



"THE FRIENDLY CENTRE"

NORD-BRIDGE SENIORS

NEWSLETTER



June 2017



With a full house in attendance, we celebrated Mother's Day on Friday, May 12. All of the ladies received a potted pansy compliments of Nord-Bridge. Above are Betty Enander and Ruth Chell with their door prizes. **We'll celebrate Father's Day on Friday, June 16 with another full course luncheon and a Very Special Pie Auction!**

"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
Jack Fox
Marilyn Gillies

ADMINISTRATIVE STAFF

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

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Kathleen Filkowski
Tracy Beauchemin
David Ng
Lorri Penner
Valerie Arkininstall
Heather Belle
Kathleen Filkowski
Samantha Ajtay
Sally Reyna
Bety Castillo
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 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

Jack Fox*, 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

We hosted a very successful **Tribute to Miners Memorial Banquet** on May 1st. To facilitate the continuation of this annual event, Frank Toth donated \$7,500 to Nord-Bridge.

We are very grateful for his support as well as the earlier \$2,500 donation from South Country Jamboree. It is clear that people in our community look forward to these events and that they strongly respect the local heritage and legacy of mining. Our Miners Memorial Banquet will continue as a result of these generous supporters.



Also in May we presented new Lifetime Memberships to 12 Nord-Bridge members including: Dan Deringer, Kathleen Sauter, Joyce Yalowega, Sid Lewis, Rugh Balogh, Sheila Brust, Lorna Vandervalk, Irene Snopek, Delores Kovaluk, Hazel Grisack, Lillian Peters and Rita Cemulini. These individuals have supported our Centre generously with their volunteer work and are commended for their ability and desire to continue to support our Centre.

The Miner's Raffle was another success. I especially want to recognize the support of **RUDY GRAMS** and **HAZEL CARROLL**. They proved to be salesmen extraordinaire! They each sold hundreds of tickets. I extend thanks to everyone who sold and all of those who bought tickets. I also want to recognize our prize donors: **SHOPPERS HOME HEALTH CARE**, lift chair; **SANDY & ANGIE FISCHER**, hand-made quilt; **TITAN AUTO SPA**, car detailing package, and the **NORD-BRIDGE PAPER TOLE PROGRAM**, paper tole art. The winners (respectively) were: Barb LeClair, Tillie Krueger, Glen Sigglekow and Pat Erickson.

Upcoming in June are the **FATHER'S DAY LUNCHEON & PIE AUCTION (JUNE 16)**, the **ANNUAL MEMBERS'S PICNIC (JUNE 8)** and the **EMPOWERING WELLNESS IN WOMEN CONFERENCE (JUNE 10)**. Tickets are available at the Reception Desk. Our staff and volunteers put a great deal of work into these projects, so I hope that many of you will attend.

I look forward to being at the Centre each Friday morning to touch base with members. I invite you to meet with me. Thanks for your support.

Pat Danta

Father's Day SPECIAL Luncheon & Pie Auction



Friday, June 16th at 11:30 a.m. in our Dunford Diner.

Tickets \$12.00. Live Pie Auction immediately following lunch, with Auctioneer Dean Oseen.

Bid on your old favorites plus NEW and UNIQUE pies such as Harry Fischer's "Goulash Pie", Clay Olsen's "Lumber Jack Pie", Jim Edwards' "Famous Cow Pie" & many more!

Please say yes, when we call and ask you to donate your best pie.

Please join in on the BIDDING! Guaranteed FUN!

Proceeds will supplement our Travel and Outreach Programs



WELCOME, New Members!

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

Richard Tamkin ☺ Edna Miller

Wayne McCune ☺ Glenys Megella

Dorothy McLean ☺ Sheldon Woolf

Laura Wight ☺ Linda Hoopfer

Alice Bissonette ☺ David Bissonette



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 **June 15th**

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!

