

SGT. WILSON'S ARMY SHOW®

The Sound of The 40-50's

**Glenn Miller
Andrews Sisters
Marilyn Monroe
Frankie Laine
Vera Lynn**



NORD-BRIDGE
Senior Citizens Centre
1904 - 13 Ave. North
Lethbridge



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

**Tickets
\$20.00**

Each

TWO SHOWS

NOVEMBER 17, 2016

Matinee 1:30 p.m.

Evening Show 7 p.m.

Tickets available at
Nord-Bridge
Seniors Centre

Ph. 403-329-4222

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120, 2037 Mayor Magrath Dr. S. Lethbridge, AB
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Jake Boldt, R.C.S. Registered Hearing Aid Practitioner

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Through the Generations.*

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Lethbridge, AB
403-382-3601

Christensen Salmon
GENERATIONS

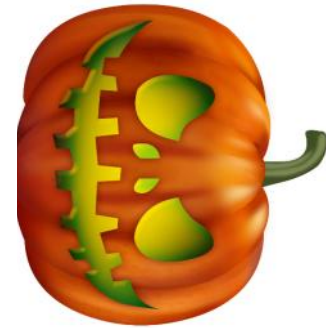
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October 2016

"The Friendly Centre"

1904—13th Ave. North

Lethbridge, Alberta T1H 4W9

Open Monday to Friday - 8:30 a.m. to 4:30 p.m.

Telephone 403-329-3222 Fax 403-329-8824

E-mail: friendly@nordbridgeseniors.com

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

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

ON-SITE PARTNER PROGRAMS & SERVICES

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

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

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

ADMIN. PROGRAMS

By-Laws/Policies Committee
Crafts Boutique
Finance Committee

Marilyn 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
Kathy Ludwig
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 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

The Annual President's Dinner & Auction was a success even though attendance was down a bit from previous years. Congratulations to our 50/50 winners Alice Strickland and Rodger Halvorsen, and to our 14 door prize winners. Thank you to everyone who attended, donated or purchased items for auction.




I especially want to thank **Louanne Matlock and Scott Stevens from Scotiabank**. Through their **Scotia Bankers in the Community Program** we at Nord-Bridge received **\$3,000** in matching funds for this event alone. Their year-to-date donation check for \$8,286 was presented at the President's Dinner. We hope to continue this partnership in the future; and we congratulate Louanne on her recent retirement from Scotiabank and thank her for being an outstanding friend of Nord-Bridge.

I am always amazed by the great volunteers we have that assist the staff in keeping things running smoothly. At this time I want to mention **Bonnie Hammond who organizes the Winner's Bingo events for Nord-Bridge**. She has given of her time for years now but feels she needs to retire from this activity. If any of our members can volunteer two afternoons a week, as our Winner's Bingo Coordinator, please speak to Jim Hahn, our Board Representative for Volunteerism, or any staff member. Bonnie has said she will show you the job and work with you for a time to make certain you feel comfortable in the position. Winner's Bingo income is crucial to our Centre and we want to ensure it is going to be there for us in the future.


Jim Hahn has booked a special group, **Sgt. Wilson's Army Show**, to perform two concerts on November 17th. Please mark this day on your calendar and try to attend. I have seen this group and the show is especially fitting for the month of Remembrance Day.

I will be at the Nord-Bridge main corridor Information Desk every Friday morning to talk to you in regard to any membership concerns.

Pat Santa, President



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



Hey! WELCOME, We're very GLAD you're here!



Jane-Anne Johnson; Puck Biesheuvell; Margaret Wilson; Colette Beck; Dianna Kaupp; Nova Jean Swihart; Estrid Nagata; Rose Schaafsma; Elizabeth Barbul; Nida Szucs; Janet Girvon; Christine Rollack; Rhonda Brosz; Ed Granger; Debbie Symes; Jocelyn Schmidt; Norman Ogurian; Harold Dewitt; Barbara Lennon; Sheila King; Robert Baker; David Cronkhite; Bruce Weavers; Gloria Baker; Brenda Romolliwa.

