

NORD-BRIDGE SENIORS

NEWSLETTER

March 2017



GIFT BOUTIQUE VOLUNTEERS



JO-ANN



HAZEL



EVIE



EVA



ELSIE



BARB



MARY



MAE



OLGA



MARYBELLE



Boutique Manager, Heather Newsham, reported the best year ever in 2016, grossing sales of \$12,952. She joins the Nord-Bridge Board of Directors and staff in thanking her dedicated volunteers for their help in reaching a new milestone. Missing are Heather, Alyce, Trina, Geri, Mary C, and Bill.

“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	Marilynn Heaton
Past-President	Jim Hahn

BOARD OF DIRECTORS

FIRST YEAR
Robert Grisak
Clay Olsen
Bob Tarleck

SECOND YEAR
George Berg
Jack Fox
Marilyn Gillies

THIRD YEAR
Donna Farkas
Woody Neely
Doug Youngren

ADMINISTRATIVE STAFF

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

Randy Smith
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), 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, and Donna Takeda
Bob Tarleck* (Chair)

Political Advocacy Committee
Seniors Helping Seniors

Harry Fischer, Vicki Klassen

CARDS & BOARD GAMES

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

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
Patti & Jerry Schwartz
Judy Knox, Jack Simmons
Ted Sillito, Melvin Horn

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

FUNDRAISING

GAMING

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

HEALTH & FITNESS

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

OUTREACH

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

SOCIAL ACTIVITIES

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

SPORTS & RECREATION

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

TRAVEL

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

VOLUNTEERISM

Building Set-up Volunteers
Volunteer Committee

AFFILIATIONS

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

Pat Santa*, Board Rep
Jim Hahn, Board Rep

Jack Fox*, Board Rep

Mike Bennett
Frances Wallace
Helen Gepneris, Jim Hahn
Bonnie Hammond, Judith Beasley
Judith Beasley

Donna Farkas*, Board Rep

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

Rodger Halvorsen*, Board Rep

Valerie Arkininstall
Lydia Prokop/Chris Figenshau
Valerie Arkininstall
Rodger Halvorsen

Doug Youngren*, Board Rep

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

Robert Grisak*, Board Rep

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

George Berg*, Board Rep

Valerie Arkininstall
Kathy Filkowski
Valerie Arkininstall
Mike Bennett
Marco Escobar

Jim Hahn, Board Rep

Clay Olsen, Harry Fischer
Eva Deringer, Elaine Molyneux

Clay Olsen*, Board Rep

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



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



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

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

PRESIDENT'S REPORT

Old Favourites (6) a music and comedy revue staged at the Yates Theatre in February, was a great success. I want to thank all our volunteers, members who attended, sponsors, and the performers, for a great fundraiser. My biggest thanks goes to Jim Hahn, who organized the event. I hope everyone had as good a time as I did. This is the most important fund raiser for Nord-Bridge in 2017 and it did not disappoint.



Our next production the **"Roaring 20's Show"** featuring **Richard & Debra Popovich** will take place on May 23, 2017 at 1:30 p.m. in our Multi-Purpose Hall. Tickets are on sale now. They are \$10.00 each. Many thanks to Generations and Lethbridge Hearing Centre our event sponsors for supporting this show.

We will continue to sell **Miner's Raffle Tickets** until the draw at the **Miner's Memorial Banquet on May 1, 2017**. Tickets are available in our Gift Boutique and from various volunteers and Board Members.

Our Annual General Meeting will be held on March 1, 2017 at 9:30 a.m. Please try to attend. At this meeting members will be asked to elect four new Board Members, so your attendance is important to us. This year's AGM will mark the beginning of my third year as your President. I have really enjoyed this responsibility and want to thank Nord-Bridge members for their trust in me. I look forward to working with our new Board members and I hope they find volunteering on the Board as interesting as I do.

Our Board continues to work with Consultant, Bruce Thurston and Dawn Vickers, from the City of Lethbridge. Having completed an Organizational Review, we are now focused on formulating a **Strategic Plan** for the future direction and growth of the Nord-Bridge Seniors Centre. We thank them for their help. I plan to be at Nord-Bridge every Friday morning if you want to talk or share ideas.

Pat Santa, President

CARDS & BOARD GAMES

A big note of thanks to all of our Conveners and Co-conveners who administered our 2016 programs so capably. Your support for the whole year was wonderful!



Woody Neely, Board Rep

WELCOME, New Members!

