

NEWSLETTER

July 2017



**Celebrate Canada's
Sesquicentennial
Saturday July 1st**

"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
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
Vacant
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

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)

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
Scrabble
Texas Hold'em

Ben Bell*, Board Rep
Hans & Louise Kochan
Pat Veres
Rodney Foster
Donna Takeda
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
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

Pat Santa*, Board Rep
Jim Hahn, Board Rep

Vacant, Board Rep

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

HEALTH & FITNESS

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

Marko Bosnak*, Board Rep

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

OUTREACH

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

Donalda Stock*, Board Rep

Valerie Arkininstall
Lydia Prokop/Chris Figenshau
Valerie Arkininstall
Rodger Halvorsen
Valerie Arkininstall

SOCIAL ACTIVITIES

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

Kaz Tomomitsu*, Board Rep

Eva Deringer
Roy Swidinsky
Anne Summers
Eva Deringer
Karen Hooper
Sandy Nowell
Della Howg

SPORTS & RECREATION

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

Robert Grisak*, Board Rep

Diana Neal
Norene Irwin, Woody Neely
Bill Lelievre
Dawn Vickers
Vacant
Lorna Vandervalk
Judy Workman, Bob Lemay
Ben Bell
Clay Olsen
Jerry Mikusek, Dave Bergen

TRAVEL

Travel Agent / Bookings
Driver Co-ordination -Travel
Vehicle (Bus 2) Maintenance

George Berg*, Board Rep

Valerie Arkininstall
Valerie Arkininstall
Marco Escobar

VOLUNTEERISM

Building Set-up Volunteers
Diner Special Events Coordinator

Jim Hahn, Board Rep

Clay Olsen, Harry Fischer
Eva Deringer

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

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.



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

As we move into the quieter times of July and August I want to take time to thank our many volunteers. Both May and June were busy months at Nord-Bridge and our volunteers met the challenges. In June alone, our Dunford Diner staff and volunteers served a \$2 Pancake Breakfast, the Annual Picnic, the Buffet Breakfast, the Father's Day Luncheon and a BBQ Party. This is over and above their regular duties. Congratulations on your efforts.



We were pleased with the results of our Father's Day Annual Pie Auction which raised \$4,045 in sales, donations and a grant from the Scotia Bankers in the Community Program. We thank Scott Stevens, Manager of the Northside Scotia-bank, who along with his volunteers helped out at the Pie Auction. We also want to thank the auctioneers, Dean Oseen and Dick Indenbosch, for their entertaining services. We are also grateful to all those who purchased pies to help support our Outreach Program. Dave Green, Pat Waddle and several other members were big supporters of this event. Dave alone spent \$600. I also want to thank Val Arkininstall, Staff Outreach Program Liaison, and her volunteers who work very hard every June on this most important fund raiser for Outreach. Good work everyone!

CORRECTION:

In June I reported that **Frank Toth** made a generous donation to our Miners Banquets. Unfortunately, I initially reported incorrectly, that the donation was made by Les Toth and some Newsletters with the error were circulated before an alert staff member noted the error. I apologize for that mistake and hope that neither Frank nor anyone else was offended.



Frank Toth (above with President, Pat Santa) recently donated \$7,500 to Nord-Bridge to facilitate the continuation of the Annual Miners Memorial Banquet.

Recently I was saddened to accept the resignation of Jack Fox from our Board. Jack was a superlative contributor and brought us valuable and unique input. He and his wife Joanne are moving to the Cardston area where they have secured a super situation that will include the special assistance they require and where they will be much closer to family. While we will miss both of them, we wish them well.

Monday Jam Sessions are suspended for the summer but will be back in September. Our Board continues to work with Bruce Thurston and Dawn Vickers on our Organizational Review and Strategic Plan. This project has been in the works for two years already but we are nearing the finish line. Our Association will be all the better for these efforts.

I will be at the Centre every morning this summer should you want to talk. Thank you for your support everyone. I appreciate your trust in me.

Pat Santa

WELCOME, New Members!