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



**MULTI-PURPOSE HALL
1904 - 13 AVE. N
LETHBRIDGE, AB
403-329-3222**



ANNUAL FALL CRAFT SALE
Saturday, October 22, 2016
9 a.m. to 2 p.m.
Come Early for Best Selection

SHOPPERS:

- 🍷 **Homemade Craft Items**
- 🍷 **24 Vendors with Unique Gift and Decorating Ideas**
- 🍷 **Sandwiches, Snacks & Beverages**



CRAFTERS:
Members: \$10 per table
Non-members: \$20 per table
Reserve your table NOW at the Reception Desk



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)



FREE WiFi

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

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

Regular Board Meetings
Annually
Feb., April, June, October



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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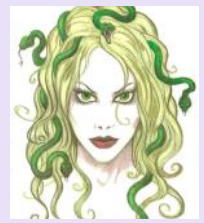
FAX: 403-320-1181

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 **Oct. 20th**

LORRI'S CORNER



Autumn has arrived and it is time to start preparing for cooler days. When I think of autumn, I think of home, a cup of hot coffee and slippers. When talking about autumn and home, some of you may be thinking about downsizing or exploring other options for seniors housing in Lethbridge. Often the thought of shoveling snow again is enough to make a person consider moving. In order to assist you, I will be holding a **Fall Housing Fair on October 27, 2016 from 1:00-3:30** in the Multi-Purpose Hall. There will be representatives from different senior housing options in attendance. They will be able to answer all of your questions to assist you in making decisions. Even if you are not planning a move in the near future, please stop in and see what is available and make sure you enter for the door prizes!

I was fortunate to attend an amazing course early in September for caregivers and am now one of the certified facilitators in Southern Alberta. I will be offering some short sessions in the next few months that you will find helpful as you care for your loved one. I will also be offering an extensive course in the new year called **COMPASS for the Caregiver**, which is a gift you will want to give yourself. Seats will be limited to eight, so if you are interested, please stop in and get your name on the list.

Mo	Tu	We	Th	Fr
October 2016				
3		5	6	
	11	12	13	
17		19		21
		26	27	28
31				

Here's my October schedule.
Stop by for a chat.

Lorri Penner, BSW, RSW
Member Support Coordinator

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!

OUTREACH REPORT *Rodger Halverson, Convener*

Our Outreach Program resumed on September 19 with a sold out response to our "Mexican Fiesta Party". Our guest list included a group of 109 served by 21 awesome volunteers who all enjoyed our Mexican theme, including a continuous picture video show of Los Cobos and fine Spanish music as Jill Timleck, our talented entertainer strummed her guitar sharing stories, and songs with us. Many of our guests came dressed for the occasion wearing bright colours. Our own Mexican, mucacha, "Esmerelda" brought many smiles and chuckles.

Card Bingo began the afternoon followed by a lovely snack of fresh raisin bread and cheese with juice, coffee and tea. We welcomed a new group this fall, West Highlands Good Samaritans, who came wearing sombreros. The 'Outreach Team' welcomed new volunteers; Jim Edwards, Donna Farkas, and Donalda Stock. Jim came as a real Mexican himself and apparently provided the make-up for Esmerelda....our lady of charm for the afternoon. Door Prizes were won by Harvey of Vulcan as well as Victor from the Alberta Rose Group. Bingo winners this month were Richard from Rehoboth and Ben from Alberta Rose. Birthday Greetings were extended to Bill Oleksy, Karen Morrison and Bud Hodgson, all who were born in September. Thanks to all our guests, and our faithful volunteers for participating in September's Outreach event at the Friendly Centre. **Our next program will be Monday, October 17th. "OKTOBERFEST" is the theme.** Book early as it will be another "sold out" event.



