to the many members who have taken a few minutes to complete the anonymous Membership Survey now being conducted by Nord-Bridge. This survey is part of a fact and input gathering effort, and will aid in the Centre's work to develop a Strategic Plan to guide your Governance (the Board) and administration (staff) over the next few years. While we feel Nord-Bridge understands basic information and is responsive to the desires of its members, the Survey will help us validate impressions and help direct adjustments where required. Some 18% of our membership has already completed their survey. This is a good return when considering the survey kicked-off in mid October, and was not announced in last month's *Newsletter*. As an incentive to participate, when you pick up a survey and turn it in at the Reception Desk (at your convenience), your name will be entered into a draw where you could win a new 43" LG high definition LED television with HDMI valued at \$500. The draw will be made at the Centre's Christmas Luncheon on December 8, so act now and pick-up your survey. . . And remember to turn it in.



On October 12, I attended the City's 100K+ Day event. . . billed as "Let's Talk about our future". The event's promotional poster, displayed within Nord-Bridge for about one month before the 12th, related that "*Lethbridge is nearing 100,000 people. We're growing up, and it's time to talk about our future. What will you and your family need in 10 years, 20 years . . . ? Join our 100K+ conversation.*" I was glad to see displays and plans from several departments and services at the event. These included the public library, streets and roads, Planning and Development, City Transit, and others. I enjoyed learning about Planning's work on a new Westminster Neighbourhood Redevelopment Plan. I also took note of the Transit Master Plan—which discussed route changes and facilities. I was a bit alarmed to see the outside consultant's plan did not include transit services to Nord-Bridge. "We were not even on the map." Hopefully this was an oversight, which I pointed out would never be welcomed or supported by seniors. However, all-in-all, the 100K+ day event was informative. Our Executive have discussed the concept of inviting the City to host a 100K+ event at Nord-Bridge to help north-side residents and seniors learn more of City plans, and participate with input. An invitation will be made to the City Council shortly.

We welcome the twenty-two new members who signed-up with Nord-Bridge in October, and are listed on Page 3 of this *Newsletter*. With your participation, we are on track to exceed last year's membership totals. I encourage you, and all members to reach out to your friends and have them join you at "The Friendly Centre". 2017 membership fees are now being collected. If you pay now, it will not hurt your Christmas budget.

Finally, the new west boulevard sidewalk and re-sodding have been completed.

Respectfully yours, *Randy Smith*



RACHAEL HARDER

Member of Parliament Lethbridge



We Will Remember

For those that survived and for those that perished in the cause of freedom, justice and Canada,
We say with humble hearts

Thank you for your sacrifice

We will never forget the gift you gave when you volunteered to fight on our behalf

**Rachael Harder, MP
Lethbridge**



Here To Serve You

Rachael.Harder@parl.gc.ca

Phone: (403) 320-0070

EDUCATION SESSION: UTI's



UTI (urinary tract infections) and bladder infections affect 1 in 8 people over the age of 65 at least once in their lifetime. A UTI is described as an infection in any part of your urinary system, which includes the kidneys, bladder and urethra.

Common symptoms include lower back pain, burning feeling when peeing, blood in the urine, frequent urges to pee, nausea, vomiting and chills. **In older adults UTI's can be more dangerous and can affect your memory and can make you feel confused.** We understand that not everyone wants to talk about UTI's but they are **incredibly common and can really have a negative toll on your health.**



To find out more information about this topic and how to treat/avoid UTI's please come to our educational session on **November 22nd in the Multi-Purpose Hall from 1 to 2 p.m.** **Health Fair** is also coming up, on Monday, **November 28th at 1 p.m.** The Fair will host a wide variety of health related vendors for the members of Nord-Bridge.

OTHER NOVEMBER HEALTH SESSIONS

ALZHEIMER'S & DEMENTIA - Tues., Nov. 1

at 1 p.m. in the Multi-Purpose Hall

DIABETES - Tues., Nov. 15

at 10 a.m. in the Multi-Purpose Hall

MUSCLE STRENGTHENING - Tues., Nov. 22

at 10 a.m. in the Dunford Diner Annex

**U of L Bachelor of
Nursing Students**

ADVANTAGE HEARING CENTRE

406-6th St. South Lethbridge, Alberta

Nord-Bridge Complimentary Hearing Evaluations

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

Book your appointment
at the front desk!

