

NEWSLETTER

February 2017

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



"Old Favourites" (6)
*A 50's, 60's and 70's Music and
Comedy Revue Starring...*



Jeff Carlson Jordana Kohn Andre Royer Erica Hunt
Scott Carpenter Arlene Bedster Kelly Roberts

Yates Theatre
Three Performances Only

Friday, Feb. 17 2017 7:30pm	Saturday, Feb. 18, 2017 1:30pm	Saturday, Feb. 18, 2017 7:30 pm
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\$28 Early Bird Tickets (Purchased before Dec. 31, 2016)
\$33 Regular Price Tickets (Purchased in 2017)
10% Discount (Purchase of 10 or more tickets)
(Prices include a \$3 Ticket Centre Fee)

Tickets available at the Ticket Centre or call 403-329-SEAT (7328)
Proceeds to go to the Nord-Bridge Centre



Looking for a
Valentine's gift?
Treat your special
someone to this
entertaining
show!

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1904—13th Ave. North
Lethbridge, Alberta T1H 4W9
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E-mail: friendly@nordbridgeseniors.com

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

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

BOARD OF DIRECTORS

FIRST YEAR

Robert Grisak
Clay Olsen
Bob Tarleck

SECOND YEAR

George Berg
Jack Fox
Marilyn Gillies

THIRD YEAR

Donna Farkas
Woody Neely
Doug Youngren

ADMINISTRATIVE STAFF

Executive Director	Randy Smith
Sr. Administrative Ass't	Kathleen Filkowski
Financial Administrator	Tracy Beauchemin
Director of Programming	David Ng
Member Support Coordinator	Lorri Penner
Reception Supervisor	Valerie 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	Marilynn Heaton* (Chair), Bob Tarleck, Robert Grisak
Crafts Boutique	Heather Newsham
Finance Committee	Chair-Harry Fischer, Pat Santa, Jim Hahn, Roberta Svennes, Frank Deane, Mike Bennett, Clay Olsen
Memberships	Kathy Filkowski
Newsletter	Kathy Filkowski (Production & Billing)
Newsletter Ad Sales	Jim Hahn
Nominations Committee	Jim Hahn* (Chair), Dan Deringer
Political Advocacy Committee	Bob Tarleck* (Chair)
Seniors Helping Seniors	Harry Fischer, Norene Easthope, Vicki Klassen

CARDS & BOARD GAMES

Contract Bridge	Woody Neely*, Board Rep
Crib	Hans & Louise Kochan
Euchre	Pat Veres
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, Pino Zucchelli, and Marilyn Maloff
	Pat Kincade

EDUCATION

Acrylic Painting	Marilyn Gillies*, Board Rep.
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	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
Lethbridge Seniors Forum
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
Bonnie Hammond
Judith Beasley

Donna Farkas*, Board Rep

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

Rodger Halvorsen*, Board Rep

Valerie Arkininstall
Lydia Prokop/Chris Figenshau
Valerie Arkininstall
Rodger Halvorsen

Doug Youngren*, Board Rep

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

Robert Grisak*, Board Rep

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

George Berg*, Board Rep

Valerie Arkininstall
Kathy Filkowski
Valerie Arkininstall
Mike Bennett
Marco Escobar

Jim Hahn, Board Rep

Clay Olsen, Harry Fischer
Eva Deringer, Elaine Molyneux

Clay Olsen*, Board Rep

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

Some programs & services are 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

Welcome to February at Nord-Bridge. The bitter cold of December and January are distant memories, I hope. All the programs are up and running again so there are more people in the Centre. I really love it when I come into the building and see so many individuals enjoying our beautiful building.



The Valentine's Day Luncheon is slated for **Friday, February 10th**. Get your tickets now before we sell out! Due to popular demand and programming logistics, we have decided to schedule all of our special luncheons on Fridays, rather than Thursdays. During the Valentine's Luncheon, we will offer soup, sandwiches and snacks for casual diners, in our Multi-Purpose Hall.

I want to remind new members that Sid Lewis, our Nord-Bridge photographer will take photographs for our membership album. Sid will be in the Library on the second Monday of each month. Sid's work is excellent and he strives to get a flattering portrait of each member. He does a great job; even I looked good in his picture!

