

September 2016



Congratulations to Nord-Bridge members **Brian and Diana Hillier** on winning the **Gold Medal in Floor Shuffleboard at the 2016 Canada 55+ Games.**

On route to their gold medal podium finish, Brian and Diana recorded nine wins and three losses in the 13 team round robin tournament. The two qualified to represent Alberta at the Canada 55+ Games when they competed in the 2015 Alberta 55 Plus Summer Games in Strathmore.

The Canada Games were held in Brampton, Ontario, August 16 to 19. Brian and Diana extend thanks to all of their Nord-Bridge friends who supported their participation.

“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

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Financial Administrator
Director of Programming
Member Support Coordinator
Reception Supervisor
Reception Assistant
Rentals
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Cook I
Red Seal Cook
DR/Kitchen Assistant
Janitorial

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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

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, Darlene Crofts, Joanne Fox

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

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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

September heralds the start of all the fall programs at Nord-Bridge. It also means your Board members will start meeting again, on the second Wednesday of each month. I want to thank Board member **Woody Neely** for finding out about a \$500.00 grant from **Canola Gives Back**. As a result of his networking we received that grant and will spend it on kitchen upgrades. It is great to hear about funding sources that we may not be aware of, and even greater to qualify for them.



Our annual **President's Dinner & Auction** will take place on the evening of September 13th. Entertaining will be **Tom & Curt** and our auctioneer will be **Dean Oseen**. It will be a nice evening and as **Scotia Bankers in the Community** are attending, the proceeds of the evening will be matched. **DONATIONS OF SALEABLE ITEMS FOR THE AUCTION WOULD BE GREATLY APPRECIATED.** If you have any items please bring them to the Reception Desk or talk to us about picking up items.

Alberta Minister of Seniors and Health, Lori Sigurdson came to our Centre last month for a quick tour and to talk about seniors' centers in general. We are pleased when politicians visit our Center to hear our concerns. On the day of the Pancake Breakfast, several elected officials were in attendance.

There are upcoming trips scheduled to Stage West and the Deerfoot Casino in the fall if you are interested. Heather Newsham, our Craft Boutique manager, has scheduled a Craft Sale, in the Multi-Purpose Hall on Saturday, October 22. Please put that date on your calendar.

I will be at the Nord-Bridge main corridor Information Desk every Friday afternoon in September to talk to you about any ideas or issues you have.

Pat Santa, President

WELCOME NEW MEMBERS

| | |
|-----------------|--------------------|
| Marion Bodi | Alice Vogt |
| Frank Huszar | Josephine Aristone |
| Ruth Glass | Tim Young |
| Bonnie Weighill | Helen Scott |

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

WANTED

DONATIONS

FOR OUR SILENT & LIVE AUCTIONS

On September 13th we will hold our annual **PRESIDENT'S DINNER & AUCTION FUNDRAISER**. We are welcoming the volunteers from **SCOTIA BANKERS IN THE COMMUNITY** to this event as they will match funds raised. **What we need from our members are donations for our auctions.** Donations should be unused items, antiques or new craft projects. Cash donations are also welcome. Please bring your items to the Centre no later than Friday, September 9th. **Thank you for your support of this important fundraiser!**



Pat Santa, President



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 | 9:30 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 | Second Tuesday | 9:00 a.m. |
| Annually | | |
| Annual General Meeting | First Tuesday of April | 9:00 a.m. |

Shaw) Go



FOR SHAW SUBSCRIBERS: We are pleased to announce that our building is equipped with **Shaw) Go WiFi**. To connect at Nord-Bridge:

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

Any questions? **Please** call 1-888-472-2222 or visit <http://www.shaw.ca/internet/wifi/>.

This is a free service to Nord-Bridge provided by Shaw.

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FAX: 403-320-1181

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 **Sept. 15th**

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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Give us a call regarding ...

- * Affordable Pre-arrangement Options
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We lessen the expense Not the care

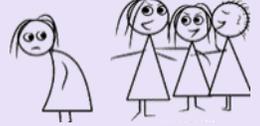
A Division of the Caring Group Corp.