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

Mary Ellen Johnson ☺ Robert Sacroug

Lorraine McCulloch ☺ Jean Jensen

Willie Schmold ☺ Brian Patterson

Bruce Larson ☺ Beverly Larson

Don Mazurick ☺ Rick Lee



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 above)



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.

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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 **July 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!



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Is An Option*

*We lessen the expense
Not the care*

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LORRI'S CORNER

It started with a small group of dreamers and ideas written on sheets of paper stuck to my wall with the vision of a beautiful day for women. On Saturday, June 10th, we watched and witnessed 90 beautiful strong EMPOWERED women gather for our first ever **Empowering Wellness in Women** conference!



My heart was touched seeing such a diverse group all gathered, eager to embrace the day that we spent countless hours bringing together. You could have heard a pin drop while they moved through qigong movements, their eyes filled with tears as their hearts were touched by our keynote speaker **Renae Peterson** and the rumbling of NO being yelled loudly as they practiced fighting off a potential attack with **Dan Walton of Savoy Six**. It was a magical day! We laughed, we pondered, we learned and oh, did we eat! Thank you to those who attended; we did this for you!

No conference can happen without presenters and we believe we brought together the best for this event! Thank you to all who shared their knowledge, skills, talents and also their hearts with us! To the dignitaries that took time out of their Saturday to bring greetings, your support means so much.

To our sponsors, because without you, this conference would have never happened: **FCSS** (Family and Community Support Services) and **Martin Brothers Funeral Chapels**, we appreciate your generosity and support. **Save on Foods North** provided the incredible breakfast, **McDonalds** made sure we had coffee and juice, **All Occasions Decorating, Savers Convenience Store, Party Central** and **Rehoboth** provided beauty through the décor, thank you! Thank you to **Vicki and Chris Klassen** – Just Us – for serenading us during lunch with the songs we love! Thank you to all the businesses that provided such incredible door prizes!

A special thank you to **Aramark Food Services** for the incredible lunch they provided! This group worked tirelessly to ensure we had treats and coffee for our breaks, created a beautiful display for our food and looked after cleaning up for us!

No expression of gratitude would be complete without a huge thank you to the employers of the committee who allowed us the time to plan and prepare for this day: **AgeCare Columbia, The Alzheimer's Society, Kilkenny Services** and **Osteoporosis Canada**. Last but not least, to **Nord-Bridge, Marco, Clay and David**: Thank you for your muscles, resources, knowledge and expertise to make this day happen!

Stop by for a chat on: July 4, 5, 6, July 11, 12, 13, July 18, 19, 20 or July 25, 26, 27.

Lorri Penner, BSW, RSW
Member Support Coordinator

YOUR FRIENDLY GEEK



WE OFFER OUR MEMBERS THEIR OWN TECH DESK.



Justin Kroeker will help you get the most use and amusement out of your hi-tech devices. His areas of expertise include: ●Desktops●Laptops ●Tablets ●iPad ●Smart Phones ●Apple ●Windows●Microsoft ●Apps ●Email ●Too Slow ●Photographs●No Wi-Fi Signal ●Pop-ups●Not Charging ●Lost Passwords...and more. **Bring your problems to Justin.**

This FREE SERVICE is available to NORD-BRIDGE SENIOR CITIZENS ASSOCIATION MEMBERS ONLY on the FIRST AND THIRD TUESDAY of each month, 10 A.M. UNTIL NOON & 1 P.M. UNTIL 2 P.M.

EXECUTIVE DIRECTOR'S REPORT

Greetings Members,

I want to take the opportunity in this *Newsletter* to express the sincere thanks of Nord-Bridge to two organizations, and to individuals, that have supported the Association, some most recently. Specifically:



