

NEWSLETTER



January 2017



Our most recent Outreach event was held on December 12th. In addition to our terrific committed volunteers, we were assisted by four Lethbridge Hurricanes. The boys were charming and helpful as they served our guests and brought some extra cheer to our year-end celebration.

Above from left to right Outreach volunteers: Donna Farkas, Marilyn Burghardt, Rodger Halvorsen; Susan Faust, Clara Lapointe, Elaine Anderson, Janet Bobinec, Laura Inkster, Marie Lundgren, Donald Stock, Joan Veldhuis, Val Arkininstall, Frances Wallace, Jim Edwards, Cheryl Hodgson, Bud Hodgson, and May Pearson.

Right Lethbridge Hurricanes: #20 Shaun Dosanjh, #2 Calen Addison, #9 Giorgio Estephan, #6 Ty Prefontaine; and Nord-Bridge's little elf, Val Arkininstall.

“The Friendly Centre”

1904—13th Ave. North

Lethbridge, Alberta T1H 4W9

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

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

E-mail: friendly@nordbridgeseniors.com

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

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

BOARD OF DIRECTORS

FIRST YEAR
Robert Grisak
Clay Olsen
Bob Tarleck

SECOND YEAR
George Berg
Jack Fox
Marilyn Gillies

THIRD YEAR
Donna Farkas
Woody Neely
Doug Youngren

ADMINISTRATIVE STAFF

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

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

ON-SITE PARTNER PROGRAMS & SERVICES

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

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

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

ADMIN. PROGRAMS

By-Laws/Policies Committee
Crafts Boutique
Finance Committee

Marilyn Heaton* (Chair), Bob Tarleck, Robert Grisak
Heather Newsham
Chair-Harry Fischer, Pat Santa, Jim Hahn, Roberta Svennes, Frank Deane, Mike Bennett, Clay Olsen
Kathy Filkowski
Kathy Filkowski (Production & Billing)
Jim Hahn
Jim Hahn* (Chair), Dan Deringer
Bob Tarleck* (Chair)

Memberships
Newsletter
Newsletter Ad Sales
Nominations Committee
Political Advocacy Committee
Seniors Helping Seniors

Harry Fischer, Norene Easthope, Vicki Klassen

CARDS & BOARD GAMES

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

Woody Neely*, Board Rep
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

Duplicate Bridge

EDUCATION

Acrylic Painting
Paper Tole
Wood Carving
Watercolor
Watercolor Club
Krafters Koffee Klub
Quilters Group
Nord-Bridge Card Crafters
Spanish for Travelers
Library
Mind Joggers

Marilyn Gillies*, Board Rep.
Katrina Mak
Elta Buckman
Don Johnson
Denise Savard
Sandy Baceda, Erika Bosters
Jo-Ann Adams
Marilyn Martens
Pat Kincade
Marco Escobar
Marie Areshenko
Judy Knox, Jack Simmons
Ted Sillito, Melvin Horn

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

FUNDRAISING

GAMING

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

HEALTH & FITNESS

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

OUTREACH

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

SOCIAL ACTIVITIES

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

SPORTS & RECREATION

Bocce
Carpet Bowling
Darts
Dragon Boat Team
Floor Curling
Floor Shuffleboard
Golf
Pool
Shuffleboard
Table Tennis

TRAVEL

Travel Trip Bookings
Bus Bookings
Driver Co-ordination –Travel
Driver Co-ordination – Cards
Vehicle (Bus 2) Maintenance

VOLUNTEERISM

Building Set-up Volunteers
Volunteer Committee

AFFILIATIONS

ACA Representative
Alberta 55 Plus—Zone 1
Alberta Assoc. of Senior Centres
Enviro. & Historic Resources CLG
Go Seniors Society
Health Education Presentations
Lethbridge Seniors Forum
N-B Income Tax Program
New Horizons for Seniors Program