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

- Shelly Samoleski ☺ William Nitz
Margaret Cyr ☺ Sandra Brady
Richard Austin ☺ Arlene Litchfield
Linda Drain ☺ Shaun Ward
Patricia Birkett ☺ Nathalie Wilson
Judy Burton ☺ Marie Mawhinney
Anne Summers ☺ Gail Dippolito
Ann Vara ☺ Lydia Hammond
Loni Campbell ☺ Joan Hansen
Marion Goller ☺ Robert Hammel
Dianne Hammel ☺ Alvin Witt
Gwen Witt ☺ Ann Duncombe
Ray Yezovich ☺ Beverly Kiss
Trudy Curtis ☺ Rick Curtis
William Hutchinson ☺ Betty Hanson
Jeanne Gillis ☺ Bob Muhly
Donna Bartz ☺ Linda Real
R. Wes Real ☺ Robert Campbell
Sheryle Lind ☺ Gerald Lind
Laurie Brown ☺ Ken Perdue
Debbie Elliot ☺ Betty Skonnord
Cecilia Koski ☺ Gail Krysak
Ann Crighton ☺ Patricia Reichert



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



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

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

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

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



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

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



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FAX: 403-320-1181

Lethbridge HEARING CENTRE

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

Next **FREE** Test and Consultation **Mar. 16th**

NORD-BRIDGE SENIORS CENTRE

1904 - 13 AVENUE NORTH



IN-HOUSE BINGO

EVERY FRIDAY AFTERNOON (EXCEPT HOLIDAYS)

- **Bonanza Pre-call 1:00 pm**
- **Games Start 1:30 pm**
- **Regular Book - \$5.00**
- **3 Extra Games - \$1.00 each**

Everyone (18 and over) welcome!

COME FOR LUNCH, STAY FOR BINGO!



EVERGREEN

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- * Evergreen's Budget Conscious Pricing

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Is An Option*

*We lessen the expense
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LORRI'S CORNER



I am occasionally asked what my role is at Nord-Bridge as the "Member Support Coordinator". The short answer is I am here to assist you with transitions and events that occur in your life. Often, a conversation and having someone to listen and hear you is enough; other times it may require connecting you to other agencies and services for more support. My goal is to help you live your best life in all areas.

Having said this, I do have a request to make of everyone. As mentioned, sometimes a conversation is all that is required to help provide clarity or direction to someone in need. Most times these conversations are not planned or scheduled, but a member comes into my office, sits down and shares their struggle with me. To people walking past, it may look like a social visit but please do not make that assumption.

I am asking everyone, for their consideration and cooperation, in order for me to provide member support, in confidence. If you see me with someone in my office, please, do not just walk in or walk through. Put yourself in their shoes and ask how you would feel if it was you sitting in the chair sharing something that is upsetting, confidential or concerning you. I try to maintain an open-door policy because I want to be accessible to all members of Nord-Bridge when they need support; and I would like to continue in this manner. However, if I have someone in my office, please be patient, and wait until I am free before entering the office.

NEWS: I want to share a few exciting things that are coming up soon at Nord-Bridge. Along with Mikaela Bolduc from the Alzheimer's Society and Chloe Kilkenny from AgeCare, I will be offering the nine-week **COMPASS for the Caregiver** course beginning March 21 at Nord-Bridge Seniors Centre. If you are currently a caregiver...this course is for you. During these weeks, we will assist you in your journey as a caregiver and help you with the balancing act of looking after your loved one AND looking after yourself. We will look at communication, managing stress and planning for the journey ahead while teaching ways you can keep yourself healthy. Please see me if you are interested in this course. Additionally, in conjunction with AgeCare, we are exploring additional assistance if your loved one is unable to be left alone while you are taking this course. Again, please come speak to me about this.

June 5-10 is Seniors Week and I am pleased to announce that on Saturday, June 10, we will be holding our first ever **55+ Women's Conference** at Nord-Bridge Seniors Centre, Multi-Purpose Hall. The theme of this conference is "**Empowering Wellness in Women**"! We are working now, to finalize the details to bring a dynamic group of presenters together and

are very excited about those we have confirmed already! Please mark this Conference on your calendar and stay tuned for more information!