LORRI'S CORNER



The other day I had a conversation with my 4 year-old granddaughter about what it means to be a friendly person; and also what it means to be mean. She told me that being friendly is saying nice things, sharing, and not hurting people's feelings. She then told me that a person is mean when they kick, bite (like her little sister does to her) or say things that make you want to cry, or go away, because they feel bad. *The wisdom of a child.*

You may wonder why I am sharing this with you. Over the past few weeks, I have received reports of comments made by a few people at Nord-Bridge that are not in alignment with our goal and motto to be known as "The Friendly Centre". The comments that I am referring to could be received as mean, rude, hurtful and not appropriate for an association that is otherwise striving to be known as the FRIENDLY CENTRE. Nord-Bridge staff take this goal very seriously and work very hard to keep the Centre a welcoming place where everyone can come to socialize, have a meal and participate in one of our events or programs without overhearing disparaging remarks.



We are taught when we are young to think before we speak and perhaps it is time for a reminder again of what this means. The following three questions need to be asked prior to making a comment:

Is it kind? Is this the type of comment you would like someone to make to or about you? Will it make someone else feel good?

Is it true? Is this your opinion or the truth?

Is it necessary? What do you hope to accomplish by making the comment? Do you have the authority to make this comment? Is the comment for your benefit or for the person you are making the comment about? Does the comment need to be made?

Let's ALL work and play in the spirit of the goal and motto of Nord-Bridge being, "The Friendly Centre".

Lorri Penner, BSW, RSW
Member Support Coordinator

MY SEPTEMBER SCHEDULE

| | |
|-------------------|--------------------|
| Sept. 1 Thursday | Sept. 12 Monday |
| Sept. 15 Thursday | Sept. 16 Friday |
| Sept. 27 Tuesday | Sept. 28 Wednesday |
| Sept. 29 Thursday | |

EXECUTIVE DIRECTOR'S REPORT

Greetings Members;

I extend a sincere thanks to the members of Nord-Bridge, and the community at large, who supported and organized our August Whoop-Up activities. This included those who responded to our first Whoop-up "Post Parade Party." Held August 23, we were pleased to be visited by the Hon. Lori Sigurdson, Minister of Alberta Seniors and Housing. The Minister brought greetings from the Alberta Legislature,



visited with some members of the Executive, and toured the Centre. She seemed receptive to our input and requests, and we now look forward to working with Minister Sigurdson on some specific business.



Nord-Bridge held its annual Toonie Pancake breakfast on August 24, and we were pleased with some 600 plus guests. Several elected representatives attended including MP Rachael Harder, MLA Maria Fitzpatrick, Edmonton - Riverview MLA Lorne Dach, and Mayor Chris Spearman. Our Nord-Bridge Jammers provided the entertainment. We also thank all who cooked, bussed tables, and helped in any other way.



On the same evening, over 200 people were thoroughly entertained at the Special Tribute Concert to the music of the Alberta Ranch Boys.



Life Member and MC Floyd Sillito, Larry and Lloyd Kunkel, Doc Wade and Ron Sillito, and John Berg were all exceptional performers.

On a final note, please join me in extending a warm welcome to our newest staff member, Red Seal Cook, Samantha Ajtay.



Respectfully yours,
Randy Smith

RACHAEL HARDER

Member of Parliament
Lethbridge



Phone:
403-320-0070

Website:
RachaelHarder.ca

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



Here To Serve You



1904 13 AVE. NORTH
LETHBRIDGE, ALBERTA
MULTI PURPOSE HALL



SEVENTH ANNUAL
PRESIDENT'S DINNER & AUCTION
TUESDAY SEPTEMBER 13th, 2016

- ♦ Doors Open 4 p.m.
- ♦ Silent & Live Auction (Dean Oseen) 5 p.m.
- ♦ Roast Alberta Beef Dinner 6 p.m.
- ♦ Entertainment 7:15 p.m.
- ♦ Admission \$25/Person; \$40/Couple
- ♦ Cash Bar
- ♦ Door Prizes

Entertainment by
Tom & Curt



Sponsored by

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PH: 403.380.2277
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SCOTIA BANKERS
IN THE COMMUNITY



For ticket information contact
friendly@nordbridgeseniors.com
or Phone: 403-329-3222
PROCEEDS TO THE NORD-BRIDGE
BUILDING FUND

Limited Seating...Tickets on sale at
Nord-Bridge Seniors Centre...
UNTIL SEPTEMBER 10 ONLY.
RESERVED SEATING
AVAILABLE FOR TABLES OF 6

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,
September 7th

Book your appointment
at the front desk!