Pat Santa*, Board Rep
Jim Hahn, Board Rep

Jack Fox*, Board Rep

Mike Bennett
Frances Wallace
Helen Gepneris, Jim Hahn
Bonnie Hammond
Leonard Hutchinson

Donna Farkas*, Board Rep

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

Rodger Halvorsen*, Board Rep

Valerie Arkininstall
Lydia Prokop/Chris Figenshau
Valerie Arkininstall
Rodger Halvorsen

Doug Youngren*, Board Rep

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

Robert Grisak*, Board Rep

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

George Berg*, Board Rep

Valerie Arkininstall
Kathy Filkowski
Valerie Arkininstall
Mike Bennett
Marco Escobar

Jim Hahn, Board Rep

Clay Olsen, Harry Fischer
Eva Deringer, Elaine Molyneux

Clay Olsen*, Board Rep

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

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

Nord-Bridge is a proud member of the Alberta Association of Seniors Centres



View our Website
www.nordbridgeseniors.com
for information, photos, video, Newsletters and more.

PRESIDENT'S REPORT

Welcome to 2017 at Nord-Bridge! We are starting our Winter Programs at various times so please consult the Winter Program 2017 for dates of your favorite activities. The very popular **Tuesday and Thursday Keep Fit** sessions start Tuesday Jan. 17th. I have participated in these sessions and really enjoyed them. For just \$15.00 you can enroll in these classes and come both Tuesday and Thursday right up until the end of June. It is a great way to get back into shape after Christmas and avoid the cold outdoors. I know there are many classes and programs available at Nord-Bridge and I'm sure there is at least one to suit every member.



We are now offering **trip options through Collette Travel**. Val has made arrangements with Collette Travel for us to receive \$100 for each trip booked by a Nord-Bridge member. The next trip is **"Shades of Ireland"** at \$3,769 for ten days. It leaves Oct. 28th, 2017. **There will be a travel presentation in regard to this trip on Tuesday, January 17th, 7 p.m. at Maritime Travel, 921 - 3 Ave. South. R.S.V.P. to 403-329-3373 by January 14th if you would like to attend.**

The Executive is continuing to work with our Consultant, Bruce Thurston and City Representative, Dawn Vickers on our Organizational Review. We are presently drafting job descriptions for the Nord-Bridge Board and the Strategic Plan to help guide the future of Nord-Bridge. Once these are completed we will revisit our By-Laws. I am very grateful to the members of this Committee for all their time.

To celebrate "Chinese New Year" we will have a Chinese Lunch Buffet on Friday, January 27. Our first special luncheon will celebrate Valentine's Day, on Friday, February 10. Advance tickets for that event will be available beginning January 10 at the Reception Desk.

I hope to see you at the Centre each Friday morning to share your comments and concerns. Everyone's input is important. We all learned a lot about our members from the recent membership survey. Thanks to all those who participated.

Pat Santa, President

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



- ★ Joseph Gasseling ★ Thomas Wall ★ Jim Ash
- ★ Judi Ash ★ Edgardo Reserva ★ Ed Snip
- ★ Frank Aubin ★ Rick Gillis ★ Ryan McAdams
- ★ Joanne Walker ★ Del Nikoleychuk ★ Shirley Wood
- ★ Gary Schoening ★ Charles Bullis ★ Shirley Dorchak
- ★ Josephine Schneider ★ Robert Bramer
- ★ Janet Bice ★ Christopher Bice ★ Vera-Lynn Smella
- ★ Frank Smella ★ Roberto Sanchez ★ Milagras Sanchez
- ★ Joyce Grabinski ★ Marie LaFournie ★ Larry Mutter
- ★ Alma Payne ★ Allan Payne ★ Riny Boss

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

JANUARY 7 & 21
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		
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 **ShowOpen** 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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- PROSTHETIC EYE PRACTITIONER

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FAX: 403-320-1181

Lethbridge HEARING CENTRE

Lethbridge Hearing Centre will be at Nord-Bridge Centre offering **FREE** hearing tests and consultations every third Thursday* of the month from 10 a.m. until Noon. Please book your half-hour appointment at the Reception Desk.