LORRI'S CORNER

A garden is usually defined as a piece of ground used to grow herbs, fruit, flowers or vegetables. Regardless of size, a garden gives us the opportunity to share, in the form of extra vegetables or fruit, or in a small bunch of freshly picked flowers.



However, a garden can be so much more! Gardens allow us the space to clear our minds of troubles and worries and to escape from the sufferings in the world, even for a brief time. It is common knowledge that sun and fresh air are beneficial to our bodies providing much needed vitamin D. Most of us are not aware that the sun also provides us with a wonderful dose of the happiness hormone, serotonin.

Research confirms that gardens provide an opportunity for healing from illnesses as well as from losses that occur in our life. Nature can provide a distraction from pain and discomfort and also relieves stress and anxiety which reduces mental fatigue and refreshes our minds. Gardening also offers psychological comfort by reminding us of the pattern of life, from start to finish and to appreciate each phase.

Whether your garden is large or small, the effect can be felt and shared. Through the act of gardening, we help improve our health and also become a significant partner in creating a healthy community.

Just a reminder: there are still a few spots available for our exciting **Women's Conference, Empowering Wellness in Women on June 10th**. Tickets for the entire day, including breakfast and lunch are only \$25! I hope you will be able to attend.

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

JUNE 2017

M	T	W	Th	F
		7	8	9
	13		15	16
19	20	21		
			29	30

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 and 1 p.m. UNTIL 2 p.m.

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EXECUTIVE DIRECTOR'S REPORT

Greetings Members,

In May I looked at the statistics for this year's CVITP (Canadian Volunteer Income Tax Program). This is the service delivered by our Seniors Helping Seniors office March - April, where senior citizen volunteers help other seniors, **and the community at large** with filing Income Tax Returns. I am pleased to report that Harry and his team met with and helped 1,347 individuals with their annual filing requirements. To support our requests for government funding, we also started tracking some relevant information on who was using the service, etc. We did this on a separate questionnaire the preparers filled out after their consultation, thus ensuring complete anonymity for the client. Here are some statistics that might be of interest to you:



- **Type of service rendered:** 96.7% of those assisted were filing current year returns; 4.2% previous year returns.
- **Client profile:** 60.3% of our "single" clients, and 23.6% of our "couple" returns were for individuals under the Alberta Government Special Needs program threshold meaning that most of our clientele are in lower income brackets.
- **Clientele referred to Nord-Bridge by a friend:** 77.8%.
- **Client age:** 65+ years - 68.3%; 55-64 yrs - 13.1%; 35-54 yrs - 10.2%; 34 and under - 8.5%.
- **Place of residence:** 82.8% were from Lethbridge.
- **Members of Nord-Bridge:** only 22.6%.

What these statistics say is that our team of nine CVITP / Seniors Helping Seniors Program volunteers have helped a large sector of our community, and in particular many outside of the Nord-Bridge family, with important tax preparation and form completion services. A special thanks goes out to Harry, Sheila, Beverly, Shirley T, Ruth, Lilia, Margaret, Shirley H and Vicki for their dedicated and skilled volunteer services to Lethbridge and area citizenry.

While our CVITP Program is completed for the year, our Seniors Helping Seniors office will remain open on a reduced hours schedule. If you need help with non-filed taxes, CPP, OAS, or Alberta Subsidy programs for Alberta Seniors, call us at 403-329-3222 on Wednesday mornings, or any other time, to make an appointment.

I wish all members an enjoyable and safe summer.

Respectfully, *Randy Smick*

BOCCE BALL season is ready to start. The lines have been painted at the Norbridge Lions Park on 13 Avenue & 16 Street North where we will play on Tuesday evenings at 6:30.

We have started a registration list but still have room for more members. Please contact **Diana Neal or David Ng at Nord-Bridge Seniors Centre** if you would like to register.
Thank you!