Lorri Penner, BSW, RSW
Member Support Coordinator



MARCH 2017				
M	T	W	Th	F
		1	2	
6		8	9	
	14	15	16	
20	21	22		
	28	29	30	

EXECUTIVE DIRECTOR'S REPORT

Greetings Members;

This Newsletter will be printed before our March 1, 2017 Annual General Meeting; and thus as you read the March Newsletter, some content will have changed. Specifically, the listing of Officers and Directors contained on the inside front cover, along with some of our program Conveners will differ; and you will see these changes next month. I am taking this opportunity now, however, to specifically highlight our appreciation for those individuals whose term or service on the Board is ending. Specifically, I call your attention to the fact that Vice-President Rodger Halverson is not running in this AGM. Rodger has decided to return to the workforce, and has taken a pastoral appointment with a congregation here in southern Alberta. He is also a popular in-house Chaplin at one of the Funeral Homes in Lethbridge, and is expanding his role caring for the bereaved. Rodger will continue to serve as Chair of our Outreach Committee. We thank Rodger for his past service, and wish him well in his new duties. His contributions on our Board, and to our society and members has been significant. Other Board members retiring at this year's AGM include Doug Youngren. Doug started Nord-Bridge's Monday Jam program in 2001, and he has volunteered over numerous years, performing music at many events held at the Centre. Doug served on our Board as a Director for three years. We appreciate his past service, and fun personality. Member Donna Farkas is also retiring from the Board. Donna joined Nord-Bridge in 2001. She previously had a career as a Registered Nurse. Thus Donna has contributed with specific insight into health and care matters of seniors. I have often turned to Donna to attend meetings with myself and others, as we met with officials from the Chinook Health Region. I have also used her knowledge as a sounding board on health topics. Donna will remain on the Outreach Committee. Thank you Donna. Finally, Board member Woody Neely joined Nord-Bridge in 2003. He has been a key volunteer and participant in floor curling, carpet bowling, some cards, and other programs. Woody has been a keen volunteer at many of our meals and social events. He has a very good sense of humor, and is probably best known for his unbridled energy. It is hard to keep up with Woody as he jogs throughout the building. On the Board, Woody contributed knowledge and past experience in financial matters. I trust he will remain active in most of the items mentioned, and will continue to be an example of an active senior, and willing volunteer. Thanks Woody!



Last month I provided a brief report on some of the items we learned from our October to December Membership Survey. One of the suggestions related to floor repairs and cleaning. We are still waiting to hear on a grant application for new carpeting, but I want to thank custodian Marco Escobar for helping us address the floor cleaning issue in our Gym. I insert a photo here to call attention to a recent two day / weekend effort by Marco. Good job! The gym users might like to see the before and after photos posted as you enter this space.

Respectfully, *Randy Smith*

Nord-Bridge Meetings Reminder

Each Month

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

Annually

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

Go Seniors Society

Regular Board Meetings

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

Annual General Meeting	First Tuesday of April	9:00 a.m.
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RACHAEL HARDER
MEMBER OF PARLIAMENT

HERE TO
SERVE



RACHAELHARDER.CA 403.320.0070 255-8TH ST S

f i t RACHAELHARDERMP

Social Report by Eva Deringer



Our Nord-Bridge Seniors Centre Valentine's Luncheon held on February 10, our first event of 2017 went off without a hitch, a grand start to our "2017 Social Calendar". A capacity crowd, many wearing red in honor of the occasion, were greeted at the door by Diane Bennett, Yvonne, on piano and President Pat Santa, our MC. Lethbridge East MLA, Maria Fitzpatrick, brought greetings from our provincial government. A delicious luncheon of salad, stuffed pork loin, veggies, dessert & beverages was lovingly served by our staff and volunteers. Our lucky door prize winners were: Heather Schmitt, tickets to the Old Favourites (6) show at the Yates; and Mae Pearson, winner of tickets to a Mardi Gras event at the German Canadian Club,

A lot of planning, organizing, and management goes into our social events. That work is shared by staff and volunteers. Their commitment and experience allow us to be successful in bringing these luncheons to you. I hope everyone is able to attend at least one every year. I thank my special valentines including; Rodney, Doreen, Lois, John, Mike, Marie, Judy, Diane, Diane, Woody, Yvonne, and Kathy. Last but not least, I thank our kitchen staff, Samantha, Gail, and Sally, pictured here. Great job, gals!



2016 TRAVEL REPORT

Travel Board Representative, George Berg



2016 was another successful year with a total of 520 riders. 33 trips were planned; unfortunately four were cancelled for lack of interest. Our small bus was used 23 times and the larger Carefree Express bus six times. We offered 10 Mystery Trips. A few of the most popular mystery trips were: The Coulee Brewery, Fire Hall, Park Lake summer picnic, Magrath and Coaldale museums, and Hill Top Greenhouse. Other popular trips included: the Canmore Chocolate Factory, Cranbrook-St. Eugene golf and gamble trip, Falling Leaves scenic drive, Picture Butte Island, Rose Bud, Hillspring's Great Canadian Barn Dance, Watterton and the Broxburn Vegetable Café.

