

**NORD-BRIDGE SENIORS**

# *NEWSLETTER*

## *December 2015*



*May Peace, Joy, Hope, and Happiness be yours during this Christmas Season and throughout the New Year.*

Your Nord-Bridge Staff,

(Back Row) David, Randy, Heather, Tracy, (Front Row) Sally, Lorri, Gail, Kathy, Bety and Valerie

**"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](mailto:friendly@nordbridgeseniors.com)**

**2015-2016  
NORD-BRIDGE SENIORS  
EXECUTIVE**

President Pat Santa  
Vice-President Rodger Halvorsen  
Treasurer Roberta Svennes  
Secretary Marilyn Heaton  
Past-President Jim Hahn

**BOARD OF DIRECTORS**

**SECOND YEAR**

Vacant  
Vacant  
Doug Youngren

**THIRD YEAR**

Robert Tarleck  
Clay Olsen  
Donna Takeda

**FIRST YEAR**

George Berg  
Marilyn Gillies  
Jack Fox

**ADMINISTRATIVE STAFF**

Executive Director	Randy Smith
Sr. Administrative Ass't	Kathleen Filkowski
Chief Financial Officer	Roberta Svennes
Financial Administrator	Tracy Beauchemin
Director of Programming	David Ng
Member Support Coordinator	Lorri Penner
Reception Supervisor	Valerie Arkininstall
Reception Assistant	Heather Belle
Rentals	Kathleen Filkowski
Cook II	Sally Reyna
Cook I	Bety Castillo
DR/Kitchen Assistant	Gail Krysak
Janitorial	Marco & Carla Escobar

**ON-SITE PARTNER PROGRAMS & SERVICES**

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

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

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

**ADMIN. PROGRAMS**

By-Laws/Policies Comm.	Marilynn Heaton* (Chair), H. Fischer
Crafts Boutique	Heather Newsham
Finance Committee	Roberta Svennes* (Chair), Pat Santa, Jim Hahn, Clay Olsen, Frank Deane, Harry Fischer, Mike Bennett
Memberships	Kathy Filkowski
Newsletter	Kathy Filkowski (Production & Billing)
Newsletter Ad Sales	Jim Hahn
Nominations Committee	Jim Hahn* (Chair), Mary Potvin, Dan Deringer
Seniors Helping Seniors	Harry Fischer, Darlene Crofts, Joanne Fox

**CARDS & BOARD GAMES**

Contract Bridge	Donna Takeda*, Board Rep
Crib	Kathy Ludwig
Euchre	Pat Veres & Mike Bennett
Military Whist	Rodney Foster
Trump Whist	Donna Takeda
Norwegian Whist	Pat Veres
Scrabble	Pat Veres
Texas Hold'em	Sheila Brust, Jenny Oleksy**
Duplicate Bridge	Mike Bennett
	Pat Kincade

**EDUCATION**

Acrylic Painting	Board Rep - Vacant
Paper Tole	Katrina Mak
Wood Carving	Elta Buckman
Watercolor	Don Johnson
Watercolor Club	Denise Savard
Krafters Koffee Klub	Sandy Baceda, Erika Bosters
Quilters Group	Jo-Ann Adams
Nord-Bridge Card Crafters	Marilyn Martens
Spanish for Travelers	Pat Kincade
Library	Marco Escobar
Mind Joggers	Marie Areshenko
	Judy Knox, Jack Simmons
	Ted Sillito, Melvin Horn

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

**FUNDRAISING**

**GAMING**

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

**HEALTH & FITNESS**

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

**OUTREACH**

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

**SOCIAL ACTIVITIES**

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

**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  
Health Education Presentations  
Lethbridge Seniors Forum  
N-B Income Tax Program

**SASCC (So AB Srs Centre Coalition)**

Alberta Assoc. of Senior Centres  
Go Seniors Society  
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

**Marilyn Gillies\*, Board Rep**

Melanie Hillaby  
Lynn Hunter-Johnston  
Melanie Hillaby  
T. J. Dunn  
Jeannie Williamson  
Jim Scott (Volunteer Trainer)

**Rodger Halvorsen\*, Board Rep**

Valerie Arkininstall  
Lydia Prokop/Chris Figenshau  
Valerie Arkininstall  
Rodger Halvorsen

**Doug Youngren\*, Board Rep**

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

**Board Rep - Vacant**

Clay Olsen  
Norene Irwin, Woody Neely  
Ken Bobinec  
Eileen Sawatsky, 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

**Board Rep - Vacant**

Clay Olsen, Harry Fischer  
Eva Deringer, Elaine Molyneux

**Clay Olsen\*, Board Rep**

Harry Fischer  
Mike Bennett, Clay Olsen  
David Ng (and Alberta Health)  
David Ng  
Harry Fischer, David Ng,  
Sheila Brust  
Jim Hahn, Roberta Svennes,  
Harry Fischer, Randy Smith  
Randy Smith  
Jack Fox, Delores Bourk  
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](http://www.nordbridgeseniors.com)  
for information, photos, video, Newsletters and more.

## PRESIDENT'S REPORT

December is the season of giving and caring and we have no shortage of that here at Nord-Bridge Senior Citizens Association. Each program at our Centre depends on volunteers giving of their time and talents to the benefit of other members and to Nord-Bridge..