FORE! Golf season has started. Join us every **Tuesday morning at 9:00** (weather permitting). We tee off at **Evergreen Golf Center, 5225 - 24 Avenue South (on the Coutts Highway)**. Green Fee is \$9.00 for nine holes. This program is for Nord-Bridge Senior Centre members only. If you would like to play, meet us at the course. See you there,

Judy Workman,
Convener



Community Builders Volunteer Awards

In honour of Canada's 150th anniversary, Member of Parliament for Lethbridge, Rachael Harder, is awarding Community Builders Volunteer Awards.

These awards are about recognizing the remarkable contributions made to our community by individuals, not-for-profit organizations and businesses throughout the Lethbridge riding.

The deadline to apply is Friday, June 16, 2017. To nominate someone great, please visit www.RachaelHarder.ca.

**RACHAEL
HARDER, MP**
LETHBRIDGE



255 - 8TH STREET SOUTH, LETHBRIDGE, AB T1J 4Y1
403-320-0070 • WWW.RACHAELHARDER.CA

Social Report by Eva Deringer



May was an exceptionally busy month. My volunteers worked many hours and I am appreciative of their dedication and commitment.

On the evening of May 1, we worked to support our 8th Annual Miners Memorial Banquet. We manned a host bar and served a three-course hot, roast beef dinner.

On May 12th our team served over 144 at our Mother's Day Luncheon. VIP guests included Rachael Harder, MP; Maria Fitzpatrick, MLA East; and Mayor Chris Spearman. Our guests enjoyed a lovely chicken breast dinner complete with salad, and dessert. Door prizes provided by Nord-Bridge (flowers and special event ticket) and the Lethbridge Bulls Baseball organization (wine) were won by Betty Enander, Ruth Chell, Diane Feist, Norene Irwin, and Margaret Gaetz. All of the ladies present received a lovely pansy, compliments of our Centre.

A few days later, on May 16th my faithful volunteers along with President, Pat Santa, and Board members Clay Olsen, Bob Tarleck, and Donald Stock, served a special luncheon to our new Life Members and their guests. All of them are mentioned in our President's Report on Page 3.

June events include our **Members BBQ on June 8** and our **Father's Day Luncheon & SPECIAL PIE AUCTION on June 16**. **PLEASE TRY TO ATTEND THESE EVENTS.**



ADVANTAGE HEARING CENTRE

406-6th St. South Lethbridge, Alberta

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Hearing Evaluations at
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at the front desk!

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Brad Lindsay, BC-HIS
Registered Hearing Aid Practitioner

From the Desk of Val

It was a happy and busy month of May with my birthday and the many ticket and trip sales we processed at the Reception Desk. Thanks to my special friends who surprised me with a smashing party which included plenty of laughs and elbow bending; a really good time. You know who friends are when they do nice things.

We are beginning to wind down for summer, although there are two big events in June. Get your tickets now for our "Member's BBQ / Picnic" on Thursday, June 8 at Pavan Park. Our "Annual Father's Day Luncheon & Pie Auction" is set for Friday, June 16. I hope to see many fresh, home baked pies to add to our "favourite celebrities" special pies. All pies must be brought in one day ahead for labelling and pricing.

Finally, thanks to all the Outreach volunteers for their commitment. Our program is now in recess until September but we will be getting together Tuesday, June 13 at 10 a.m. for an appreciation coffee chit-chat. For my wonderful reception help, summer hours will be reduced to 10 a.m. to 2 p.m. effective June 19. Yes, it is time to chill out, and vegetate with some rest and relaxation. As for myself, come June 5, I will be going to Cranbrook-St. Eugene for a few days, and plan to spend much of my time there relaxing by the pool, soaking up the sun. For the rest of you, our Travel Program continues throughout the summer, so remember to check out the Travel Page in the Newsletter.