403-320-5051



Brad Lindsay, BC-HIS
Registered Hearing Aid Practitioner

From the Desk of Val

Lest we forget! November brings cold and snowy weather and a special day on the 11th when we take time to remember our war veterans. It is the day that we show our respect by wearing a poppy. After World War I, the poppy was adopted as a symbol of remembrance. Remember to wear your poppy in November.

Don't forget to remit your 2017 membership renewal fee of \$50, before the end of the year. Effective November 1st, new 2016 - 2017 (valid until Dec. 31 2017) memberships can be purchased for only \$53.

I need more volunteers to sign up for the Wilson School reading program on Thursday, November 3 and Wednesday, November 16. This program provides an excellent link between seniors and youngsters. Are you remembering to turn in your volunteer hours monthly? Stand-up and be counted!

I am pleased to welcome back (under new management) Life Time Highs as a travel program partner. The new owner, Cathy Munroe, is eager to partner with us and give us an 8% commission for referrals. Watch for Life Time Highs posters, and if you book with them, don't forget to say that Nord-Bridge sent you.

As the cold weather settles in, stay warm. Drop in for coffee or hot chocolate and to stay connected and fit.



Valerie

Programmer's Report by David Ng

Have you ever visited the Dunford Diner over the lunch hour on a Friday? If you have, then you will have been entertained by one of our many talented entertainers. Live music is such a pleasant compliment to a tasty meal. The next time you are in on a Friday, give a round of applause to the volunteer entertainer, to thank them for their time. A special thank you to Rodney Foster for arranging the Friday lunchtime entertainment.



Just a reminder that the Fall In-House Tournaments will be starting up this month. If you haven't already done so, please sign up with your conveners or on the sign-up sheets posted in your activity's room. Please note: Tournament entry fees are due by November 4th.

On **November 18th** and **December 9th** students from the **South-ern Alberta Institute of Massage** will be here giving **FREE neck and back massages 10:00 am until Noon**. The students' visits are valuable practical experience for them. So let's support these students in their practicum studies, as they treat you to a relaxing massage.

The Nord-Bridge Floor Curling program recently received a donation of six sets of floor curling rocks from the Lethbridge Senior Citizens Organization (LSCO). With this new equipment we can field more sheets so we can accommodate more floor curlers. We play Mondays at 10:00 am and Thursdays at 9:00 am. Join us!

Program Cancellations:

November 2: Carpet Bowling & Line Dancing (General Meeting).

November 17: Floor Curling, Keep Fit, Floor Shuffleboard, Zumba & Table Tennis (Sgt. Wilson's shows).

David

Andrews Sisters
Glenn Miller
Doris Day
Marilyn
Frank Sinatra
etc. etc.

Tickets
\$20

SGT. WILSON'S ARMY SHOW®

TWO SHOWS
NOVEMBER 17, 2016

Matinee 1:30 p.m.
Evening Show 7 p.m.

Get Tickets At
Nord-Bridge
Seniors Centre

Ph. 403-329-3222

These shows
are presented with
the financial help
of our Community
Sponsors

www.armyshow.nl f YouTube

Photo by Luuk Schudde Urk ©

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

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

IN ORDER TO PARTICIPATE YOU MUST:

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



RECENT WINNERS

NO RECENT WINNERS
POT APPROACHING \$200

MONTHLY 50/50 Toonie Draw

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

TO PLAY:

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



RECENT WINNER

RODNEY FOSTER \$219 OCTOBER 21
Next Draw Nov. 25th

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

Oct. 3 Mike Bennett \$46; Eva Deringer \$46
Oct. 17 Tony Roteski \$43; Sally Reyna \$43
Oct. 24 Doreen Jurgens \$42; Rudy Grams \$42

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

Friday Dunford Diner Lunchtime Entertainment

Nov. 4 Anne Pauls
Nov. 18 Rudy Yasenik
Nov. 23 John King



NORD-BRIDGE BUILDING FUND RECENT DONORS

June Greenlee \$100.00

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2016
Through October 21, 2016 : **\$15,102**



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 2016		\$ 2,064,333
Still needed by N-B Fundraising		\$ 435,667

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



Dunford Diner

NORD-BRIDGE SENIORS CENTRE
1904 - 13 AVENUE NORTH

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

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

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

PUBLIC WELCOME! NO SURCHARGE
DEBIT & CASH ACCEPTED


Friday Lunch Specials \$7.50

Nov. 4 Roasted Ham, Scalloped Potato & Veggies
Nov. 18 Maple Glazed Salmon, Roasted Potato & Salad
Nov. 25 Lasagna, Garlic Toast & Caesar Salad

