

NEWSLETTER



April 2017



President,
Pat Santa



Vice President,
Robert Tarleck

**Introducing
Our
2017 - 2018
Executive & Board**



Treasurer,
Harry Fischer



Secretary,
Marilynn Heaton



Past President,
Jim Hahn



Director,
George Berg



Director,
Donalda Stock



Director,
Jack Fox



Director,
Marilyn Gillies



Director,
Robert Grisak



Director,
Marko Bosnak



Director,
Clay Olsen



Director,
Ben Bell



Director,
Kaz Tomomitsu

“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

**2017-2018
NORD-BRIDGE SENIORS
EXECUTIVE**

President Pat Santa
Vice-President Robert Tarleck
Interim Treasurer Harry Fischer
Secretary Marilynn Heaton
Past-President Jim Hahn

BOARD OF DIRECTORS

FIRST YEAR

Ben Bell
Donalda Stock
Marko Bosnak

SECOND YEAR

Robert Grisak
Clay Olsen
Kaz Tomomitsu

THIRD YEAR

George Berg
Jack Fox
Marilyn Gillies

ADMINISTRATIVE STAFF

Executive Director Randy Smith
Sr. Administrative Ass't Kathleen Filkowski
Financial Administrator Tracy Beauchemin
Director of Programming David Ng
Member Support Coordinator Lorri Penner
Reception Supervisor Valerie Arkininstall
Reception Assistant Heather Belle
Rentals Kathleen Filkowski
Red Seal Cook Samantha Ajtay
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 J. 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

Memberships
Newsletter
Newsletter Ad Sales
Nominations Committee

Political Advocacy Committee

Seniors Helping Seniors Harry Fischer, Vicki Klassen

CARDS & BOARD GAMES

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

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

Marilynn Heaton* (Chair), Robert Tarleck,
Robert Grisak
Heather Newsham
Chair-Harry Fischer, Pat Santa,
Jim Hahn, Randy Smith, Frank
Deane, Mike Bennett, Robert Tarleck,
Clay Olsen, Tracy Beauchemin
Kathy Filkowski
Kathy Filkowski (Production & Billing)
Jim Hahn
Jim Hahn* (Chair), Dan Deringer, and
Donna Takeda
Robert Tarleck* (Chair)

Ben Bell*, Board Rep

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

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
Patti & Jerry Schwartz
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
Age Friendly Lethbridge
N-B Income Tax Program
New Horizons for Seniors Program
Economic Development Lethbridge

Pat Santa*, Board Rep
Jim Hahn, Board Rep

Jack Fox*, Board Rep

Mike Bennett
Frances Wallace
Helen Gepneris, Jim Hahn
Judith Beasley
Vacant

Marko Bosnak*, Board Rep

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

Donalda Stock*, Board Rep

Valerie Arkininstall
Lydia Prokop/Chris Figenshau
Valerie Arkininstall
Rodger Halvorsen

Kaz Tomomitsu*, 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
Bill Lelievre
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

Clay Olsen*, Board Rep

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

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



Alberta Association of Seniors Centres

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

Spring is finally here! Only three more months until summer and there are still lots of activities underway here at Nord-Bridge Seniors Centre.

Our Annual **Miners Memorial Banquet** is scheduled for **May 1st**. **Get your tickets for this evening dinner with musical entertainment and an awesome presentation. You'll find more information on the back cover of this Newsletter. Also:** We are selling **Raffle Tickets to be drawn at the May 1st Banquet**. The prizes are: A Quilt donated by **Sandy & Angie Fischer**; a Lift-Chair donated by **Shopper's Home HealthCare**; a Car Detailing package donated by **Titan Auto Spa**; and a framed Paper-Tole (3-D) picture of the Alberta Wild Rose donated by our **Nord-Bridge Paper Tole Group**. I want to thank these people for their donations.



On **Friday, April 7th** we will host our **Spring Luncheon** at 11:30 a.m. Tickets are available at the Reception Desk. Get your tickets soon before they are sold out.

Our **Mother's Day Luncheon** is scheduled for **May 12th**. These tickets will also sell out so be sure to buy your tickets early.

We are honoring our **New Life Members** with a special luncheon and certificate presentation on May 16th at 11:30 a.m. The new life members will be served by Board Members as a token of our respect.