Valerie



Programmer's Report by David Ng

Celebrate Seniors' Week this year from **June 5 to 11**. Nord-Bridge has planned several events throughout the week: **Monday, June 5** will be our regular **Jam Session from 9:30 am to Noon**. **Tuesday, June 6 from 8:30 am to 10:30 am** we will host a **Toonie Pancake & Sausage Breakfast**. **Servus Credit Union, Uplands Branch**, has generously sponsored coffee for this event. Their representatives will be here to serve coffee and breakfast. **Wednesday, June 7** will be our regular, **monthly Breakfast Buffet from 8:30 am to 10:30 am**. Join us on **Thursday, June 8** down at Pavan Park for our **Annual BBQ Picnic from 11 am to 3 pm**. Tickets are \$6 and are available at the Reception Desk. This event is reserved for members and invited guests. There will be live entertainment provided by our Nord-Bridge Jammers. **Friday, June 9** we will have some extra door prizes to give away at our **In-House Bingo starting at 1 pm**. On **Saturday June 10** Nord-Bridge will host the "Empowering Wellness in Women 55+ Women's Conference". There is still time to register at the Reception Desk.

The Nord-Bridge Dunford Diner plans to celebrate **Canada's 150th Birthday** on **June 30th with a BBQ Block Party**. There will be live entertainment by **John Janos**. Be sure to wear your **Red and White!**

Ben Bell, our **Cards & Board Games Board Representative** visited with conveners recently. While most are pleased with their programs a few comments were noted for follow-up. **Rodney Foster (Euchre)** requested some large print cards. **Pat Veres (Norwegian Whist)** has suspended this program pending more participants. **Sheila Brust (Scrabble)** would like to get more people out to try this fun and challenging word game on Tuesday afternoons. Ben and I hope our members will consider participation in these programs, or any of the other programs that are available to you.



Happy Father's Day!
I hope many of you will be able to spend some time with your loved ones.

David

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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

Gail Krysak \$273 May 16, 2017

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

APRIL WINNER LYNETTE LEACH \$207
May Winner Joyce Furakawa \$197
Next Draw June 23

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

May 1 Alvin Witt \$50 / Sheila Brust \$50
May 8 Bob Sanderson \$37 / Pat Veres \$37
May 15 Dallas Sleightholm \$39/ Floyd Sillito \$39
May 29 Mike Bennett \$37 / Dan Deringer \$37

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

Friday Dunford Diner Lunchtime Entertainment

June 2 Dean Oseen
June 9 Elaine Unger-Pengilly
June 16 Yvonne Nelson
June 23 Alice & Rudy
June 30 John Janos



NORD-BRIDGE BUILDING FUND RECENT DONORS

BOB TARLECK \$100
E. AMI OLIVER \$50

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2017
Through May 26, 2017 : **\$8,968.50**



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**
Still needed by N-B Fundraising

\$ 2,086,706
\$ 413,294

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

June 2 Fish and Chips with Coleslaw
June 9 Liver & Onions, Roasted Potato, Veggie, Gravy
June 16 Father's Day Luncheon - Ticket Required
Soup, Sandwiches & Snacks in the Multi-Purpose Hall.
June 23 Meatloaf with Mashed Potato, Veggie, Gravy
June 30 Block Party "Kickoff to Summer" BBQ