Volunteers donate their time to our Centre every day. For example, Page 2 of the Newsletter lists various positions and names the lead volunteer (convener) who gives their time to ensure that each activity runs smoothly. Our Board members are all volunteers. Our Dunford Diner staff, Sally, Bety and Gail are assisted daily by volunteers. The Boutique runs smoothly manned completely by volunteers including Heather Newsham, Manager, and her team of clerks. Reception Desk staff members Val and Heather, are assisted by one or two hard-working volunteers every day of the week. Every special function includes volunteers beginning with the planning stage and continuing through every phase, to completion of the event. Bonnie Hammond and her crew of volunteers man the Winner's Bingo events for Nord-Bridge. The Seniors Helping Seniors and Income Tax programs are both manned by volunteers. Our lovely plants are cared for by volunteer Eva Deringer. Volunteers keep in touch with our super seniors to make sure they are doing well; they make hospital and home visits; they deliver Newsletters; and they drive our shuttle so that we can offer an exciting and popular travel program. The list goes on and on. Volunteers work hundreds of hours each month. When you arrive to attend the Christmas Luncheon on December 11<sup>th</sup>, please take a moment to look around and notice the crew of great volunteers helping our Centre excel.

I want to take this opportunity to express my gratitude to everyone who gives the valuable gift of their time to Nord-Bridge. I hope other members will also take time to say thanks to all the great people volunteering to make this a wonderful Centre. A thank you only takes a second but is much appreciated by the recipient.

Our next big fundraiser is "Old Favourites" (5) at the Yates in February. An early bird discount is available on tickets purchased before December 31. See our ad on the back cover of this Newsletter.

**Have a wonderful Christmas Season  
and a Happy New Year everyone!**

*Pat Santa, President*



## WELCOME NEW MEMBERS

Eileen Brecker ☺ Brian Gallant  
Lois DeBoer ☺ Colleen Kerber  
Clara Poberznick ☺ Donna Sigvaldason  
Joe Michielsen ☺ Judy Dyer  
Michael Meinzer ☺ Kathy Meinzer  
Wendy Krein ☺ Jack Heldt  
Patrick Hamilton ☺ Carol Hamilton

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

**SANDY TOES  
FOOT CARE**  
(In the Nord-Bridge Seniors Centre)  
**Theresa Wiberg, LPN**

**Cutting and Filing Nails  
Filing Calluses and Corns  
Simple Foot Massage**

**Phone for your appointment  
403.892.5659**



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

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



## Nord-Bridge Meetings Reminder

### Each Month

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

### Annually

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

### Go Seniors Society

<b>Regular Board Meetings</b> Feb., April, June, October	Second Tuesday	9:00 a.m.
<b>Annually</b> Annual General Meeting	First Tuesday of April	9:00 a.m.



**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.

# SOUTHERN OPTICAL LTD.

WE OFFER DIGITAL EYE TESTS WITH NO PUFFS OR DROPS.

**FRED MILLER**

- **REGISTERED** OPTICIAN
- **PROSTHETIC EYE PRACTITIONER**

**1011 - 3RD AVENUE SOUTH  
LETHBRIDGE, AB T1J 0J3**

[www.southernoptical.net](http://www.southernoptical.net)



PH: 403-327-4145

FAX: 403-320-1181

## COOKING UP HEALTHY CHOICES THE EASY WAY

By Carly Filkowski, RD (Registered Dietitian)

You do not have to be a gourmet cook to eat healthy. With some planning and a few ideas, even the most novice of cooks can prepare healthy meals. Often when we lack cooking skills or do not feel like cooking, restaurant take-out food or convenience foods such as frozen dinners and canned soups may seem like an easy solution, but eating these too often can have a negative impact on health, as many processed and restaurant foods are high in harmful nutrients such as sodium and unhealthy fats.

To get all the nutrients you need and maintain energy levels, plan for three meals and one to three small snacks per day. At each meal, aim to have choices from all four food groups from **EATING WELL WITH CANADA'S FOOD GUIDE: Vegetables and Fruit, Grain Products, Milk and Alternatives, and Meat and Alternatives**. If including all four food groups at one meal seems like too much food, you can break up your meal and have part of it for a snack later. For example, you could have a sandwich on whole grain bread with veggies and turkey with a yogurt for dessert, but if the sandwich fills you up you can save the yogurt for a snack later. It is also important to drink enough fluids throughout the day; keeping a water bottle on hand will help to remind you to drink.

Investing time into making a weekly meal plan ensures that you always have healthy foods available, and saves money because less food is wasted. Making healthy choices is much easier when you already have nutritious food in your fridge. Many grocery stores offer a delivery service if you are unable to travel to the store yourself. For days when you cannot prepare food at all, consider a nutritious meal delivery service like Meals on Wheels.

A healthy meal does not have to be complicated. Here are some ideas for simple meals that require little or no cooking:

**Basic breakfasts:** Cereal with milk (choose one with at least 5 g fibre per serving) with a sprinkle of walnuts on top and fresh fruit or fruit canned in water/juice; oatmeal topped with banana, yogurt and a sprinkle of almonds; hard boiled egg (can buy these already prepared at many stores and delis) with whole grain toast and fruit and a glass of milk.



**Speedy Sandwiches:** Make a simple sandwich on whole grain bread, tortilla or pita, such as peanut butter and banana, or canned salmon with leafy greens such as spinach. Include a glass of milk to complete your meal.

**Simple soups:** Use a store bought, no sodium added stock, your favourite cut frozen vegetables or no salt added canned vegetables, shredded rotisserie chicken or canned no salt added beans for protein, and your favourite herbs for flavor. Store in individual containers and freeze to make your own convenience soups. Enjoy with a whole grain roll and glass of milk to make it a complete meal.

