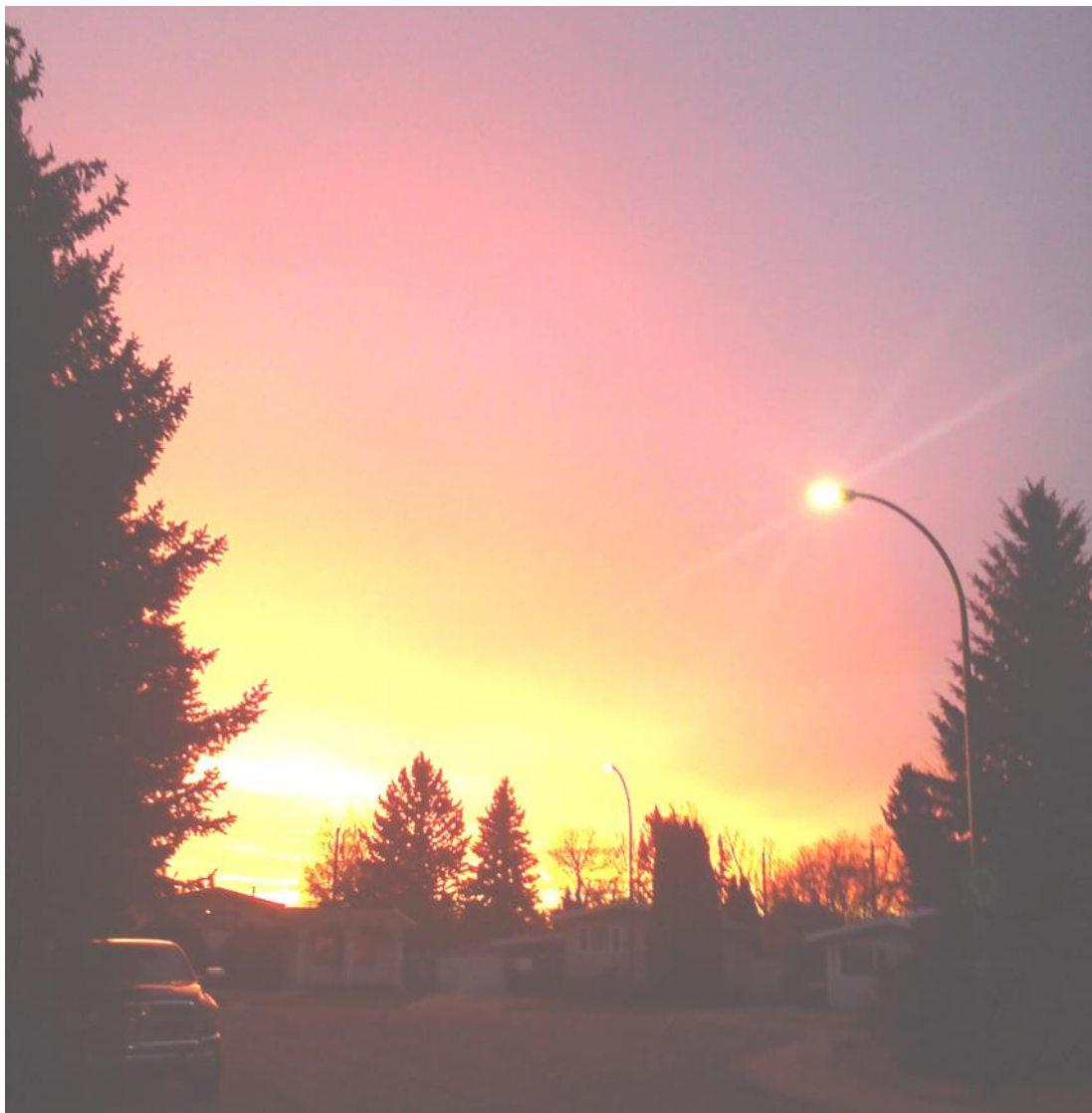


NEWSLETTER

November 2017



REMEMBRANCE
DAY



Sunrise

October 18, 2017 looking east from the southeast corner of Nord-Bridge Seniors Centre on 12th Avenue North. **Photographer, Clay Olsen. As an early riser, Clay has volunteered to open the building for many years.** This month he shares the beauty of a fall prairie sunrise. On November 4th we return to Standard Time so he'll get some more morning light for a little while but soon he'll be opening in the dark.