(moved to Wednesday, January 18)

Next FREE Test and Consultation **Jan. 18th**

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

Funeral Home and Cremation Services

403-329-4934

Give us a call regarding ...

- * Affordable Pre-arrangement Options
- * Evergreen's Budget Conscious Pricing

Because Cost Is An Option

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A Division of the Caring Group Corp.

LORRI'S CORNER

Happy 2017 to you! My wish for each of you is a year of beautiful moments, good health and may happiness echo in every corner of your world!



Happiness you say? We search for it our entire life believing that if we acquire a certain item or job or car, we will finally be able to capture this elusive goal. So what is happiness exactly? Where can we find it and once we do find it, how can we keep it?

For thousands of years these have been questions that have brought about much pondering by philosophers and also people just like us. They have managed to define happiness as: *"The emotional experience of having a pleasant, engaged and meaningful life"*.

While life satisfaction contributes to happiness, some people are just happier than others. The great news is that we can all cultivate our own happiness through our choices, attitudes and thoughts!

Your mental game matters, so shift your thinking –

Each feeling results from our thoughts. For example: If you think you are not as good as someone else, you will be sad. The remedy for shifting your thinking is to pay attention to your emotional responses and challenge the negative thoughts. You do not have to believe all of your thoughts.

Don't count on money to make you happier – Meaningful relationships with family and friends and a sense of duty and purpose outside us are more valuable to bringing happiness than a big fat bank account. To improve your happiness, shift your energy from the pursuit of material wealth and focus on creating close relationships and a sense of inner purpose.

Apply yourself fully to whatever you do – If you have ever been so absorbed in an activity that you have lost track of time, you have successfully applied yourself fully! Tackle every activity with the desire to do the best job you can.

Embrace virtues, and enjoy their rewards – Happiness is found not only through individual thoughts and behaviours but by connecting to a wider purpose and contributing to the wellbeing of others. Make a point of doing considerate and generous things for others daily; and don't forget to express gratitude for the kindness you receive.

Focus on relationships and cultivate community – The happiest people are those who have positive social relationships. They spend time "hanging out" with others and interact in meaningful ways.

Happiness is not about turning your frown upside down or ignoring life's disappointments; nor is it about trying to feel happy when you don't, but instead taking daily actions that shift attitudes and behaviours.

JANUARY 2017				
M	T	W	Th	F
	3		5	
9	10		12	
16			19	20
	24	25	26	
	31			

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

Lorri Penner, BSW, RSW
Member Support Coordinator

EXECUTIVE DIRECTOR'S REPORT

Greetings Members;

Welcome to 2017, a Municipal election year! I hope your festive season has been pleasant, and that your outlook for the coming year is positive. Of course, we only have partial control of the future, but I know your friends at Nord-Bridge will be there to make your life pleasurable, and we will work to help each other overcome any challenges.

I am pleased to report that 2016 was good to your Association, as we ended the year (as at Dec. 29) with 1,353 members. This means 2016 membership exceeded any total over the prior ten years. In 2006 we had another 100 members, but back then our membership fees were just \$15 per year. At the City's encouragement fees were raised, and it has taken us ten years to rebuild membership to a comparable level (lest the City gets in mind that fees are too low again). I note that Nord-Bridge's fees are now higher than any other major senior centre in Alberta; however, I believe most members feel they are getting good value for their dues. Over the last 10 years we have addressed revenues with the addition of user fees in the gym, the pool hall, and for many programs. Thanks for your support.