On **May 23rd** we will once again be entertained by **Richard & Deborah Popovich** as they bring us their "**Roaring 20's Show**". There is lots of interest in this matinee performance at 1:30 p.m. in our Multi-Purpose Hall. Tickets are only \$10. This is a return presentation for this popular duo. They were very entertaining last time.

Our **ST. PATRICK'S DAY CELEBRATION** was a ton of fun, and very well supported. There was Irish food, live Irish music - compliments of John King, and, yes - ice cold, green beer! Everyone wore green and got into the spirit of the day. Our volunteers and staff put a great deal of work into organizing and planning for our special events. I am appreciative that our members are so supportive. We want to bring you more great events so please let us know your thoughts and bring me your ideas. As long as members continue to attend these events, we will plan others.



Did you notice that we welcomed 46 new members in March? I was gratified to see our popularity growing and I am similarly impressed with more new members this month. Please do your best to get acquainted with these new friends. If you would like to talk to me, I'll be at Nord-Bridge on Friday mornings.

Pat Santa, President

Nord-Bridge Meetings Reminder

Each Month

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

Annually

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

Go Seniors Society

Regular Board Meetings

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

Annual General Meeting	First Tuesday of April	9:00 a.m.
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WELCOME, New Members!

We're **very GLAD**
you're here.

- Paul Jorgensen ☺ Joan E. King
 Sandi Miller ☺ Tracy Beauchemin
 Eileen Fairfield ☺ Lorri Penner
 David Ng ☺ Sally Reyna
 Sherry Herrington ☺ Roger Herrington
 Dale Flitton ☺ Ralph Carleton
 Sheila Carleton ☺ Patrick Liptak
 Debra Wells ☺ Betty Beaudry
 Louise Arsenault ☺ Betty Johnson
 Dominic Paladino ☺ Vern Miller
 Richard Hebert ☺ Ed Zalesak
 Peggy Zalesak ☺ Sherry Hall
 Colleen Naqshbandi ☺ Samantha Ajtay



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

Shaw) Go



Available here.

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

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

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

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



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)



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FAX: 403-320-1181

Lethbridge HEARING CENTRE

Lethbridge Hearing Centre will be at Nord-Bridge Seniors 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. **This service is for Nord-Bridge Seniors Centre members only.**

Next FREE Test and Consultation **April 20th**

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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LORRI'S CORNER

Wellness is viewed as a healthy balance of mind, body and spirit resulting in the overall feeling of wellbeing. Empowerment occurs through gaining knowledge and insight.



I am so pleased to announce that Nord-Bridge will be hosting our first ever **55+ Women's Conference "EMPOWERING WELLNESS IN WOMEN"** on **Saturday June 10, 2017**. My dedicated committee has found inspirational and empowering individuals from our community to share their knowledge and wisdom with you. Each presenter will provide you with an opportunity to improve the health of your body, mind and spirit.

We are excited to have **Renae Peterson**, founder of **"BEAUTY FROM THE INSIDE OUT"** as our keynote speaker. Since 2007 she has been working with young women, guiding them to step into their individual destinies through awareness of self. As our keynote, she is going to talk about the 18 inch journey from our head to heart and how we can honour our hearts to stay connected with our true selves. We are so fortunate that she has agreed to be part of this event!

Other incredible presenters will provide information about osteoporosis and bone health; financial wellness; reiki; and our day will conclude with a very important session on personal safety. We will also share activities sessions that will enhance your wellness journey.

As a committee, we are excited to also offer display and resource booths to bring additional information relevant to women aged 55 to 100!

Due to generous sponsorship, the day will include a light breakfast, refreshment breaks and also a delicious lunch. The cost for the entire day is only \$20 (before May 17); after this date the price goes up to \$25. Register now at our Reception Desk! We are anticipating this will be a sold out event.

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

APRIL 2017				
M	T	W	Th	F
	4	5		7
10	11		13	
	18	19	20	
24	25	26		

Lorri Penner, BSW, RSW
Member Support Coordinator



Richard & Deborah Popovich

“ROARING 20’s Show”



You'll enjoy lots of "Vaudeville style" humor along with famous songs like **Margie, Five Foot Two, Sweet Georgia Brown, The White Cliffs of Dover, Danny Boy, and many more!**



DATE: MAY 23, 2017

TIME: 1:30 P.M.