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

**THANK YOU
DAD
FOR EVERYTHING**

JUNE



Monday	Tuesday	Wednesday	Thursday	Friday
<p>5</p> <p>9:00 Yoga 9:30 Jammers 10:00 Floor Curling 10:15 Chair Yoga 12:30 DDH Dental Hygiene 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts</p> 	<p>6</p> <p>8:30 Seniors Week \$2 Pancake Breakfast</p> <p>9:00 Golf (at Evergreen) 9:00 Shuffleboard 9:30/10/11 Clogging 10:00 Music Makers 11:00 Keep Fit Aerobics 1:00 Texas Hold'em 1:00 Canasta 1:30 SCRABBLE 6:30 Bocce Ball Lions Park</p> 	<p>7</p>  <p>8:30 BREAKFAST BUFFET 8:45 Yoga 9:30 Carpet Bowling 10:15 Paper Tole 10:45 WINNERS BINGO 11:00 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Advantage Hearing</p>	<p>1* & 8</p> <p>9:00 Floor Curling 9:30 Card Crafters 9:30 Mind Joggers 10:00 Somatics JUNE 8 MEMBER PICNIC 11 A.M. CENTRE CLOSING AT 11 A.M. *1:00 Woodcarving *1:00 Trump Whist *1:00 Floor Shuffleboard *1:00 Duplicate Bridge 5:30 Zumba 7:00 Table Tennis</p>	<p>2 & 9*</p> <p>9:00 Legal Consults By Appointment</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>12</p> <p>9:00 Yoga 9:30 Jammers 10:00 Floor Curling 10:15 Chair Yoga 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts</p> 	<p>13</p> <p>9:00 Golf (at Evergreen) 9:00 Shuffleboard 9:30/10/11 Clogging 10:00 Music Makers 10:00 Coffee, Tea & You 10:45 WINNERS BINGO 11:00 Keep Fit Aerobics 1:00 Texas Hold'em 1:00 Canasta 1:30 SCRABBLE 6:30 Bocce Ball Lions Park</p> 	<p>14</p> <p>9:30 Carpet Bowling 9:45 Out & About + coffee TOO 10:00 Coffee With a Constable 10:15 Paper Tole 10:45 WINNERS BINGO 11:00 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft</p> 	<p>15</p> <p>9:00 Floor Curling 9:30 Card Crafters 10:00 Leth. Hearing By Appointment 11:00 Keep Fit Str & Flex 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 1:00 Duplicate Bridge 5:30 Zumba 7:00 Table Tennis</p> 	<p>16</p> <p>9:00 Pilates 9:00 Paper Tole 9:30 Carpet Bowling 10:15 Chair Yoga 11:30 Father's Day Lunch & Pie Auction 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p> 

<p>19 9:00 Yoga 9:30 Jammers 10:00 Floor Curling 10:15 Chair Yoga 12:30 DDH Dental Hygiene 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts 1:30 Westminster Kids</p> 	<p>20 9:00 Golf (at Evergreen) 9:00 Shuffleboard 9:30/10/11 Clogging 10:00 Music Makers 10:45 WINNERS BINGO 11:00 Keep Fit Aerobics 1:00 Texas Hold'em 1:00 Canasta 1:30 SCRABBLE 6:30 Bocce Ball Lions Park</p> 	<p>21 9:30 Carpet Bowling 10:45 WINNERS BINGO 11:00 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft</p> 	<p>22 9:00 Floor Curling 9:30 Card Crafters 11:00 Keep Fit Str & Flex 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 1:00 Duplicate Bridge 5:30 Zumba 7:00 Table Tennis</p> 	<p>23 9:30 Carpet Bowling 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p> 
<p>26 9:00 Yoga 9:30 Jammers 10:00 Floor Curling 10:15 Chair Yoga 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts</p> 	<p>27 9:00 Golf (at Evergreen) 9:00 Shuffleboard 9:30/10/11 Clogging 10:00 Music Makers 10:00 Coffee, Tea & You 10:45 WINNERS BINGO 1:00 Texas Hold'em 1:00 Canasta 1:30 SCRABBLE 6:30 Bocce Ball Lions Park</p> 	<p>28 8:30 FOOT DR. 9:30 Carpet Bowling 9:45 Out & About + coffee TOO 10:45 WINNERS BINGO 11:00 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft</p> 	<p>29 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>30 8:30 FOOT DR. 9:30 Carpet Bowling 11:30  1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p> 

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

- LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL FIND A PHONE FRIEND FOR YOU. (CALL VAL AT 403-329-3222 TO ARRANGE)
- 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, JUNE 7 (by appointment)

- MEMBERS BBQ/PICNIC - THURSDAY, JUNE 8, 11 A.M.
- MYSTERY TRIP #4 - WEDNESDAY, JUNE 14
- FATHER'S DAY LUNCHEON & PIE AUCTION - FRIDAY, JUNE 16
- TRIP - PINCHER CREEK ANNUAL FISHING DERBY - WEDNESDAY, JUNE 21
- TRIP - BROOKS, DINOSAUR PROVINCIAL PARK, THURSDAY, JUNE 22
- WINNERS BINGO JUNE 6, 12, 13, 19, 20, 26, 27
- DR. BOLOKOSKI FUTURE DATES INCLUDE: AUGUST 23, OCTOBER 18, AND DECEMBER 13, 2017

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Upcoming **FREE** consultation dates:
Friday(s) June 9 & July 14
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

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.