- When we acquired our building in late 2000, the task of funding the purchase and initial improvements, in the range of \$2.3 million, was rather overwhelming. We had some help by an initial City grant of \$505,000. We also borrowed \$228,178 from the City, and amortized the loan over a 12 year repayment period. That sum has long since been re-paid.
- The Province also provided us access to matched grant funding over the first 3 years totaling \$677,000.
- However, to service our City loan, and to meet the 50/50 matched fundraising requirement of Nord-Bridge for Provincial funding, we needed additional partners, and member donations. I now pay tribute to one such **partner: The Lethbridge Auxiliary Order of Royal Purple #32**. These wonderful ladies, together with the former Lethbridge Elks Club, provided us with significant funding. Initially, they paid for the Multi-Purpose Hall "Servery", including most equipment in the room. Over the years they have continued to make sizable donations to Nord-Bridge. Most recently **they gave us a final \$7,000 to the "Building Fund"** as they wind down their organization. They also gave us their piano, which we have used for years in the Multi-Purpose Hall and Dining Room. Ladies, we are sorry to learn that you are bringing to an end your valuable support of many charitable causes in Lethbridge. We know first-hand of all the good you have done. We too have "appreciated our relationship over the years."
- In this Newsletter I also bring to the members attention a \$25,000 grant we have received from the New Horizons for Seniors Program. This Federal government grant is specifically earmarked for sub-floor repairs; trip hazard mitigation; and new carpeting down our entrance corridors, in our Dining Room and Annex, in the Reception area, and east Multi-Purpose Hall. MP Rachael Harder presented us with the check from the Hon. Minister Patricia Hajbu (Employment, Workforce Development, & Labour Canada). We made this funding application last year, and were reassured of the importance of the work in our December 2016 Survey of Members. Carpeting replacement ranked #1 in all member identified needs. The \$25,000 will meet about half of the anticipated expense of \$50,000 +. Hence, Nord-Bridge will still be required to secure additional funding from members and fundraisers. Your donation to the "Building Fund" and this project would be appreciated and recognized on our Donor Board.
- The Royal Purple donation to the "Building Fund" will also significantly help us address the requirement.
- Finally, I want to thank long-time member, ex-coal miner, and North side supporter Frank Toth for his donation of \$7,500 to the Centre in May. Frank is pictured in President Santa's article on Page 3. Frank's donation has been earmarked to support the continuation of Nord-Bridge's efforts to recognize the City's coal mining heritage, including our annual Miner's Memorial Dinner and education.

To all our supporters and members, we say THANKS and wish each of you well. **Happy 150th Birthday Canada!**

Sincerely, *Randy Smith*
Executive Director



RACHAEL HARDER
MEMBER OF PARLIAMENT

HERE TO
SERVE



RACHAELHARDER.CA 403.320.0070 255-8TH ST S

RACHAELHARDERMP

Social Report by Eva Deringer



Our "Annual Father's Day Luncheon & Pie Auction" held on June 16 was a great success in terms of the auction. However, only 80 of 144 available luncheon tickets were sold. That low number was disappointing but all those who did attend had a wonderful meal and highly entertaining auction to boot!

President Pat Santa welcomed all our guests, and VIP's - Rachael Harder, Maria Fitzpatrick, Mayor Spearman, Councillor Blaine Hyggen and Scotiabank Manager, Scott Stevens who all paid homage to our dads. There were five lucky door prize winners. We thank our door prize donors including Save-On Foods, Lethbridge Bulls Baseball, Enmax Centre, and others.

The highlight of the day was the amazing donated pies that were auctioned off with great enthusiasm and entertainment by auctioneers Dean Oseen and Dick Indenbosch. This annual auction event supports our Outreach Program, a most important aspect of our Centre that works with our super senior population. Thanks is extended to all of our volunteers, pie donors, pie bidders and buyers, our community corporate friends, and members. We are delighted that over \$4,000 was raised.

See you at the **Whoop-Up Toonie Pancake Breakfast on August 23** followed by a **"Special Tribute to Country Music"** later that evening at 7:30 in the Multi-Purpose Hall.