TICKETS: \$10.00

Buy tickets at Nord-Bridge Centre.



THANKS TO OUR COMMUNITY SPONSORS!



From the Desk of Val

April showers bring May flowers, and bring me one month closer to my birthday! The past month was all hustle and bustle at the Reception Desk as the 2016 Income Tax Program swung into high gear. Also, we conducted many tours and signed up lots of new, friendly, members.



Our Outreach Committee is already in the planning stage for our **June 16th Father's Day Pie Auction**, which benefits our Outreach Program. The Committee is working on a **NEW REVISED FUN PIE AUCTION THEME**. Check out the May and June Newsletters for final arrangements. This annual event is a critical fundraiser for Outreach, so please plan to attend and participate.

Along with spring and summer comes our busiest travel time. Accordingly, **drivers are needed**. If you are friendly, aged 55 to 70, hold a Class 5 license, have a good driving record, and enjoy people, this volunteer opportunity is for you! Interested? Bring us your driver's license, your driver's abstract, and a smile, and I'll put you to work.

Winner's Bingo volunteers are needed on Tuesdays and Wednesdays. Qualifications: You **love BINGO**, possess good money skills, and enjoy walking. This job offers great exercise potential. Interested? Please sign up at the Reception Desk and I will notify Winner's Bingo Volunteer Co-ordinator, Judith Beasley. The Winner's Bingo Program is a major funding resource for Nord-Bridge Seniors Centre. Have a great Easter.

Valerie

Programmer's Report by David Ng

Spring-like weather is now upon us (fingers crossed), which means our outdoor programs will soon be in full swing. Golf and Bocce Ball will start up in the upcoming months. For more information on these outdoor programs come see me at the Reception Desk.



"COFFEE, TEA AND YOU" will resume on April 11th from 10 to 11 a.m. in the Dunford Diner (on the second and fourth Tuesday of each month). This is a social drop-in group, open to anyone looking to meet other people.



We had an impressive turnout at our St. Patrick's Day Celebration last month. Over 120 members and invited guests attended the event and enjoyed three hours of Irish music performed by John King. The success of the event combined with the positive comments and feedback received, ensures that we'll make this an annual event at Nord-Bridge. Thanks to everyone who helped.

SCAM ALERT: Unfortunately, last month one of our members fell victim to a scam and asked that I share some information so others would not be scammed. The member was looking to update the antivirus software on their computer and found a toll free number on a website. The member initiated a phone call and spoke with a support service representative who sold them a product that was not required. The member gave the scammers remote access onto their computer where they gained full access to the member's computer files, programs and possibly loaded malicious software that could steal personal and financial information. The member paid the scammers an amount with their credit card and when they looked at their statement they noticed the amount was much more than expected, and taken out in US funds. The member immediately contacted their credit card company and they were able to reverse the charge. I want to make sure everyone knows they should never give anyone remote access onto their computer to install any software. Giving someone remote access onto your computer is like giving someone a key to your home. Scammers are becoming more clever in disguising their identities. The E-mail addresses look like they are coming from trusted sources; telephone numbers on call displays appear to be legitimate numbers. However, don't be fooled and don't be forced into something over the phone or at your doorstep. **There is nothing that requires you to take immediate action.** The next time a scammer contacts you; or a pop up shows up on your computer, do not take any action that allows them further access onto your computer. Do not provide them any personal or financial information. Terminate the contact as soon as possible. Feel free to come and chat with me if you have experienced any fraudulent communications with scammers.

David

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Ladybug Arborists

Maureen Sexsmith-West, ISA Certified Arborist, PR4600A

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

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

IN ORDER TO PARTICIPATE YOU MUST:

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



RECENT WINNERS

Nina Waselenak \$174.50 March 10th
Ron Burgess \$23.50 March 14th
Pat Santa \$23.25 March 16th

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

Martin Bock \$178 March 24th
 Next Draw April 21

MONDAY JAM 50/50 DRAW

Proceeds of Monday Jam draws are earmarked to assist with sound system and AV costs in the building.