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EUCHRE REPORT

Rodney Foster, Convener



Our Tournament was a great way to finish our Euchre winter session. We thank two more business sponsors: **Servus Credit Union** and **Dr. Tobie Spitzer of East Meets West Acupuncture**. Thanks also to all of our members who made donations. With many great prizes, everyone was a winner. Our top Euchre winners were: **Claudia Hull, Diana Neal** and **Glennis Sunderland**.

I'll be taking a break during July and August but the program key will be at the Reception Desk for any of you who want to play. Regular sessions will resume on September 6. Many thanks to Donna for teaching and to Heather for her clerical assistance. Have a great summer!

CONDOLENCES WERE SENT TO...

Judith & Ed Knox on the loss of their son; the Jockims Family on the loss of Clarence Jockims; Billy McTighe on the loss of a sister; and to Kevin Nickle & Family on the loss of Marjorie Brown, Mother.



GET WELL & HEALTH WISHES

WERE SENT TO...Maxine Sheen, in hospital and Helen Deal, at St. Mike's rehab; to Angie Fischer and Paul White, now at home; and to Joanne Nay's husband who suffered a heart attack but is now recovering at home.



Valerie, Outreach Card Coordinator

OUTREACH REPORT

May Outreach A Great Success

"Canada 150" was the theme of our Outreach Program on Monday, May 15th. The afternoon began with a six piece brass band and 33 singers from Wilson Middle School leading us in "O Canada". We enjoyed sharing this, our last event of the spring, with friends from eight care facilities, Nord-Bridge members and a full slate of volunteers. Certainly the delight of the day was **Richard Wadham** playing lively accordion music that kept hands clapping and toes tapping. Thanks to **Tony Segouin, Assistant Store Manager, of Save-On-Foods at Centre Village Mall**, we enjoyed a **Canada 150th Birthday** cake along with coffee and juice. Door prize winners this month were Eveline Polczer, Cindy Reynolds and Sherri Caldicott.



Outreach events will resume on **Monday, September 18th** with entertainment provided by the very popular duo of **Don Moore & Vicki Klassen**. Our theme will be "**Welcome Back, Y'all**". **Wear your blue jeans and don't forget your boots and horse!**



Rodger Halvorsen, Convener

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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, June 14 and Wednesday, June 28. Sign up at the Reception Desk.



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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

www.MariaFitzpatrick.AlbertaNDPcaucus.ca

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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.

**ANNUAL SENIORS WEEK
BAR-B-QUE - PICNIC**

Nord-Bridge Seniors Centre members are invited to the John Martin Recreation Area at Pavan Park on Thursday, June 8th 11 a.m. to 3 p.m.
Tickets: \$6.00.

On this day our Centre will close at 11 a.m.
Cost includes food and entertainment. Tickets are available at our Reception Desk or at the Picnic. If you need a ride, let us know by Friday, June 2.

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Lloyd & Boyd
Edward L. Sillito ~ Mind Joggers

I have this cousin called Lloyd,
Or is it his twin brother named Boyd.

Cause if Lloyd is really Boyd,
Then Boyd must be Lloyd.

But if it's really Lloyd,
I'm referring to as Lloyd,

Then the one I'm calling Boyd,
Must really be Boyd.

So whether Lloyd is Boyd,
Or Lloyd is Lloyd,

Or whether Boyd is Lloyd
Or Boyd is Boyd

Won't matter if I greet them,
By glancing up at the sky,
And saying something random,
Like "Hi guy".