THANK YOU

ADVANTAGE HEARING CENTRE

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Brad Lindsay, BC-HIS
Registered Hearing Aid Practitioner

From the Desk of Val

We've had rain and wind but now the hazy, lazy, crazy days of S U M M E R are upon us and it is time for all, especially our hard working volunteers, to take time off to rest and relax in the sunshine. The Reception Desk has been extremely busy but we're looking forward to a lull so we can do a little housekeeping, and get ready for a busy fall. Thanks to my volunteer staff and my great assistant, Heather, for doing an outstanding job. **You are ALL #1 in my books!**

Thanks to our members, the Annual Pie Auction was a howling success. We received 90 beautiful pies that all went for high prices. Thank you to Dean Oseen his helper, Dick, and President, Pat Santa who all did a swell job. Another thank you to my Outreach team: Jim Edwards, Susan Faust, Clara Lapointe, Frances Wallace, and Clay who got all the pies organized for the auctioneer. Great volunteers, YOU MAKE OUR CENTRE friendly and make it a happy place to be.

We have some good travel outings lined up for you. See Page 15 of this Newsletter. Our jaunts are especially enjoyable for those who don't have their own wheels. Some trips fill up faster than others so ACT NOW. I was disappointed that the Banff / Deerfoot Casino trip had to be cancelled; there were only 15 signed-up. I thought this would have been a great trip. I was also disappointed when Mother Nature played havoc with the weather on our first planned trip to the Brooks Dinosaur Provincial Park. The Carefree bus was so badly battered by wind and rain that we had to turn back. We'll reschedule this trip.

Have a happy and healthy summer and when it is too hot, remember to drop in, it will be nice and cool inside at Nord-Bridge Seniors Centre.

Valerie



Programmer's Report by David Ng

Happy 150th Birthday Canada!



2017 marks the sesquicentennial anniversary of Canadian Confederation. There will be many activities at Henderson Lake and throughout Lethbridge to celebrate Canada Day. Be sure to take part in this monumental day.

July brings forth a time for many of our volunteers and instructors to take a break over the summer months. The Monday Jam Session will take a two month hiatus; a sincere thank you is extended to all the entertainers who perform each week. A special thank you goes to Roy Swidinsky and his crew for the set up and take down of the Jammers audio equipment each week.



Some important dates to remember over the summer months include: The Fall Program book will be available on Monday, August 21st at the Reception Desk. Program Registration will follow on Wednesday, August 30th at 10:00 am. Our annual Whoop-Up Days Toonie Pancake Breakfast will be held on Wednesday, August 23rd from 8:00 am - 11:00 am in the

Multi-Purpose Hall. A toonie gets you pancakes, sausages, juice, coffee and live entertainment.

Have a great summer!

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 WINNER

Dallas Sleightholm \$375, June 21

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 WINNERS

Katherine Ludwig, \$199, June 23
Next Draw July 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

June 5 Al Machacek \$44 / Helen Brindley \$44
June 12 Vic Winters \$33 / Noel Burles \$33
June 19 Gail Krysak \$38 / Margaret Brower \$38
June 26 Alvin Witt \$28 / Karl Sinnott \$28

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

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. Call **403-329-3222** to make an appointment.

Your **GOVERNMENT CONTACT** is:
ALBERTA SUPPORTS, 200 - 5 Avenue South;
Or call Danielle at 403-381-5469.



NORD-BRIDGE BUILDING FUND RECENT DONORS

ROYAL PURPLE #32 \$7,000
ALAN & ROBERTA KIMBER \$100
GAIL KRYSAK \$25

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2017
Through June 23, 2017 : **\$10, 572.50**



BUILDING FUND UPDATE:

	Goal	Achieved
Total Fund-Raising Goal	\$6,250,000	
From City of Lethbridge	750,000	82%
From Various Provincial Grants	2,500,000	66%
From Various Federal Grants	500,000	7%
From Nord-Bridge		
- by Fundraising	2,500,000	83%

Total Contributions to our

Building Fund 1998 through 2017

\$ 2,093,403

Still needed by N-B Fundraising

\$ 406,597

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.