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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>NOVEMBER IS "FALL PREVENTION MONTH"</p> <p>Themes to help prevent falls and keep you mobile and independent include:</p> <p>KEEP ACTIVE REVIEW YOUR MEDICATIONS CHECK YOUR VISION (Alberta Health Care covers the cost for those 65 and older)</p> <p>Learn more about falls prevention resources at: findingbalancealberta.ca</p>	<p>1</p> <p>9:00 Shuffleboard 9:30 Watercolor Class 9:30/10/11 Clogging 10:00 Music Makers 10:45 WINNERS BINGO 11:00 Keep Fit Aerobics 1:00 ALZHEIMER'S & DEMENTIA 1:00 Texas Hold'em 1:00 Norwegian Whist 1:00 Canasta 1:30 SCRABBLE 3:00 Arthritis Exercise 7:00 Social Dance</p>	<p>2</p>  <p>8:30 BREAKFAST BUFFET 8:45 Yoga 9:30 GENERAL MEETING 10:15 Paper Tole 10:45 WINNERS BINGO 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball 3:00 Advantage Hearing By Appointment</p>	<p>3</p>  <p>9:30 WINTER EMERGENCY PREPAREDNESS 9:00 Floor Curling 9:30 Card Crafters 9:30 Mind Joggers 10:00 Somatic 11:00 Keep Fit Str & Flex 1:00 Acrylic Painting 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 1:00 Duplicate Bridge 5:30 Zumba 7:00 Table Tennis</p>	<p>4</p> <p>9:00 Pilates 9:00 Paper Tole 9:30 Carpet Bowling 10:15 Chair Yoga 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p> 
<p>7</p> <p>9:00 Yoga 9:00 Tai Chi 9:30 Jammers 9:30 V & P Drawing 10:00 Floor Curling 10:15 Chair Yoga 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts</p> 	<p>8</p> <p>9:00 Shuffleboard 9:30 Watercolor Class 9:30/10/11 Clogging 10:00 Music Makers 10:45 WINNERS BINGO 11:00 Keep Fit Aerobics 1:00 Texas Hold'em 1:00 Norwegian Whist 1:00 Canasta 1:30 SCRABBLE 3:00 Arthritis Exercise 7:00 Social Dance</p>  <p>ELECTION DAY</p>	<p>9</p> <p>8:45 Yoga 9:30 Carpet Bowling 10:00 CAREGIVER SESSION 10:15 Paper Tole 10:45 WINNERS BINGO 11:00 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball</p> 	<p>10</p> <p>9:00 Floor Curling 9:30 Card Crafters 9:30 Mind Joggers 10:00 Somatic 11:00 Keep Fit Str & Flex 1:00 Acrylic Painting 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 1:00 Duplicate Bridge 5:30 Zumba 7:00 Table Tennis</p>	<p>11 Centre Closed</p>  <p><i>In memory of many. In honor of all. Thank you.</i></p>