Membership renewals for 2017 are now due. **Over 56% of members have already renewed, and we ask the rest of you to do so as soon as possible.** We send out membership renewal reminders at the first of February, but **with postage now at \$0.85 cents, and additional administrative costs, it would help greatly if you pay before reminders are generated and mailed.**

Congratulations to our Seniors Helping Seniors team! In 2016 you completed 1,432 current year tax returns, another 412 late returns, and helped another large group of citizens with consultations and referrals to various services and funding programs. Total consults and free services helped 2,874 individuals, many of whom were non-members of Nord-Bridge.

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



NORD-BRIDGE 2017 AGM & BOARD ELECTION

NORD-BRIDGE
SENIOR CITIZENS ASSOCIATION

Wednesday, 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 will be available at the Reception Desk by January 16, and will be accepted again at the Front Desk until **4:30 pm on February 10, 2017, at which time Nominations Close.**



Here To Serve You


NORD-BRIDGE
SENIORS CENTRE

CHINESE BUFFET

FRIDAY, JAN. 27
AT 11:30 A.M.

\$9.00

ALL YOUR FAVORITE CHINESE MENU ITEMS & MORE
INCLUDES TEA OR COFFEE


NORD-BRIDGE
SENIOR CITIZENS ASSOCIATION

VALENTINE'S LUNCHEON

FRIDAY, FEBRUARY 10, 2017

11:30 A.M. \$12.00 PER PERSON

Tickets will be available January 10

LIVE ENTERTAINMENT
EVERYONE WELCOME!



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
Wednesday of every month!

Book your appointment
at the front desk!

403-320-5051



Brad Lindsay, BC-HIS
Registered Hearing Aid Practitioner

From the Desk of Val

HAPPY NEW YEAR everyone!
What will 2017 bring to you? People are saying that 2017 is going to be a year of change. Part of my contribution to this change will be getting back into our great "Fitness 55 Club". Let us all focus on being positive, happy and living up to our motto of being "the Friendly Centre".

A special "Thank You" is offered to our Watercolor group for their generous donation of \$100 to our Outreach Program, a monthly event that targets our most senior seniors, or as we like to refer to them, our "super seniors". Our recent Outreach Bake Sale raised \$1,626 in sales and donations. Thanks to all of our volunteers who took time to call the entire membership. This is one excellent, focused way to advertise. To the tireless crew who organized and priced items; and to our bakers and customers, THANK YOU! To the Lethbridge Hurricanes, thank you for helping out on December 12. The fine, hunk of a man pictured above with me is my favourite Hurricane, #9, Giorgio Estephan.

Join me in welcoming two new Reception Desk volunteers, Lila Sloan and Marie Lafournie. Recently, we held our very first volunteer drop-in which was very well received, as we extended 44 little gifts of appreciation. In closing, let us ALL work together and always wear a friendly smile. Take time to make new friends as you welcome new members to our FRIENDLY CENTRE.

Valerie



Programmer's Report by David Ng

I wish all Nord-Bridge members a Happy New Year and hope everyone had a restful and enjoyable holiday!



There will not be too much down time in between the holidays for programs. **Program registration will start on Thursday, January 5, 2017 at 9:00 am.** New and exciting programs to sign up for are: Colored Pencils Project on Monday morning with Donna Gallant, Beginners Tai Chi for Health also on Mondays with Christine Curteanu, and Somatics on Thursdays with Melanie Hillaby. For more details on programs, pick up a copy of the Winter 2017 Program Book at the Reception Desk or visit our Nord-Bridge website www.nordbridgeseniors.com.

Free Massages this month will be on Friday, January 13 from 9:30 to 11:30 a.m. with the Southern Alberta Institute of Massage; and Wednesday, January 25, 10:00 a.m. to Noon with the Lethbridge College Massage Therapy students.

