

NEWSLETTER

HAPPY
MOTHER'S
DAY

May 2017



This group of ladies joined us for Outreach on April 10th when we celebrated Easter in high fashion. Starting with the front row left to right they are: Janet Bobinec, Lillian Peters, Evelyn Polczer, Guest. Back row left to right: Guest, Dee Williamson, Elaine Anderson, Laura Inkster, Guest, Lydia Prokop, Chris Figenshau, and Marion Tomiyama.

"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	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
Norwegian Whist
Scrabble
Texas Hold'em

Ben Bell*, 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

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
Barbara Stewart
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

Clay Olsen
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

Nord-Bridge's **Annual Miner's Memorial Banquet** will be held the evening of Monday, May 1. It is an evening to celebrate our roots. The miner's memorabilia in our main entrance demonstrates the value we place on our mining history. The event will include a presentation on the High Level Bridge by Belinda Crowson, Museum Educator, at the Galt Museum, and musical entertainment provided by "Johnny & Faye" from South Country Jamboree. We will also draw the Miner's Memorial Raffle prize winners.



Our Mother's Day Luncheon will be held Friday, May 12 at 11:30. This event is always a sellout so get your tickets early.

Members are invited to join me on **Tuesday, May 16 for a special luncheon and certificate presentation to 12 new Life Members:** Dan Deringer, Kay Sauter, Joyce Yalowega, Sid Lewis, Ruth Balogh, Sheila Brust, Lorna Vandervalk, Irene Snopek, Delores Kovaluk, Hazel Grisack, Lillian Peters, and Rita Cemulini. We applaud their contributions and commitment.

We welcome the **Richard & Deborah Popovich "ROARING TWENTIES SHOW"** to Nord-Bridge on Tuesday, May 23 at 1:30. This is a great show and tickets are selling rapidly. Don't be disappointed, get yours soon!

The Monday Jam Sessions will be suspended in July and August to give our volunteers and entertainers a much deserved break. We'll advise you of their September return in a future Newsletter.

Strategic Planning for Nord-Bridge continues with the assistance of Bruce Thurston and Dawn Vickers. This process will ensure that Nord-Bridge Seniors Centre moves forward better prepared to meet new challenges and opportunities in the future.

Our four new Nord-Bridge Board members Ben Bell, Marko Bosnak, Donald Stock and Kaz Tomomitsu will attend their third meeting this month. I thank them and all the other Board members for volunteering their time. As usual, I will be at the Centre each Friday morning should there be a need for any member to talk to me. Thanks again for your trust in me.

Pat Santa, President

WELCOME, New Members!

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

Bev Dick ☺ Sharon Stein
Ingeborg Tope ☺ Bobbie Nilsson
Janett Keruik ☺ Mary Anne Yarmachuk
Lyn Tarnava ☺ Denis Briand
John Adams ☺



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



March 25, 2017
TOURNAMENT RESULTS
Donna Takeda, Coordinator

Our recent, successful Tournament hosted 31 teams from Lethbridge and 10 surrounding communities including: Claesholm, Hays, Vulcan, Vauxhall, Cardston and Milk River. The winners were: First Place - Taber; Second Place - Coaldale; Third Place - Medicine Hat; and Fourth Place - Bow Island.

Many thanks to all my volunteers including: Mike, Dianne, Sharon, Pat, Joe, Billy and Judy. The success of this event was possible only with your assistance.

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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NORD-BRIDGE SENIORS
1904-13 AVENUE NORTH
Mother's Day Luncheon
Friday, May 12, 2017, 11:30 a.m.
Cost \$12.00
All of the Ladies will receive
A Special Gift. Limited seating.

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 below)



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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 May 18th

NORD-BRIDGE SENIORS CENTRE 1904 - 13 AVENUE NORTH



IN-HOUSE BINGO

EVERY FRIDAY AFTERNOON (EXCEPT HOLIDAYS)

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

Everyone (18 and over) welcome!

COME FOR LUNCH, STAY FOR BINGO!



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LORRI'S CORNER



Over the past few weeks I have been asked by quite a few people what empowerment means. This is in response to the exciting 55+ women's conference being held at Nord-Bridge on Saturday June 10, 2017 "Empowering Wellness in Women".