<p>14</p> <p>9:00 Yoga 9:00 Tai Chi 9:30 Jammers 9:30 V & P Drawing 10:00 Floor Curling 10:15 Chair Yoga 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts</p> 	<p>15</p> <p>9:00 Shuffleboard 9:30 Watercolor Class 9:30/10/11 Clogging 10:00 DIABETES 10:00 Music Makers 10:45 WINNERS BINGO 11:00 Keep Fit Aerobics 1:00 Texas Hold'em 1:00 Norwegian Whist 1:00 Canasta 1:30 SCRABBLE 3:00 Arthritis Exercise 7:00 Social Dance</p>	<p>16</p> <p>8:30 FOOT DR (By appointment)</p> <p>8:45 Yoga 9:30 Carpet Bowling 10:00 Out & About + coffee 7:00 10:15 Paper Tole 10:45 WINNERS BINGO 11:00 Line Dancing 11:00 CRIMEAN WAR PRESENTATION 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball</p>  	<p>17</p> <p>9:30 Card Crafters 9:30 Mind Joggers 10:00 Somatic 10:00 Lethbridge Hearing (By Appointment) 1:00 Acrylic Painting 1:00 Woodcarving 1:00 Trump Whist 1:00 Duplicate Bridge</p> <p>SGT. WILSON'S ARMY SHOW Matinee 1:30 Evening 7:00</p> 	<p>18</p> <p>9:00 LEGAL CONSULTS (By appointment)</p> <p>9:00 Pilates 9:00 Paper Tole 9:30 Carpet Bowling 10:00 FREE MESSAGE 10:15 Chair Yoga 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p> 
<p>21* & 28*</p> <p>9:00 Yoga 9:30 Jammers 9:30 V & P Drawing 10:00 Floor Curling 10:15 Chair Yoga 1:00 Contract Bridge 1:00 Military Whist *1:00 HEALTH FAIR 1:00 Darts * 1:30 OUTREACH</p>  	<p>22* & 29*</p> <p>9:00 Shuffleboard *9:30 Watercolor Class 9:30/10/11 Clogging *10:00 Music Makers *10:00 MUSCLE STRENGTHENING 10:45 WINNERS BINGO 11:00 Keep Fit Aerobics *10:00 URINARY INFECTIONS 1:00 Texas Hold'em 1:00 Norwegian Whist 1:00 Canasta 1:30 SCRABBLE 3:00 Arthritis Exercise 7:00 Social Dance</p>	<p>23 & 30*</p> <p>8:45 Yoga 9:30 Carpet Bowling *10:00 CAREGIVER SESSION *10:00 Out & About + coffee 7:00 10:15 Paper Tole 10:45 WINNERS BINGO 11:00 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball</p> 	<p>24</p> <p>9:00 Floor Curling 9:30 Card Crafters 9:30 Mind Joggers 10:00 Somatic 11:00 Keep Fit Str & Flex 1:00 Acrylic Painting 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 1:00 Duplicate Bridge 5:30 Zumba 7:00 Table Tennis</p>	<p>25</p> <p>9:00 Pilates 9:00 Paper Tole 9:30 Carpet Bowling 10:15 Chair Yoga 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p> 
<p>Go Friendly Shuttle door-to-door service: Call 403-329-3222 the day prior, or sooner, to book a ride. Cost is \$3.00 each way, or use your Lethbridge Transit "Breeze Card".</p> <ul style="list-style-type: none"> LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL FIND A PHONE FRIEND FOR YOU. (CALL VAL AT 403-329-3222 TO ARRANGE) COFFEE, TEA & YOU: 2nd & 4th TUESDAY 10 A.M. IN DUNFORD DINER ALZHEIMER SOCIETY'S REP. MIKAELA, WILL VISIT THE CENTRE ON THE THIRD WEDNESDAY OF EACH MONTH AT 10 A.M. BEGINNING NOV. 16, IN THE DUNFORD DINER 			<ul style="list-style-type: none"> L.E.A.R.N. (ELDER ABUSE) REP. TANYA PURDY-FISCHER - TUES, NOV. 1, 10 A.M. ADVANTAGE HEARING - WEDNESDAY, NOVEMBER 2 (by appointment) FREE LEGAL CONSULTATIONS - FRI. NOV. 18 (by appointment) with HUCKVALE LLP LETHBRIDGE HEARING CENTRE TESTS - THURS, NOV. 17 (by appointment) THURSDAY, NOV. 24 - MOVIE MILL OUTING FRIDAY, NOV. 25 - HILLSPRING, GREAT CANADIAN BARN DANCE MONDAY, NOV. 28 HEALTH FAIR WITH UNIVERSITY NURSING STUDENTS DR. BOLOKOSKI - FUTURE DATES INCLUDE: JAN. 11, MAR. 8, MAY 3, 2017 	

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established 1906

Upcoming FREE consultation dates:
Friday, November 18 & December 9
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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Located next to Nord-Bridge Seniors Centre
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Government forms?**

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here at Nord-Bridge. We have friendly,
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CONDOLENCES WERE SENT TO:

The Cronkhite family, loss of son; the Perreault family, loss of husband, David; the Wasylishen family, loss of Jean; the family of Life Member Mary Szpulak; the Matsumoto family, loss of Mickey; the family of Effie Burge; and to Velma Cote and family on the loss of their husband and father, Life Member, Leo Cote.

GET WELL & HEALTH WISHES WERE SENT TO:

John Burgwall, recovering from a broken hip at St. Michael's; Mary Smolnick resting at home after falling and breaking her arm; David Stock who has been hospitalized for a long time but is expected to be home soon; Betty Cowan at Regional Hospital; Hazel Harvey; Tracy Beauchemin; and Dunford Diner Volunteer, Shelley, all at home.



SCRABBLE

Sheila Brust, Convener
TICKLE ME FANCY WORDS

When my friend wakes up in the morning, the first thing she does is look out the window to see what kind of day it is. She then puts aside all "DRUMLY" thoughts and gets on with her day; but then she really is a "BIRKIE" person.