Take advantage of healthy convenience items offered by grocery stores, such as pre-washed and cut fruits and vegetables and rotisserie chickens (just remember to remove the skin). Rotisserie chicken, pre-washed bagged salad mix, a whole grain roll and a glass of milk makes a tasty and healthy supper.

A little creativity goes a long way for healthy eating. Think about starting a dinner club with friends or family where you meet for dinner on a regular basis and each member brings one component of the meal; this way you only have to prepare or buy one item. Members of your dinner club may be able to give you some more great ideas for quick, easy and healthy meals!



## SNOWFLAKES

BY DOREEN TAYLOR  
THE MIND JOGGERS GROUP

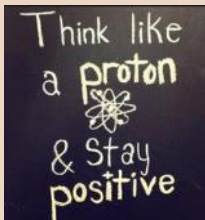
Snowflakes, drifting, white and pristine  
Floating like feathers they can be seen  
Slowly coating with nary a sound  
Like an eiderdown blanket they cover the ground  
With leaves now gone, tree branches bend low  
Shouldering their new burdens of snow  
The birds and the geese have flown  
Winter has made his presence known  
Touques and mittens come out again  
They'll be around while those snowflakes remain  
So we will keep smiling all the days long  
'Til the warm sun comes back and those snowflakes are gone!

### CARPET BOWLING:

Negative thoughts about aging are all in our minds, so release those thoughts from your consciounness. Focus on health and eternal youth.

Please join us each Wednesday and Friday at 9:30 a.m. to revive those thoughts and enjoy fun, friendship, and a morning of good competition. Newcomers will receive training and be able to participate in the games immediately upon arrival. We would also welcome the University of Lethbridge nursing students who again joined our program during this fall semester.

**Norene Irwin & Woody Neely, Conveners**



## EVERGREEN

Funeral Home  
and Cremation Services

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*

Ph. 403-329-4934

## EXECUTIVE DIRECTOR'S REPORT

Greetings Members;

I am writing this article on November 26, which is the US Thanksgiving Day. This date gives me cause to again reflect, as we did on October 12th, on the blessings and good fortunes that have come to my family and to Nord-Bridge over the previous year. As we enter December 2015, I am also mindful of those blessings that come from on high . . . including family, good friends at the Centre and in our community; the peaceful, bounteous, and safe country of Canada we proudly call home; and the gift of life itself. As we have watched regional and world events unfold over the prior month, it is clearly evident that we as Canadians have much for which be thankful.

At the top of my list was the birth of a beautiful new Granddaughter in early June. This little one is healthy, as is her sister and brother, and caring parents. I also have another daughter with similar blessings of a good husband, and three healthy and happy children. **On the topic of health**, our Nord-Bridge family is mindful of our members who have been experiencing health or personal difficulties over the past year. I call your attention to the list of members to whom we send special wishes and wellness bouquets. You will find this list on Page 11 of this *Newsletter*. It includes great examples of selfless service to Nord-Bridge, and courage in the face of adversity. I am particularly mindful of member Eleanor Jockims and her husband Clarence. I had a nice telephone visit with Eleanor this last week, and she asked me to send to all members of our Nord-Bridge family her best wishes. I would also add to our get well list IT (Info Tech) specialist Sahil Paul.

Our Christmas Hours are described on Page 13 of this *Newsletter*. We are planning to be **closed all day on December 24 (Christmas Eve), and December 25 (Christmas Day)**. While the City will recognize Monday December 28 as a "Statutory Holiday" (in lieu of Dec. 26) Nord-Bridge will re-open on this day. We are doing this because over the years many members have commented how they find extra long breaks over Christmas difficult, particularly if family do not reside nearby. Our members want to get back together with friends for socialization; they enjoy our Monday Jams; and always look forward to a change in meals following the Christmas Holiday.

Last month I mentioned in the *Newsletter* that Nord-Bridge has been working with the Alberta Association of Seniors Centres (AASC) to see the addition of a new Province-wide funding model for senior centres meeting provincially set standards. This lobby and study effort continues, and we remain optimistic. Also, there has been no update on how we might be impacted by increases to FCSS funding distributed by the City. This decision continues to reside with the City.

Finally, on the subject of our Building, you will notice we have changed some office locations within the Centre. The office of the **National Association of Federal Retirees (formerly FSNA) has moved** to the prior office of Alberta Seniors west of the Veres Family Games Room. This move will accommodate an appropriate location, next to our Reception Desk, for our recently employed Membership Support Coordinator. We welcome Lorri Penner as a new part-time staff member at Nord-Bridge.

**I extend to all members my wishes that you have a safe and Happy Holiday with family and friends.  
Merry Christmas!**

Respectfully, *Randy Smith*



## DOM CARES

Respite  
Exercise  
Encouragement

Home Checks  
Grocery  
Shopping

Supporting your healthy independent life

Serving Lethbridge and area  
**403 892 2653**

Dominique Adams  
Registered Nurse, Kinesiologist  
[www.domcares.ca](http://www.domcares.ca)

## LUNCH WITH CITY COUNCILLORS

Jeff  
Coffman  
Friday  
Jan. 15



Ryan  
Parker  
First  
Tuesday  
Each  
Month

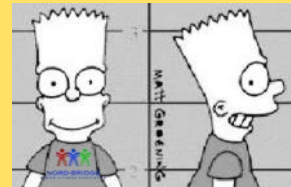


Blaine  
Hyggen  
Second  
Friday  
Each  
Month



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

## DON'T BE DELINQUENT 2016 MEMBERSHIP RENEWALS \$50.00



**Renewals are due before December 31.**  
**Pay Now and get your FREE 2016 calendar.**  
*New Memberships \$53.00*

## MEET OUR NEWEST STAFF MEMBER



Nord-Bridge is pleased to introduce our **Member Support Co-ordinator, Lorri Penner**. This is a newly created position. Lorri is a graduate of the University of Calgary and Lethbridge College, and also has an impressive professional resume.