RECENT WINNERS

Mar. 6 John King \$48; Mike Bennett \$48
Mar. 13 Anne Pauls \$45; Gordon Kryway \$45
Mar. 20 Alvin Witt \$50; Dave Stock \$50
Mar. 27 Nick Broadbent \$44; Marie Woodgate \$44

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



NORD-BRIDGE BUILDING FUND RECENT DONORS

ANONYMOUS \$60

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2017
 Through March 24, 2017 : **\$5,392.00**



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	83%

**Total Contributions to our
 Building Fund 1998 through 2017**
 Still needed by N-B Fundraising

\$ 2,086,356
\$ 413,644

WE THANK Judith Beasley 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. **In 2016 their hard work brought Nord-Bridge \$127,605.00.**



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,

PUBLIC WELCOME! NO SURCHARGE!
DEBIT & CASH ACCEPTED

Friday Lunch Specials

- Apr. 7 Spring Luncheon Event. Ticket Required. Soup, Sandwiches & Snacks in the Multi-Purpose Hall.
- Apr. 21 Italian Buffet \$9.00.
- Apr. 28 Mushroom Chicken, Roasted Potatoes & Salad \$7.50

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

Friday Dunford Diner Lunchtime Entertainment

April 7 Yvonne Nelson

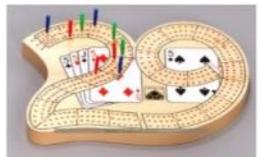
April 21 Don & Vicky

April 28 Gordon Kryway





Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>9:00 Yoga 9:00 Beginners Tai Chi 9:30 Jammers 9:30 Colored Pencils 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 9:30/10/11 Clogging 10:00 Music Makers 11:00 Keep Fit Aerobics 1:00 Texas Hold'em 1:00 Canasta 1:30 SCRABBLE 7:00 Social Dance</p> 	<p>5</p>  <p>8:30 BREAKFAST BUFFET 8:45 Yoga 9:30 Carpet Bowling 10:15 Paper Tole 10:45 WINNERS BINGO 11:00 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Advantage Hearing By Appointment</p>	<p>6</p> <p>9:00 Floor Curling 9:30 Card Crafters 9:30 Mind Joggers 10:00 Somatics 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 10:15 Chair Yoga 11:30 Spring Luncheon 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p> 
<p>10</p> <p>9:00 Yoga 9:30 Jammers 10:00 Floor Curling 10:15 Chair Yoga 1:00 Contract Bridge 1:00 Military Whist 1:30 <i>Outreach</i> <i>"Easter Bonnets & Bunnies" with Piano Selections by Elaine Unger-Pengilly</i></p> 	<p>11</p> <p>9:00 Shuffleboard 9:30/10/11 Clogging 10:00 Music Makers 10:00 Coffee, Tea & You 10:45 WINNERS BINGO 11:00 Keep Fit Aerobics 1:00 Texas Hold'em 1:00 Canasta 1:30 SCRABBLE 7:00 Social Dance</p> 	<p>12</p> <p>8:45 Yoga 9:30 Carpet Bowling 9:45 Out & About + coffee TOO 10:00 Coffee With a Constable 10:15 Paper Tole 10:45 WINNERS BINGO 11:00 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft</p> 	<p>13</p> <p>9:00 Floor Curling 9:30 Card Crafters 9:30 Mind Joggers 10:00 Somatics 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>CENTRE CLOSED</p>