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Is An Option*

*We lessen the expense
Not the care*

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EXECUTIVE DIRECTOR'S REPORT

Greetings Members;

Recently members of Nord-Bridge's Board and staff, with assistance from the City and an outside consultant, commenced efforts to develop a Strategic Plan for the Association. Initial participants include President Pat Santa, VP Rodger Halvorsen, and Board members Bob Tarleck and Rob Grisak. The process will include the identification of strategic issues and trends affecting the Centre and its members. As the work goes forward, the Association will also form various committees and sub-groups to focus upon components of the Plan. **One activity will include a survey of our Membership.** This effort will begin shortly. I encourage all members to take the survey when presented to you. There will be an opportunity for members to **win a major prize for survey participation.** Details are just being planned. Please watch for further announcements as they become available. Our November 2 Annual Membership Meeting, announced below, will also provide members with information on our Strategic Plan development.



Respectfully yours, *Randy Smith*



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.



3rd Annual Nord-Bridge In-House Contract Bridge Tournament Results

Thanks to all those who participated. Congratulations everyone, especially Joe Smith who will get his name on the trophy **again!**

1st place - Joe Smith and Craig Gregory - score of 4200
2nd place - Pat Kincade and Priscille Brown - score of 3380
3rd place - Mike and Diane Bennett - score of 2730. *Pat K.*



GROOVY GHOULIES

Saturday, October 29, 2016 ~ 11AM & 2PM
Costumes encouraged!

Sterndale Bennett Theatre
Tickets: \$15, Children 12 and younger ~ \$2
Tickets available at lcbs.ca or at the door



lcbs.ca

"...for the love of music."

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

Greetings Members:

We are the U of L Bachelor of Nursing Students. You may have already seen us walking around, familiarizing ourselves with your facility. When we are not busy coordinating things behind the scenes, we hope to be able to sit down with as many of you as possible, or even join in on some of the fun activities going on around the facility.

University of
Lethbridge



Our rotation will be Mondays and Tuesdays from September to the first week of December. Our goal is to help promote the health of all Nord-Bridge members by talking to you individually,

holding six health related presentations, and a Health Fair in late November. If you or anyone you know has an idea for what they would like to see or learn at the Health Fair be sure to let us know. We thank you for being so receptive and helpful as we learn to be a part of the Friendly Centre team!

ADVANTAGE HEARING CENTRE

406-6th St. South Lethbridge, Alberta

Nord-Bridge Complimentary Hearing Evaluations

We will offer Complimentary
Hearing Evaluations at
Nord-Bridge on Wednesday,
October 5th

Book your appointment
at the front desk!

403-320-5051



Brad Lindsay, BC-HIS
Registered Hearing Aid Practitioner

From the Desk of Val

Autumn is here and the colours are beautiful. Gusty winds are doing a good job of removing the leaves from the trees, and raining them down upon us.

September was extremely busy at our Reception Desk. To help us out we welcomed two new volunteers; **Deborah Morgan and Donalda Stock**. Their friendly smiles and office skills are just what we needed.

Our super-seniors program, Outreach, resumed on September 19 with a Mexican Fiesta themed event. Donalda also joined our Outreach volunteer team as did Donna Farkas. Welcome gals, I look forward to working with you.

In October we anticipate collecting many 2017 membership renewals, so please be patient when you come in, as we take customers one at a time. Remember to get your 2017 wall calendar; they are free with new and renewed memberships. Also, please remember to advise us of any changes to your address or contact information.

Our talented member-photographer, **Sid Lewis** would love to take your picture on **Monday, Oct. 17th; 10:30 to 11:30; and 1 to 2 p.m.** So comb your hair, put on some lipstick, and say "cheese"!

The kids from Wilson School English class will be here on Wed. Oct 5th and Thurs. Oct. 20th from 10 to 10:45. Please sign up at the Reception Desk to volunteer for this unique experience. Remember, kids are future seniors. Let's teach them right. Adios to all until next month.