"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	Vacant
Past-President	Jim Hahn

BOARD OF DIRECTORS

FIRST YEAR

Ben Bell
Donalda Stock
Marko Bosnak

SECOND YEAR

Robert Grisak
Clay Olsen
Kaz Tomomitsu

THIRD YEAR

George Berg
Vacant
Marilyn Gillies

ADMINISTRATIVE STAFF

Executive Director	Randy Smith
Sr. Administrative Ass't	Kathleen Filkowski
Financial Administrator	Tracy Beauchemin
Director of Programming	David Ng
Member Support Coordinator	Lorri Penner
Reception Supervisor	Valerie Arkinstall
Reception Assistant	Rita Paju
Rentals	Kathleen Filkowski
Red Seal Cook	Samantha Ajtay
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

Vacant (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
Kathleen Filkowski
Kathleen Filkowski (Production & Billing)
Jim Hahn
Jim Hahn* (Chair), Dan Deringer, and
Donna Takeda
Robert Tarleck* (Chair)

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
Joe & Dianne Smith

Duplicate Bridge
Norwegian Whist

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.

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

SOCIAL ACTIVITIES

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

SPORTS & RECREATION

Bocce
Carpet Bowling
Darts
Floor Curling
Floor Shuffleboard
Golf
Pool
Shuffleboard
Table Tennis

TRAVEL

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

VOLUNTEERISM

Building Set-up Volunteers
Diner Special Events Coordinator

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

Vacant, Board Rep

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

Marko Bosnak*, Board Rep

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

Donalda Stock*, Board Rep

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

Kaz Tomomitsu*, Board Rep

Eva Deringer
Doug Youngren
Anne Summers
Eva Deringer
Karen Hooper
Sandy Nowell
Della Howg

Robert Grisak*, Board Rep

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

George Berg*, Board Rep

Valerie Arkinstall
Valerie Arkinstall
Marco Escobar

Jim Hahn, Board Rep

Clay Olsen, Harry Fischer
Eva Deringer

Clay Olsen*, Board Rep

Harry Fischer
Mike Bennett, Clay Olsen
Randy Smith
Robert Tarleck
Helen Gepneris, Vacant
David Ng (and Alberta Health)
Lorri Penner
Harry Fischer, David Ng, Sheila Brust
Harry Fischer
Pat Santa



Some programs & services are
partially funded by the joint Pro-
vincial 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

Kindly join me in congratulating **Harry Fischer** and **Dan Deringer** on winning Lethbridge and Area "Seniors of Distinction Awards". Both gentlemen are long time Nord-Bridge members and they contribute a lot of time volunteering here.

In local politics, I congratulate our **Mayor, Chris Spearman** on his re-election. Congratulations also to our re-elected councilors and the two new members of council, **Belinda Crowson** and **Mark Campbell**. Many of you know Belinda as a contributor to our annual Miner's Memorial Banquets; and Mark Campbell, who most of us know from community theatre, Greeter Grammers, local TV and radio. I invite all City Council members to visit Nord-Bridge frequently, to stay abreast of issues concerning our Centre and all seniors within our City.

Congratulations to CTV's **Dory Rossiter** on winning an "Outstanding In Media" award as well as "Canada 150 Award". **Dory supports Nord-Bridge by advertising our events and being available to emcee on occasion.**

Nord-Bridge will host **Country Classics with Country Blends** on Monday, November 13 at 1:30 p.m. They are a great group and well worth the \$25 ticket fee. Please try to attend. We will also host our **Annual Health Fair on Tuesday, November 28, 10 a.m. to Noon.** Many health care services will be present to provide information to our members.

We are in the process of trying to raise \$10,000 toward the cost of new carpeting and floor repairs in our Centre. Should any member want to contribute to this important project, donations will be accepted at the Reception Desk. Refer to our notice in this regard on **Page 5** of this Newsletter.

I will be at Nord-Bridge every Friday morning if you would like to discuss anything or just visit. Thank you for putting your trust in me.



President,

Pat Santa

Lest We Forget



IMPRESS your guests this Holiday Season with delicious home-made baked items from our Dunford Diner Catering Bakery.

CHRISTMAS DESSERT TRAYS

8 Inch 3-5 people \$12.00
10 Inch 5-7 people \$15.00
12 Inch 7-10 people \$18.00

Trays are a random assortment and may include butter tarts; sugar, shortbread or ginger snap cookies; almond bark; or chocolate chews.