In 2016 we received commission cheques from Triple D Tours and from the Cranbrook Resort. Many thanks to members for going on these trips. Triple D Tours have since retired but we now have other travel partners (agencies that pay us a commission when our members book with them). With regret we had to disband our local casino runs and Roll 'n Stroll programs as they were not popular enough to cover the cost of transportation. Thanks to drivers George Berg, Clay Olsen, Jack Fox, Lucy Graham, Ron Freng and John Hanam for their volunteer commitment in 2016.

In 2017 we'll face increased admission prices and increases in vehicle costs. We consider "Travel" a critical program for seniors and anticipate a need for more Board support including fundraising. Please bring me your thoughts and suggestions.

From the Desk of Val

Irish eyes will be smiling at you on Friday March 17. Try something fun that day like an ice cold green beer, or a trip to the casino; maybe a leprechaun will lead you to his pot of gold! **SPRING begins on March 20** and I for one, will be looking for little green buds and mini green shoots poking through the mud.



Thanks to my volunteers for all your help last month. February was hectic with many membership, programming, travel and other contacts. I remind you to remain calm and patient when we get busy. Just deal with one customer at a time and give each one the attention they deserve. I warmly welcome all our many new members and hope you find us all friendly and helpful. We have lots of activities to offer including the **Dunford Diner** serving breakfast, lunch, and other yummy treats.

Our popular Mystery Trips are back! #1 will roll on Thursday, March 16th. #2 is already booked for Thursday, April 6th. **All members should be aware that some of our trips are offered through travel agency partners; many, however, are offered through our own Nord-Bridge Travel Program.** Travel Agency Partners are private companies that will pay us a commission if you book trips with them. **You must mention Nord-Bridge when you book with those agencies so that we get our commission for helping them with their advertising and promotion.** Our own trips are designated by our Nord-Bridge logo on trip posters or ads. Look for examples on Page 15 of this Newsletter, our Travel Page. I am currently looking for people interested in a shopping trip to Calgary, and a trip to the Brooks Dinosaur Provincial Park on June 22. I need to know if there is enough interest to proceed with these trips that have been suggested by members.



Have a great month!

Val

Programmer's Report by David M^cNg

Are those preschool school kids you see and hear running around Nord-Bridge? Yes, yes they are. Nord-Bridge has partnered in a pilot program called **Lethbridge Seniors' and Kids' Intergenerational Program (L.-S.K.I.P)** with Lethbridge Early Years Coalition, Lethbridge Sport Council and the Lethbridge Public Library. The pilot program runs for two 3-week sessions of one-hour each on Tuesday mornings. The program will focus on socialization, physical activity and literacy in an effort to increase intergenerational connections. Nord-Bridge will recruit volunteers for this pilot program to play an active game with the child for the first 30 minutes, followed by a snack and then 20 minutes to read stories to the child. The first three-week session starts on Tuesday, March 28th at 9:00 am in Multi-Purpose Hall. If you are interested or would like more information please ask for me at the Reception Desk.



Another income tax season is upon us, and the core group of volunteers amaze me each year with the amount of time each person dedicates to help others file their taxes. Sheila, is now booking appointments. Stop by her desk located in the main corridor Monday - Friday 8:30 am to 4:00 pm or call 403-329-3222 to book an appointment.

On March 17th follow the rainbow to the 'Pot of Gold' in the Dunford Diner. John King will be performing Irish, Celtic and Maritime music from 10:00 am to 1:00 pm. The kitchen will have Irish themed dishes, and in keeping with the Irish theme, we will be serving beer on this day. There will be draws to win prizes so be sure to wear green to bring you the luck of the Irish. For more information please check the posters displayed around the building.

Program Cancellations for March:
March 1st: Paper Tole, Carpet Bowling and Line Dancing;
March 6th: Darts; and March 10th: Carpet Bowling

David



LIKE TO PLAY DARTS?