We have been successful in booking a **Roaring Twenties Show by Popowich Productions** for May 23rd at 1:30 p.m. My husband, Don and I went to the last production and can recommend it to everyone.

The Nord-Bridge Board continues to work on our **Strategic Plan in partnership with the City of Lethbridge**. Although it is a time consuming process, we are finding the information of great value. Everyone who helped by filling in our recent Nord-Bridge Survey has assisted in the process.

I will continue to be at Nord-Bridge on Friday mornings if you would like to talk. Our members are our most important stakeholders and their input is valued.

Pat Santa, President



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



- Paul Coe ☺ Tony DeCillia
Helene Henrickson ☺ Marvin Henrickson
Hye Kyung You ☺ Irene Moch
Alice Huel ☺ Gordon Lailey
Sharon Milos ☺ Ken Graham
Mary Graham ☺ Rose LaPointe
Jill Timleck ☺ Angela Crowe
Dallas Slightholm ☺ John O'Neil

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

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

It will be parked at **Nord-Bridge Seniors Centre, 1904 - 13 Avenue North** on the following **SATURDAYS 10:45 a.m. to NOON FEBRUARY 4 & 18**



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

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



Nord-Bridge Meetings Reminder

Each Month

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

Annually

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

Go Seniors Society

Regular Board Meetings Annually	Feb., April, June, October	Third Tuesday	9:00 a.m.
Annually	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.
1. Open your browser.
2. 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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LORRI'S CORNER

I know you believe you understood what you think I said, but I'm sure you realize that what you heard is not what I meant....

(Robert McCloskey)



Outside of breathing, there are few things we do more often than communicate. One would think that because of this, we would be very good at communicating.

Sadly, the truth is that we are not.

We live in a world where much of our personal happiness depends on the quality of our communication with others and because of this, we need to communicate effectively. In order to be effective in our communication, we need to first understand the nature of communication. Communication **is not a one-way process**. We do not communicate TO another, rather, we communicate WITH another; it is a *give and take* relationship.

Have you ever wondered about your communication style? One way to determine if you are communicating TO or WITH is to ask yourself if you learned or gained any information from the other person. This simple test raises awareness on your communication style and allows you to consider ways you can improve. Many people are unaware they have failed to communicate effectively.

Miscommunication and misunderstanding are at the heart of most conflict occurring between people. Comments made as we hurry about are an example of communicating TO another. Rushing the communication process destroys it and can lead to unnecessary tension. Effective communication takes more time and effort but in the long run, it takes significantly less time than having to correct or repair a relationship. So how can you make sure you are investing enough into communicating? One of the best ways is to check in with the other person, finding out if they felt, heard and understood. This allows an opportunity for clarification and can avoid conflicts. Remember, there is always room for improvement for each of us.

FEBRUARY 2017				
M	T	W	Th	F
		1	2	
6		8	9	
13	14	15		
	21	22		
	28			

Remember, there is always room for improvement for each of us.

Here's my February schedule. Please stop by for a chat.

Lorri Penner, BSW, RSW
Member Support Coordinator

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 **Feb. 16th**

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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Because Cost Is An Option

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EXECUTIVE DIRECTOR'S REPORT

Greetings Members;

In this Newsletter I have chosen to review with you some of the important February happenings at your Centre. Firstly, I emphasize that this Association's **Annual General Membership Meeting is fast approaching on March 1, at 9:30 a.m.** in the Multi-Purpose Hall. Also with regard to the AGM, please note the following dates:



- **Feb 8** - Annual Report submissions from program conveners are due. See Kathy to submit, or for information.
- **Feb 10, 4:30 pm** - Nominations close for Board and Executive Officer positions. To join the Board or Executive, speak with Jim Hahn, Nominations Chair, or any Board member, and pick-up the info at the Reception Desk.
- **Feb 15** - A Nominees list will be posted within Centre.