Empowerment involves investing in oneself creating confidence, building strength and knowledge to achieve one's full potential. Everyone has strengths and weaknesses and a range of skills that are used in everyday situations, but all too often people remain unaware of, or undervalue, their true abilities. Basically, empowerment means to become powerful.

Seven traits of an empowered life

1. You feel others respect you and value your input.
2. You feel there is meaning and purpose in the roles you have and in activities you perform.
3. You are surrounded by people who love and appreciate you. This love encourages and supports you during challenging times.
4. You are using your talents and skills in a meaningful way to help others.
5. Being empowered energizes you, helping you feel motivated, upbeat and excited for every day.
6. You have a vision for your life and know what you stand for. You want to leave a legacy of strength and what you care about.
7. You feel supported to achieve all you can be. You recognize that we all need help sometimes and you are surrounded by a nurturing community that provides opportunity to learn and grow.

During the conference we hope those in attendance will recognize the strengths they already have and also develop skills or gain knowledge that will enhance these skills.

MAY 2017				
M	T	W	Th	F
1	2		4	
	9	10		12
15	16	17		
	23	24	25	
29	30	31		



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

Lorri Penner, BSW, RSW
Member Support Coordinator

EXECUTIVE DIRECTOR'S REPORT

Greetings Members,

On May 16 Nord-Bridge will be holding its annual **Life Member** Recognition Luncheon. This is when the Association pays tribute to long-term members selected by the Board for this “**Special Recognition Status.**” The practice of naming Life Members of the Association goes back to our earliest history, when Nord-Bridge was incorporated as a society in 1980, now thirty-seven (37) years ago. The early By-Laws basically read: “There shall be four (4) categories of membership in Nord-Bridge”, including: General Member — individuals age 55 and over; Associate Member— individuals under age 55 whose spouse is a member, or who is approved for Associate Membership by the Board for special cause; Honorary Members — who are so identified by the Board for political niceties (which in most of our history has seldom happened); and **Life Members** — individuals who have reached defined ages; have been members for a certain number of years, and who have been active volunteers with Nord-Bridge. The Board of Directors reviews a list of potential Life Member candidates each December / January / February, and approves recipients of Life Membership, announcing the names once per year at the Association's March Annual General Meeting. The **criteria for Life Membership “special recognition status”** is contained in the [2009] By-Laws, and currently reads:



- An individual must be a minimum of 80 years of age, having been an active volunteer where possible, and a supportive [paid] member of Nord-Bridge for a minimum of ten (10) years in total. *Thus the member:*
 - *Must have already passed their 80th birthday by the March Annual General Meeting.*
 - *Must have paid their Association membership in the year Life Membership is awarded.*
 - *Must have been an active volunteer with the Association, which is interpreted to mean not just a participant in a program or activity. The individual needs to have served a recognizable length of time as a Convener, program organizer, or volunteer like in the kitchen or serving, in the Craft Boutique, at the Reception Desk, on the Board or a standing committee, or contributed to a significant administrative function.*
- An individual must have reached 90 years of age, and been a paid member of Nord-Bridge for a minimum of three (3) years in total. *Thus the member:*
 - *Must have already passed their 90th birthday by the March Annual General Meeting.*
 - *Must have paid their Association membership in the year Life Membership is awarded.*

Annual membership fees are waived after Life Membership is awarded. The names of Life Members are permanently recorded on plaques prominently displayed in the Nord-Bridge Seniors Centre. Please see these plaques in the hallway leading to the Dunford Diner Annex. Currently, there are 100 living Life Members of the Nord-Bridge Senior Citizens Association. Of these, about 72 individuals are still healthy and active participants at Nord-Bridge. Another 18 reside in Lethbridge, but live at care facilities because of health issues. We sometimes see these Life Members at monthly Outreach Programs. Finally, 10 have moved from Lethbridge to live closer to family. Should you feel that you would like to qualify for **Life Membership “special recognition status”**, please speak with myself or Kathy Filkowski, who maintains Membership records, to review this possibility.

Respectfully, *Randy Smith*



RACHAEL HARDER
MEMBER OF PARLIAMENT

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SERVE



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Social Report by Eva Deringer



Thank you to all our members and volunteers who supported our Spring Luncheon on Friday, April 7. Some of you even donned your Easter bonnets for the occasion. We appreciate your enthusiasm. I thank our door prize donors, our hostess, Diane Bennett, MC, Pat Santa, and musical entertainer, Yvonne Nelson. Thanks also to Councillor, Blaine Hyggen, who brought greetings from the City and also helped us serve.