Valerie



Programmer's Report by David Ngy

"Hello out there, we're on the air, it's 'Hockey Night' tonight...that famous song from Stompin' Tom Connors is one of the songs you will likely hear if you are one of the fortunate winners of the Lethbridge Hurricanes game tickets. Mike Soroka from High Impact Lethbridge Media has once again donated Lethbridge Hurricane tickets to Nord-Bridge members. The raffle sheet will be located by the penny jar near the Reception Desk.



Our Fall In-House Tournaments will start up in November for the following activities: Floor Curling, Carpet Bowling, Darts, Floor Shuffleboard, Table Shuffleboard, 8 Ball, 9 Ball, Snooker, and Pool Golf. If you're interested in participating in this year's tournaments register with your convener this month and start practicing.

Nord-Bridge has once again partnered with post-secondary institutions to offer services through their students. **Lethbridge College** will have a group of ten massage therapy students here on Wednesday, **October 19** from 10 am until Noon offering free neck and back massages. Ten students from the **Southern Alberta Institute of Massage** will be here at Nord-Bridge on Friday, **October 21** from 9:30 am until 11:30 am. The U of L Nursing Students have also returned this fall and will once again be offering Health and Education sessions throughout the next two months. I would really like to see our members support these partnerships as they are important, practical experiences for the students, and offer useful, and proactive information to us. If you are able to attend, please lend your support and you will be rewarded with a relaxing massage or new knowledge on a health topic.

Nord-Bridge also hosts many professional service providers on a monthly basis. These services are **free to members** and include hearing consultations (Advantage Hearing & Lethbridge Hearing Centre), Legal consultations (Huckvale LLP), and a Tech Desk (Talk Nerdy To Me Inc.), to help you with all of your technology questions. Please refer to the Fall Program or Newsletter calendar for dates and times of these support services.

Program Cancellations:

October 5: Darts

To accommodate the IMPACT event. (See back cover).

October 27: Keep Fit - Strength & Flexibility

October 27: Shuffleboard

To accommodate the Housing Fair.

David



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www.ladybugarborists.com

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

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

IN ORDER TO PARTICIPATE YOU MUST:

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



RECENT WINNERS

GERRY BOESSENKOOL \$140, SEPTEMBER 13

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

BARB LECLAIR \$221 SEPTEMBER 23
Next Draw Oct. 21st

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

Sept. 12 Nick Brunthurst \$45; Carol Kimmitt \$45
Sept. 19 Anne Pauls \$40; Harry Wright \$40
Sept. 26 Fred Mehlhaff \$42; Vicki Klassen \$42

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



NORD-BRIDGE BUILDING FUND RECENT DONORS

No new donations to report.

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2016
Through September 23, 2016 : **\$13,487**



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		\$ 2,064,233
Still needed by N-B Fundraising		\$ 435,767

Hurry! Hurry! Get your tickets for our

Thanksgiving Luncheon

before they're all gone!

Cost: \$12.00 Each

Date: Thursday, October 13th

Time: 11:30 a.m.

Where: Our Dunford Diner

Everyone Welcome!



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

- Oct. 7 Beef Chimichanga, Rice, Refried Beans & Salsa
- Oct. 14 Stuffed Pork Loin, Baked Potato & Salad
- Oct. 21 Meat Loaf, Mashed Potatoes & Veggies
- Oct. 28 Fish & Chips with Coleslaw

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

Friday Dunford Diner Lunchtime Entertainment

- Oct. 7 Bryan Bradfield
- Oct. 14 Elaine Unger-Pengilly
- Oct. 21 Jill Timleck
- Oct. 28 Rick Wadham