<p>17</p> <p>CENTRE CLOSED</p>  <p><i>Happy Easter!</i></p>	<p>18</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 Canasta 1:30 SCRABBLE 7:00 Social Dance</p>	<p>19</p> <p>8:45 Yoga 9:30 Carpet Bowling 10:15 Paper Tole 10:45 WINNERS BINGO 11:00 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft</p> 	<p>20</p> <p>9:00 Floor Curling 9:30 Card Crafters 9:30 Mind Joggers 10:00 Somatics 10:00 Leth. 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 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>24</p> <p>9:00 Yoga 9:30 Jammers 10:00 Floor Curling 10:15 Chair Yoga 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts</p> 	<p>25</p> <p>9:00 Shuffleboard 9:30/10/11 Clogging 10:00 Music Makers 10:00 Coffee, Tea & You 10:45 WINNERS BINGO 11:00 Keep Fit Aerobics 1:00 Texas Hold'em 1:00 Canasta 1:30 SCRABBLE 7:00 Social Dance</p>	<p>26</p> <p>8:45 Yoga 9:30 Carpet Bowling 9:45 Out & About + coffee TOO 10:15 Paper Tole 10:45 WINNERS BINGO 11:00 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft</p> 	<p>27</p> <p>9:00 Floor Curling 9:30 Card Crafters 9:30 Mind Joggers 10:00 Somatics 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>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 ALZHEIMER SOCIETY'S REP. MIKAELA, THIRD WEDNESDAY OF EACH MONTH AT 10 A.M. IN THE DUNFORD DINER ADVANTAGE HEARING - WEDNESDAY, APRIL 5 (by appointment) <ul style="list-style-type: none"> MYSTERY TRIP #2 - THURSDAY, APRIL 6 SPRING LUNCHEON - FRIDAY, APRIL 7 LETHBRIDGE HEARING CENTRE TESTS - THURS., APRIL 20 (by appointment) SOUTH CENTRE SHOPPING MALL, CALGARY - THURSDAY, APRIL 20 FREE LEGAL CONSULTATIONS - FRI. APRIL 21 (by appointment) with HUCKVALE LLP WINNERS BINGO APRIL 5, 11, 12, 18, 19, 25, 26 DR. BOLOKOSKI FUTURE DATES INCLUDE: MAY 3, JUNE 28, AUGUST 23, OCTOBER 18, AND DECEMBER 13, 2017 				

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established 1906

Upcoming **FREE** consultation dates:
Friday(s) April 21 & May 12
between the hours of 9:00 a.m. & 11:30 a.m.
Contact the Reception Desk to schedule
an appointment. Phone: (403)329-3222

This free service is for Nord-Bridge members only.

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Located next to Nord-Bridge Seniors Centre
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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:

CALL 403-329-3222 OR
Seniorshelping@nordbridgeseniors.com



COMMUNITY VOLUNTEER INCOME TAX PROGRAM:

To make an appointment, visit the Nord-Bridge Reception Desk or call 403-329-3222. Call for an appointment as soon as you have received all of your pertinent reporting information. This is a **FREE** service; **HOWEVER**, donations to Nord-Bridge are needed and would be appreciated. **PLEASE NOTE:** Volunteers will not be able to prepare returns for incomes over \$35,000 for a single person; over \$45,000 for a couple; returns for deceased or bankrupt persons; individuals with investment income over \$1,000; or any complex tax situation.

CONDOLENCES WERE SENT TO:

Isabel Duell on the loss of her brother-in-law; and Georgie Bennett and Iva Thiessen, on the loss of Georgie's husband Irvin Bennett who was also Iva's twin brother.



GET WELL & HEALTH WISHES

WERE SENT TO: Gordon Kometz now home and doing well; Ralph Thompson also at home and doing well; Jim Samuel (receiving therapy); Maxine Sheen in Regional Hospital but looking forward to going home soon; Hazel Harvey at home awaiting heart surgery in April; and George Nemeth also scheduled for surgery in April.

Remember to let us know of any members who are ailing.

Thank you, Outreach Committee

OUTREACH REPORT *Rodger Halvorsen, Convener*

On the 1st day of spring, another capacity crowd gathered in our Multi-Purpose Hall for our March, St. Patrick's Day event. Attendees included 82 registered group visitors, 15 volunteers, and 27 walk-in guests. We were all thrilled with the superb **entertainment provided by Floyd Sillito, with Jill and Dwayne**. We organized a **"LUCKY POT OF GOLD"** and three lucky winners took home \$10 each. Congratulations to our winners representing Seasons Retirement, Vulcan, and Quest. Snacks included raisin bread, cheese, and a chocolate "gold" coin served on a green plate.

Thanks to our sweet **leprechaun, Faye Cain**, for sharing her pot of gold with everyone. The set up crew of Joe Smith, Rodger Halvorsen, and Jordan Svennes did an amazing job. Thanks to **all** of our Outreach volunteers for your support; you are the key to this enormously successful program.

Get ready for this month's **"EASTER BONNETS & BUNNIES" event on Monday, April 10th**.

Don your Easter bonnet and come out to hear piano music, compliments of Elaine Unger-Pengilly and participate in all the other surprises we have in store for you. Reserve early!