403-320-5051



Brad Lindsay, BC-HIS
Registered Hearing Aid Practitioner

From the Desk of Val

Hola! The summer is almost gone and pretty soon we will all be back at our busy full-program pace. For you, fall may mean participating in our many fall programs, getting into shape at our Fitness 55 Club, or getting involved as a volunteer.



For me it means the resumption of Outreach, our monthly entertainment program for super seniors. Our September event "Mexican Fiesta" is scheduled for Monday, September 19 at 1:30. Don't forget to pre-register and wear something colourful and festive.

I would like to thank Pat Santa, our Nord-Bridge Seniors Centre President, for her time spent volunteering at our Reception Desk. Having many Board duties to perform now, she finds herself too busy to volunteer at the Reception Desk. However, she will be here in the Centre every Friday afternoon to speak with members and to conduct tours for our new and prospective members. Accordingly, there is an opening here at the friendly Reception Desk on Friday afternoons 12:15 to 3 p.m. If you have a friendly SMILE, enjoy people, and are patient then this volunteer position is waiting for you. VOLUNTEERS ARE V.I.P'S and we need more. Some of our volunteers do multiple jobs; it would be nice to get them some help. Pamphlets explaining a number of areas where volunteers are needed are available at the Reception Desk.

Valerie

Programmer's Report by David Ng

September signals the start of our Fall Programming sessions. New programs this Fall include: Value and Perspective Drawing, instructed by Donna Gallant, and Beginners Tai Chi for Health, with new instructor Christine Curteanu. Donna will teach a 10 week drawing class that will focus on the two most important elements to master in drawing: value, and perspective. Christine will be instructing a new beginners Tai Chi class. This eight week class will follow a six-form Tai Chi routine which includes breathing and meditation techniques. Register for either class begins September 1st at the Reception Desk.



What do we mean by "limited resources"? In my area this means a fixed amount of space that needs to be allocated over increasing program options and increasing participation. In plain English this means that some programs need to share space, and that others must be scheduled back-to-back, with little set-up time between. A lot of time and consideration is spent on assigning space to our programs with emphasis on maximum efficiency and safety. If you participate in a program that is subject to sharing resources, please respect the schedule by giving each group their time and space, by setting up when it is appropriate, and by wrapping up on time. I understand some members have been accustomed to setting up their respective programs early (an hour in advance sometimes). However, with tight schedules, and the occasional accommodation of special events, this practice can be problematic. As your Programmer, it is my goal to offer you the most activity options with the assets that are available to us. I thank you for your continued cooperation and acceptance of sharing our programming space and time.

In the spirit of sharing, I would like to take this opportunity to thank the Norwegian Whist and Scrabble groups for sharing their program space and time with the Canasta program. The Canasta program has been moved from the South View Meeting Room to the Dunford Diner Annex which will allow me to accommodate the University of Lethbridge nursing students who will be here all day on Mondays and Tuesdays for the next 12 weeks.

David



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Once in a While

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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

RALPH THOMPSON \$52, AUGUST 3
EVA DERINGER \$137, AUGUST 23

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

SHIRLEY BOYCHUK \$181 AUGUST 26

Next Draw Sept. 23rd

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

August 8 Colleen Mason \$43; Lawrence Velk \$43
August 15 Verder Perkinson \$38; Frank Magson \$38
August 22 Sandy Fischer \$38; Back Table Bandits \$38
August 29 John King \$38; Jim Randa \$38

Thanks Jammers, Volunteers and Patrons.

Thanks also to Helen Gepneris for selling tickets at Monday Jams.