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

- July 7 Veal Cutlets with Mashed Potatoes, Gravy & Veggies
- July 14 Lemon/Dill Salmon with Rice and Salad
- July 21 Chicken & Mushroom Fettuccini Alfredo with Caesar Salad and Garlic Toast
- July 28 Liver & Onions with Herb Roasted Potatoes, Gravy & Veggies

PLEASE NOTE: THE GRILL IS CLOSED DURING SPECIAL EVENTS

All You Can Eat Breakfast Buffet First

Wednesday of each month 8:30 to 10:30

\$7.50

JULY



CANADA 150

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Centre Closed</p>	<p>4</p> <p>9:00 Golf (at Evergreen) 1:00 Texas Hold'em 1:00 Canasta 1:30 SCRABBLE 6:30 Bocce Ball Lions Park</p>	<p>5</p> <p>8:30 Breakfast Buffet 9:30 Carpet Bowling 10:45 WINNERS BINGO 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Advantage Hearing</p>	<p>6</p> <p>9:00 Floor Curling 1:00 Woodcarving 1:00 Trump Whist 1:00 Duplicate Bridge 7:00 Table Tennis</p>	<p>7</p> <p>9:30 Carpet Bowling 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p>
<p>10</p> <p>10:00 Floor Curling 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts 3:00 Arthritis Exercise</p>	<p>11</p> <p>9:00 Golf (at Evergreen) 10:00 Music Makers 10:45 WINNERS BINGO 1:00 Texas Hold'em 1:00 Canasta 1:30 SCRABBLE 6:30 Bocce Ball Lions Park</p>	<p>12</p> <p>9:00 Yoga 9:30 Carpet Bowling 10:00 Coffee With a Constable 10:15 Chair Yoga 10:45 WINNERS BINGO 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball</p>	<p>13</p> <p>9:00 Floor Curling 1:00 Woodcarving 1:00 Trump Whist 1:00 Duplicate Bridge 7:00 Table Tennis</p>	<p>14</p> <p>9:00 Legal Consults By Appointment 9:30 Carpet Bowling 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p>

<p>17 10:00 Floor Curling 12:30 DDH Dental Hygiene 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts 3:00 Arthritis Exercise</p> 	<p>18 9:00 Golf (at Evergreen) 10:45 WINNERS BINGO 1:00 Texas Hold'em 1:00 Canasta 1:30 SCRABBLE 6:30 Bocce Ball Lions Park</p> 	<p>19 9:00 Yoga 9:30 Carpet Bowling 10:00 Chair Yoga 10:45 WINNERS BINGO 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball</p> 	<p>20 9:00 Floor Curling 10:00 Leth. Hearing By Appointment 1:00 Woodcarving 1:00 Trump Whist 1:00 Duplicate Bridge 7:00 Table Tennis</p> 	<p>21 9:30 Carpet Bowling 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p>  <p>TOONIE DRAW</p>
<p>24 / 31 10:00 Floor Curling 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts 3:00 Arthritis Exercise</p> 	<p>25 9:00 Golf (at Evergreen) 10:45 WINNERS BINGO 1:00 Texas Hold'em 1:00 Canasta 1:30 SCRABBLE 6:30 Bocce Ball Lions Park</p> 	<p>26 9:30 Carpet Bowling 10:45 WINNERS BINGO 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball</p> 	<p>27 9:00 Floor Curling 1:00 Woodcarving 1:00 Trump Whist 1:00 Duplicate Bridge 7:00 Table Tennis</p> 	<p>28 9:30 Carpet Bowling 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 THE DUNFORD DINER ALZHEIMER SOCIETY'S REP. MIKAELA, THIRD WEDNESDAY OF EACH MONTH AT 10 A.M. IN THE DUNFORD DINER ADVANTAGE HEARING - WEDNESDAY, JULY 5 (by appointment) <ul style="list-style-type: none"> CENTRE CLOSED ON MONDAY JULY 3 MYSTERY TRIP #5 - THURSDAY, JULY 6 DDH DENTAL HYGIENE, MONDAY, JULY 17 (by appointment) TRIP - TUESDAY, JULY 18 PICTURE BUTTE ISLAND LETHBRIDGE HEARING - THURSDAY, JULY 20 (by appointment) WINNERS BINGO JULY 5, 11, 12, 18, 19, 25, 26 DR. BOLOKOSKI FUTURE DATES INCLUDE: AUGUST 23, OCTOBER 18, AND DECEMBER 13, 2017 				

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Upcoming FREE consultation dates:
Friday(s) July 14 & Aug 11
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.