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

Bill Lelievre, Convener

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Ladybug Arborists

Maureen Sexsmith-West, ISA Certified Arborist, PR4600A

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

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

IN ORDER TO PARTICIPATE YOU MUST:

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



RECENT WINNERS

William McTighe \$181.75 February 2
Jan Perry \$189.50 February 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

NADINE HAMABATA \$227 FEBRUARY 24
Next Draw March 24

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

Feb. 6 Ernie Woodgate \$29; Gordon Skidmore \$29
Feb. 13 Noel Burgess \$42; Samantha Ajtay \$42
Feb. 27 Nick Brandhurst \$43; Marion Goller \$43

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



NORD-BRIDGE BUILDING FUND RECENT DONORS NO RECENT DONATIONS



NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2017
Through February 17, 2017 : **\$3,004.00**



BUILDING FUND UPDATE:

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

Total Contributions to our Building Fund 1998 through 2017

Still needed by N-B Fundraising **\$ 2,086,296**

\$ 413,704

WE THANK **Bonnie Hammond and her team of over 20 volunteers** who work up to nine Winner's Bingo events every month. Their dedication has translated into significant funding for our Centre. **In 2016 their hard work brought Nord-Bridge \$127,605.00.**



Dunford Diner

NORD-BRIDGE SENIORS CENTRE 1904 - 13 AVENUE NORTH

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

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

Homemade soups, sandwiches and treats. Menu items including hot and cold sandwiches, burgers,

PUBLIC WELCOME! NO SURCHARGE!

DEBIT & CASH ACCEPTED

Friday Lunch Specials \$7.50

- Mar. 3 Roast Beef, Mashed, Veggies, Yorkshire Pudding
- Mar. 10 Cabbage Rolls with BBQ Beans, Mash. Potatoes
- Mar. 17 Guinness Shephard's Pie with Salad & Bun
- Mar. 24 Liver & Onions with Roasted Potatoes & Veggies
- Mar. 31 Chicken Parmesan, Fettuccine Alfredo & Salad

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

\$7.50

**Friday Dunford Diner
Lunchtime Entertainment**

- March 3 Ray Sauer
- March 10 Jill Timleck
- March 17 John King
- March 24 Doug Youngren
- March 31 Alice & Rudy

Spring Forward

 Set your clocks ahead one hour
 on Sunday, March 12

MARCH


Spring into Spring


Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Don't delay. Make your appointment with Seniors Helping Seniors as soon as you have all of your tax documents in order. Call Sheila at 403-329-3222.</p>	<p>Regular programming will be suspended during the Annual General Meeting on March 1st</p> 	<p>1</p>  <p>8:30 BREAKFAST BUFFET 8:45 Yoga 9:30 AGM 10:45 WINNERS BINGO 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball 3:00 Advantage Hearing By Appointment</p>	<p>2</p> <p>9:00 Floor Curling 9:30 Card Crafters 9:30 Mind Joggers 10:00 Somatics 11:00 Keep Fit Str & Flex 1:00 Acrylic Painting 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 1:00 Duplicate Bridge 5:30 Zumba 7:00 Table Tennis</p>	<p>3</p> <p>9:00 Pilates 9:00 Paper Tole 9:30 Carpet Bowling 10:15 Chair Yoga 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p> 
<p>6</p> <p>9:00 Yoga 9:00 Beginners Tai Chi 9:30 Jammers 9:30 Colored Pencils 10:00 Floor Curling 10:15 Chair Yoga 1:00 Contract Bridge 1:00 Military Whist 3:00 POP-UP HEALTH: FREE COMMUNITY SERVICES EVENT FOR RESIDENTS OF NORTH LETHBRIDGE.</p>	<p>7</p> <p>9:00 Shuffleboard 9:30/10/11 Clogging 10:00 Music Makers 11:00 Keep Fit Aerobics 1:00 Texas Hold'em 1:00 Norwegian Whist 1:00 Canasta 1:30 SCRABBLE 3:00 Arthritis Exercise 7:00 Social Dance</p> 	<p>8</p> <p>8:30 FOOT DR. 8:45 Yoga 9:30 Carpet Bowling 9:45 Out & About + coffee TOO 10:00 Coffee With a Constable 10:15 Paper Tole 10:45 WINNERS BINGO 11:00 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball</p>	<p>9</p> <p>9:00 Floor Curling 9:30 Card Crafters 9:30 Mind Joggers 10:00 Somatics 11:00 Keep Fit Str & Flex 1:00 Acrylic Painting 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 1:00 Duplicate Bridge 5:30 Zumba 7:00 Table Tennis</p>	<p>10</p> <p>9:00 LEGAL CONSULTS (By appointment) 9:00 Pilates 9:00 Paper Tole 10:15 Chair Yoga 11:00 IN-HOUSE AWARDS & LUNCHEON 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p> 