NORD-BRIDGE BUILDING FUND RECENT DONORS

★Anonymous \$60 ★Mathilde Reichel \$1,000★
★Janet Bobinec In Memory of Ken Bobinec \$1,000★
★Viola Behrns \$200★

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2016
Through August 26, 2016 : \$11,989



BUILDING FUND UPDATE:

| Achieved | Goal | |
|---|---------------------|-----|
| 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 | |

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 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

- Sept. 2 Chicken Primavera, Caesar Salad & Garlic Toast
- Sept. 9 Cabbage Rolls, Baked Beans & Salad
- Sept. 16 Shepherd Pie, Veggies & Bun
- Sept. 23 Liver & Onions, Mashed Potatoes & Veggies
- Sept. 30 Meat Balls & Spaghetti, Caesar Salad & Garlic Toast

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

**Friday Dunford Diner
Lunchtime Entertainment**

- Sept. 2 John Janos
- Sept. 9 Dean Oseen
- Sept. 16 Anne Pauls
- Sept. 23 Colin & Ray
- Sept. 30 Floyd Sillito



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|
| <p>5</p> <p>LABOUR DAY CENTRE CLOSED</p>  | <p>6</p> <p>9:00 Shuffleboard 1:00 Texas Hold'em 1:00 Norwegian Whist 1:00 Canasta 1:30 SCRABBLE</p>  | <p>7</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 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball 3:00 Advantage Hearing By Appointment</p> | <p>1* & 8**</p> <p>9:00 Class Registration* 9:30 Card Crafters 9:30 Floor Curling 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 1:00 Duplicate Bridge 5:30 Zumba** 7:00 Table Tennis</p> <p>SEPT. 1 TOUR OF ALBERTA BIKE RACE 5 TO 8 PM</p>  | <p>2 & 9*</p> <p>9:00 LEGAL CONSULTS* (By appointment) 9:00 Paper Tole* 9:30 Carpet Bowling 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p>  |
| <p>12</p> <p>9:00 Yoga 9:00 Tai Chi 9:30 Jammers 10:00 Floor Curling 10:15 Chair Yoga 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts 3:00 Arthritis Exercise</p>  | <p>13</p> <p>9:00 Shuffleboard 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 4:00 President's Dinner 7:00 Social Dance</p> | <p>14</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>15</p> <p>9:30 Card Crafters 9:30 Floor Curling 9:30 Mind Joggers 10:15 Paper Tole 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>16</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>19</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>20</p> <p>9:00 Shuffleboard 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 7:00 Social Dance</p>  | <p>21</p> <p>8:00 FOOT DR.  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</p>  | <p>22</p> <p>9:30 Card Crafters  9:30 Floor Curling 9:30 Mind Joggers 10:00 Somatic 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>23</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>26</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>27</p> <p>9:00 Shuffleboard 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 7:00 Social Dance</p> | <p>28</p> <p>8:45 Yoga 9:30 Carpet Bowling 10:00 FREE Massage 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</p>  | <p>29</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>30</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 THURSDAY 10 A.M. IN DUNFORD DINER ADVANTAGE HEARING - WEDNESDAY, SEPTEMBER 6 (by appointment) L.E.A.R.N. (ELDER ABUSE) REP. TANYA PURDY-FISCHER - TUES, SEPT. 6, 10 A.M. <ul style="list-style-type: none"> MYSTERY TRIP #8: THURSDAY, SEPTEMBER 8 FREE LEGAL CONSULTATIONS - FRI., SEPT. 9 (by appointment) with HUCKVALE LLP SPRUCE MEADOWS - SATURDAY, SEPTEMBER 10 LETHBRIDGE HEARING CENTRE TESTS - THURS, SEPT. 22 (by appointment) LETHBRIDGE COLLEGE FREE MESSAGES - WED. SEPT. 28 10 A.M. TO NOON. DR. BOLOKOSKI - SEPT 21 (by appointment). FUTURE DATES INCLUDE: NOV. 16, 2016. JAN. 11, MAR. 8, and MAY 3, 2017 WINNERS BINGO - SEPTEMBER, 7, 13, 14, 20, 21, 27, 28 | | | | |

WINNERS



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established 1906

Upcoming **FREE** consultation dates:
Friday, September 9 & October 14
between the hours of 9:00 a.m. & 11:30 a.m.
Contact the Reception Desk to schedule
an appointment. Phone: (403)329-3222

SAVERS CONVENIENCE STORE

Located next to Nord-Bridge Seniors Centre
and at 15 Micmac Blvd. West. **SENIORS DAY EVERY TUESDAY.**
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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 HOME ADAPTATION & REPAIR PROGRAM
is a new low-interest home equity loan program
to help with repairs or adaptations to seniors'
homes. A maximum loan of \$40,000 is available
to seniors with an annual income of \$75,000 or
less; and who have a minimum 25% home equity.