Thanks is extended to our members who responded to last fall's Member Survey (22% of all members completed a survey). The Strategic Planning Committee is still reviewing the information learned. Sixty-one percent of the respondents were Northsiders, and nearly half of the respondents attend the Centre more than two times each week. People addressed topics on the Centre's culture, programming, food services, physical space, and information dissemination. We will be publishing a final report on the findings. In the meantime, we will be acting on some common issues. One such issue is the need to upgrade carpeting in some areas of the Centre. We did submit a Federal New Horizons Grant application on this now confirmed need last July. We anticipate hearing the outcome of our application shortly. Hopefully this capital improvement will be funded.

In June of last year, Nord-Bridge was invited to sit on a new **Transportation Advisory Committee** authorized by City Council. The Advisory Committee was created "to assist [in] ensuring that all of the ridership of Lethbridge Transit has a voice or an opportunity to be heard regarding issues surrounding . . . the Lethbridge transit system", including Access-A-Ride. There are members from various organizations and interest groups on the Advisory Committee including: The University, the College, School Districts #4 and #51, representation from the City's social services sector, the accessibility challenged sector, the two seniors centres, and members from the public-at-large. In connection with Transit services, that Department is **working on a new Transit Master Plan**. This will include **some** department recommended **route and levels of service changes**. The Advisory Committee has been told the **new Master Plan will be presented** to Council on **Feb. 27**. If you ride the bus or use Assess-A-Ride, you might want to watch this date and see how potential changes could impact you and our Centre.

Finally, I remind you of the Feb. 17 - 18 "Old Favorites (6)" show. All three performances will sell out. Don't be disappointed, get your tickets soon, at the Enmax Ticket Centre.

Respectfully,
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



NORD-BRIDGE
SENIOR CITIZENS ASSOCIATION

NORD-BRIDGE 2017 AGM & BOARD ELECTION

Wed., March 1, 2017, 9:30 a.m.
Nominations Notice for Board & Executive Positions

At the Association's **upcoming Annual General Meeting**, scheduled for **March 1, 2017, 9:30 am**, the membership of Nord-Bridge will be asked to elect a new Executive. This occurs annually. Executive Officers can serve a maximum of 3 years in the same position, excepting for the Treasurer and Board Secretary who can be elected for extended terms. In 2017 our membership will minimally elect (or re-elect) the President and Vice-President. Members will also be asked to vote on the election of the Treasurer and Board Secretary. The By-Laws outline that [where possible] nominations for Executive positions are made from individuals who have served on the most recent Board, and have been a Director on the Board for a period of at least one year.

In addition, there will be at least 3 new Directors elected to the Board at the March 1, 2017 AGM. Directors on the Board are elected from members of the Society in "good standing", per By-Law Item 7.1.4.

If you would like to serve on the Executive or Board of Directors, please see the By-Laws in the Library or at the Reception Desk; or speak with a member of the Nominations Committee, chaired by Past-President Jim Hahn or Executive Director Randy Smith. Other committee members are listed within the monthly *Newsletter*. Nomination forms are available at the Reception Desk; completed nomination forms will be accepted at the Reception Desk until **4:30 pm on February 10, 2017, at which time Nominations Close**.



NORD-BRIDGE
SENIOR CITIZENS ASSOCIATION

VALENTINE'S LUNCHEON

FRIDAY, FEB. 10TH 11:30 A.M.

\$12.00 PER PERSON
LIVE ENTERTAINMENT
EVERYONE WELCOME!



*Salads, Stuffed Pork Loins,
Herbed Roasted Potatoes,
Veggies & Dessert*

ADVANTAGE HEARING CENTRE

406-6th St. South Lethbridge, Alberta

Nord-Bridge Complimentary Hearing Evaluations

We will offer Complimentary
Hearing Evaluations at
Nord-Bridge the First
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Book your appointment
at the front desk!

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Brad Lindsay, BC-HIS
Registered Hearing Aid Practitioner

From the Desk of Val

HAPPY VALENTINE'S DAY to all! January was a hectic time at the Reception Desk, selling new and renewal memberships, program sign-ups, referrals to the Seniors Helping Seniors program, the usual telephone inquiries, and **FITNESS 55 CLUB** sign ups. Thanks to all my dedicated volunteers for your extra support as my assistant, Heather Belle, has taken time off to be with her mother in Pincher Creek. My thoughts are with her and her family. Being an end-of-life caregiver can be very stressful and tiring as many of us know.