Refer to the **Winter Program 2017** booklet, Pages 8 and 9, for dates and descriptions of the following services: Legal consultations with Mariko Constable (Huckvale LLP); Hearing consultations with Brad Lindsay (Advantage Hearing) and Candice and Jake Boldt (Lethbridge Hearing Centre); Coffee with a Constable (Les Vonkeman); Lethbridge Elder Abuse Response Network Coordinator (Tanya Purdy-Fischer); and Foot care with Dr. Todd Bolokoski (Chinook Foot and Ankle Clinic). Please note: Dr. Bolokoski foot clinics will now be held in the former "Sandy Toes" suite located between the Medicine Shoppe and Salon Nineteen04.



David

How Can We Help Your Trees Today?

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ladybugarborists@gmail.com



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

BOB GOW \$132, DECEMBER 8
ROBERTA SVENNES \$120 DECEMBER 22

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

VIC BOYCHUK \$237 DECEMBER 23
Next Draw Jan. 27th

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

Dec. 5 Nick Brandhorst \$32; Back Table Bandits \$32
Dec. 12 Noel Burles \$38; Kaz Tomomitsu \$38
Dec. 19 Bill Randa \$36; Sally Reyna \$36

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



NORD-BRIDGE BUILDING FUND RECENT DONORS

Phil & Lois Story \$100; Fred & Alice Mehlhaff \$200;
Frances Wallace \$100; Valerie Arkinstall \$50;
Frank & Edith Deane \$200

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2016
Through December 23, 2016 : \$17,730



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 2016

Still needed by N-B Fundraising \$ 2,067,243

\$ 432,757

WE THANK Bonnie Hammond and her team of over 20 volunteers who work up to nine Winner's Bingo events every month. Their dedication has translated into significant funding for our Centre.



Dunford Diner

NORD-BRIDGE SENIORS CENTRE

1904 - 13 AVENUE NORTH

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

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

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

PUBLIC WELCOME! NO SURCHARGE!
DEBIT & CASH ACCEPTED

Friday Lunch Specials \$7.50

- Jan. 6 Veal Cutlets, Mashed Potato, Veggies & Gravy
- Jan. 13 Chicken Cordon Bleu, Roasted Potato & Salad
- Jan. 20 Lasagna, Caesar Salad & Garlic Toast
- Jan. 27 Extra Special Chinese Buffett \$9.00

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

\$7.50

Friday Dunford Diner Lunchtime Entertainment

- Jan. 6 John Janos
- Jan. 13 Dean Oseen
- Jan. 20 Don & Vicky
- Jan. 27 Anne Pauls





January



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>CENTRE CLOSED Happy New Year!</p>   	<p>3</p> <p>9:00 Shuffleboard 10:00 Music Makers 1:00 Texas Hold'em 1:00 Norwegian Whist 1:00 Canasta 1:30 SCRABBLE</p> 	<p>4</p>  <p>8:30 BREAKFAST BUFFET 10:45 WINNERS BINGO 11:00 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Advantage Hearing <i>By Appointment</i></p> 	<p>5</p> <p>9:00 Winter Programs Registration</p> <p>9:00 Floor Curling 9:30 Card Crafters 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 1:00 Duplicate Bridge 5:30 Zumba 7:00 Table Tennis</p>	<p>6</p> <p>9:30 Carpet Bowling 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p> 
<p>9</p> <p>9:00 Yoga 9:00 Beginners Tai Chi 9:30 Jammers 10:00 Floor Curling 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts</p> 	<p>10</p> <p>9:00 Shuffleboard 9:30 Watercolor Class 9:30/10/11 Clogging 10:00 Music Makers 10:45 WINNERS BINGO 1:00 Texas Hold'em 1:00 Norwegian Whist 1:00 Canasta 1:30 SCRABBLE 7:00 Social Dance</p> 	<p>11</p> <p>8:30 FOOT DR <i>(By appointment)</i></p> <p>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>12</p> <p>9:00 Floor Curling 9:30 Card Crafters 9:30 Mind Joggers 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 1:00 Duplicate Bridge 5:30 Zumba 7:00 Table Tennis</p>	<p>13</p> <p>9:00 LEGAL CONSULTS <i>(By appointment)</i></p> <p>9:00 Paper Tole 10:00 FREE MASSAGE 9:30 Carpet Bowling 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p> 