But then...
I have this other cousin you see
Whose name just happens to be ...Guy

Or I could ask my sister...who is Gay.
And although Guy is really a guy,

Gay is not really gay,
She's just happy all the time.

Anyway if I want to get on with this show,
And I really need to know,

I could ask my Kunkel cousin named Lloyd
Or is that my uncle called Floyd.

Cause if Lloyd is really Floyd,
Then....

It was our pleasure to host our first ever **FUN Duplicate Bridge Tournament** on May 25. Eight tables of players had lots of fun as they met with bridge friends from around Southern Alberta.

The results are:

- First:** Paul Forrestall & Lyle Brown, Vulcan
- Second:** Laurel Tooke & Richard Kabut, Brooks
- Third:** Marg Bering & Craig Gregory, Nord-Bridge

Laurel Tooke from Brooks won the 50/50 draw; Patti Johnsen and Debbie Greeff won the noon draw and had their entry fee refunded. We have been asked to host another **FUN Tournament** next year, and are looking forward to that.

Thank you to our kitchen staff for a great meal; and thanks also to Helen Gepneris for selling the 50/50 tickets.



Pat Kincade & Friends of the Nord-Bridge Duplicate Bridge Club

Join us for a musical presentation...

"JUST FOR YOU"

Nord-Bridge members are invited to a special presentation by the Westminster Elementary School Kindergarten class. The half-hour performance will take place in the Dunford Diner, Monday, June 19th at 1:30 pm.



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 Saturday, June 10 and Saturday, June 24 from 10:45 a.m. to NOON**



NORD-BRIDGE SENIORS CENTRE SENIORS' WEEK

\$2 PANCAKE & SAUSAGE BREAKFAST

Tuesday, June 6th 8:30 am to 10:30

Everyone Welcome!



FREE COFFEE Compliments of



WE NEED VOLUNTEER DRIVERS. CAN YOU HELP?

Good weather is here. A great time to hit the road and take some happy seniors out of town to see the sights and enjoy something new or different. The trouble is, we don't have enough drivers. **If you enjoy driving, are good at it, and are 55 to 70 with a clean driving record, WE NEED YOU!** We take short day trips, some take only a few hours. Your help will enable us to schedule more adventures and limit disappointing cancellations when we can't find a driver. Interested? See Valerie or Heather at the Reception Desk.



Thank You

My allergy symptoms are interfering with my day-to-day life.

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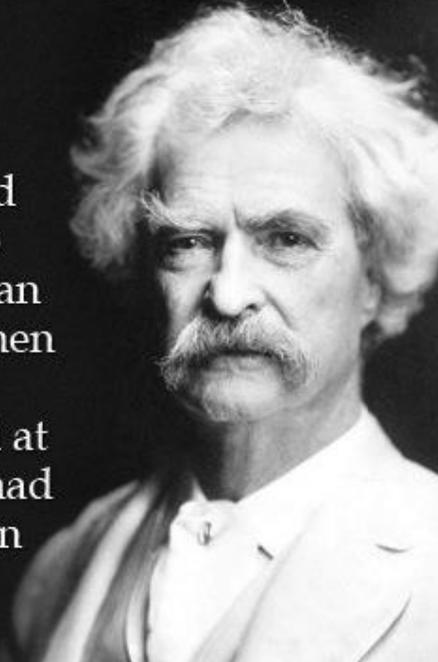
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— Mark Twain



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Cranbrook, St. Eugene Resort	May 28-31	\$359pp/dbl
Camrose Casino Resort	Jun 11-13	\$229pp/dbl
Wendover, NV Resort	Sep 10-15	\$425pp/dbl
Coeur D'Alene, ID Resort	Oct 20-23	\$325pp/dbl
Coeur D'Alene, ID Resort	Dec 5-8	\$315pp/dbl
Calgary Day Trips June / July	Passion Play, Rosebud	

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



Much Obligated!