There are a few things to keep in mind at this time of year:

- ▶ You are not eligible to win the our 50/50 draws if you have not paid your 2017 membership renewal (\$50).
- ▶ To participate in our regular weekly activities your membership must be current.
- ▶ Bus riders: Remember to **confirm your pick-up and take home times** especially when you skip 1 or 2 weeks.
- ▶ We keep lost & found items at the Reception Desk for one month only. We are not responsible for personal items left at the Centre. Unclaimed items are recycled or thrown away after one month.
- ▶ The Reception Desk is not a drop-off for personal items. Only official items are kept for pick-up including donation receipts, consignment payments, rental deposit refunds, etc.

I am hoping the old groundhog, Wiarton Willie does not see his shadow come February 2nd as I am ready for **SPRING**. I also hope that February will be a healthy and active month for all of you. If you know of someone who is ill, let us know so we can send a cheery card and a visit by our Angels, Lydia Prokop and Chris Figenshau.



Programmer's Report by David Ng

There is still time to register for some of the programs with second and third sessions. Yoga, Chair Yoga, Acrylic Painting and Somatics all have spots available in the second and third sessions. To register or for more information please visit the Reception Desk.



Free Massages for this month will be on Friday, February 10 from 9:30 to 11:30 a.m. with the Southern Alberta Institute of Massage. Please ensure you take advantage of this free service from eager students wishing to complete their practicum hour requirements.

Starting Thursday, February 23rd volunteer Sheila Brust will once again be manning the Community Volunteer Income Tax desk located in the main corridor. Sheila will start booking appointments for you with one of our volunteer income tax filing team members. However, please ensure you have all of your 2016 income tax documents before you make an appointment.

If you competed in the 2016 Fall In-House Tournament, please be advised the luncheon for this event has been scheduled for Friday, March 10th at 11:30 a.m. in the Multi-Purpose Hall. At this luncheon, we will hand out medals and trophies to all Tournament winners. If you would like to purchase additional tickets for spouses or other guests, please let me know.

David

LIKE TO PLAY DARTS? If the answer is yes, come join us in the Multi-Purpose Hall, Monday and Wednesday afternoons at 1 p.m. Just for fun, of course! In no time at all you'll be throwing your way to a full count of 180 as two of our players recently did. Congratulations to Bill Lelievre (2 times) and Al Martin.



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Ladybug Arborists

Maureen Sexsmith-West, ISA Certified Arborist, PR4600A

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

Betty Alexander \$58.50 January 4
Rodney Foster \$90.50 January 17

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

GEORGE CROWE \$235.00 JANUARY 27
Next Draw Feb. 24th

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

Jan. 9 Muriel Nickles \$33; Noel Burles \$33
Jan. 16 Alice Strickland \$40; Harry Wright \$40
Jan. 23 Richard Thompson \$35; Sally Reyna \$35
Jan. 30 Anne Pauls \$42; Alvin Witt \$42

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

Friday Dunford Diner Lunchtime Entertainment

Feb. 3 Ray Sauer
Feb. 10 Yvonne Nelson
Feb. 17 Noel Burles
Feb. 24 Floyd Sillito



NORD-BRIDGE BUILDING FUND RECENT DONORS

Russell Scratch \$500 Alan & Roberta Kimber \$100
Nord-Bridge In-House Bingo (year of 2016) \$18,453

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2017
Through January 20, 2017 : **\$1,239.00**



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

\$ 2,086,296
\$ 413,704

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. **In 2016 their hard work brought Nord-Bridge \$123,448.00.**



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 \$7.50

Feb. 3 Baked Ham & Scalloped Potatoes with Salad
Feb. 10 **Valentine's (Ticket Required) Event:** Soup, Sandwiches & Snacks in the Multi-Purpose Hall
Feb. 17 Veal Cutlets with Roasted Potatoes and Veggies
Feb. 24 Fish & Chips with Coleslaw