Rodger Halvorsen



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- Aids to Daily Living Products
- Back Care, Supports & Braces
- Ostomy



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Lethbridge, AB T1J 2J7
lethbridge.west@assembly.ab.ca
403-329-4644



"Please contact me
if I can be of any
assistance."

Need to go to **Walmart**? Our bus will take you for a cost of \$3. We'll depart Nord-Bridge at 9:45 a.m. and return in time for lunch. We'll be going on **Wednesday, April 12** and **Wednesday, April 26**. Sign up at the Reception Desk.



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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, Personal Trainer
Wednesday mornings, for safe training tips and motivational goal setting advice.

MEMBER PORTRAIT SESSIONS

Member-Photographer, **SID LEWIS**, will be here to take your picture for our Photo Gallery on the **SECOND MONDAY** of each month, **January through May; 10:30 to 11:30 a.m. and 1:00 to 2:00 p.m.**



Next sittings: **April 10th**
May 8th
So choose a time, comb your hair, and put on a nice big smile for the camera!

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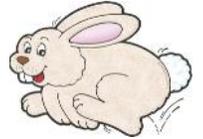
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EUCHRE REPORT

Rodney Foster, Convener



It's time for all our friends to hop on down to Euchre, in the Dunford Diner. Lessons begin at 12:30 every Wednesday, followed by regular games at 1p.m. There's still enough time to learn the game in time to register for our **May 24th In-House Tournament.**

We follow-up each game with friendly conversation, coffee or tea and a whole lot of laughs, and we have plenty of room for new players. Join us soon!

L-SKIP
Lethbridge Seniors and Kids
Intergenerational Program

This pilot is an intergenerational program pairing preschoolers (age 3-5) and their caregivers with seniors. The participants will engage in facilitated games such as bean bag toss and parachute games followed by a snack and a reading time together.



**VOLUNTEER
TODAY**

Tuesday, May 2, 9, and 16
9:30—10:30 AM

We are looking for Nord-Bridge members to volunteer for this program. If you are interested please talk to David at the Reception Desk.



Easter Time Mind Joggers

*Easter time means tears are shed
for one who suffered, died and bled
water and blood from His side did flow
to prove to all He loved them so.*

*On His head, a crown of thorns
this was the day for which He was born.
Yes, Easter time means bunnies and such
forgetting the sacrifice that meant so much.
But bunnies can't save you, no certainly not.*

*The blood of the Savior is all we need
to accept His gift and to go where He leads.
So when Easter time comes and children go wild
remember God's sacrifice of His only begotten child.*



Medication Reviews

Medications to fit your unique needs. Schedule your medication review today.

A Medication Review looks to ensure you are not taking medications that could conflict.

A review can also spot possible interactions between prescription medications, over-the-counter medications and natural health products or supplements.

**Nord-Bridge Seniors Centre
#2, 1904 - 13 Avenue N, Lethbridge
(403) 381-0700**



Terry Toth
B.Sc Pharm
Pharmacist

Chad Baker
B.Sc Pharm
Pharmacist/
Owner

Empowering Wellness in Women 55+ Women's Conference

Wellness is viewed as a healthy balance of the mind, body and spirit that results in an overall feeling of well-being. Empowerment occurs with knowledge and insight.

Keynote speaker **Renae Peterson** (YWCA Women of Distinction 2009 winner). Renae is a respected empowerment leader for women of all ages.

Other session presenters:

- Personal Safety (Dan Walton - Savoy Six)
- Financial Wellness (Servus Credit Union)
- Living Well with Osteoporosis & Chronic Disease (Osteoporosis Canada)

When: Saturday, June 10, 2017

**Where: Nord-Bridge Seniors Centre
1904 13 Ave N.**

**Costs: \$20.00 (Early Bird)
\$25.00 (After May 17)**

***Includes light breakfast, lunch,
refreshments, display and resource booths.**

To Register contact Lorri at (403)329-3222



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Friday, April 7
11:30 a.m.
Dunford Diner
Tickets \$12.00

LIVE ENTERTAINMENT! EVERYONE WELCOME!

Salad, Ham, Scalloped Potatoes, Veggies,
Dessert & Beverage. Get your tickets
early. This event will sell out.