OCTOBER

**GET YOUR FREE
FLU SHOT
AT THE
MEDICINE SHOPPE
BEGINNING
OCTOBER 24TH**



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</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 Darts</p> 	<p>4</p> <p>9:00 Shuffleboard 9:30 Watercolor Class 9:30/10/11 Clogging 10:00 Music Makers 11:00 Keep Fit Aerobics 1:00 Texas Hold'em 1:00 Norwegian Whist 1:00 Canasta 1:30 SCRABBLE 7:00 Social Dance</p> 	<p>5</p>  <p>8:30 BREAKFAST BUFFET 9:30 Carpet Bowling 10:00 Roll 'n Stroll 10:15 Paper Tole 10:45 WINNERS BINGO 11:00 Line Dancing 1:00 Euchre 1:00 Quilt/Kraft 2:00 IMPACT POP UP 3:00 Advantage Hearing By Appointment</p>	<p>6</p> <p>9:30 Card Crafters 9:30 Floor Curling 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>7</p> <p>9:00 Pilates 9:00 Paper Tole 9:30 Carpet Bowling 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p> 
<p>10</p> <p>CENTRE CLOSED FOR THANKSGIVING HOLIDAY</p> 	<p>11</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>12</p> <p>9:30 Carpet Bowling 10:00 Roll 'n Stroll 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>GRANDPARENTS fill the world with LOVE</p>	<p>13</p> <p>9:30 Card Crafters 9:30 Floor Curling 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>14</p> <p>9:00 LEGAL CONSULTS* (By appointment) 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>17</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>1:30 OUTREACH</p> 	<p>18</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>19</p> <p>8:45 Yoga 9:30 Carpet Bowling 10:00 Roll 'n Stroll 10:00 FREE Massage 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>20</p> <p>9:30 Card Crafters 9:30 Floor Curling 9:30 Mind Joggers 10:00 Lethbridge Hearing (By Appointment) 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>21</p> <p>9:00 Pilates 9:00 Paper Tole 9:30 Carpet Bowling 9:30 FREE Massage 10:15 Chair Yoga 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p> 
<p>24* & 31</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>* Flu Shots Start Oct. 24 At the Medicine Shoppe</p> 	<p>25</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>26</p> <p>8:45 Yoga 9:30 Carpet Bowling 10:00 Roll 'n Stroll 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>27</p> <p>9:30 Card Crafters 9:30 Floor Curling 9:30 Mind Joggers 10:00 Somatic 1:00 Housing Fair 1:00 Acrylic Painting 1:00 Woodcarving 1:00 Trump Whist 1:00 Duplicate Bridge 5:30 Zumba 7:00 Table Tennis</p>	<p>28</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 L.E.A.R.N. (ELDER ABUSE) REP. TANYA PURDY-FISCHER - TUES, OCT. 4, 10 A.M. ADVANTAGE HEARING - WEDNESDAY, OCTOBER 5 (by appointment) FREE LEGAL CONSULTATIONS - FRI. OCT. 14 (by appointment) with HUCKVALE LLP LETHBRIDGE COLLEGE FREE MESSAGES - WED. OCT.19 10 A.M. TO NOON. HOUSING FAIR - THURSDAY, OCTOBER 27 1:00 P.M. LETHBRIDGE HEARING CENTRE TESTS - THURS, OCT. 20 (by appointment) SOUTHERN ALBERTA INSTITUTE OF MASSAGE - FRIDAY, OCT. 21 WINNERS BINGO - OCTOBER, 5,11, 12, 18, 19, 25, & 26 DR. BOLOKOSKI - FUTURE DATES INCLUDE: NOV. 16, 2016. JAN. 11, MAR. 8, and MAY 3, 2017 				

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established 1906

Upcoming **FREE** consultation dates:
Friday, October 14 & November 18
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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and at 15 Micmac Blvd. West. **SENIORS DAY EVERY TUESDAY.**
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Seniors Information
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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:

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

SENIORS SPECIAL NEEDS ASSISTANCE PROGRAM

This program provides funding to low income
seniors to assist with the cost of appliances,
some health items and personal supports. Up to
\$5,000 is available in a benefit year.



CONDOLENCES WERE SENT TO:
 Shirley Bourassa and family on the loss of a son; to the Fawcett family on the loss of Nord-Bridge Member, Barry Fawcett; and to Dianne Smith, on the loss of her aunt.