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



February



Monday	Tuesday	Wednesday	Thursday	Friday
NEXT MONTH...NEXT MONTH...NEXT MONTH...NEXT MONTH...				
<p>ADMIT ONE</p> <p>ANNUAL GENERAL MEETING AND BOARD ELECTIONS WEDNESDAY, MARCH 1, 2017 9:30 A.M. MULTI-PURPOSE HALL</p> <p><i>We appreciate the attendance and participation of our Members.</i></p> <p>NORLBIDGE SENIOR CITIZENS ASSOCIATION</p> <p><i>THANK YOU!</i></p> <p>ADMIT ONE</p>		<p>1</p>  <p>8:30 BREAKFAST BUFFET 8:45 Yoga 10:45 WINNERS BINGO 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball 3:00 Advantage Hearing By Appointment</p> 	<p>2</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>3</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> 
Regular programming will be suspended during the Annual General Meeting.				
<p>6</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>7</p> <p>9:00 Shuffleboard 9:30 Watercolor Class 9:30/10/11 Clogging 10:00 Music Makers 11:00 Keep Fit Aerobics 1:00 Texas Hold'em 1:00 Norwegian Whist 1:00 Canasta 1:30 SCRABBLE 3:00 Arthritis Exercise 7:00 Social Dance</p> 	<p>8</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 3:00 Fitball</p> 	<p>9</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>10</p> <p>9:00 LEGAL CONSULTS (By appointment) 9:00 Pilates 9:00 Paper Tole 9:30 Carpet Bowling 9:30 Free Massage 10:15 Chair Yoga 11:30 Valentine's Luncheon 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p> 

<p>13</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</p> <p>1:30 OUTREACH "VALENTINE'S PARTY" Featuring "Tom & Curt"</p> 	<p>14</p> <p>9:00 Shuffleboard 9:30 Watercolor Class 9:30/10/11 Clogging 10:00 Music Makers 10:45 WINNERS BINGO 11:00 Keep Fit Aerobics 1:00 Texas Hold'em 1:00 Norwegian Whist 1:00 Canasta 1:30 SCRABBLE 3:00 Arthritis Exercise 7:00 Social Dance</p>	<p>15</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 3:00 Fitball</p> 	<p>16</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>17</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>20 Family Day Centre Closed</p>  <p>27</p> <p>9:00 Yoga 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>21 & 28</p> <p>9:00 Shuffleboard 9:30 Watercolor Class 9:30/10/11 Clogging 10:00 Music Makers 10:45 WINNERS BINGO 11:00 Keep Fit Aerobics 1:00 Texas Hold'em 1:00 Norwegian Whist 1:00 Canasta 1:30 SCRABBLE 3:00 Arthritis Exercise 7:00 Social Dance</p>	<p>22</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 11:00 Travel Presentation 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball</p> 	<p>23</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>24</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 L.E.A.R.N. (ELDER ABUSE) REP. TANYA PURDY-FISCHER - FIRST TUES, AT 10 A.M. <ul style="list-style-type: none"> ADVANTAGE HEARING - WEDNESDAY, FEBRUARY 1 (by appointment) FREE LEGAL CONSULTATIONS - FRI. FEB. 10 (by appointment) with HUCKVALE LLP LETHBRIDGE HEARING CENTRE TESTS - THURS., FEB. 16 (by appointment) TRIP: YATES THEATRE - SAT. FEB. 18 OLD FAVOURITES (6) MATINEE SHOW TRIP: MOVIE MILL - THURSDAY, FEBRUARY 23. WINNERS BINGO FEBRUARY 1, 8, 14, 15, 21, 22, 28 DR. BOLOKOSKI FUTURE DATES INCLUDE: MARCH 8, MAY 3, JUNE 28, AUGUST 23, OCTOBER 18, AND DECEMBER 13, 2017 				

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HUCKVALE LLP
established 1906

Upcoming **FREE** consultation dates:
Friday, February 10 & Friday, March 10
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.**
5% off everything except tobacco and lottery items.