A big Texas Thank You to the Tuesday afternoon card players. Your donation to the **GO SENIORS Society of Southern Alberta** is greatly appreciated and will help us reach our goal of purchasing a new bus.



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TRAVEL

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

MYSTERY TRIP #4

Wednesday, June 14. Cost: \$10
Includes transportation and admission; buy your lunch here at the Centre. Bus will depart after lunch for our afternoon destination, FUN place.



SORRY SOLD OUT

Wednesday, June 21 BOBBIE BURNS SENIORS & HANDICAPPED FISHING DERBY PINCHER CREEK - COST: \$26

This annual event is always a blast. Includes a lunch catered by the Pincher Creek Legion and prizes for: Largest Fish, Smallest Fish, Oldest Fisherman & Oldest Fisherwoman. **Clay Olsen will be our driver. Sign up today!**



Thursday, June 22:

Join us for a guided tour of the **BROOKS DINOSAUR PROVINCIAL PARK. Cost: \$50** Includes Carefree Express Luxury bus and guided tour. Not too much walking. Pack a lunch, we'll eat on the bus as we tour with our guide on board. Park concession for ice cream and drinks.



Tuesday & Wednesday, July 18 & 19: Get packing and join us for a 2-part excursion.

First we'll go to **Banff** for lunch and sight seeing. Later we'll go to Calgary's **DEERFOOT INN & CASINO**. Before spending the night there, we'll take in a wine & cheese reception, hot pool relaxation, gambling, etc. On the morning of departure, there will be a **FREE BREAKFAST**. **COST: \$140 Double. \$200 Single**



Watch for details on these other upcoming trips:

BAR-U Ranch Tour with Chinese Lunch, Black Diamond - Thursday, September 14
Mystery Trip #7 - Thursday, September 7
Hutterite (New York) Colony Tour - October 19

AS ALWAYS YOUR SUGGESTIONS ARE WELCOME

ROAD REPORT

NEW POLICY FOR ALL TRIPS!

Payments are due one month before trip departure. Please remember to ask for a written receipt. If you cancel your trip at the last minute, we cannot give you a refund unless someone else takes your place.



A full bus load were treated to a picnic lunch followed by a nature tour at the Coaldale Birds of Prey Nature Centre which was our destination for Mystery Trip #3 on May 25. The owls are beautiful! Thanks to driver, George Berg.



Thanks to everyone who travels with us! We need to fill the bus on every trip in order to offer these fun day trips. A full bus ensures we cover our costs. It's great to get away, if even for only a few miles and a couple of hours. **DRIVERS ARE URGENTLY NEEDED.** Please talk to Val if you are available to drive.

Thursday, July 6 - MYSTERY TRIP #5

Where are we going? Somewhere new and improved. **Cost \$30** Including bus; buy your lunch after the tour. Bus will depart the Centre 10 a.m. and return by 3 p.m.



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. We must have a full bus signed up by July 15. You'll love the food.



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 enjoy lunch or a big scrumptious ice cream treat. Payment due by July 10.



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. **Sign up at the Reception Desk.**

COST \$3

Empowering Wellness in Women

55+ Women's Conference

JUNE 10

(SATURDAY) 2017

- Registration and Breakfast
7:30 am - 8:30 am.
- Conference starts
8:30 am - 4:00 pm
- Nord-Bridge Seniors
Centre (1904 13 Ave N)

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

REGISTER NOW!

Early Bird \$20.00 (After May 17 \$25.00)

- Includes: all conference sessions, breakfast, lunch, refreshments, display and resource booths.

To Register Visit Nord-Bridge Seniors Centre 1904 13 Ave North



Keynote Speaker
Renae Peterson
is a respected empowerment leader for women of all ages. Renae, will speak about Honouring Your Heart.

Other conference sessions:

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(Dan Walton - Savoy Six)
- *Financial Wellness*
(Servus Credit Union)
- *BoneFit*
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SENIORS WEEK JUNE 5-10, 2017