<p>16 9:00 Yoga 9:00 Beginners Tai Chi 9:30 Jammers 10:00 Floor Curling 10:15 Chair Yoga 1:00 Contract Bridge 1:00 Military Whist 1:30 OUTREACH "SNOWFLAKES & SNOWMEN" Featuring "Don & Vicky" </p>	<p>17 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>18 8:45 Yoga 9:30 Carpet Bowling 10:00 Lethbridge Hearing (By Appointment) 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>19 9:00 Floor Curling 9:30 Card Crafters 9:30 Mind Joggers 10:00 Somatics 1:00 Acrylic Painting 1:00 Woodcarving 1:00 Trump Whist 1:00 Duplicate Bridge </p>	<p>20 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>23 & 30 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>24 & 31 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>25 8:45 Yoga 10:00 FREE MASSAGE 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 3:00 Fitball </p>	<p>26 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>27  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 - TUES, Jan. 3, 10 A.M. 		<ul style="list-style-type: none"> ADVANTAGE HEARING - WEDNESDAY, January 4 (by appointment) FREE LEGAL CONSULTATIONS - FRI. JAN. 13 (by appointment) with HUCKVALE LLP LETHBRIDGE HEARING CENTRE TESTS - WED., JAN. 18 (by appointment) DR. BOLOKOSKI - JAN., 11. FUTURE DATES INCLUDE: MAR. 8, MAY 3, 2017 MOVIE MILL TRIP - THURSDAY, JANUARY 26 CHINESE BUFFET - FRIDAY, JANUARY 27, 11:30 a.m. WINNERS BINGO JAN. 4, 10, 11, 17, 18, 24, 25, 31 		

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established 1906

Upcoming **FREE** consultation dates:
Friday, January 13 & February 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
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Are you buried under a pile
of paperwork? Confused about
government forms?

If so, contact "Seniors Helping Seniors"
here at Nord-Bridge. We have friendly,
trained **VOLUNTEERS** to help you:

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

ALBERTA AIDS TO DAILY LIVING PROGRAM (AADL)

Assists Albertans with a long-term disability or
chronic or terminal illness to purchase medical
equipment and supplies. This program is ad-
ministered through Home Care in the City of
Lethbridge and immediate surrounding area.



CONDOLENCES WERE SENT TO: The Hogg Family, loss of Mother; Randy & Janay Smith, loss of brother, Neil; Elaine Lamb, loss of husband; Sandra Beaver & Family, loss of Warren Pentland; the Van Egmond Family, loss of Ada; the Slywka Family, loss of Tom Slywka; the Brassard Family, loss of Bud; Kathy Kurze & Family, loss of Max; Helen Gepneris, loss of sister; the Copeland Family, loss of Derm; Bernice Allen & Family, loss of Bernie; and to Robert Wasilenko, loss of wife, Iris.

GET WELL & HEALTH WISHES WERE SENT TO: Muriel Selk (broken hip); Ralph Thompson now back in Lethbridge but will be returning to Calgary Foothills for a second surgery; Tim Arnett at home recuperating from surgery and doing well; Helen Winters, broken hip; and Faye Cain, Reception Desk volunteer, broken ankle.



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OUTREACH REPORT *Rodger Halvonen, Convener*

Monday, December 12th featured our final Outreach event of 2016. Our monthly events entertain our members as well as seniors from 8 to 10 care facilities in Lethbridge, Coaldale and Vulcan. As I look back over 2016 our average attendance per event was 120, including at least 15 volunteers. The events always feature a program including music and our guests always enjoy lively tunes whether vocal or instrumental or both. Often we have a few games of Card Bingo. Light refreshments are served to all who attend. It's worth it all... as faces light up, clapping hands, and tapping toes bring a great deal of fulfillment to our volunteers. These events are volunteer labour intensive. Volunteers assist in every aspect from planning through implementation and assist our guests whether it be opening doors, serving refreshments, working in the servery or setting up and taking down tables and chairs. **These giving individuals are featured on our cover this month.** If you are interested in getting involved in this special program for "super seniors" speak to Valerie at the Reception Desk.