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

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COMMUNITY VOLUNTEER INCOME TAX PROGRAM:
On Thursday, February 23rd Volunteer, Sheila Brust
will begin taking calls to schedule tax appoint-
ments. 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 in-
comes 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: Blaine Hyggen and family, loss of mother; the Family of Shelley Czivjak and to Allie Freng her support assistant (Shelley volunteered for Outreach, the Boutique and our Dunford Diner); the Families of Life Members Tony Bogusky and Margaret Hunter.

GET WELL & HEALTH WISHES WERE SENT TO: Ralph Thompson undergoing a second surgery in Calgary; Frank Sera and Marilyn Heaton recently in Regional Hospital, now home; and Gord Kometz in Calgary Foot Hills, ICU.



OUTREACH REPORT *Rodger Halvosen, Convener*

On Monday, January 16th we welcomed a group of 115 to "Snowflakes and Snowmen" our theme for a great, winter afternoon of entertainment, fellowship, and snacks. The event began with a few games of Card Bingo and moved on to entertainment by **Don and Vicky our very talented karaoke duo**. Later, Don introduced **surprise guest entertainer, Lethbridge Chief of Police, Rob Davis**. The Chief was well received, arriving straight from work and although dressed in his official uniform, many thought him to be a local entertainment celebrity. The entire musical program was first class and much appreciated. Lunch was served by our 20 volunteers and the door prize was awarded to Carl Nelson. Special thanks this month is conveyed to Bud and Jim, our MC's and Card Bingo organizers.



Remember to **register early for our next event "Valentine's Party" Monday, February 13th at 1:30 p.m.** with entertainment by the ever popular trio **"Tom & Curt"** with **Matt Lipinski** on drums. **We expect a full house!**

Rodger Halvosen

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MLA Lethbridge West**

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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, February 8 and Wednesday, February 22. 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: **February 13th**

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

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Through the Generations.*

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LETHBRIDGE ELDER ABUSE RESPONSE NETWORK
Nov. 2016, winner of the GOVERNMENT OF ALBERTA INSPIRATION AWARD FOR LEADERSHIP IN FAMILY & COMMUNITY SAFETY

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

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



☎: 403-394-0306 ✉: learn@lethseniors.com

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

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

EUCHRE REPORT *Rodney Foster, Convener*

You are all invited to come out and learn a fun card game, Euchre. Lessons begin at 12:30 p.m. followed by regular play at 1 p.m., every Wednesday in the Dunford Diner Annex.



Happy Valentine's Day. Don't forget your partner on February 14th.



BOUTIQUE NEWS Thanks to everyone who supported our consignees and our Centre in 2016. We had an awesome year, grossing \$13,000 in sales. **Now...we are in need of bags. Please bring us your unwanted shopping bags; all sizes needed.**

Thank you, *Heather*



FREE MASSAGE WINTER SCHEDULE

Are your muscles sore? Come in for a free massage. **Lethbridge College Therapy Students: Wednesday, March 15, 10 a.m. to Noon. Southern Alberta Institute of Massage Therapy Students: Fridays, February 10 and March 10, 9:30 to 11:30 a.m.**



Mind Joggers by Doreen Taylor

Sometimes one is lucky enough to have a friend
That cares for you just the way you are
One who doesn't see that your hair has turned grey
And laugh lines have deepened in your face
That extra pounds now replace
The slim figure you once had
One who doesn't notice that your eyes and your ears
Are not quite as keen
As they once had been
One who doesn't care about past mistakes
And forgives you when you forget special dates
A friend who looks beyond the outer shell to see
Your spirit deep within
I am so glad that you're that kind of
friend to me.



EDUCATION REPORT: MARILYN GILLIES, BOARD REP.



Krafters Koffee Club - Jo-Ann Adams: A small group who meet casually to work on personal handiwork projects and to enjoy each other's friendship and conversation.

Watercolor Club - Sandy Baceda & Erika Bosters: There is usually a full slate of people who enjoy sharing ideas for watercolor paintings.

Spanish for Travelers - Marco Escobar: Marco indicates classes are generally full (10 to 12). He keeps the classes interesting with the use of videos, plus word and phrase games.