<p>13</p> <p>9:00 Yoga 9:00 Beginners Tai Chi 9:30 Jammers 9:30 Colored Pencils 10:00 Floor Curling 10:15 Chair Yoga 1:00 Contract Bridge 1:00 Military Whist</p> 	<p>14</p> <p>9:00 Shuffleboard 9:30/10/11 Clogging 10:00 Music Makers 10:45 WINNERS BINGO 11:00 Keep Fit Aerobics 1:00 Texas Hold'em 1:00 Norwegian Whist 1:00 Canasta 1:30 SCRABBLE 3:00 Arthritis Exercise 7:00 Social Dance</p>	<p>15</p> <p>8:45 Yoga 9:30 Carpet Bowling 10:15 Paper Tole 10:00 FREE MASSAGE 10:45 WINNERS BINGO 11:00 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball</p> 	<p>16</p> <p>9:00 Floor Curling 9:30 Card Crafters 9:30 Mind Joggers 10:00 Somatics 10:00 Leth. Hearing By Appointment 11:00 Keep Fit Str & Flex 1:00 Acrylic Painting 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 1:00 Duplicate Bridge 5:30 Zumba 7:00 Table Tennis</p> 	<p>17</p> <p>9:00 Pilates 9:00 Paper Tole 9:30 Carpet Bowling 10:15 Chair Yoga 11:30 Irish Specials in the Dunford Diner 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p> 	
<p>20* & 27</p> <p>9:00 Yoga 9:00 Beginners Tai Chi 9:30 Jammers 9:30 Colored Pencils 10:00 Floor Curling 10:15 Chair Yoga 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts</p> <p>*1:30 OUTREACH "IRISH EYES SMILIN' AT YOU"</p> <p>Featuring "Floyd Sillito"</p> 	<p>21* & 28*</p> <p>* 9:00 L.-S.K.I.P.</p> <p>9:00 Shuffleboard 9:30/10/11 Clogging 10:00 Music Makers 10:45 WINNERS BINGO 11:00 Keep Fit Aerobics 1:00 Texas Hold'em 1:00 Norwegian Whist 1:00 Canasta 1:30 SCRABBLE * 3:00 Arthritis Exercise 7:00 Social Dance</p>	<p>22* & 29</p> <p>8:45 Yoga 9:30 Carpet Bowling *9:45 Out & About + coffee TOO 10:15 Paper Tole 10:45 WINNERS BINGO 11:00 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft *3:00 Fitball</p> 	<p>23 & 30</p> <p>9:00 Floor Curling 9:30 Card Crafters 9:30 Mind Joggers 10:00 Somatics 11:00 Keep Fit Str & Flex 1:00 Acrylic Painting 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 1:00 Duplicate Bridge 5:30 Zumba 7:00 Table Tennis</p>	<p>24 & 31</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>Toonie Draw March 24</p>	
<p>Go Friendly Shuttle door-to-door service: Call 403-329-3222 the day prior, or sooner, to book a ride. Cost is \$3.00 each way, or use your Lethbridge Transit "Breeze Card".</p> <ul style="list-style-type: none"> LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL FIND A PHONE FRIEND FOR YOU. (CALL VAL AT 403-329-3222 TO ARRANGE) COFFEE, TEA & YOU: 2nd & 4th TUESDAY 10 A.M. IN DUNFORD DINER ALZHEIMER SOCIETY'S REP. MIKAELA, THIRD WEDNESDAY OF EACH MONTH AT 10 A.M. IN THE DUNFORD DINER L.E.A.R.N. (ELDER ABUSE) REP. TANYA PURDY-FISCHER - FIRST TUES, AT 10 A.M. 					<ul style="list-style-type: none"> ADVANTAGE HEARING - WEDNESDAY, MARCH 1 (by appointment) FREE LEGAL CONSULTATIONS - FRI. MAR. 10 (by appointment) with HUCKVALE LLP LETHBRIDGE HEARING CENTRE TESTS - THURS., MAR. 16 (by appointment) MYSTERY TRIP #1 - THURSDAY, MARCH 16 TRIP: RAYMOND PLAYHOUSE "THE ADDAMS FAMILY" A MUSICAL COMEDY, FRIDAY, MARCH 17 WINNERS BINGO MARCH 1, 8, 14, 15, 21, 22, 28, 29 DR. BOLOKOSKI FUTURE DATES INCLUDE: MAY 3, JUNE 28, AUGUST 23, OCTOBER 18, AND DECEMBER 13, 2017

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Upcoming **FREE** consultation dates:
Friday(s), March 10 & April 7
between the hours of 9:00 a.m. & 11:30 a.m.
Contact the Reception Desk to schedule
an appointment. Phone: (403)329-3222

SAVERS CONVENIENCE STORE

Located next to Nord-Bridge Seniors Centre
and at 15 Micmac Blvd. West. **SENIORS DAY EVERY TUESDAY.**
5% off everything except tobacco and lottery items.

Are you buried under a pile
of paperwork? Confused about
government forms?