PIES

Pumpkin, Cherry, Apple, Lemon Meringue, Raisin & Mincemeat

Pies are available in 5 or 8 inch size. Prices range from \$2.50 to \$18.00 depending on size and filling.

Order by December 1, 2017.

Pick up week of December 18 - 22, 2017.



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

Anonymous	Anonymous	Anne Schaerer
Lauree Sauter	Mark Reed	Lynel Gaetz
Mary Nugent	Vicki Reed	Carol Gaetz
Wendy Deg	Stewart Reed	Carl Sigurdson
Bev Trainer	Cindy McInnes	Annie Larin
Rosella Hadnagy	Helen McIsaac	Kathy Langhofer
Ken Codd	Thomas McLeod	Anonymous
Anonymous	Ann McLeod	Trudy Crow
Colleen Holtz	Barbara Beatty	Jody Knapik
Lorelei Gross	Grace Huszar	Carla Price

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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FAX: 403-320-1181



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**NORD-BRIDGE
SENIORS CENTRE**
1904 - 13 AVENUE NORTH

IN-HOUSE BINGO
EVERY FRIDAY AFTERNOON
(EXCEPT HOLIDAYS)

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

Everyone (18 and over) welcome!

COME FOR LUNCH, STAY FOR BINGO!



EVERGREEN
Funeral Home
and Cremation Services

403-329-4934

Give us a call regarding ...

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

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Is An Option*

*We lessen the expense
Not the care*

A Division of the Caring Group Corp.

LORRI'S CORNER

"Grief is the normal and natural reaction to significant emotional loss of any kind. It is also the conflicting feelings caused by the end of, or change in a familiar pattern of behaviour"

The Grief Recovery Institute

When you think of grief, the first thing that typically comes to mind is the loss of a loved one, and absolutely, this is a significant event in our life where we grieve.

Did you know that there are many other life-changing events that can also cause you to experience grief? A newly diagnosed health problem, retirement, divorce, loss of a pet and even moving are a few of the many life events which can result in grief. Grief can be challenging and overwhelming. It's common for a griever to feel like their whole world is closing in on them.

Grief is cumulative and not only does a person grieve the most recent loss, but every other loss they have experienced. The latest event awakens the memories of every other life changing moment that has ever caused us to grieve. Most of us have a habit of suppressing our painful emotions rather than expressing them (and we are not even aware we are doing it). We learned to subdue our feelings at a very early age by well-meaning adults when they told us to "not feel bad". Those three little words do not make us feel any better; we bury the feeling of sadness in an attempt to follow the directions offered by someone we trust on how to cope with an emotionally painful event. Until each loss is effectively addressed, they tend to sit; waiting inside us, until another event of grief hits us and all of this stored sadness erupts like a volcano.

You may be thinking... "So now what?"

In October, I travelled to Billings, Montana and completed the intensive training to become a **Certified Grief Recovery Specialist**. The Grief Recovery Institute was founded in the mid 1980's by John W. James. With the death of his infant son, he searched for resources to help him with his overwhelming grief, only to realize there were none that were truly helping him. Today, John is internationally recognized as one of the foremost authorities on grief in the world. The Grief Recovery Institute has worked with thousands of people to guide them through grief recovery. The Institute has also worked extensively with people after 9/11 and other world tragedies. I will be offering the eight week **Grief Recovery Program** at Nord-Bridge Seniors Centre in early 2018. Please keep watch for more information on my office door and also in the Newsletter.

*Recovering from grief is possible and will
allow you to feel better and enjoy fond memories
without them turning painful.*

Here's my November schedule. As always, I am here to help you. please stop in for a chat.

Lorri Penner, BSW,
Member Support Coordinator

NOVEMBER 2017

M	T	W	Th	F
		1	2	
6	7	8		
	14	15	16	
20	21	22		
	28	29	30	

**YOUR
FRIENDLY
GEEK**

**TALK
NERDY
TO
ME Inc.**

**WE OFFER OUR MEMBERS
THEIR OWN TECH DESK.**



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

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



ATTENTION MEMBERS & FRIENDS

NORD-BRIDGE 100 X \$100 *plus* CAMPAIGN FOR FUNDS

You spoke and we listened. A recent member survey indicated that a capital project to replace the floor coverings in our Center was a priority. New carpets are now being selected, and an order will be placed soon. The cost is estimated to be \$50,000 and we have received a New Horizons for Seniors Grant of \$25,000 leaving a shortfall of \$25,000. The objective of this campaign is to solicit a total of \$10,000 via minimum donations of \$100 or any multiple thereof from individual donors to help pay for this important, member specified project.