GET WELL & HEALTH WISHES WERE SENT TO... Crib Player, Frank Wince, at Regional Hospital; and Mariel Selk who is back home recuperating.

Again, we thank our visiting angels Lydia Prokop and Chris Figenshau for taking the time to visit those who are ailing.



SCRABBLE

Sheila Brust, Convener
TICKLE ME FANCY WORDS

My grandfather was a crusty old man and very obstinate if someone told him to cut down on his **CLAROS** and **USQUE**. Because he would not listen to reason there were times when he was hospitalized where he was known as a **GOMER**.

What is CLARO you may ask? A mild cigar.
 What is USQUE you may ask? Whiskey.
 What is a GOMER you may ask? An undesirable patient.

Scrabble meets Tuesdays at 1:30 in the Dunford Diner Annex. The door is always open, so join us.

Enjoy your Thanksgiving turkey with all the trimmings and keep a sharp eye out for those Halloween pranksters.



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- Blood Pressure & Home Diagnostic Products
- Aids to Daily Living Products
- Back Care, Supports & Braces
- Ostomy



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 lethbridge.west@assembly.ab.ca
 403-329-4644



“Please contact me if I can be of any assistance.”



DO YOU LIKE TO PLAY DARTS?

If the answer is yes, then come join us in the Multi-Purpose Hall, Monday and Wednesday afternoons at 1 p.m. Just for fun, of course! **ROB CRISAK**

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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.

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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

📄: <https://www.facebook.com/Lethbridge-Elder-Abuse-Response-Network>

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

Representatives from LEARN will give a presentation on Elder Abuse and the services that LEARN provides on Saturday, October 15 at 10 a.m. at All Saints Parish, 2405 - 12th Ave. South.

EVERYONE WELCOME!

Register to attend at 403-327-8931.

Boutique News

Fall and winter items will be accepted in the Boutique starting October 7th. Christmas crafts may be brought in starting October 29th.

Our Annual Craft Sale will be held October 22nd from 9 a.m. to 2 p.m. Table rentals are \$10 for members and \$20 for non-members.

Thank you to our volunteers who kept the Boutique open throughout the summer. Best Wishes to Georgie who is recovering from a fall and to Jeanine who is moving out of province.

Jo-Ann & Heather

EUCHRE REPORT

We are now officially into fall and enjoying the beautiful colors and fresh air. If you enjoy cards and friendship then our Euchre Program is for you. We offer lots of laughs and you can try for high score and lone hands, every week. Lessons begin at 12:30 followed by regular play at 1 p.m. every Wednesday, in the Dunford Diner Annex. I hope to see you there!

Rodney Foster, Convener

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Date: Tues. Oct. 4
Tues. Oct. 11
Tues. Oct. 18
Tues. Oct. 25
Time: 10 a.m. - Noon
1 p.m. - 2 p.m.
Place: Nord-Bridge Main Corridor
Fee: FREE for Nord-Bridge Members

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

PLAY HEAR

A E G G V D E N R V W O G N N
H I X Z N X Z E I B M N N O Z
J W D P P I T W O I I I E C I
I S M E E T T L A D S J I I Z
I E R B E R Q T N V O H P T E
G T P B W K I A I N T E N O G
S P E E C H T E S F I A T B H
C G J Z F S R D N R H R E U Q
W D V Y R B L N F C J I Q C M
V N U E S I C E R P E N O M D
M I D T E C H N O L O G Y Z P
L N M K Q K P O C Q E E T T D
U Q I E Q A Y K W X R C J C I
Q J C N B R Y Z T K N H A I U
M L H P I Q X I L I O H E R M

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Terry Toth
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Pharmacist



Chad Baker
B.Sc Pharm
Pharmacist/
Owner

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LETHBRIDGE COMMUNITY BAND SOCIETY

OCT 23 2016

Yates Memorial Centre • 2pm
Purchase Tickets (403) 393-6859
or online www.lcbs.ca
Lethbridge Community Gold Band
Don Robb, Conductor

TICKETS \$20 EACH

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Mind-Joggers by Doreen Taylor

Come into my garden of friendship
Bask in the blessings you find
Breathe in the scent of the flowers
Refresh your soul and your mind
See light dancing on butterfly wings
Enjoy the sights and the sounds
Come into my lovely garden
Where love and friendship abounds

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.