Working part-time, Lorri's flexible schedule will ensure that she will be here for you Monday through Friday over a two week span. Stop by to meet her, or book an appointment. Her office is located in the former National Assn. of Federal Retirees/FSNA office. Lorri will assist our member intake process, and will be available to counsel members and direct them to various FCSS funded agencies throughout the City.

# ADVANTAGE HEARING CENTRE

406-6<sup>th</sup> 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

### BOARD PORTFOLIO REPORT

#### FUND RAISING JAN. - SEPT. 2015 BY JIM HAHN

This report covers fundraisers; it does not include gaming, such as bingo and casino events. The annual budget for 2015 is \$17,500 and we are at \$14,750; 84% of our budget with 25% of the year still to go means we will meet our goal. Following is a list of our fund raising events to date:

**RICHARD & DEBORAH POPOVICH SHOW** in February.

**ANNUAL MINER'S MEMORIAL BANQUET & RAFFLE:**

Held each year around May 1st. John Lorencz, President of South Country Jamboree has given us a donation of \$2,500 to be used for future events. The next is scheduled for May 2, 2016.

**WHOOOP-UP ANNUAL PANCAKE BREAKFAST:** We served 650 breakfasts. Costs were shared with five sponsors.

**PRESIDENT'S DINNER & AUCTION:** Was held in September with a very good return.

**SGT. WILSON'S ARMY SHOW:** With great disappointment we had to cancel this show when the group failed to secure insurance for their North American Tour.

For the final quarter of the year our revenue will include the **COUNTRY BLEND** event on November 17<sup>th</sup> - our third engagement with this popular group. We easily sold 200 tickets, a full house.

I extend special thanks to Pat Santa for her work in obtaining matching funds for most of our events from the **Scotia Bankers in the Community** program. Their input helps us immensely.

### Programmer's Report by *David Ng*

December is here and another Fall programming session is nearing an end. Many thanks to the U of L Nursing students for their time here at Nord-Bridge over the past few months. We wish them all the best in their remaining studies.



In this month's Newsletter you will notice our great staff here at Nord-Bridge. We normally don't look that good everyday, but thanks to the wonderful and talented photography of Nord-Bridge member Sid Lewis, we are ready to grace to cover of TIME magazine. Sid has been volunteering by snapping pictures of all of our members for our photo album (located outside of the Library). If you haven't updated your picture Sid will be in the Library taking pictures on Dec. 9th.

You may have noticed a new face on the cover. Please welcome Lorri Penner to Nord-Bridge. Lorri is our new Membership Support Coordinator. Her role will be to assist members with accessing community services, programs, information, and resources in the City of Lethbridge. Lorri is here part-time and her office is located by the Reception Desk (former FSNA office). Her schedule will be posted outside of her office. Stop by and give her a "Friendly" Nord-Bridge welcome.

Many programs will be taking a break this month, so please be sure to check with the conveners and the program calendar (center page) of this Newsletter. **The Winter 2016 Program book will be available on Friday, December 11th. Program registration will be on Thursday, January 7, 2016 at 8:30 am.**

Merry Christmas and Happy New Year!

*David*

### From the Desk of Val

HO! HO! HO! December is upon us and that means parties to go to, shopping, visits with Santa Claus, and best of all, eating turkey and all the trimmings. Our Christmas Luncheon sold out in record time, but I'm sure we will have some hot turkey specials in December.



My thanks to Dianne Smith for her volunteer commitment at the front desk. She has decided to take a break due to her busy schedule. She is involved in the A.S.C.R.A. as secretary, enjoys playing cards, and helps us set up the monthly Outreach events. Conversely, we welcome back Roberta Soenen. You'll see her Monday afternoon at the Reception Desk which she keeps spic & span for me (at least on Mondays).



Have you decorated yet? Lucky me, I had my own live, lawn deer to cheer-up my residence, if only for a little while. It looks to me like a whitetail buck. This lovely creature recently stopped by and was photographed by an alert neighbour. Apparently, this buck's family was grazing in the back yard.

I wish everyone a healthy festive season relaxing with family, friends, and especially your grand kids as Christmas is for the little ones. Don't forget to donate a small ornament for our tree which will be given to the Interfaith Food Bank. Please refer to "Community Christmas Tree" on Page 11.

*Valerie*

## 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 will be made at 12:15 p.m.
4. After the draw, members may sign-in for the next day's draw.