To date we have received \$1,800 from 12 donors. Many thanks to those donors. Please consider joining this unique group of members and friends by helping out with this campaign. Donations can be made at Nord-Bridge Seniors Centre Reception Desk. Tax receipts will be issued for these donations. Thank you for your consideration of this current need.

Jim Hahn, Fundraising Coordinator



EXECUTIVE DIRECTOR'S REPORT

Greetings Members,

As we have previously advised in an earlier *Newsletter*, the Centre received \$25,000 in funding this year to replace carpeting in some public spaces of our Building. These areas include the Main Entrance, Central, East and West Corridors. The project also includes carpet replacement in the Dunford Diner, Annex, Reception area, and Library. This represents about 65% of the carpeted areas of Nord-Bridge, or 34% of the total building spaces occupied by the Centre.



The replacement carpeting is in the most heavily used and soiled areas of the Centre. These are generally areas where further carpet cleaning is not providing desired results. We have now been in our building for 17 years, and thus I think we have had pretty good service from our existing carpet considering we have about 250 people in and out of our building in a day. Last year we recorded 53,711 member visits. These numbers do not include non-members who inadvertently fail to sign our registers; or who come in for week-end or evening rentals. I would guess we could possibly add 5 - 10% to the above totals, were these types of visits to be counted. I would sincerely thank Past President Jim Hahn for taking on the assignment to help fundraise for this carpeting project. I also respectfully ask that if you have the means, you consider contributing to our Building Fund campaign outlined by Jim to the left of this article. Should you donate, your name will be added to, or category adjusted on, the Building Fund Donor Board outside the Dunford Diner.

On another topic, I thank all who voted in the October 16 Municipal Election; those who allowed their name to stand for election; and I congratulate our Mayor and new Council, and the Trustees of the City's two School Boards. Best wishes in your significant task of governing for all, and using prudent wisdom when spending the hard-earned funds of our City's people and businesses. Our democratic system has come with much sacrifice over the history of Canada.

As November 11 is Remembrance Day, I too wish to honor those individuals that have spilled blood; families who have lost loved ones; or sacrificed their precious time; and today's men and women in the Armed Forces for all they have, and do, in support of our Country and Freedom. I am proud to call Canada home.

Finally, I remind members of our regular **November General Membership Meeting**. This year's meeting will occur **on Wednesday, November 1, at 9:30 am in the Multi-Purpose Hall**.

Respectfully yours,

Randy Smith, Executive Director

HONOURING THOSE WHO HAVE SERVED OUR COUNTRY



RACHAEL HARDER
LETHBRIDGE ALBERTA M.P.

403.320.0070

@RACHAELHARDERMP

RACHAELHARDER.CA



F R I E N D S H I P

How does it happen and start,
Is it a feeling that comes from the heart?
Does it grow through the years,
Nurtured by laughter and tears?
Does it come from constantly sharing,
Filled with kindness and caring?
Does it arrive out of the blue,
Reserved for many or only a few?
Is it fueled by love and grace,
Making the world a better place?
All of these any many more too,
Keep friendship long, lasting, and true,
It matters not how friendship is measured,
As long as it's lovingly treasured,
So bless every friend and always be kind,
Keeping them close in heart and in mind.

Doreen Taylor, Mind Joggers

ADVANTAGE HEARING CENTRE

406-6th St. South Lethbridge, Alberta

Nord-Bridge Complimentary Hearing Evaluations

We will offer Complimentary
Hearing Evaluations at
Nord-Bridge the First
Wednesday of every month!