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



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

COMMUNITY VOLUNTEER INCOME TAX PROGRAM:

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



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CONDOLENCES WERE SENT TO:
The family of Life Member May Engen; the family of Life Member Jan Bradley; to Christina Craik on the loss of her mother; and to Heather Belle and family, loss of mother.

GET WELL & HEALTH WISHES WERE SENT TO:
Ralph Thompson recuperating at St. Michaels Parp Program; Gord Kometz at Calgary's Foothills Hospital resting and recovering from heart surgery; and to Muriel Selk, home again at Black Rock Terrace resting.

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

Thank you, Outreach Committee



OUTREACH REPORT *Rodger Halvorsen, Convener*

February's "Valentine Afternoon" was a great success with a record attendance of 137. Our afternoon featured "Tom & Curt" with Matt Lipinski (drummer). They are always a hit at Nord-Bridge, yet they were particularly appreciated by our Outreach guests. Door Prizes were won by Kim Kerner, Rose Hamilton and Geret. Our 22 volunteers served coffee & juice and Valentine cupcakes with chocolates. The music had our guests thoroughly enjoying themselves whether dancing or merely clapping and tapping their toes. In the words of a regular Outreach guest: *"We at Seasons (formerly Sunrise Village) have been coming to the Outreach Program for quite a few years. My residents very much enjoy coming as it is a great outing and the entertainment is always so good. The volunteers do a fabulous job of making us welcome"*. Dee Williamson (Seasons Lifestyle Manager)



Our **March 20th** Outreach **"St. Patrick's Party"** will feature the sounds of **Floyd Sillito**. Don't be disappointed, **book early** and be part of another great afternoon of good music, good friends and good fun!

Rodger Halvorsen

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



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

Need to go to Walmart? Our bus will take you for a cost of \$3. We'll depart Nord-Bridge at 9:45 a.m. and return in time for lunch. We'll be going on Wednesday, March 8 and Wednesday, March 22. Sign up at the Reception Desk.



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MLA FOR LETHBRIDGE-EAST



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

Photo: David Rossiter

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

NORD-BRIDGE SENIORS FITNESS 55 CLUB

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

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

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

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

MEMBER PORTRAIT SESSIONS

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



Next sittings: **March 13th**

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

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

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



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

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

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

EUCHRE REPORT *Rodney Foster, Convener*

What a busy month this is! March 12 is Daylight Savings. March 17 is St. Pat's Day. March 20 is the first day of spring. March is also a great time to come out and play Euchre. We'll hold our In-House Tournament on May 24 allowing you lots of time to learn the game. Lessons begin every Wednesday at 12:30 in the Dunford Diner Annex followed by regular games at 1:00 p.m. I hope to see you there!



Caregiving can be a stressful, isolating, and overwhelming experience. It can have a negative impact on the caregiver's physical and mental health.

COMPASS helps caregivers balance their own well-being with the challenges of caregiving. **COMPASS** is a 9-module facilitated program by people who understand the difficulties faced by caregivers. The nine sessions will discuss dealing with guilt and grief, managing stress, improving communication, navigating the system and planning for the journey ahead. This program is open to everyone. **Sessions start March 21, 2017 and run weekly.**

Register with **Lorri Penner, Member Support Coordinator**

COMA by Edward L. Sillito (Mind Joggers)

The first thing I felt was the heartburn. It was like eating something that disagreed with me. Then came the pain in my leg. Deep down I suspected what might be happening, but my mind refused to accept it. Then came the shortness of breath, and the growing feeling of panic. Then suddenly, like a hammer hitting my chest, came that awful pain. That sharp stabbing pain, again and again until I couldn't stand it any more. That's when I discovered this place. It was the only place I could find that was far enough away from the pain.

None of them understand. They keep trying to wake me up, to "pull me out of it". I don't think they realize that I can see and hear everything they say and do. At first it was frightening, and confusing. All those doctors and nurses, desperately trying to revive me with their machines, needles, and electric paddles. They poked and prodded, all the while yelling directions at each other. What a madhouse! Then, finally they hooked me up to the machines and left me alone.



Since then I've felt peaceful and safe, and I don't ever want to leave this place. I don't really understand it. All I know is that I'm free of that terrible pain. I just want them all to go away and leave me alone.

Look at them, over there huddled in the corner, whispering. I know they're talking about me, and maybe if I listen real close, I'll be able to hear what they're saying. What's that? Comatose! Brain dead! What are they talking about, and why to they keep looking over at me like that? I'm not brain dead! Look at me. I can reason, I can think! They just can't do this to me. Why, I've been through wars, depression, and disease. There's no way I'll go out like this, timidly, like some vegetable. I'll decide when and where I'll go, pain or no pain!