**RECENT WINNER(S)**  
**JEANNINE COLLING \$353 Nov. 3**  
**ADAM FRECH \$21.75 Nov. 4**

## MONTHLY 50/50 Toonie Draw

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

### TO PLAY:

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



### RECENT WINNER

**Joyce Furukawa \$164.00**  
**November 23, 2015**  
Next Draw December 18<sup>th</sup>

## 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

Nov. 2 B & A Brouwer \$42; N. Waselenak \$42  
Nov. 9 G. Skidmore \$36; G. Skidmore \$36  
Nov. 16 Faye Skidmore \$49; Angie Randa \$49  
Nov. 23 Carol Kimmett \$43; Jim Hahn \$43

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



### NORD-BRIDGE BUILDING FUND RECENT DONORS

**Eleanor & Clarence Jockims \$1,000**  
**Chris & Clark Figenshau \$200**  
**Anonymous \$50**

### NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2015  
Through November 20, 2015: **\$ 18,708.50**



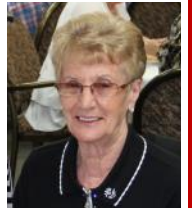
### BUILDING FUND UPDATE:

	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	81%

**Total Contributions to our Building Fund 1998 through Nov. 2015 \$ 2,037,295**  
**Still needed by N-B Fundraising \$ 462,705**

### WINNERS BINGO VOLUNTEERS NEEDED

We need both regular and substitute volunteers to work at Winners Bingo most Tuesdays & Wednesdays, 11 to 4 p.m. These jobs can include lots of walking, so good gym shoes are recommended. Get your exercise indoors while you help your Centre. Coffee and lunch are provided. If you can help, please call **Bonnie Hammond 403-842-2817** or leave a message with Tracy at 403-329-3222.



**Bonnie Hammond**  
Winners Bingo  
Volunteer Co-ord.

### NORD-BRIDGE SENIORS CENTRE

## Dunford Diner

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

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

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

**EVERYONE WELCOME!**




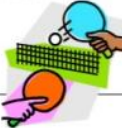







### Friday Lunch Specials \$7.50

- Dec. 4 Ham Steak, Scalloped Potatoes & Veggies
- Dec. 11 Christmas Luncheon Ticket Required  
Hot Turkey Sandwich, Soup & Snacks in the Multi-Purpose Hall
- Dec. 18 Alfredo Pasta with Shrimp,  
Caesar Salad & Garlic Toast



**All You Can Eat Breakfast Buffet First**  
**Wednesday of each month 8:30 to 10:30 \$ 7.00**



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>OUR WINTER 2016 PROGRAMMING BOOKLET WILL BE READY ON DECEMBER 11<sup>TH</sup></b></p> 	<p><b>1</b></p> <p>10:00 Music Makers 11:00 Keep Fit 1:00 Texas Hold'em 1:00 Norwegian Whist 1:30 <b>SCRABBLE</b> 3:00 Arthritis Exercise 7:00 Social Line Dance</p> 	<p><b>2</b> <b>BREAKFAST BUFFET</b></p> <p>8:45 Yoga 9:30 Carpet Bowling 10:15 Paper Tole 10:00 Roll &amp; Stroll <b>10:45 WINNERS BINGO</b> 11:00 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball <b>3:00 Advantage Hearing By Appointment</b></p> 	<p><b>3</b></p> <p>9:00 Card Crafters 9:00 Floor Curling 9:30 Mind Joggers 11:00 Keep Fit 1:00 Duplicate Bridge 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 1:00 Acrylic Painting 7:00 Table Tennis</p> 	<p><b>4</b></p> <p><b>9:00 Bake Sale</b> 9:00 Pilates 9:30 Carpet Bowling 10:15 Chair Yoga <b>1:00 In-House Bingo</b> 1:00 Contract Bridge 1:15 Crib</p>  
<p><b>7</b></p> <p>9:00 Yoga 9:30 Jammers 9:30 Drawing in Color 10:00 Floor Curling 10:15 Chair Yoga 1:00 Bridge 1:00 Military Whist 1:00 Darts</p> 	<p><b>8</b></p> <p>10:00 Music Makers <b>10:45 WINNERS BINGO</b> 1:00 Texas Hold'em 1:00 Norwegian Whist 1:30 <b>SCRABBLE</b> 3:00 Arthritis Exercise 7:00 Social Line Dance</p> 	<p><b>9</b></p> <p>9:30 Carpet Bowling 10:15 Paper Tole 10:00 Roll &amp; Stroll <b>10:45 WINNERS BINGO</b> 11:00 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball</p> 	<p><b>10</b></p> <p>9:00 Card Crafters 9:00 Floor Curling 1:00 Duplicate Bridge 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 1:00 Acrylic Painting 7:00 Table Tennis</p> 	<p><b>11</b></p> <p><b>9:00 LEGAL CONSULTS (By appointment)</b> 9:30 Carpet Bowling <b>11:30 Christmas Luncheon</b> <b>1:00 In-House Bingo</b> 1:00 Contract Bridge 1:15 Crib</p> 





<p><b>14</b> 9:30 Jammers 10:00 Floor Curling 1:00 Bridge 1:00 Military Whist <b>1:30 OUTREACH</b> <i>Bells, Bows &amp; Santa</i></p> 	<p><b>15</b> <b>10:45 WINNERS BINGO</b> 1:00 Texas Hold'em 1:00 Norwegian Whist 1:30 <b>SCRABBLE</b> 3:00 Arthritis Exercise 7:00 Social Line Dance</p> 	<p><b>16</b> 9:30 Carpet Bowling 10:15 Paper Tole <b>10:45 WINNERS BINGO</b> 11:00 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball</p> 	<p><b>17</b> 9:00 Floor Curling 1:00 Duplicate Bridge 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 7:00 Table Tennis</p> 	<p><b>18</b> 9:30 Carpet Bowling <b>1:00 In-House Bingo</b> 1:00 Contract Bridge 1:15 Crib</p> 
<p><b>21/28</b> 9:30 Jammers 10:00 Floor Curling 1:00 Bridge 1:00 Military Whist 1:00 Darts</p> 	<p><b>22/29</b> 10:00 Music Makers <b>10:45 WINNERS BINGO</b> 1:00 Texas Hold'em 1:00 Norwegian Whist 1:30 <b>SCRABBLE</b></p> 	<p><b>23/30</b> 9:30 Carpet Bowling <b>10:45 WINNERS BINGO</b> 1:00 Darts/Euchre</p> 	<p><b>December 24</b> <b>Centre Closed All Day</b></p>  <p><b>December 31</b> <b>Centre Closed At Noon</b> <i>Happy New Year!</i></p> 	<p><b>December 25</b> <i>Merry Christmas!</i> <b>Centre Closed All Day</b></p>  <p><b>January 1</b> <b>2016</b> <b>Centre Closed All Day</b></p>