Watercolor Classes - Denise Savard: Classes are well attended. The allocated space is adequate, however, an overhead mirror that could be used for demonstrations would be an asset.

Library - Patti & Jerry Schwartz: More shelving space would be an asset. Volunteers are constantly culling books from our existing collection, and from new donations for those that may be too old, have print that is too small, or are in poor condition. Books and puzzles are free for members to read and return. Magazines are free for the taking from the table in the main corridor, just outside the Library.

Wood Carving - Don Johnson: The space is adequate and is shared with fly-tying. Participants are pleased with the lighting but would appreciate access to the sound system to increase the volume.

Mind Joggers - Judy Knox, Jack Simmons, Ted Sillito, Melvin Horn: This group appreciates their space assignment of the Berlando Board Room for their weekly meetings because it is quiet. Their wish is for more space in the monthly Newsletter so they could submit longer poems or stories. More members are most welcome.

Acrylic Painting - Katrina Mak: Two sessions were held from September to December 2016. Students have the opportunity to sketch, paint from still life, or paint one's own creations.

Card Crafters - Pat Kincade: This very productive, interactive group creates all-occasion cards from used, donated greeting cards. Finished projects are sold in our Boutique. This large group would appreciate more working space as well as more storage space.

Paper Tole - Elta Buckman: A long-standing group at Nord-Bridge, who enjoy cutting, shaping, sculpturing and gluing cutouts obtained from identical prints and building-up the components to create a beautiful, 3D paper masterpiece.



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
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WITH SPECIAL GUESTS
THE LETHBRIDGE BIG BAND

Lethbridge Community Gold Band
~ Samuel Yamamoto, conductor ~
February 18, 2017 ~ 7PM
College Drive Community Church ~ 2710 College Drive South
Tickets: \$15 regular, children 12 and younger ~ FREE
Tickets available online at lcbs.ca, Casa and at the door

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

NEW 2017-2018 MEMBERSHIPS
EFFECTIVE now THROUGH DECEMBER 2018

\$53.00

2017 MEMBERSHIP RENEWALS
\$50.00

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NORD-BRIDGE SENIORS CENTRE
1904 - 13th Avenue North
Tuesdays 9 - 11:30 a.m.

Jan. 10, 17, 24, 31, Feb. 14, 21, 2017

Register at www.albertahealthservices.ca/bcbh.asp

Or call (403) 388-6654 1-866-506-6654

The Card Crafters would like to thank all those who made donations of greeting cards to our program and to all those who purchased our new creations in 2016. We had a great year and we look forward to your continuing support in 2017. All donations of your old greeting cards are gratefully accepted. Please leave them at the Boutique.

Now we are in **desperate need of a second rack to display our cards**. If you know where we can find one, please *contact the Boutique or Harry Fischer*. Thanks again for your support.

The Card Crafters,

Alyce, Barb, Brenda, Edith, Elaine, Faye, Janay, Joan, Margaret, Marina, Maxine, Sherry, Shirley, Wendy and Pat



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TRAVEL

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



Leader Tours Inc.

Please join us for our **TRAVEL PRESENTATION** in the **Dunford Diner Annex** **NORD-BRIDGE SENIORS CENTRE** **11 A.M. WEDNESDAY, FEBRUARY 22!**

FEATURING...Okanagan Valley Getaway...The Alberta Prairie Railway & Banff National Park...Couer D'Alene Idaho, Oct. & Dec. trips...and Deadwood Coach Tour. Fancy missing a month or more of winter? Consider Fiji, Thailand, Bali and Cook Islands for an extended winter getaway with our long stay Travel Program! We have lots of ideas and options.

Leader Tours is a Nord-Bridge Travel Partner.

Got No Wheels...

...but you want to get to the Yates to see the matinee performance of "Old Favourites 6" on Saturday, February 18, 2017 at 1:30 p.m....

Let us take you, for only \$37. Cost includes the ride, the show ticket, and the company of some very nice friends. We'll have a great time!