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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.



Hatrix Theatre brings you Ken Ludwig's 2012 murder mystery / comedy **The Game's Afoot: Holmes for the Holidays**. The show will be presented at Nord-Bridge Seniors Centre, November 30 to December 3 at 7:30 p.m. each night. There is also a matinee at 2 p.m. on Saturday, December 3. The play is about a man named William Gillette, who played Sherlock Holmes on stage for about 20 years. It takes place in December, 1936, in a mansion in Connecticut. There are Shakespeare references, a séance, a great 1930's soundtrack and a lot of laughter and hilarious characters. The cast features Kirk Boehmer as Simon, Kelly Frewin as Gillette, Shelley David as the Inspector, Kaitlin Joy as Madge, Emilie Kidd as Aggie, Vittorio Oliverio as Felix, Marcie Stork as Martha and Carrie-Ann Worden as Daria. Tickets are \$15 advance or \$20 at the door. They are available at Blueprint Entertainment and going on **sale the week after Thanksgiving. Nord-Bridge members will receive a \$5 discount if they show their membership card at the time of purchase.**

Richard Amery 



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- Unpacking



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When the weather gets cold, snowy, and icy there is no need to stay at home. Let our **Go Friendly Shuttle** do the driving. Call us at **403-329-3222** a day ahead and we'll schedule convenient, direct service from your door to our door. The cost to use the Go Friendly Shuttle is \$3.00 each way, or use your **Lethbridge Transit Breeze Card**.



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

SEPTEMBER TRAVEL REPORT:

September was a successful travel month. We completed three trips and all were received with great enthusiasm.

Mystery Trip #8 - September 8:

Our volunteer driver, John Hanan, took 12 riders to Coulee Brew Company, a new micro-brewery here in Lethbridge, close to the Casino. Everyone thoroughly enjoyed the tour, lunch, and free brewski. All returned relaxed and sober.

Spruce Meadows - September 10:

For this trip we hired the Carefree Bus and 45 of us enjoyed the Spruce Meadows Horse Show. The colours of the season were spectacular, and the Show and exhibits were awesome. Thanks to Pat Santa and Sandy Fischer for being diligent hostesses, keeping all of those people organized and accounted for. No one got lost!

Falling Leaves Tour - September 28

The Carefree Bus took 48 day trippers for a drive to Okotoks, past the Big Rock and on to Black Diamond for a Chinese buffet lunch. Along the way they enjoyed shopping in the unique shops and then a scenic drive along Highway 22 taking in the bright fall colours.

THANK YOU to all of our drivers! We appreciate you!

Final Mystery Trip of 2016

Monday, October 20th
 NEW FRIENDS!
 SORRY SOLD OUT
 COST \$55
 Includes Bus & Lunch
 Depart 11:30 am Return 3:30 pm

MOVIE MILL, THURSDAY OCTOBER 27, \$10 BUS & LUNCH

Is there a movie scheduled that you want to see? Let us know and we'll get you there on 1/2 price Thursday.

SHOP*/GAMBLE CALGARY DEERFOOT CASINO
THURSDAY, OCTOBER, 13. Complimentary senior buffet, slot tournament, and lots of slot machines. Come on and try your luck.
COST \$55 (Includes lunch buffet).
***Don't gamble? Clay will take you shopping!**



MIRACLE ON 34TH STREET
THURSDAY, NOVEMBER 17: MIRACLE ON 34TH STREET
Rosebud. Cost \$100. Sign up now. Treat yourself to this popular Christmas season show. Large, luxury bus. Full payment is required upon sign up.