Our guests enjoyed salad, ham, scalloped potatoes, veggies, and pineapple upside down cake. Every thing was yummy. Congratulations to our door prize winners: Shirley Boychuk, Carol Rossler and Dan Deringer.

In May you would think we'd be winding down toward a summer rest but we are still going strong! Events include: May 1, Miners Banquet; May 5, Cinco de Mayo Mexican Buffett, May 12, Mother's Day Luncheon; May 16, New Life Member recognition and luncheon; and May 23, "Roaring 20's Show".

More events will follow in June including Senior's Week activities and our annual Father's Day Luncheon & Pie Auction which benefits two very deserving programs; Outreach and Travel. Our volunteers and staff will work hard on these events and I hope you will support some of these events with your attendance.

ADVANTAGE HEARING CENTRE

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Registered Hearing Aid Practitioner

From the Desk of Val

It has been one sad year since I lost my Mother. She was indeed a great mother and supporter of our Centre. In May we will be honouring all of our Mothers and this year's new Life Members. Congratulations to all of them, whose names are listed in our President's Report on Page 3. We can never forget these people because they are the ones who conceived and nurtured our Friendly Centre since its inception. **They are our pioneers.**

Who Stole the Cookie from the Cookie Jar? Remember that game? I was reminded of it recently when it became apparent that someone stole cookies or money from our Girl Guide cookies that we were selling for a nice young lady. Yours truly made good on the missing \$20 but, sadly, we will not be able to help the girls any more because we can't accept the responsibility. ☹️

Summer is coming and spare drivers are desperately needed. Summer is our busiest travel season, and I want to ensure we make the best of our good weather. Let me know if you can drive for us. Our May and June Mystery Trips are already sold out! **PLEASE READ YOUR NEWSLETTER INCLUDING THE TRAVEL PAGE (15) to ensure you sign up in time for the trips you want to take.**

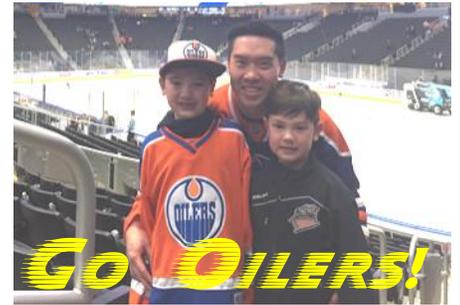
I urge all members to mark their calendars for our **Annual Pie Auction** fundraiser to be held along with our Father's Day Luncheon on **Friday, June 16th**. I have done a lot of work to make this event more fun. There will be famous celebrities coming with their pies, plus our own members' pies. Proceeds will help our Travel and Outreach programs. Auctioneer extraordinaire, Dean O'Seen, will be back by popular demand.

Valerie



Programmer's Report by David Ng

One of the most rewarding parts of my day-to-day job is when I have the opportunity to walk around the Centre and interact and visit with members. I enjoy hearing all the good things we're doing here at Nord-Bridge and also what we can improve on. What I value most are the friendly faces up and down our hallways and smiles that fill our rooms. If I haven't met you yet, stop me in the hallway next time and introduce yourself. I will be more than happy to talk hockey, golf, weather, kids/grandkids, etc.



Justin our "Friendly Geek" has reduced his weekly visits to the 1st and 3rd Tuesday of the month. This change is not from a lack of support from Nord-Bridge members, but rather from his personal business's exponential growth over the past year. Justin still greatly appreciates and values his time at Nord-Bridge and will continue to offer his IT services to Nord-Bridge members.

If you haven't noticed how many talented and gifted artists we have at Nord-Bridge, stop by and look at the display showcase across from the Reception Desk. For the next few months we will be showcasing art produced by members who participate in our arts and crafts classes. Pieces range across several mediums of art. Take a look and if you are interested in purchasing a piece of art, come see me and I will put you in touch with the artist.

We will be offering 8-week summer Yoga and Chair Yoga programs from July 12 to August 30 (Wednesdays). The Yoga class will start at 9:00 a.m. and Chair Yoga will start at 10:15 a.m. If you are interested you can register at the Reception Desk.