CONDOLENCES WERE SENT TO:

...Joyce Whitelaw and family on the loss of her husband; Buella Chervinski who lost her son; and to Muriel Nikles who also lost her son.

GET WELL & HEALTH WISHES

WERE SENT TO... Frank Wince in hospital after suffering a stroke. **Update:** David Stock, is back home. Janet Bobinec is getting to the Centre more and more. Buella Chervinski will be home soon after acing the "hip repair" course at P.A.R.P. Georgie Coutts' sore leg is healing with the help of daily home care visits. Again, we thank our visiting angels Lydia Prokop and Chris Figenshau for taking the time to visit those who are ailing.



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SCRABBLE

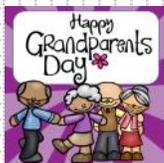
Sheila Brust, Convener

TICKLE ME FANCY WORDS

I went grocery shopping the other day at our newest and most up-to-date supermarket. The food selection and everything else was just "out of this world". The store was mind boggling and the prices were "HYTE".

What is "HYTE" you ask? Insane!

The Scrabble players meet every Tuesday at 1:30 in the Dunford Diner Annex. Please join us as we start a new season.



Enjoy Labour Day on Monday, September 5; and prepare to be honored on Grandparent's Day, Sunday, September 11.

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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
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CRIB TOURNAMENT

Saturday, September 10, 2016
Entry Fee \$12.50 (includes lunch)
STRICTLY CASH!

Registration 9 a.m. Games Start 10 a.m.

Deadline to Register is September 7
Contact: Mike Bennett
mrbennett@shaw.ca 403-894-5241

3rd Annual Nord-Bridge In-House Contract Bridge Tournament
Monday, Sept 26, 2016
Register at 12:30

MUST BE A NORD-BRIDGE SENIOR CENTRE MEMBER

Play begins at 1 p.m. sharp! **No** entry fee, **No** prize money; just bragging rights and your name on a trophy! You will play with the same partner for the afternoon. Even if you don't have a partner, please come anyway!

Pat Kincade

EUCHRE REPORT

I hope you enjoyed your summer as much as I did. My garden grew an abundance of veggies and my grandkids grew like weeds.

In September our program will resume every Wednesday in the Dunford Diner Annex, starting with lessons at 12:30 followed by regular play at 1 p.m. Come out and try a new, trick taking card game called "**HASENPFEFFER**" (yes, the same name as the German dish of marinated and stewed trimmings of hare) that is a very close relative of Euchre.



Rodney Foster, Convener

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Tuesday
Each
Month



Blaine
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Second
Friday
Each
Month



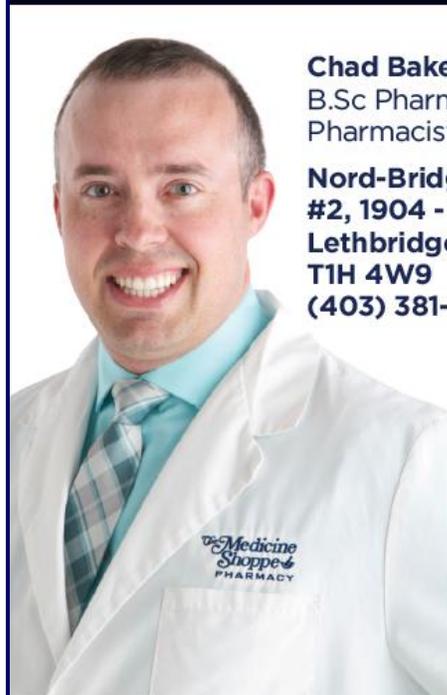
Learn more about our City's governance and your representatives in our comfortable and convenient **Dunford Diner**. All City Councillors are encouraged to join us frequently. Confirm your visits by e-mail to friendly@nordbridgeseniors.com.