Book your appointment
at the front desk!
403-320-5051



Brad Lindsay, BC-HIS
Registered Hearing Aid Practitioner

Programmer's Report by *David Ng*

We have another amazing group of **Nursing Students from the University of Lethbridge** this fall. They have already presented on various health topics in the month of October. This year the students have also created some poster board presentations that will be displayed in the main corridor. This approach will allow members the chance to get useful information on health related topics at their own convenience throughout the week. Keep your eye out for the **Annual Health Fair on Tuesday, November 28th from 10 a.m. until noon in the Multi-Purpose Hall.** Keep Fit will be cancelled on this day. The nursing students have arranged for various health care and community services representatives to attend the health fair and provide information on their services. **For more on their work, refer to Page 13 of this Newsletter.**



Starting this month **Floyd Sillito & Friends** will be performing on the **second Wednesday of each month (beginning November 8th) from 9:30 a.m. until 10:30 a.m. in the Dunford Diner Annex.** Floyd and his special guests will play some up-beat, toe tapping country music.

The **Southern Alberta Institute of Massage** will have students here at Nord-Bridge on **November 3rd and December 1st from 9:30 a.m. to 11:30 a.m.** offering **FREE NECK AND BACK MASSAGES!** Take advantage of this great service before those muscles get too achy from snow shoveling.

Our annual **Fall In-House Tournaments** will start this month. Good luck to all the participants in all of their respective sports.

Cheers, David

From the Desk of Val

Welcome to all our new members. I would like to remind you that we have a very good member photographer, Sid Lewis, who will be here on November 20th to take your picture for our membership photo album. To all members, look for new friends and help welcome them by introducing yourself.



Our Mystery Trips series is winding down with #9 scheduled for November 15th and #10, the last one for this year, scheduled for December 7th. These mystery trips have been popular and **ALL SOLD OUT.** We will resume this popular series in the spring after the worst weather is gone. If anyone has any suggestions for 2018 Mystery Trips, bring them to Rita or myself. Actually, all of our day trips have been popular. If you see a trip you are interested in, don't procrastinate or you could be disappointed, as most sell out quickly. Thanks for showing your interest in the Calgary "ZOO LIGHTS" outing on December 28th. We can now assure you a comfy ride in the big luxury Carefree Express.

We've already completed two Outreach programs and both were well attended. If you would like to attend monthly Outreach programs, please remember to put your name down here at the Reception Desk, in advance, as most events sell out quickly.

Tickets for the Christmas Luncheon will be available Wednesday, November 1st. Get your ticket early and let's have this luncheon sold out by November 30th.

Don't forget to pay your annual membership fee and pick up your gift; a 2018 wall calendar or reusable shopping bag.

Valerie



**Friends of
Medicare
LETHBRIDGE**



**Invite those interested
in preserving Alberta's
Health Care to
a presentation by**

**Trevor Zimmerman, Communications Staff
Thursday, November 9, 2017 at 3:00 p.m.
Nord-Bridge Seniors Centre's Dunford Diner**

For more info visit: www.friendsofmedicare.org/

EUCHRE REPORT - Rodney Foster, Convener

We continue to get new players coming out to try this crazy game called "Euchre". We have lots of fun and lots of laughs.

Join us! Make new friends! We offer lessons at 12:30 p.m. followed by regular games at 1:00 p.m. every Wednesday, in the Dunford Diner Annex.

We hope to meet you soon!



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

Clara Lapointe, Oct. 16, \$259

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

Dolores Meyer, October 20, \$173
Next Draw November 24

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

Oct. 2 Anonymous \$45; Donna Kimmitt \$45
Oct. 16 Back Table Bandits \$43; N Waselenak \$43
Oct. 23 John King \$35; Gordon Skidmore \$35
Oct. 30 Rudy Grams \$44; Doreen Jurgens \$44

Thanks Jammers, Volunteers and Patrons.
Thanks also to Pat Santa for
selling tickets at Monday Jams.

Friday Dunford Diner Lunchtime Entertainment

Nov. 3 Karen's Karaoke
Nov. 10 Anne Pauls
Nov. 17 Ray Sauer
Nov. 24 Alice Tinordi

Schedule Subject to Change



NORD-BRIDGE BUILDING FUND RECENT DONORS

Janet Bobenic & Gordon Skidmore \$500

Lawrence Velker \$100

Sumiko & Joe Tomiyama \$100

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2017
through October 20, 2017 : **\$17,510**



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	84%

Total Contributions to our
Building Fund 1998 through 2017
Still needed by N-B Fundraising

\$ 2,096,401
\$ 403,599

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

Breakfast & Grill Items 7:00 a.m. to 2 p.m.

Daily lunch specials 11 a.m. to 2 p.m. plus ...

Homemade soups, sandwiches & treats. Breakfast,
hot and cold sandwiches, burgers, fish, fries,
onion rings, salads, desserts and more!