**Go Friendly Shuttle door-to-door service:** Call 403-329-3222 the day prior, or sooner, to book a ride. Cost is \$3.00 each way, or use your *Lethbridge Transit "Breeze Card"*.

- LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL FIND A PHONE FRIEND FOR YOU. (CALL VAL AT 403-329-3222 TO ARRANGE)
- L.E.A.R.N. REP. TANYA PURDY-FISCHER - TUESDAY, DECEMBER 1, 10 A.M.
- ADVANTAGE HEARING - WEDNESDAY, DECEMBER 2 (by appointment).
- COFFEE, TEA & YOU: 2<sup>nd</sup> & 4<sup>th</sup> THURSDAY 10 A.M. IN DUNFORD DINER
- ANNUAL BAKE SALE, FRIDAY, DECEMBER 4 AT 9 A.M. SHARP!

- FREE LEGAL CONSULTATIONS - FRI., DEC. 11 (by appointment) by HUCKVALE LLP
- OUTREACH - MONDAY, DECEMBER 14
- LOCAL CASINO TRIP, TUESDAY, DECEMBER 15
- MYSTERY TRIP #10 - THURSDAY, DECEMBER 16
- CHRISTMAS LOCAL LIGHT TOUR - THURSDAY, DECEMBER 17
- LOCAL YATES SHOW - ALL SPRUCED UP, WEDNESDAY, DECEMBER 30
- DR BOLOKOSKI - FOOT CARE, (by appointment). FUTURE DATES INCLUDE: FEB. 10; APR. 6; JUNE 1; JULY 27; SEPT. 21; & NOV. 6, 2016
- WINNERS BINGO - DECEMBER 2, 8, 9, 15, 16, 22, 23, 29,30

# WINNERS



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Sunday Afternoons  
**FREE \$200 GAME**

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**Wills...Estate Planning...**  
and other matters as you may require.  
Nord-Bridge offers this service through  
**RYAN CHAN, B.A., J.D.**



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



**ATTENTION ALL BAKERS**  
If you are donating baked goods for our Dec.  
4<sup>th</sup> Bake Sale: **Bring in your goodies on Thursday,  
Dec. 3.** If you need us to pick them up at your home,  
call us by Wed., Dec. 2<sup>nd</sup> to make arrangements.



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**OUTREACH BY CO-ORDINATOR** *Rodger Halvorsen*

November's Outreach theme was "Remembrance" in tribute to those who have served our nation both in conflict and peace-keeping involvement over the years. Tables were attired with poppies and crosses while our guests joined us on Monday, November 16<sup>th</sup>.

In attendance were guests and care givers from eight care facilities along with our Nord-Bridge members for an afternoon of Card Bingo, musical entertainment provided by "Anne Pauls & Friends" and of course, refreshments served by our volunteers. The winner of our Door Prize was Clara. In all, 126 people enjoyed a great afternoon. Our Friendly Centre Outreach Committee takes great pleasure in planning and organizing these events for our super senior friends. Special mention is extended to our guests from Vulcan who make the monthly trip to join us for our Outreach events.

We hope to see all of you again on December 14<sup>th</sup> for "Bells, Bows and Santa" with musical entertainment by **Doug Youngren and Friends** as we say goodbye to 2015 and look forward to 2016. Be sure to confirm your seats early!



**CONDOLENCES WERE SENT TO:**

The Gangur family, loss of George; the Raasch family, loss of Dora; and Marilyn Heaton, loss of brother-in-law.

**GET WELL & HEALTH WISHES ARE SENT TO:**

Nanette Payne who went back to Calgary's Foothills Hospital; Eileen Habdas at home but still under treatment; Richard Ferguson in St. Michael's Palliative Care; Eleanor Jockims at home; Floyd Scott recently hospitalized; Dave Vasek now home after having knee surgery; Gloria Johnson now better; Hazel Grisack, still hospitalized but doing well after throat surgery.



**SANDY TOES FOOT CARE**

(In the Nord-Bridge Seniors Centre)  
Now also offering comfort massage of the lower legs and feet for \$10.00. Please phone to book your session.