WASHED YOUR HANDS AFTER SNEEZING? NOT EVERYONE DOES.

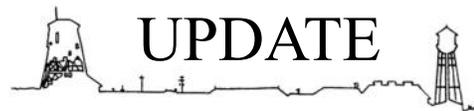
Don't go viral.
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 Speak to your pharmacist about availability.

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UPDATE

GALT #8 MINE HISTORIC SITE SOCIETY

This spring our Society began to see early changes to push forward the development of our long-awaited dream to see the Galt N° 8 Mine Site transformed into a live project to attract tourism to our region; and the beginning of the realization of our vision of the creation and building of our “World of Black Diamonds”.

Our vision for North America's best structurally preserved mine site includes restoration of the nine remaining buildings into: an energy research centre, hotel, convention centre, restaurant, community & banquet hall, 4D theatre, live theatre, trade displays from the mining era including farrier, blacksmith and electrical shops, and antique vehicle display, all within amazing views of the Oldman River valley and Lethbridge's High Level Bridge.



A newly formed company has now finalized the purchase of the Galt N° 8 Mine Site property and buildings, with an early expected date of possession. According to Gary Klassen, 24-year veteran of the real estate industry, and who has served with Re/Max Real Estate Lethbridge for 17 years, the new owners will develop the project under the name “Vitality at Lethbridge”. Klassen, a Galt N° 8 Society member for the past eight years and former member of our Board of Directors, handled the real estate transaction leading to the sale of the property to its new owners.



Plans for the project include retention and restoration of all the historical buildings presently on the site that remain standing from the early days of the mining operations there. Klassen says the project will feature a new hotel and convention centre overlooking the magnificent Oldman River valley and the High Level Bridge. Moreover, Klassen says plans call for the construction of a new senior's housing complex, boutique shops and restaurants, including both assisted living and independent living condos to be built on a portion of the 120 acre site nearby to the historical buildings. Our Board of Directors is looking forward to working with the new owners and developers as we jointly work out the historical themes and interpretation of the rich history of early mining in our region.

Les Toth, President
Galt N° 8 Mine Historic Site Society

NEW 2016-2017 MEMBERSHIPS
EFFECTIVE NOW THROUGH DECEMBER 2017
\$73.00

2017 MEMBERSHIP RENEWALS
\$50.00

RENEWALS ARE DUE BY DECEMBER 31ST

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BOCCE BALL

Our Bocce program is wrapping up after a successful, but sometimes soggy summer. A few of our weekly events were "rained out".

In July we held a playoff for the Senior Games to be held in Drumheller, September 29th to October 1st. Two teams will be going including: Clay & Loraine Olsen, Mike & Diane Bennett representing the 70+ group; and Butch Olsen, Cecile Hellmer, Rubin Seidlitz and Marlene Evers representing the 55+ group.

On August 19th we participated in the annual Lorin Pitcher Memorial Tournament. The winners there were a team from Cardston.

I would like to thank Norene Irwin for helping with our program by making sure every one was kept informed and organizing our Tuesday, weekly games at the Norbridge Lions Park.

Clay Olsen,
Convener



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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




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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TRAVEL

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

THURSDAY, SEPTEMBER 8.
This outing will be spectacular!
Something new and different.
You will enjoy a tasty lunch
(your own cost).

COST: \$23 (Incl. bus and Tour)



Final Mystery Trip of 2016



Thursday, October 20th
New destination! New friends!
UNIQUE and FUN
COST \$10
Includes Bus & Lunch
Depart 11:30 am Return 3:30 pm



Spruce Meadows "Masters" Saturday, September 10

The eyes of the world will be focused on Spruce Meadows as the best athletes from the world's top show jumping nations compete for prize money and international acclaim during the Spruce Meadows 'Masters'. Family entertainment and shopping opportunities are available for guests. **COST \$40. Book Fast.** Only a few seats left.