June will be a busy month with many Seniors Week activities taking place. Watch our bulletin boards and June Newsletter for notices about the Toonie Pancake Breakfast, Annual BBQ picnic at Pavan Park and the Empowering Wellness in Women 55+ Conference.

CLASS CANCELLATION: Keep Fit, Thursday, May 4th

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 WINNERS

Gordon Skidmore \$290.50 April 18th

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

APRIL WINNER T.B.A.
Next Draw May 26

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

April 3 Vic Winters \$43 / Gordon Skidmore \$43
April 10 Nina Waselenak \$45 / Anne Pauls \$45
April 24 Bill McTighe \$44 / Vic Winters \$44

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



NORD-BRIDGE BUILDING FUND RECENT DONORS

ISABEL DUELL \$200

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2017
Through April 21, 2017 : **\$6,824.50**



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

\$ 2,086,556

Still needed by N-B Fundraising

\$ 413,444

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

May 5 Mexican Buffet \$9.00

May 12 Mother's Day Luncheon. Ticket Required.
Soup, Sandwiches & Snacks in the Multi-Purpose Hall.

May 19 Liver & Onions, Mashed Potatoes, & Veggie

May 26 Chicken & Beef Kabobs, Rice & Salad

PLEASE NOTE: THE GRILL IS CLOSED DURING SPECIAL BUFFETS

All You Can Eat Breakfast Buffet First

Wednesday of each month 8:30 to 10:30

\$7.50

Friday Dunford Diner Lunchtime Entertainment

May 5 Anne Pauls

May 19 Alice & Rudy

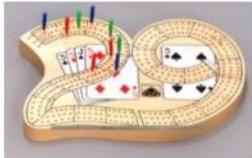
May 26 Floyd Sillito



Happy Mother's Day



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</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>2</p> <p>9:00 L-SKIP 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 7:00 Social Dance</p> 	<p>3</p>  <p>8:30 BREAKFAST BUFFET 8:30 FOOT DR. By Appt. 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 Arthritis Exercise 3:00 Advantage Hearing</p>	<p>4</p> <p>9:00 Floor Curling 9:30 Card Crafters 9:30 Mind Joggers 10:00 Somatics 1:00 Acrylic Painting 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 1:00 Duplicate Bridge 5:30 Zumba 7:00 Table Tennis</p>	<p>5</p> <p>9:00 Pilates 9:00 Paper Tole 9:30 Carpet Bowling 10:15 Chair Yoga 11:30 Mexican Buffet 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p> 
<p>8</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>9</p> <p>9:00 L-SKIP 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 7:00 Social Dance</p> 	<p>10</p> <p>8:45 Yoga 9:30 Carpet Bowling 9:45 Out & About + coffee TOO 10:00 Coffee With a Constable 10:15 Paper Tole 10:45 WINNERS BINGO 11:00 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Arthritis Exercise</p> 	<p>11</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>12</p> <p>9:00 Legal Consults By Appointment 9:00 Pilates 9:00 Paper Tole 9:30 Carpet Bowling 10:15 Chair Yoga 11:30 Mother's Day Lunch 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p> 