**Shannon Phillips,
MLA Lethbridge West**

402 8th St S
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, January 11, 2017 and Wednesday, January 25, 2017.** Sign up at the Reception Desk.



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MLA FOR LETHBRIDGE-EAST

543 13th St South
Lethbridge AB T1J 2W1
Phone: (403) 320-1011
Fax: (403) 328-6613
Email: Lethbridge.east@assembly.ab.ca



Photo: David Rossiter

Members can make an appointment at the Nord-Bridge Reception Desk to meet with Maria here at the Centre on the 2nd or 4th Friday of the month between 9:30 & 10:30 a.m.

NORD-BRIDGE SENIORS FITNESS 55 CLUB

Nord-Bridge membership, plus a special user fee is applicable.

Annual Pass \$180
Monthly Pass \$18
20 Visit Pass \$25

(A \$10 refundable key fob deposit is also required)

Meet with Jim Scott, Certified Personal Trainer
Wednesday mornings, for safe training tips and motivational goal setting advice.

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.**



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

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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.



Phone: 403-394-0306 Email: learn@lethseniors.com

Facebook: <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

Have you noticed; daylight hours are already getting longer. From January 1st, we have only another 79 days until Spring. Yahoo!



We are looking for a few more players. We offer lessons at 12:30 followed by regular games at 1 p.m. every Wednesday, in the Dunford Diner Annex. Join us.

Continuing to Care
Through the Generations.

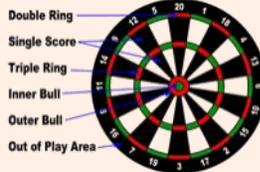
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Lethbridge, AB
403-382-3601

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Funeral Home & Cremation Services

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LIKE TO PLAY DARTS?

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



ROB GRISAK

Winner of the Member Survey New Television raffle was Vern Soderquist. Congratulations, Vern and thank you to the 300 members who responded to our survey.

Coming in 2018!

Great new enhancements to the Yates Theatre.

As part of this renovation work, the Yates Ticket Centre will be closed January 8-26.

Ticket purchases or inquiries can be made by calling (403) 329-7328 or in person at the ENMAX Centre Ticket Centre (2510 Scenic Dr. S.). Tickets can also be purchased online at <http://www.enmaxcentre.ca>.

Thank you for your understanding.



CITY OF
Lethbridge



Social Committee Report Eva Deringer

Our Dunford Diner volunteer servers had a very busy holiday season. In addition to our Nord-Bridge annual Christmas luncheon, we contributed our services to another two "Christmas" luncheons. Our Nord-Bridge chefs and staff have been quite successful in attracting customers for catered events. My helpful committee assisted by serving and bussing for these events. While the double duty kept us on our toes, it also got us into the spirit of the season.

On December 8th we held our Nord-Bridge Christmas Luncheon where we served a multi-course traditional turkey dinner to a full house of 144. My eager helpers donned gay holiday outfits, while Yvonne, our pianist, provided live, background music.

Many thanks to all for attending our socials year 'round; to the many helping hands that contribute so generously of their time and effort in so many ways; and to local businesses that contribute to our special events with cash sponsorships or door prizes. At this event prizes were won by: Annie Hufnagel (votive candle); Debbie Symes (poinsettia); Sadie Hancock (Save-On Foods gift card); and Vera Michekota (tickets to "Old West Favourites 6").

Our next special luncheon, on **Friday, February 10th at 11:30 a.m. will celebrate VALENTINE'S DAY**. Please note: In 2017 all special luncheons will be held on Fridays (not Thursdays). On those days, soup, sandwiches and snacks will be available in the Multi-Purpose Hall for casual diners.