What is "DRUMLY" you may ask?
What is "BIRKIE" you may ask?

Dark & Gloomy.
A lively person!

Scrabble meets every Tuesday at 1:30 in the Dunford Diner Annex. Everybody is welcome to join us!



I am going to pause on NOV. 11th, REMEMBRANCE DAY, to say a heart-felt prayer for all of our Canadian Forces...present and past...who so selflessly volunteer to serve us. God Bless You.

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- Ostomy



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if I can be of any
assistance."



DO YOU LIKE TO PLAY DARTS?

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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)

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

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



☎: 403-394-0306 ✉: learn@lethseniors.com
f: <https://www.facebook.com/Lethbridge-Elder-Abuse-Response-Network>

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



NORD-BRIDGE
SENIORS CENTRE

IMPORTANT MEMBER NOTICE

**2016 GENERAL MEETING
Nov. 2, 2016 at 9:30 a.m.
in the Multi-Purpose Hall**

The Agenda will include Financial, Programming, and Building updates.

Please plan to attend.

All regular programming will be cancelled during the General Meeting.

EUCHRE REPORT *Rodney Foster, Convener*

We've had a great start to our fall programming season. We still have space to add more payers who want to pay with only half a deck!

We offer lessons at 12:30 followed by regular play, every Wednesday at 1 p.m. in the Dunford Diner Annex. ***We welcome you to join us for fun and games!***

Social Activities by Eva Deringer

Our Thanksgiving luncheon on Thursday, October 6 was well attended and much appreciated. A hearty and delicious traditional turkey dinner with all the trimmings was enjoyed as our pianist, Yvonne provided lovely music. Four lucky guests received door prizes from Luigi's North Side Restaurant, The Onion Bar, or Stg. Wilson Show tickets from our Fundraising Committee. We thank all our sponsors and guests for supporting our events. Our next event will be the **Christmas Luncheon on December 8th**. Don't be disappointed; get your tickets early.

May I remind everyone that our staff and volunteers provide their time and skills over and above their regular activities, to deliver these special events. On special luncheon Thursdays, the Dunford Diner is open for business as usual, until 10:30, but with limited seating (tables along the windows) as we set the rest of the tables. In order to make a smooth transition to the special event, grill orders must be placed by 10; those who purchase tickets for the luncheons may be seated beginning at 11 a.m. For those who do not attend the special luncheons, we offer soup, sandwiches beverages and snacks in the Multi-Purpose hall from noon to 1 p.m.

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C T Y F A T G F V O E I V W E
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E Q I L H V H M L O S S L J M
N N A M P O A E S P I T J I G
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Pharmacist



Chad Baker
B.Sc Pharm
Pharmacist/
Owner

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**The Game's Afoot or
Holmes for the Holidays**
Murder Mystery Comedy!

A Matrix Theatre production at:
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Seniors Centre**
1904 - 13 Ave North



Nov. 30, Dec. 1, Dec. 2 & Dec. 3 at 7:30 p.m. Matinee Saturday, Dec. 3 at 2 p.m. Tickets: \$15 advance or \$20 at the door. Get tickets at: **BLUEPRINT RECORDS 519 - 4 Ave. S.**
Nord-Bridge members will receive a \$5 discount if they show their membership card at the time of purchase.



25th Annual Mayor's Christmas Concert

December 10, 2016 ~ 7:00 PM
Southminster United Church

Tickets: \$15 regular, children 12 and younger ~ FREE
Tickets available online at lcbs.ca or at the door



lcbs.ca "...for the love of music."

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Christmas Luncheon Dunford Diner

Thursday, Dec. 8, 11:30 a.m.
**Limited Seating. Get your
tickets, early.**

\$12

**Traditional turkey
dinner with all the trimmings!**



NORD-BRIDGE SENIORS CENTRE ANNUAL BAKE SALE - Friday, Dec. 2

Doors Open at 9 a.m. Sharp!

Baked goods needed! Pies, Bread, Buns, Cakes, Muffins, Cookies, Tarts, Christmas Specialties, Candies and more. All items must be brought in on Thursday, Dec. 1 for pricing. Proceeds of the sale will benefit our Outreach Program. We will pick up items if you phone the Centre by Wednesday, November 30.