**403.892.5659**



**SCRABBLE**  
*Sheila Brust, Convener*

*Merry Christmas & Happy New Year from all the Nord-Bridge Scrabble Players.*

*May you be blessed all year long with good health, happiness and big smiles for everyone!*

**Peace of Mind for You and Your Family**

*Life Care*

**Emergency Safety Monitoring System for your loved ones living alone.**



*Monitor. Support. Respond.*



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**Candice Elliott-Boldt** BC-HIS, Registered Hearing Aid Practitioner  
**Jake Boldt** Hearing Technician

**2015 COMMUNITY CHRISTMAS TREE**

For the past six years our Reception Desk Team have given back to the community by donating a small decorated Christmas tree to the Interfaith Food Bank. They pass it on to a special family, to brighten up their otherwise dim holiday, just a little bit. Can you help us? Please bring a small item to hang on this tree. My friendly elves will do all the decorating and ensure that our gift will make a super impression and express cheer and hopefulness for the chosen recipients. The deadline for your ornament donation is Monday, Dec. 14<sup>th</sup>. **Thank you!** *Val, Heather & Reception Team*



## Maria Fitzpatrick, MLA Lethbridge-East



Contact Maria:  
Phone: 403-320-1011  
Email: lethbridge.east@assembly.ab.ca  
Address: 543-13th Street South  
Lethbridge, AB T1J 2W1

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## Boutique News

The Boutique in the Nord-Bridge Seniors Centre is stocked with unique home crafted Christmas gift ideas. We have something for all ages. From table settings to aprons, slippers, touques, toys, jewelry and even hand-made cards, and gift bags. For convenience and economy, come in a take a look.

We wish you all a Very Merry Christmas  
and a Happy, Healthy New Year

*Heather & Jo-Ann*



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



## MEMBER PORTRAIT SESSIONS

MARK YOUR CALENDAR FOR  
Wednesday, December 9<sup>th</sup> Two sessions:

10:30 to 11:30 a.m.

-or-

1:00 to 2:00 p.m.



Our In-house Member Photographer, SID LEWIS will be here to take your picture for our Photo Gallery.

So choose a time, comb your hair and put on a nice big smile for the camera.

## DARTS REPORT Ken Bobinec, Convener

The 2015 In-House Dart Tournament results for men's and women's singles are now history. Here are the results:

<b>GOLD</b>	<b>Janet Bobinec</b>	<b>John Johnson</b>
<b>SILVER</b>	<b>Dianne Reed</b>	<b>Rob Grisak</b>
<b>BRONZE</b>	<b>Alice Strickland</b>	<b>Ken Bobinec</b>

The Doubles segment will be played in the next two weeks. Congratulations! And Good Luck, respectively!



*Best Wishes  
for a Very Happy  
Holiday Season!*

Maureen Sexsmith-West  
Ladybug Arborists

## Continuing to Care Through the Generations

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*Healthy Holidays.*



The holidays can be a joyous yet stressful time of year.

Talk to your Medicine Shoppe Pharmacist for tips on:

- reducing stress • staying healthy
- eating well this holiday season

Did you know that **changing your pharmacy is easy?**

Call or visit us today to learn how.

**Chad Baker**, B.Sc.Pharm  
Pharmacist/Owner

Nord-Bridge Senior's Centre  
#2, 1904 - 13 Avenue North  
Lethbridge, Alberta

**403-381-0700**



*Holiday Schedule*

**CLOSED**  
Thursday, Dec. 24  
and Friday, Dec. 25

**OPEN All Day Monday to**  
Wednesday, Dec. 28, 29 & 30

**OPEN until NOON ONLY**  
on Thursday, Dec. 31

**CLOSED Friday,**  
January 1, 2016

**MIND JOGGERS MID TERM REPORT**

Our last meeting of the fall session will be the 3<sup>rd</sup> of December, 2015. After a Christmas Season break we'll resume meetings on the 14<sup>th</sup> of January, 2016.



The Mind Joggers group meets on Thursdays, 9:30 a.m. in the Berlando Board Room. We're here to offer encouragement and support as you get started in writing. Drop by for a visit to listen, or to share a story.

*Have a Merry Christmas and a Happy New Year!*

*Judy, Jack, Ted & Melvin, Conveners*



**HEALTHCARE SOLUTIONS FOR BETTER LIVING**

The last Thursday of every month is Senior's Day!  
Seniors receive a 20% discount with a Shoppers Optimum Card.

- Wheelchairs & Scooters
- Blood Pressure & Home Diagnostic Products
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Seniors Information  
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www.health.ab.ca

Are you buried under a pile of paperwork?  
Confused about Government forms?  
If so, contact "Seniors Helping Seniors"  
here at Nord-Bridge. We have friendly,  
trained volunteers to help you:



**Monday & Wednesday 9:30 a.m. to 3 p.m.**  
**Thursday 9:30 a.m. to 12 noon.**  
Call 403-329-3222 to make an appointment.

## Nord-Bridge Seniors Annual Outreach

# BAKE SALE



Friday, December 4<sup>th</sup>

**Sale opens at 9 a.m. Sharp!**

**Multi-Purpose Hall. Everyone Welcome!**

Proceeds benefit the Outreach program

## NORD-BRIDGE SENIORS CENTRE

# IN-HOUSE BINGO

## FRIDAY AFTERNOON



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

Transportation is available for members; \$3.00 each way. Phone Front Desk at least one day ahead at 329-3222 to confirm.

## 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.



**EUCHRE REPORT** Wow! Another year gone by. We had a great year of Euchre. Our numbers are up to 32 members enjoying the game. Lessons are at 12:30 on Wednesdays, in the Dunford Diner Annex, followed by regular play from 1 to 3 p.m. followed with coffee and conversation. I wish you all a **Very Merry Christmas** and a **Happy New Year!**



*Rodney Foster*



# Volunteers Needed

**403-320-1879**

**Ask for Catherine**

**Fridays**  
1:00 to 3:30 p.m.  
To help distribute  
food to clients



**Twice a week**  
(mornings) to break  
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consultation and free estimate.