<p>15 9:00 Yoga 9:30 Jammers 10:00 Floor Curling 10:15 Chair Yoga 1:00 Contract Bridge 1:00 Military Whist 1:30 OUTREACH <i>Canada's Birthday</i> </p>	<p>16 9:00 L-SKIP 9:00 Shuffleboard 9:30/10/11 Clogging 10:00 Music Makers 10:45 WINNERS BINGO 11:00 Keep Fit Aerobics 11:00 New Life Members Presentations & Lunch 1:00 Texas Hold'em 1:00 Canasta 1:30 SCRABBLE 7:00 Social Dance</p>	<p>17 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 Arthritis Exercise</p> 	<p>18 9:00 Floor Curling 9:30 Card Crafters 9:30 Mind Joggers 10:00 Somatics 10:00 Leth. Hearing <i>By Appointment</i> 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>19 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>22  <i>Victoria Day!</i> CENTRE CLOSED</p>	<p>23* & 30 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 7:00 Social Dance</p> 	<p>24* & 31 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 Arthritis Exercise</p> 	<p>25 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>26 9:00 Pilates 9:00 Paper Tole 9:30 Carpet Bowling 10:15 Chair Yoga 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p> 
<p>Go Friendly Shuttle door-to-door service: Call 403-329-3222 the day prior, or sooner, to book a ride. Cost is \$3.00 each way, or use your Lethbridge Transit "Breeze Card".</p> <ul style="list-style-type: none"> LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL FIND A PHONE FRIEND FOR YOU. (CALL VAL AT 403-329-3222 TO ARRANGE) COFFEE, TEA & YOU: 2nd & 4th TUESDAY 10 A.M. IN THE DUNFORD DINER ALZHEIMER SOCIETY'S REP. MIKAELA, THIRD WEDNESDAY OF EACH MONTH AT 10 A.M. IN THE DUNFORD DINER ADVANTAGE HEARING - WEDNESDAY, MAY 3 (by appointment) MINERS BANQUET - MONDAY, MAY 1 MOTHER'S DAY LUNCHEON - FRIDAY, MAY 12 LOCAL TRIP - TUESDAY, MAY 16, BROXBURN VEGETABLE CAFÉ POPOWICH SHOW - TUESDAY, May 23 1:30 MYSTERY TRIP #3 - THURSDAY, MAY 25 WINNERS BINGO MAY 3, 9, 10, 16, 17, 23, 24, 30 DR. BOLOKOSKI FUTURE DATES INCLUDE: JUNE 28, AUGUST 23, OCTOBER 18, AND DECEMBER 13, 2017 				

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Upcoming **FREE** consultation dates:
Friday(s) May 12 & June 9
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 you:

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



*The greatest gift
you can leave behind
is the gift of being prepared.*

For more information please call 403.328.2361
or visit our website www.mbfunerals.com

EUCHRE REPORT
Rodney Foster, Convener



I would like to thank our many business sponsors for their support of our 2016 - 2017 In-house Euchre Tournament including: **HAROLD'S AUTO SERVICE, LONDON DRUGS, HUMPTY'S, MEDICINE SHOPPE, SALON NINETEEN 04, NORD-BRIDGE SENIORS CENTRE, SAVERS, TIM HORTON'S NORTH, and SANDY TOES.** I also extend a big thanks to our Euchre members who donated, and to Reception Assistant, Heather, who helped me with clerical tasks. Winners will be announced in the June Newsletter.

CONDOLENCES WERE SENT TO...

Paul White and family on the loss of his spouse, Gloria; and to the family of Vera Kaluska who passed away on April 1st at 108 years of age.



GET WELL & HEALTH WISHES WERE SENT TO...



Paul White at Regional Hospital; Maxine Sheen, still in Regional Hospital; George Nemeth post-surgery in Calgary; and Hazel Harvey at home, and doing well.

*Valerie,
Outreach Card Coordinator*

OUTREACH REPORT

The April Outreach provided an opportunity for us to don our fancy Easter bonnets while we enjoyed another afternoon of activities with our guests, members and volunteers. It was fun to mingle and appreciate the talent of our guest pianist, Elaine Unger-Pengilly. "Best Bonnet" awards were won by Nina, Gabo and Marion.



Our May theme will be "**Canada's 150th Birthday**". Plan to attend on Monday, May 15th. **RED & WHITE will be the dress code** for this patriotic recognition of our heritage. **Reserve your seat soon!** Entertainment for the afternoon will include the upbeat accordion music of **Richard Wadham**.

Leslie Jastrau of The Good Samaritan Society recently sent us this kind testimonial: "Residents from the Good Samaritan Society - Park Meadows Village and Cottages, attend the Outreach program each month. Our residents enjoy the contact with friends, good music, games and treats. The volunteers and staff are always so welcoming and helpful. Nord-Bridge Seniors Centre runs the Outreach program at a minimal cost so all residents can afford to attend. A number of our residents were past-members, and we have some residents that are current members. It is so nice to help them stay connected."