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.

UPCOMING JUNKETS: We're always looking for new and interesting places to visit and welcome your suggestions. If you know of local shows or tours, please bring Val or Heather your ideas. Trips in the planning stage include St. Eugene Casino, Cranbrook, spring, 2017. (Cost surcharge \$20 for non-members).
We have added the Soccer Centre to our Roll & Stroll destinations on days when the weather is not nice.

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

SPOKANE FALL SHOPPING GETAWAY
 October 14 - 17, 2016 4 Days / 3 Nights
\$380.00 Per Person / Double Occupancy

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

CROSS IRON MILLS SHOPPING
 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.

ROLL & STROLL PROGRAM continues year round. New walkers are 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**

IMPACT

Innovative Models Promoting Access-to-Care Transformation

Pop-Up Health and Community Services



Everyone is welcome!
No cost to attend | Snacks provided
One Day Only
Nord-Bridge Seniors Centre
1904 - 13 Avenue North
Wednesday, October 5 from 3 to 7 p.m.

Services include:

**Family Physician • Home Care Info • Family Services • Active Living
• Mental Health Services • Food and Housing Supports • And More**

IMPACT (Innovative Models Promoting Access-to-Care Transformation) is a five year world-wide research project intended to build upon Local Innovation Partnerships (LIPs) to create models of *Primary Healthcare* to enhance access to supports for vulnerable populations. Read more about IMPACT research projects by visiting <http://www.impactresearchprogram.com/>.

Underway in 3 Australian states (New South Wales, South Australia and Victoria) and 3 Canadian provinces (Alberta, Ontario and Québec), IMPACT will create learning networks of decision makers, researchers, clinicians and members of the vulnerable communities in the 6 local health regions. LIPs will result as community stakeholders share common concerns around populations that are at increased risk due to limited access to Primary Healthcare.

What is Primary Healthcare?

Primary Healthcare is about ensuring that citizens have access to services they need to be healthy and stay healthy. Some of those services are health services that promote mental health, good management of existing chronic conditions, and also the prevention of chronic conditions in the first place - - it includes good nutrition, good oral and dental health, good management of medications, immunizations, etc. However, *Primary Healthcare is more than health services*, and includes services that help people get connected to the right information or support to be healthy. Examples include; assistance to complete their health or tax forms, or manage their finances better, to learn about parenting and coping skills, and to be socially engaged and active.

What is a pop-up?

A pop-up service is one that "pops-up" in places and at events where people are already going. The vision of IMPACT is that pop-up events will bring a variety of services to people in places where they are gathering, increasing access to services and connections between service providers and the community.

Why is North Lethbridge chosen as Alberta's IMPACT Project?

Historically, North Lethbridge has been underserved when it comes to *Primary Healthcare*. For example, there are very few family physician clinics (only 1) and no hospitals in North Lethbridge, and most other service providers are located in South or West Lethbridge. Combined with other challenges, some North Lethbridge residents can face hurdles when trying to access primary healthcare. It is thus appropriate that [North] Lethbridge was chosen to be studied as part of the IMPACT umbrella.

Who is involved locally in IMPACT and its Pop-Up Events?

The IMPACT organization for Alberta is being lead by the Alberta Centre for Child, Family and Community Research. Also actively involved in leading the group are staff from Alberta Health Services; and faculty from the University of Lethbridge Nursing Department. Community entities and organizations supporting IMPACT include the City of Lethbridge, Nord-Bridge, Immigrant Services, Boys & Girls Club, Community Garden, Lethbridge Public Library, Opakaa'sin, and Streets Alive (just to name a few).

YOU ARE INVITED TO ATTEND THE NEXT, AND SECOND IMPACT HEALTH AND COMMUNITY SERVICES POP-UP event on October 5. Nord-Bridge is pleased to support the IMPACT initiative, and to provide its facility in support of the project.