Collette Tours presents a **FANTASTIC FUNDRAISER**

Ireland

October 28th, 2017, 10 Days. Local travel agent, Dixie Fowler of Maritimes Travel, 403-329-3373. **COST: \$3,769 inc. accommodation, airfare & taxes.**

Please contact Dixie for booking and more information. Itinerary pamphlets are here! Ask for one at the Reception Desk. **NORD-BRIDGE WILL RECEIVE A \$100 COMMISSION FOR EACH MEMBER BOOKING.**

Wednesday, February 22, 2017
Stage Dinner Theatre
Calga
 Join us for...
 Laughter IS the best medicine.
COST: \$90 (non-members \$110) seats are limited. Book as soon as possible.

SORRY SOLD OUT

DRINKING HABITS
 by Tom Smith

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

COST: \$200 (dble. 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.




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Edmonton River Cree Resort	Mar 12-14	\$259 pp/dbl
Moose Jaw Casino and Spa	Apr 18-21	\$399 pp/dbl
*Banff, Kananaskis *	Apr 30-May 2	\$199 pp/dbl
<i>Includes Day trip to Banff, 2 nts at Stoney Nakoda</i>		
Bonners Ferry, ID Resort	May 28-31	\$344 pp/dbl
Cranbrook, St. Eugene Resort	May 28-31	\$359 pp/dbl
Camrose Casino Resort	Jun 11-13	\$229 pp/dbl
Wendover, NV Resort	Sep 10-15	Call
Coeur D'Alene, ID Resort	Oct 20-23, Dec 5-8	Call

Enjoy the Journey! Tours will either depart from Lethbridge or pick up in Fort McLeod, using Carefree Express luxury motorcoaches

MOVIE MILL, THURSDAY February 23 \$10 BUS & LUNCH

Beat the February blahs and hop onto our bus for an afternoon outing to the Movie Mill for 1/2 price Thursday.



NEW! OUT & ABOUT+coffee TOO This program began in November and runs twice a month on the 2nd and 4th Wednesdays at 9:45 a.m. It replaces Roll 'n Stroll. 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

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- Tablets
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- Smart Phones
- Apple
- Windows
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- Email
- Photographs
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- Pop-ups
- Not Charging
- Lost Passwords, and many more irritating issues.

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

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

Date: Tues. Feb 7
Tues. Feb. 14
Tues. Feb. 21
Tues. Feb. 28

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

Place: Nord-Bridge Main Corridor

Fee: FREE for Nord-Bridge Members



2017 MINER'S RAFFLE

4 Prizes ALL ITEMS ON DISPLAY

GRAND PRIZE...Lift Chair

Value \$1,050 Donated by **SHOPPERS HomeHealthCare**



SECOND PRIZE

Hand Made Quilt Value \$750
Donated by **Sandy & Angie Fischer**



THIRD PRIZE

Titan Auto Spa Value \$260
Donated by **TITAN AUTO SPA**



FOURTH PRIZE

Paper Tole Artwork Value \$250
Donated by **Nord-Bridge Paper Tole Club**



Proceeds go to the Nord-Bridge Senior Citizens Association Building Fund.

Raffle License # 453122
TICKETS
2 for \$5 or 1 for \$3
DRAW DATE
Monday, May 1, 2017
at the Miner's Banquet



Thank you for your support!

Nord-Bridge Seniors Centre Yoga Classes



Strengthen your body and mind connection today by register for a Yoga class at Nord-Bridge Seniors Centre. **Melanie Hillaby** (Instructor) will explore meditation, breathing and relaxation through hatha yoga (slow gentle movements done in a non-intimidating manner)

Mondays (Session 2) 9:00 am - 10:00 am.
March 13 - May 1 (7 weeks)
Fee: Nord-Bridge Member \$30.00
Non-Member \$50.00

Wednesday (Session 2) 8:45 am - 9:45 am
March 8 - April 19 (7 weeks)
Fee: Nord-Bridge Member \$30.00
Non-Member \$50.00

Register at Nord-Bridge Seniors Centre
1904 13 Ave N.

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 | 1904 13th Avenue North, Lethbridge
Monday, March 6, 2017 | 3:00 PM - 7:00 PM

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

Transportation a problem? We may be able to help
Call us at (403) 795-3934 or
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<http://tinyurl.com/LethbridgePopUp>

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