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!

Bill Lelievre, Convener



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New
Horizons
for Seniors
Program

**Nord-Bridge thanks the Government of
Canada for a recent \$25,000 Grant to
repair sub-floors, trip hazards, and to
replace carpeting in some of the
public areas of the Centre.**

Coming soon!

**NEW HORIZONS
FOR SENIORS
PROGRAM**



CONDOLENCES WERE SENT TO...
 the Burgwall Family, loss of John; the Curran Family, loss of Jessie; the Par-ton Family, loss of Shari; the Klim Family, loss of Mother; Michelle Landriault & Family, loss of Mother; and to the Story Family, loss of Lois.



GET WELL & HEALTH WISHES WERE SENT TO...
 Don Ward and Ash Adams at Regional Hospital; Maxine Sheen now at Extendicare Fairmont; Helen Deal in St. Michaels PARP program; Sherry Nugent recuperating at home after double angioplasty; and Harry Wright also at home recovering from surgery.



*Valerie,
 Outreach Card Coordinator*

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It's a Girl!



Introducing Zoë!

Ashley Pasowisty, who many of you know from Salon Nineteen04 is thrilled to introduce you to her new little girl. Zoë was born on June 1, 2017 at 8:46 a.m. weighing 7 pounds 14 ounces and was 17.75 inches tall. Congratulations to Ashley and Family!

**Shannon Phillips,
 MLA Lethbridge West**

402 8th St S
 Lethbridge, AB T1J 2J7
 lethbridge.west@assembly.ab.ca
 403-329-4644



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 if I can be of any
 assistance."

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Nord Bridge members can make an appointment at the Reception desk to meet with Maria here at the Centre on the 2nd & 4th Friday of each month between 9:30 am & 10:30 am.

Maria Fitzpatrick

MLA, Lethbridge East

(403) 320-1011 lethbridge.east@assembly.ab.ca

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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.*

**I'll be lookin' for ya'll
at the Nord-Bridge Annual
Toonie Pancake Breakfast
8 a.m. to 11 a.m.
on Wed. August 23.**



**Ya'll better
be there!**



Having Fun Jack Simmons ~ Mind Joggers

*Thursday mornings if we are able,
We sit around a row of tables,
Our minds are stretched a little bit,
As with this fine group we do sit.*

*The purpose of these gatherings,
Are not to play or to even sing,
We'll laugh at funny stories told,
That to us are as pure as gold.*

*People think we are not stable,
But we will write when we are able,
For we are Mind Joggers you see,
We are not here to just have some tea.*

*One will write a good horse type tale,
Another relates what came by mail,
A poem recited on the breeze,
There is discourse on the largest sneeze.*

*There are funny stories that are told,
Of bold experiences both new and old,
They jog our minds about what we've done,
Some bring tears to the eyes of everyone.*

*We end the meeting with raves all around,
See you all again we're homeward bound,
We have told a tale and jogged the mind,
So another great story we will find.*



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- Preventative cleanings
- Fluoride
- Oral cancer screenings
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- Refer to other HCP

Direct Dental Hygiene will be providing Essential Dental Hygiene Services to our members here at **Nord-Bridge Seniors Centre Craft Room** every 1st and 3rd Monday afternoon of each month. We take assignment for your insurance so your out-of-pocket fee is minimal. Call Olivia at 403-694-1346 to make an appointment.



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August 23, 2017
at 7:30 p.m.

TICKETS
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WANTED

DONATIONS FOR OUR SILENT & LIVE AUCTIONS

We will be hosting our eighth
PRESIDENT'S DINNER & AUCTION FUNDRAISER
on Tuesday, September 12th, 2017

What we need from our members are donations of items for our auctions. The items should be unused, antiques or new home-made items. Cash donations are also welcome. You can drop off any donations at the front desk or give them to Kathy.