NORD-BRIDGE SENIORS
1904-13 AVENUE NORTH
Mother's Day Luncheon
Friday, May 12, 2017, 11:30 a.m.
Cost \$12.00
All of the Ladies will receive
A Special Gift. Limited seating.



NORD-BRIDGE SENIORS CENTRE
1904 - 13 AVE. N LETHBRIDGE, AB
"THE FRIENDLY CENTRE"

FUN Duplicate Bridge Tournament
Thursday, May 25, 2017
\$5 entry fee per person
Cash prizes

Lunch not included, but available at the Centre
Limit of 12 tables - REGISTER EARLY!
Play begins sharply at 9:30 a.m.

MUST PRE-REGISTER BY PAIR TO:
Pat Kincade
kincadepa@gmail.com
403-524-0929

P.S. THIS IS NOT AN ACBL SANCTIONED EVENT;
NO POINTS AWARDED



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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**.



TRAVEL

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

UPCOMING TRIPS:

Tues. May 16: BROXBURN VEGETABLES & CAFÉ. Purchase bedding plants and (you buy) lunch. **COST \$10.**

Thurs. May 25: MYSTERY TRIP #3. Guess where! **COST \$25 (Includes bus, lunch and tour)**

Thurs. June 22: Join us for a guided tour of the **BROOKS DINOSAUR PROVINCIAL PARK.** Cost: **\$50** Includes Carefree Express Luxury bus and tour guide admission. Taking deposits now; final payment due by May 25.

Tues. - Wed. July 18 & 19: Join us for a drive to **BANFF** for lunch and sight seeing. Later we'll go to Calgary's **DEERFOOT INN & CASINO.** Before spending the night there, we'll take in a wine & cheese reception, hot pool relaxation, gambling, etc. On the morning of departure, there will be a **FREE BREAKFAST.**

COST: \$140 Double. \$200 Single



Collette Tours presents a **FANTASTIC FUNDRAISER**

Ireland

October 28th, 2017, 10 Days. COST: \$3,769 includes accommodation, airfare & taxes.

Maritime Coastal Wonders & Cabot Trail; September 14, 2017; 11 days; \$5,069 (double).

Newfoundland & Labrador Discovery; July 11, 2017; 13 days; \$3,550 (double).

Contact travel agent, Dixie Fowler of Maritimes Travel, 403-329-3373 to book. Itinerary pamphlets are here! Ask for one at the Reception Desk. **NORD-BRIDGE WILL RECEIVE A REFERRAL COMMISSION FOR EACH MEMBER BOOKING.**

Thursday, April 20th
SPRING SHOPPING JUNKET TO CALGARY, SOUTH CENTRE MALL



COST: \$50 (Inc. Bus)

Limited seats available. Bus will depart Nord-Bridge Centre at 9 a.m. We'll arrive at the Calgary mall by 11:30 a.m. Eat, browse or shop 'til you drop! We'll leave Calgary for home by 3:45 p.m.

MYSTERY TRIP #2

Look Out! Some things to see!
Thurs. May 25: MYSTERY TRIP #2. COST \$45.
Includes transportation, admission. We will have lunch en route.



SORRY SOLD OUT



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Nord-Bridge Trip
CRANBROOK-ST.EUGENE CASINO RESORT GOLFING & GAMBLING JUNKET June 5-7, 2017.



COST: \$200 (dbl. occ) or \$295 (single occ).

Cost includes (luxury bus) Carefree Express transportation and coupons for the casino.

This year we have planned a side-trip to Fort Steele for a BBQ Lunch and an informative walk around this historical site.

Taking deposits **NOW** for this very popular destination.



Banff / Stoney Nakoda	April 30 - May 2	\$199pp/dbl
Bonnars Ferry, ID Resort	May 28-31	\$344pp/dbl
Cranbrook, St. Eugene Resort	May 28-31	\$359pp/dbl
Camrose Casino Resort	Jun 11-13	\$229pp/dbl
Wendover, NV Resort	Sep 10-15	\$425pp/dbl
Coeur D'Alene, ID Resort	Oct 20-23	\$325pp/dbl
Coeur D'Alene, ID Resort	Dec 5-8	\$315pp/dbl

Enjoy the Journey! Tours will either depart from Lethbridge or pick up in Fort McLeod, using Carefree Express luxury motorcoaches. Contact LifeTime Highs for more information or to book a trip.