Valerie

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

TRAVEL NOTES

- I need to know if there would be enough interest for a local Christmas light tour. Tentative dates are Tuesday, Dec. 13th or Thursday, Dec. 15th.
- I will be soon begin planning our trips for 2017 and want to hear your suggestions.
- In October we travelled to three destinations: Calgary's Deerfoot Casino; Coaldale, for our last Mystery Trip of 2016; and a Lunch & Movie Mill outing.
- Thanks to Clay and John for doing the driving. You make our Travel Program possible.



MOVIE MILL, THURSDAY November 24 \$10 BUS & LUNCH



Enjoy lunch here at the Centre. Afterward, hop into our Friendly Shuttle and we'll take you to the Movie Mill for 1/2 price Thursday.

Friday, November 25th Hillspring

GREAT CANADIAN BARN DANCE.

Cowboy Christmas Festive Meal with superb entertainment; **COST: \$80** Includes meal, show, and bus. This outing will be a matinee. Payment deadline: November 10.



LH



**Bonnars Ferry 4 day, 3 Night
Dec 4 - 7 (Xmas Fun)**

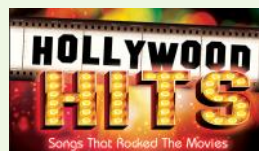
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Call for details, other overnight trips & day trips
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www.lifetimehighs.club

Referrals earn Nord-Bridge an 8% commission!

Wednesday, January 25, 2017 Stage West Dinner Theatre Calgary

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

December 16, 2017 is our payment deadline.



THURSDAY, NOVEMBER 17: MIRACLE ON 34TH STREET
Rosebud. **Cost \$100. Sign up now. Treat yourself to this popular Christmas season show.**
Large, **SORRY SOLD OUT**

Full payment is due now.

Triple D Tours

Brochures are available here at Nord-Bridge.
A deposit of \$50 is required at sign-up.

COEUR D' ALENE CASINO RESORT GETAWAY
Nov. 29, 2016 - Dec. 02, 2016 4 Days / 3 Nights
\$280.00 Per Person / Double Occupancy

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December 05, 06, 07, 2016
\$40.00 Per Person

All our bus trips are open to all age groups.
Only a few seats remain for each trip.

Contact Donna at Triple D Tours 403-394-0349

IMPORTANT NOTICE

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

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

**COST
\$3**



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Keeping You on the Move

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

What can you do to help?

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



For more information, including a priority map, visit
www.lethbridge.ca/WinterRoads or follow us on Facebook and Twitter.



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

MEMORIES by Edward Sillito, Mind Joggers Group

I believe this is my eighty-third year. I can't remember the exact year I was built, but I'm sure I'm at least eighty years old. Although I was once considered sound, sturdy and strong, I admit that structurally I've developed a few flaws. My roof has begun to sag and my shingles are old, with a few missing. I leak during prolonged rainstorms and these leaks have caused dry-rot within my walls, some of which have begun to crack. Inside, my paint is



peeling, and almost every board in every room creaks when anyone walks on them. As a result of all this deterioration, they have brought upon me the ultimate shame a structure can suffer. They have considered me a hazard and condemned me. Tomorrow I will be destroyed.

While I await my inevitable fate, I remember all the families I have cradled within my walls. I have witnessed the miracle of birth, and the tragedy of death. I have felt the warmth of love, and cried at the termination of that same love. I've gone through a dozen personalities as each tenant tried to make me a part of them. I have heard the laughter of countless children, and watched in awe at the ability of a mother to quiet and console them when they feel pain. I'll miss all this.

Dawn! My time has come. Does anyone care? Will anyone miss me? I wonder if they realize that it's not just wood, plaster and concrete they destroy. It's memories.

Mind Joggers is a group of people who enjoy friendship and writings of inspirational thoughts and memories, past and present. Come to the Berlando Board Room on Thursdays at 9:30 a.m. to listen or join in. See if this is a program you would enjoy. Bring your stories, and share them with us, if you like.

YOUR FRIENDLY GEEK

TALK
NERDY
TO
ME Inc.

WE ARE PROUD TO OFFER OUR MEMBERS THEIR VERY OWN TECH DESK.



We know technology can be confusing and frustrating when it doesn't work, so bring your portable device or your questions and let us help you.

Justin Kroeker is ready, willing and able to help you get the most use and amusement out of your hi-tech devices.

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

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

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

Date: Tues. Nov. 1
Tues. Nov. 8
Tues. Nov. 15
Tues. Nov. 22
Tues. Nov. 29

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

Place: Nord-Bridge
Main Corridor

Fee: FREE for
Nord-Bridge Members