FALLING LEAVES TOUR: Wed., Sept. 28. Join us for a scenic country drive to Okotoks then west on Hwy 7 viewing the Big Rock and on to Black Diamond for lunch and shopping. Later, journey down Hwy 22 viewing the fall colors and harvest time landscape of beautiful southern Alberta. **COST: \$50**



TRAVEL REPORT: On August 9th, 13 travelers journeyed to the Saskatoon Berry Farm to sample tasty pie and other goodies. We also enjoyed the leisurely drive back through the wee towns of Barons and Nobleford. On August 25th, Val, Heather, and Lorri treated our Mystery Trippers to a picnic lunch at Park Lake. The weather was so-so but we had tons of fun and hearty laughs! To Clay, Lucy and Ron: "Thank you" for being our August drivers, for tours and Roll 'n Stroll.

THURSDAY, NOVEMBER 17: MIRACLE ON 34TH STREET
Rosebud. Cost \$100. Lots of Interest. Sign up now. A non-refundable deposit is required with full balance due by Monday, October 17.



UPCOMING JUNKETS: We're always looking for new and interesting places to visit and welcome your suggestions. Trips in the planning stage include: Hollywood Hits", a musical with songs that rocked the movies, Calgary - Stage West, Wed., Jan. 25; St. Eugene Casino, Cranbrook, 2017. Bring your friends. Cost surcharge \$20 for non-members. **Bring us your Mystery Trip ideas and general travel wish list.**

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 \$35. *Prefer shopping? Let us know.**



Triple D Tours

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

COEUR D'ALENE CASINO & SPOKANE SHOPPING
October 14 - 17, 2016 4 Days / 3 Nights
Dble \$380.00 Per Person / Single \$570.00 Per Person
Triple \$330.00 Per Person / Quad \$310.00 Per Person

COEUR D'ALENE CASINO RESORT GETAWAY
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 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**

South Country Jamboree Society Donate \$2,500 to Nord-Bridge Seniors



and \$5,000 to Go Seniors Society



Johnny Lorencz, President of the South Country Jamboree Society recently presented two checks in support of Nord-Bridge projects: \$2,500 to help sustain programming that recognizes the City's mining history; and \$5,000 to help the Go Seniors Society as it saves for the seamless purchase of the next Go Friendly Shuttle bus, which will be needed in the future. Pictured above with Lorencz is Nord-Bridge Pres. Pat Santa and Go Seniors Pres. Helen Gepneris, along with Jim Hahn who has been assisting both organizations with fundraising.

Pop-Up Health and Community Services Event for residents in North Lethbridge



Services like:



Doctor



Medicines



Check-up



Social
Services
Navigation



Family
Services

and more...

Nord-Bridge Seniors Centre | Wednesday, October 5
from 2 - 7 p.m.

EVERYONE is welcome to attend - no one is turned away
Services provided at no cost. Snacks will be provided.



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Date: **Tues. Sept. 6**
Tues. Sept. 13
Tues. Sept. 20
Tues. Sept. 27

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

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| I | D | A | N | K | E | W | D | S | N | M | S | Y | H | C | THOMAS |
| F | U | X | T | N | Y | X | I | V | U | N | B | Z | J | D | DOCTOR |
| R | F | B | T | R | E | U | F | O | G | T | X | B | I | K | GLENN |
| R | A | S | I | M | E | L | P | X | G | X | Q | B | G | T | TINNITUS |
| E | M | D | N | U | B | B | G | D | G | T | F | U | H | K | EXPERTS |
| I | I | E | N | A | E | C | L | N | T | H | O | M | A | S | FAMILY |
| M | L | N | I | K | U | S | I | A | A | J | H | N | O | C | OWNED |
| E | Y | W | T | T | U | T | J | L | Y | O | D | U | L | I | SOUTHERN |
| R | C | O | U | S | T | R | E | P | X | E | T | I | E | M | ALBERTA |
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| K | M | M | Y | R | T | M | N | T | S | G | L | M | W | N | FITTING |
| X | P | E | T | V | E | S | S | O | O | L | T | I | V | M | |
| E | T | U | H | B | P | C | E | L | N | R | J | M | L | X | |



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