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SNEEZING? NOT
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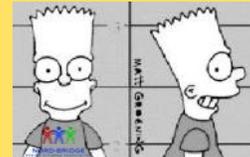
Listen To Your Angels

By Doreen Taylor - Mind Joggers Group

*Listen to your angels when they whisper,
They are always there to hep and guide,
You will sense their presence walking at your side,
It may be just a gentle hint, a little nudge or two,
Just always try to be aware,
Of subtle insights you sense there,
They want the very best for us,
A life filled with joy and mirth,
For all the days we spend on Earth,
And when this earthly journey ends,
They will gently take us by the hand,
And lead us on, to a heavenly land.*

Mind Joggers regular schedule will resume
on January 12th, 2017.

**ARE YOU DELINQUENT?
\$50.00 2017 MEMBERSHIP RENEWALS**



are now overdue!

Pay Now and get your FREE 2017 calendar.
New Memberships \$53.00

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NORD-BRIDGE SENIORS CENTRE

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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



A "Thank You!" as big as Texas to the Tuesday afternoon card players for their generous donation of \$350 towards the purchase of a new Go Friendly bus.

Donna Takeda, Secretary/Treasurer
Go Seniors Society of Southern Alberta



COFFEE WITH A CONSTABLE

Chat with a member of the Lethbridge Regional Police Services about law enforcement or elder abuse concerns. Constable Les Vonkeman will be here on the second Wednesday of each month, from 10 to 11:30 a.m. in the Dunford Diner.



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TRAVEL

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

TRAVEL NOTES

Another full bus thoroughly enjoyed the trip to Broxburn & Greenhaven Garden Centres on December 7th. After a tasty lunch at Broxburn, the gang went to Greenhaven to view the lovely Christmas foliage and have a sip of hot apple cider



Thanks to our Go Friendly Shuttle driver, Dave Slovak, for taking a bus full of us around the City to see the festive lights and then stopping at a mystery house where three super elves served hot chocolate to all of us on the bus.

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.

There will be a travel presentation on Tuesday, January 17th, 7 p.m. at Maritime Travel, 921 - 3 Ave. South. R.S.V.P. to 403-329-3373 by January 14th.

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!

LEADER TOURS 2017: Coeur D'Alene Resort, Oct. 20-23 & Dec. 5-8. Deadwood Coach Tour: May 14-20. Alberta Prairie Railway and Banff National Park, July 18-22. Okanagan Valley Getaway, June 1-7. This trip features wine, food and the Kettle Valley Train Excursion. Pick-up for all trips will be at Nord-Bridge. Sign up at the Reception Desk.

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.



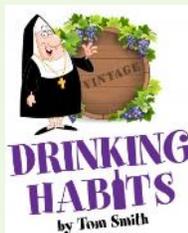
LH Kootenai River Inn, Bonner's Ferry Idaho, and Cranbrook - St. Eugene Feb. 4-7; and May 28-31.

River Cree, Edmonton Mar. 12-14;
Camrose Casino & Resort June 11-13.
GET REGISTRATION FORMS AT N-B RECEPTION DESK.

Wednesday, February 22, 2017 Stage West Dinner Theatre Calgary

Join us for this Two Act Comedy. Laughter IS the best medicine!

COST: \$90 (non-members extra)



MOVIE MILL, THURSDAY January 26 \$10 BUS & LUNCH



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

NEW! OUT & ABOUT+coffee TOO This new 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. In January we're going to Walmart. Sign up at the Reception Desk.

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 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.

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Jeff Carlson



Jordana Kohn



Andre Royer



Erica Hunt



Scott Carpenter



Alene Bedstler



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

\$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

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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. Jan. 17**
Tues. Jan. 24
Tues. Jan. 31

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

Place: **Nord-Bridge Main Corridor**

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