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## Go Friendly Shuttle



Call us at 403-329-3222 to book your rides for your preferred days and times. We provide convenient service direct from your door to our door. The cost to use the **Go Friendly Service is \$3.00 each way.** Pay cash or use your L.A. Transit *BREEZE CARD.*



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

**Tuesday, December 1<sup>st</sup>**

**BROXBURN - GREEN HAVEN GARDEN CENTRE CHRISTMAS LUNCH**

We'll have Soup & Lunch (pre-ordered)

**COST: \$20 (Includes Bus & Lunch)**

**SOLD OUT**

**Wednesday, December 30<sup>th</sup> YATES THEATER**

**ALL SPRUCED UP.** A dash of infectious comedy, a pinch of chart topping songs, and a healthy dose of high-energy antics will make this show the perfect recipe for holiday cheer.

**Cost \$30 Includes Bus & Admission Must Sign-up by December 15<sup>th</sup>.**



**Tuesday, December 15<sup>th</sup>**

Pick-ups start at 9:30 a.m. to arrive at the Casino by 11:15 a.m. You get a **FREE lunch while you GAMBLE.** Bus departs Casino for home at 3 p.m. **COST: \$8.00**

**CASINO LETHBRIDGE**  
PURE



**"Old Favourites" (5) at the Yates**

**An Important Nord-Bridge Fund-Raiser**

Music of the 50's, 60's, & 70's

Saturday Matinee, February 20, 2016

**COST: \$37 (Includes bus and show ticket)**

Bus will pick up at homes starting 11:30 a.m.

**Special Rate - Payment Deadline Dec. 31/15**



**Wednesday, December 16<sup>th</sup> MYSTERY TRIP #10**

Our final Mystery trip of 2015 will be delightful with a special treat for you! A perfect way to complete our new mystery series. **BOOK NOW!** Price includes: Bus & Special Treat **COST \$15**

**SOLD OUT**



## TRAVEL NEWS:

**Mystery Trip #8:** On November 8, a happy gang of 13 plus driver John Hanam, went to the Lethbridge Military Museum, located at the Vimy Ridge Armoury beside the Lethbridge airport. Legion spokesman Glen Miller gave us an informative talk on our city's rich military history. Glenn, who thought he knew everything was pleasantly surprised to learn more from the seniors.

**Mystery Trip #9** was another sold out event. Driver, Lucy Graham took us to **Stirling Galt Railway Park** for a pre-Christmas Victorian event. Originally spanning the Sweet Grass-Coutts international border (1890-1917) this depot was one of two Lunch Stations along the Canada Railway line from Great Falls, Montana to Lethbridge. It is now the main attraction at the Park.



**Thursday, December 17<sup>th</sup> LOCAL LIGHT TOUR**

Our *Go Friendly* bus driver Dave, will take us to see the festive city lights. We'll depart from the Centre at 5:15 picking up passengers enroute, and return back 8:30 pm. **COST: \$15**



**Happy New Year!** Your Travel Committee is committed to offering you more great trips in 2016. Keeping in mind that we need 38 passengers for the large bus and 12 for our smaller bus, please bring your junket suggestions to Val or Heather. We already have a Movie Mill trip planned for January 14<sup>th</sup>. The cost is only \$10 Including Bus & Lunch. Your movie ticket will be only 50% of the regular price. We will kick off a new year of MYSTERY TRIPS in February. Watch for dates and SIGN UP FAST!

Thank you, Val

## Triple D Tours..

...would like to thank everyone who has travelled with us this past year. We would like to take this opportunity to wish everyone a **very Merry Christmas, and a Happy New Year.** Please watch for our Up and Coming trips for 2016.

**Donna, Bob and Ian Dobra**



**ROLL & STROLL / WALK 'N TALK PROGRAM** continues year 'round. New walkers are always welcome to join this senior friendly program each Wednesday, from 10 a.m. until noon. If you need to get a little exercise, and don't like to walk alone, this program is for you! We go to weather appropriate destinations. **COST: \$3**



CITY OF  
*Lethbridge*

# 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](http://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](http://www.lethbridge.ca/SnowRoutes).

## Nord-Bridge Centre & 1st Choice Savings Presents...



### “Old Favourites” (5)

Tickets go on sale December 1, 2015

Nord-Bridge Senior Citizens Association and 1st Choice Savings & Credit Union will present a fifth edition of “Old Favourites” - a music and comedy revue featuring our favourite music selections from the 50's, 60's and 70's. This is a family show and is appropriate for ALL ages.

There will be **ONLY three performances at the Yates Theatre**. The evening performances are scheduled at 7:30 p.m. on Friday, February 19, and on Saturday, February 20, 2016. A matinee performance is scheduled for 1:30 p.m. on Saturday, February 20, 2016.

Just in time for Christmas giving, tickets will be available at the Ticket Centre or call 403-329-SEAT (7328). **Early bird tickets purchased before December 31 are \$28.** Regular priced tickets purchased in 2016 are \$33. All ticket prices include Ticket Centre fee of \$3.00. A discount of 10% will apply on purchases of 10 or more **REGULAR PRICED** tickets. Proceeds from this major fundraiser go toward Nord-Bridge Centre.

## Free Tickets

If you are interested in entering a draw for a chance to win a pair of tickets on a certain date, please enter your name and phone number on the draw sheets. Draw sheets are located in the main corridor. Draws will be made a few days advance of the games. Win great seats and cheer on the Hurricanes all season!



Lethbridge Hurricane Season Tickets donated by

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