I would also appreciate a good turnout of members at this evening event which will include dinner and entertainment including the sounds of **Tom & Curt**. It will be a lot of fun! Tickets will be available in August.

Thank you for your help with this important fundraiser!

Pat Santa, President

Board Report: Health & Fitness Marko Bosnac, Board Representative



Keep Fit enjoys large attendance most of the year, slowing down a little in the summer months.

Yoga & Pilates classes generally run at capacity. Two 8-week sessions were added this summer. The summer schedule is on the back cover of this Newsletter.

Fitball/Exercise With Arthritis classes are maintained throughout the year with a slight drop in attendance during the summer.

TAI Chi classes are popular but some members are unhappy with the 9 a.m. start time. They would like a different time slot as soon as that can be accommodated.

Fitness 55 Club members are very happy, enjoying the time they spend with other seniors, and joke that they would like more space and equipment.

Zumba classes run on Thursday evenings at 5 o'clock. Zumba involves dance and aerobic elements that add up to a robust cardio workout. I was unable to reach any participants so if you have any concerns, please contact me.

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Kananaskis - Stoney Nakoda 2017: Oct TBA, Nov TBA, 2018: Feb 20 - 21, Call for Details	
Bonnars Ferry, Idaho 2017: Sept. 2017 Call for Details, 2018 Feb 3-6, June 3 - 6	EDMONTON - RIVER CREE Jan. 14 - 16 2018 \$269.00 pp / dbl
Medicine Hat March 2018 Date & Price TBD	Camrose May 6-8 2018 Price TBD
Day Trips: Rosebud Theater - Sept. 29, Nov. 28 Passion Play - July 23 Ask for Others!	
SERVING SOUTHERN ALBERTA - Calgary, Lethbridge, Pincher Creek and MORE	



**Saskatchewan Roughriders
at Calgary Stampeders**
July 22-23, 2017
\$279 (per person, tax incl.)



**SATURDAY NIGHT
PACKAGE**

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**Fall
Art &
Craft Sale**

**Plus
"Outreach"
BAKE SALE**

Nord-Bridge Seniors Centre
1904 - 13 Ave. N, Multi-Purpose Hall
Saturday, Oct. 28, 2017, 9 a.m. to 2 p.m.
Vendor Table: Member \$10 / \$15 after September 28
Non-Member \$20 / \$25 after September 28

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TRAVEL

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

Tuesday, July 18. Cost: \$15 Including Transportation and Lunch.



Back by popular demand. Join our eager outdoor adventurists for a trip to the popular **ISLAND AT THE WEE TOWN OF PICTURE BUTTE**.

There, our luncheon hosts the Heinen Family, friends of Fred & Alice Mehlhaff will provide us with a tasty meal and more! We are taking names and payment now as this popular destination will sell out quickly.



 **Thursday, June 22 (Trip Update): BROOKS DINOSAUR PROVINCIAL PARK.** Unfortunately, inclement weather caused this trip to be cancelled. **We will try to reschedule it later this summer.**



ROAD REPORT

June was a busy month. Our annual **Cranbrook-St. Eugene** trip was a blast but that's all I can say because, everything that happened in St. Eugene stays there! The **Fishing Trip to Pincher Creek** was another big success. Congratulations to **Larry Mutter** who caught the large fish and **John Ross** who caught the small fish and wheeled in a total of 15. Larry was a 1st time participant. **GOOD JOB everyone.**



Mystery Trip #4 was another sold out event as we enjoyed the new and revised **Fort Whoop-Up Interpretive Centre**.

Mother Nature played havoc with our plans on June 22. We will re-schedule our trip to the **Brooks Dinosaur Provincial Park**. Watch for details. **Many thanks to Clay and new driver, Jim Cummings.**



Thursday, July 6 - MYSTERY TRIP #5

Where are we going? Somewhere new and improved. **SORRY, SOLD OUT** Buy your lunch after the trip. Bus will depart the Centre 10 a.m. and return by 3 p.m.



Watch for details on these other upcoming trips:

MYSTERY TRIP #7 - Thursday, September 7 is booked. Cost \$37 including bus & tour.