NEW! **OUT & ABOUT+coffee TOO** This program runs twice a month on the 2nd and 4th Wednesdays at 9:45 a.m. Our bus will take you from the Centre for a jaunt around town and back before lunchtime. Stop to shop or have a coffee break. **Sign up at the Reception Desk.**

COST \$3

YOUR FRIENDLY GEEK

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- Microsoft •Apps •Email
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- Not Charging •Lost Passwords, and many more irritating issues.

**Date: Tues. Apr. 4
Tues. Apr. 18**

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

**Place: Nord-Bridge
Main Corridor**

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

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

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



Tribute to Miners Memorial Banquet 8

Monday, May 1, 2017

Nord-Bridge Hall - 1904 13 Avenue North

Doors Open 5 p.m. Program at 5:30 p.m.
Roast Beef Dinner at 6 p.m. Entertainment at 7 p.m.
Raffle Draw at 8 p.m.



..PRESENTATION..

•"The Most Riveting Talk You'll Ever Hear: LETHBRIDGE'S HIGH LEVEL BRIDGE"

by Belinda Crowson, Educator, Galt Museum

•"Galt 8 Mine Update"

•"Miners Raffle Draw"



Nord-Bridge's Jim Hahn accepts a \$2,500 donation from South Country Jamboree President John A. Lorencz. This gift enabled Nord-Bridge to continue its Annual Miner Appreciation Banquet & Program.



TICKETS AVAILABLE at NORD-BRIDGE SENIORS CENTRE (403) 329-3222 \$20 each Everybody welcome!

Entertainment by Johnny & Faye (South Country Jamboree)



Join us in congratulating all of our **Fall 2016 In-House Tournament** medalists. Also, a hearty "thank you" is extended to everyone who participated in the Tournament. It takes a lot of contestants to make the games challenging.

Italian Proverb~ Once the game is over, the king and the pawn go back in the same box.



CARPET BOWLING: GOLD - Woody Neely, Floyd Irwin, Norene Irwin, Pauline Secretan. **SILVER** - Joe Ellan, Clay Olsen, Eva Ellan, Len Hutchinson. **Bronze** - Arlene Adamson, Claire Zuback, John Hanam, Mae Pearson.

FLOOR CURLING: GOLD - Eva Deringer, Len Hutchinson, Kay Sauter, Audrey Nishikawa. **SILVER** - Woody Neely, Norene Irwin, Floyd Irwin, Doreen Jurgens. **Bronze** - Alice Strickland, Iva Thiessen, Clay Olsen, Audrey Mann. **DARTS MEN SINGLES: GOLD** - Al Martin. **SILVER** - Bill Lelievre. **Bronze** - Bob Gow. **DARTS WOMEN SINGLES: GOLD** - Beverley Lelievre. **SILVER** - Dianne Reid. **Bronze** - Karen Argento. **DARTS DOUBLES: GOLD** - Al Martin & Dianne Reid. **SILVER** - John Johnson & Barb Johnson. **Bronze** - Bill Lelievre & Beverley Lelievre. **FLOOR SHUFFLEBOARD: GOLD** - Marlene Roelofs & Maynard Roelofs. **SILVER** - Diane Bennett & Judy Workman. **Bronze** - Patty Schwartz & Mary Berrevoets. **SHUFFLEBOARD: GOLD** - Clay Olsen & Helen Gepneris. **SILVER** - Dan Deringer & Ramsay Vickers. **Bronze** - Floyd Irwin & Woody Neely. **POOL 8 BALL: GOLD** - Karl Sinnott. **SILVER** - Lloyd Kanewischer. **Bronze** - Dan Deringer. **POOL 9 BALL: GOLD** - Reg Prawdzik. **SILVER** - Steve King. **Bronze** - Ramsay Vickers. **SNOOKER: GOLD** - Karl Sinnott. **SILVER** - Steve King. **Bronze** - Reg Prawdzik. **POOL GOLF: GOLD** - Reg Prawdzik & Lloyd Kanewischer. **SILVER** - Ramsay Vickers & Dan Deringer. **Bronze** - Fred Mehlhaff & Marko Bosnack.

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Nord-Bridge Complimentary Hearing Evaluations

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Brad Lindsay, BC-HIS
Registered Hearing Aid Practitioner