Rodger Halverson, Convener

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- Back Care, Supports & Braces
- Ostomy



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lethbridge.west@assembly.ab.ca
403-329-4644



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

Need to go to **Walmart**? Our bus will take you for a cost of \$3. We'll depart Nord-Bridge at 9:45 a.m. and return in time for lunch. We'll be going on **Wednesday, May 10** and **Wednesday, May 24**. 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 sitting: **May 8th**

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

*Continuing to Care
Through the Generations.*

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If Heaven Had a Cell Phone
Judith A. Knox ~ Mind Joggers

*If heaven had a cell phone, I wouldn't feel so blue.
Not a day would go by when I didn't talk to you.*

*We'd talk about the good ole days, and happy times we shared.
When we were once a family and everybody cared.*

*I'd tell you how much I miss you every single day.
I can't believe it's been ten years since you have passed away.*

*Yes, if heaven had a cell phone, my heart wouldn't be so sad.
But a cell phone isn't needed. It isn't all that bad.*

*The cords of sisters remain intact. Death cannot break away.
As long as I go on living I'll remember you each day.*



30 LETHBRIDGE
COMMUNITY
BAND SOCIETY
Celebrating 30 Years

**AN EVENING
AT THE POPS:
MUSIC OF
JOHN WILLIAMS**

Saturday, June 10, 2017 ~ 7PM

College Drive Community Church

Tickets: \$15 ~ Regular, Children 12 and younger ~ FREE!

Tickets available online at lcbs.ca
at Casa (230 8 St S) or at the door



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

Richard & Deborah Popovich

“ROARING 20’s Show”



You'll enjoy lots of "Vaudeville style" humor along with famous songs like Margie, Five Foot Two, Sweet Georgia Brown, The White Cliffs of Dover, Danny Boy, and many more!



DATE: MAY 23, 2017
TIME: 1:30 P.M.
TICKETS: \$10.00

Buy tickets at Nord-Bridge Seniors Centre



THANKS TO OUR COMMUNITY SPONSORS!



YOUR FRIENDLY GEEK



WE ARE PROUD TO OFFER OUR MEMBERS THEIR VERY OWN TECH DESK.



We know technology can be confusing and frustrating when it doesn't work, so bring your portable device or your questions and let us help you.

Justin Kroeker is ready, willing and able to help you get the most use and amusement out of your hi-tech devices.

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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 problems

Date: Tues. May 2
Tues. May 16

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

Place: Nord-Bridge Main Corridor

Fee: FREE for Nord-Bridge Members

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.

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

I need advice to help keep them under control.

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Terry Toth B.Sc Pharm Pharmacist

Chad Baker B.Sc Pharm Pharmacist/Owner

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Bonnars Ferry, ID Resort	May 28-31	\$344pp/dbl
Cranbrook, St. Eugene Resort	May 28-31	\$359pp/dbl
Camrose Casino Resort	Jun 11-13	\$229pp/dbl
Wendover, NV Resort	Sep 10-16	\$425pp/dbl
Moose Jaw	Sep 24-27	\$399pp/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.

SAVERS CONVENIENCE STORE

Located next to Nord-Bridge Seniors Centre
and at 15 Micmac Blvd. West.

SENIORS DAY EVERY TUESDAY.

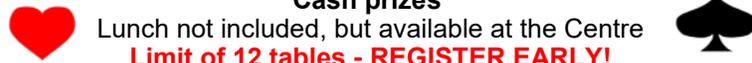
5% off everything
except tobacco and lottery items.



NORD-BRIDGE SENIORS CENTRE
1904 - 13 AVE. N LETHBRIDGE, AB
"THE FRIENDLY CENTRE"


FUN Duplicate Bridge Tournament
Thursday, May 25, 2017
\$5 entry fee per person
Cash prizes
 Lunch not included, but available at the Centre
Limit of 12 tables - REGISTER EARLY!
Play begins sharply at 9:30 a.m.


MUST PRE-REGISTER BY PAIR TO:
Pat Kincade
kincadepa@gmail.com
403-524-0929


 P.S. THIS IS NOT AN ACBL SANCTIONED EVENT;
 NO POINTS AWARDED



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No wheels? That's not a reason to stay at home. Let our **Go Friendly Shuttle** do the driving. Call us at **403-329-3222** a day ahead and we'll schedule convenient, direct service from your door to our door. The cost to use the **Go Friendly Shuttle** is **\$3.00 each way**, or use your **Lethbridge Transit Breeze Card**.