BAR-U RANCH TOUR with Chinese Lunch, Black Diamond Thursday, September 14. Cost \$50 includes bus.

HUTTERITE (NEW YORK) COLONY TOUR

October 19. Cost \$25 including bus and lunch.

This trip will sell out fast.

ROSEBUD - Thursday, November 23 for CARIBOU MAGI. Cost \$102 includes bus, show and your meal. Full payment will be due one month prior to departure.



AS ALWAYS YOUR SUGGESTIONS ARE WELCOME

MEMO TO ALL TRAVEL PASSENGERS: IF YOU CANCEL OUT ON ANY TRIP YOU MUST GET YOUR OWN REPLACEMENT AS WE SOMETIMES DO NOT HAVE A WAIT LIST.

Thursday, August 3 - SASKATOON BERRY FARM, NEAR OKOTOKS. This annual trip is a favourite COST \$50 Including Bus. Buy lunch and dessert at the Farm. Don't be disappointed. Book now. Clay will have a full bus!



Thursday, Aug. 10 - WATERTON LAKES NATIONAL PARK Nothing like a day in the fresh mountain air. Leave the driving to our luxury tour bus driver: **COST \$50.** Do your own thing! Walk, shop and buy lunch or a big scrumptious ice cream treat or plan a picnic.



Thursday, August 24.

MYSTERY TRIP #6 COST \$10

The setting of our destination is unique and beautiful. Enjoy lunch and a friendly chat with good friends. Don't delay, book it today!



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. **This program will resume in September.**

COST \$3



NORD-BRIDGE
SENIOR CITIZENS ASSOCIATION

Summer 2017 PROGRAMS

Yoga

This class offers an opportunity for students to strengthen the body/mind connection. The instructor will explore aging, anatomy, meditation, breathing and relaxation. Asanas [postures] are slow gentle movements done in a non-intimidating friendly manner. Participants are asked to wear loose clothing and bring a yoga mat.

Begins: Wednesday, July 12 - August 30 (8 Classes) Location: West Community Room
Time: 9:00 am - 10:00 am Instructor: Melanie Hillaby
Fee: Members: \$35.00 Non-Members: \$55.00

Chair Yoga

Chair Yoga is the term generally used to describe a gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support. Chair yoga has helped people with the symptoms of many health issues including: hypertension (high blood pressure), anxiety, chronic fatigue syndrome, arthritis, vertigo (medical), multiple sclerosis, carpal tunnel syndrome, clinical depression, and chronic pain. Chair Yoga is one of the gentlest forms of yoga available.

Begins: Wednesday, July 12 - August 30 (8 Classes) Locations: West Community Room
Time: 10:15 am - 11:15 am Instructor: Melanie Hillaby
Fee: Members: \$35.00 Non-Members: \$55.00

Exercising with Arthritis

This is a group exercise class focusing on individuals with osteoarthritis. The class is offered in a partnership between Alberta Health Services and Nord-Bridge. The instructor TJ Dunn is a Kinesiologist with Alberta Health Services. TJ will teach participants various strengthening and "range of movement" exercises. Along with the exercises, an education component will be taught to help participants manage their chronic condition.

Begins: Monday, July 10 - August 21* (6 Classes) Location: Multi-Purpose Hall
Time: 3:00 pm - 4:00 pm Instructor: TJ Dunn
Fee: Members: \$20.00 Non-Members: \$30.00
Drop-in: Members: \$4.00/class Non-Members: \$6.00/class

***NO CLASS on August 7**

Fitball

This group exercise class will involve a variety of movements intended to stimulate the mind & body by using a combination of tools, including fitballs, tennis balls and bodyweight resistance. Build confidence in your strength and balance while you challenge yourself within your individual level of fitness and coordination.

Begins: Wednesday, July 12 - August 16 (6 Classes) Location: Multi-Purpose Hall
Time: 3:00 pm - 4:00 pm Instructor: TJ Dunn (AHS)
Fee: Members: \$20.00 Non-Members: \$30.00
Drop-in: Members: \$4.00/class Non-Members: \$6.00/class