"Oh my God doctor, look, her eyes moved"!

Local historian, Bruce Haig began digitizing local yearbooks 10 years ago, and put them online to share with others. A decade later he had 123 yearbooks with up to 1,000 page views a month. Since then the University of Lethbridge has picked up his project. While the University takes care of scanning and putting them on the website, Bruce is still in charge of collecting the yearbooks. For his contribution to Canada's 150th Anniversary he hopes to expand the collection. **If you have any yearbooks to contribute please deliver them to Bruce at 720 - 12 St. South, or drop them off here at Nord-Bridge** and we'll have them delivered to Bruce. For a better idea of what this project offers, have a look at the University of Lethbridge searchable website:



<http://digitallibrary.uleth.ca/cdm/landingpage/collection/haig>



Medication Reviews

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

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

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to schedule your appointment.**

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**Blue Jays in Seattle Coach Tour
June 8 – 13, 2017**

Pickup/Drop off in Lethbridge



HIGHLIGHTS

All Breakfasts Included
Three Game Tickets in "Infield Terrace Club"
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PRICING: \$1,699 double + \$49 tax
Single: \$2,345 + \$49 tax (all prices are per person)

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**nord-bridge seniors st. patrick's day
celebration**



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ST. PATRICK'S DAY! JOIN
US ON FRIDAY, MARCH
17TH FROM 10:00 AM - 1:00
PM FOR LIVE IRISH MUSIC,
BEER, PRIZES AND IRISH
FOOD SPECIALS.

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



LIVE ENTERTAINMENT! EVERYONE WELCOME!

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APRIL 8, 2017
7PM

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



Mystery Trip #1
THURSDAY, MARCH 16, 2017



Mystery trips are back!

Join our eager, intrepid, travelers as they venture into the unknown!

Cost: \$15 (bus only). **Buy** your own lunch. Our Go Friendly Shuttle will depart from our Centre at 10:45 a.m. Estimated time of return is 3:45 p.m.

Collette Tours presents a **FANTASTIC FUNDRAISER**

Ireland

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

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

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

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



Raymond Playhouse Society presents a new musical comedy

The Addams Family
 Friday, March 17, 2017
 Cost: \$60 includes supper, show and bus.

Must be booked and paid by March 8!

MYSTERY TRIP #2

Thursday, April 6
Cost: \$45.00
Includes transportation and admission.




LH Life Time Highs - Upcoming Tours
 PH. 1-587-223-0203
 www.lifetimehighs.club
 ~Traveling Together~
 cathy@lifetimehighs.club

Bonnars Ferry, ID Resort	May 28-31	\$344pp/dbl
Cranbrook, St. Eugene Resort	May 28-31	\$359pp/dbl
Edmonton River Cree Resort	Mar 12-14	\$259pp/dbl
Camrose Casino Resort	Jun 11-13	\$229pp/dbl
Wendover, NV Resort	Sep 10-15	\$425pp/dbl
Coeur D'Alene, ID Resort	Oct 20-23	\$325pp/dbl
Coeur D'Alene, ID Resort	Dec 5-8	\$315pp/dbl

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

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



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

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

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

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




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

COST \$3

YOUR FRIENDLY GEEK

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- Apple
- Windows
- Microsoft
- Apps
- Email
- Photographs
- Too Slow
- No Wi-Fi Signal
- Pop-ups
- Not Charging
- Lost Passwords, and many more irritating issues.

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

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

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

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

Place: Nord-Bridge Main Corridor

Fee: FREE for Nord-Bridge Members



Tribute to Miners Memorial Banquet 8

Monday, May 1, 2017

Nord-Bridge Hall - 1904 13 Avenue North

Doors Open 5 p.m.

Program at 5:30 p.m.

Roast Beef Dinner at 6 p.m.

Entertainment at 7 p.m.

Raffle Draw at 8 p.m.

..PRESENTATION..



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

by Belinda Crowson, Educator, Galt Museum

•"Galt 8 Mine Update"

•"Miners Raffle Draw"



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

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

Entertainment by Johnny & Faye (South Country Jamboree)



Pop-Up Health and Community Services Event for residents in North Lethbridge



Services like:



Doctor



Medicines



Check-up



Social Services Navigation



Family Services

and more...

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

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

Transportation a problem? We may be able to help
Call us at (403) 795-3934 or
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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!

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Brad Lindsay, BC-HIS
Registered Hearing Aid Practitioner