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



Watch for details on these upcoming summer trips:

- Pincher Creek Fishing Derby - June 21
- Mystery Trip #5 - Thursday, July 6.
- Saskatoon Berry Farm - Thursday, August 3
- Annual Waterton Trip - Thursday, August 10
- Mystery Trip #6 - Thursday, August 24
- BAR-U Ranch Tour with Chinese Lunch, Black Diamond - Thursday, September 14
- Mystery Trip #7 - Thursday, September 7
- Hutterite Colony Tour - October

As always your suggestions are welcome

Tuesday, May 16
SPRING JAUNT TO
BROXBURN VEGETABLE CAFE
COST: \$10 (Inc. Bus)



Bus will depart Nord-Bridge Centre at 11 a.m. Buy lunch at the Café then browse around the greenhouse and buy some garden plants.



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



ROAD REPORT

Your Travel Committee was given an A+ for Mystery Trip #2. A full bus traveled north to the Nanton Museum of Miniatures and also enjoyed a tasty lunch at the Queen's Café just across the street. Our Mystery Trip series has been extremely popular so **SIGN UP FAST!**



Our shopping trip to Calgary's South Centre Mall was also a hit as a full bus of eager shoppers hit the road on April 20th.



Thanks to everyone who participated. 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. Many thanks to our safe and courteous drivers, John and Lucy. You guys are the BEST!

MYSTERY TRIP #3
Thursday, May 25. Cost: \$10
Includes transportation and a picnic lunch.
MYSTERY TRIP #4
Wednesday, June 14. Cost: \$10
Includes transportation and admission.



SORRY BOTH SOLD OUT

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



COST: \$200 (dble. occ) or \$295 (single occ).
Cost includes (luxury bus) Carefree Express transportation plus \$20 Casino play and \$10 in Dining coupons per person.

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

ONLY 2 SEATS LEFT! Get a buddy and let's get goin'. You'll have a great time.



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

NORD-BRIDGE

Tacos with all the fixings
Chimichangas
Refried Beans and more!



MEXICAN Cinco de Mayo



Friday
May 5th
11:30 am
Dunford Diner
\$9.00

BUFFET

Chicken Enchaladas
Mexi Rice
Cilantro-Lime Tomato Salad
Home-made Salsa and Pico De Gallo



The *Go Friendly Shuttle* & *Go Seniors Society* Needs Your Support!



The 2016 increase of 21.9% in *Go Friendly* ridership, to and from Nord-Bridge, demonstrates the need for this service. It is also a good reason to consider supporting the Go Seniors Society of Southwestern Alberta with a **\$5.00 Associate Membership**. Here is why:

- The Go Seniors Society is a fundraising, and operational partner with Nord-Bridge, for the shuttles used for Go Friendly.
- The Society, and Nord-Bridge, are already saving for a replacement shuttle for Go Friendly. The need is a few years out, but will occur. Cost will be about \$100,000.
- The Go Seniors Society would like to qualify for Alberta Gaming proceeds, and to host a casino which would add to the Society savings for future shuttles.
- The number of members within the Society, and the services it provides, will be an important part of qualifying with Gaming.

Thus your **\$5.00 annual Associate Membership**, or **\$20.00 Full Membership** can help support future seniors transportation services.

Here is what former Mayor, and Nord-Bridge VP **Bob Tarleck** says about the Go Seniors Society: *"Like many of your friends, I frequently use the Go Friendly Shuttle to get to Nord-Bridge. I know how important it is for seniors. Join today! Your friends will thank you! I thank you!"*

Memberships may be purchased at The Nord-Bridge Reception Desk

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 Mud 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

Empowering Wellness in Women

55+ Women's Conference

When: **Saturday, June 10, 2017**

Registration and Breakfast

7:30 am – 8:30 am

Conference Starts at 8:30 am - 4 pm

Where: **Nord-Bridge Seniors Centre**

1904 13 Avenue North

REGISTER NOW!

Early Bird **\$20.00** (Until May 17)

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

To Register contact Lorri at 403-329-3222



Keynote Speaker

Renae Peterson

Keynote Speaker Sponsor



Honouring Your Heart

Exploration of your own unique heart beat and the importance of staying connected to the rhythms of that heart beat will be presented. Learn how to increase our heart capacity and see with the eyes of our heart.

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