PUBLIC WELCOME/ NO SURCHARGE!

DEBIT & CASH ACCEPTED

Friday Lunch Features

Nov. 3 Sweet & Sour Meatballs, Rice and Vegetable Medley

Nov. 10 Roast Beef, Mashed Potatoes, Veggies and Gravy

Nov. 17 Chimichanga, Rice & Salad

Nov. 24 Liver & Onions with Mashed, Veggies and Gravy

All You Can Eat Breakfast Buffet First
Wednesday of each month 8:30 to 10:30 **\$7.50**




PLEASE NOTE: THE GRILL IS CLOSED DURING SPECIAL EVENTS



NOVEMBER 2017



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Nord-Bridge Seniors Centre Christmas Luncheon Turkey Dinner Friday, Dec. 8, 2017 Tickets available at the Reception Desk \$12</p> 		<p>1</p>  <p>8:30 Breakfast Buffet 8:45 Yoga 9:30 GENERAL MEETING 10:15 Paper Tole 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 9:00 Card Crafters 9:30 Mind Joggers 11:00 Keep Fit 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 9:30 FREE MASSAGE 10:15 Chair Yoga 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p> 
<p>6</p> <p>9:30 Jammers 9:00 Yoga 10:00 Art Journaling 10:00 Floor Curling 10:15 Chair Yoga 11:30 Qigong 1:00 Contract Bridge 1:00 Military Whist</p> 	<p>7</p> <p>9:30 Beg. Watercolor 10:00 Music Makers 10/11 Clogging 11:00 Keep Fit 1:00 Texas Hold'em 1:00 Canasta 1:00 Norwegian Whist 1:30 SCRABBLE 7:00 Line Dance</p> 	<p>8</p> <p>8:45 Yoga 9:30 Carpet Bowling 9:30 Floyd & Friends Musical Entertainment 10:15 Paper Tole 10:45 WINNERS BINGO 11:00 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft</p> 	<p>9</p> <p>9:00 Floor Curling 9:00 Card Crafters 9:30 Mind Joggers 11:00 Keep Fit 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 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>13</p> <p>CENTRE CLOSED In lieu of Remembrance Day November 11</p> <p>"Country Blends" Matinee Performance 1:30 p.m. Multi-Purpose Hall</p> 	<p>14</p> <p>9:00 Legal Consults By Appointment</p> <p>9:00 Self Defense 9:30 Beg. Watercolor 10:00 Music Makers 10/11 Clogging 10:45 WINNERS BINGO 11:00 Keep Fit 1:00 Texas Hold'em 1:00 Canasta 1:00 Norwegian Whist 1:30 SCRABBLE 3:00 Arthritis Exercise 7:00 Line Dance</p> 	<p>15</p> <p>8:45 Yoga 9:30 Carpet Bowling 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>16</p> <p>9:00 Floor Curling 9:00 Card Crafters 9:30 Mind Joggers 10:00 Leth. Hearing By Appointment 11:00 Keep Fit 1:00 Acrylic Painting 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 1:00 Duplicate Bridge</p>	<p>17</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>20* & 27</p> <p>Member Portraits Nov. 20 10:30 to 11:30 a.m. & 1 to 2 p.m.</p> <p>9:30 Jammers 9:00 Yoga 10:00 *Art Journaling 10:00 Floor Curling 10:15 Chair Yoga 11:30 Qigong 1:00 Contract Bridge 1:00 Military Whist 1:30 *Outreach Tailgate Party</p> 	<p>21* & 28*</p> <p>9:00 *Self Defense 9:30 Beg. Watercolor 10:00 Music Makers 10/11 Clogging 10:45 WINNERS BINGO 10:00 HEALTH FAIR* 1:00 Texas Hold'em 1:00 Canasta 1:00 Norwegian Whist 1:30 SCRABBLE 3:00 Arthritis Exercise 7:00 Line Dance</p> 	<p>22 & 29</p> <p>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 Fitball</p> 	<p>23 & 30</p> <p>9:00 Floor Curling 9:00 Card Crafters 9:30 Mind Joggers 11:00 Keep Fit 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</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</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 DINERALZHEIMER SOCIETY'S REP. MIKAELA, THIRD WEDNESDAY OF EACH MONTH AT 10 A.M. IN THE DUNFORD DINERADVANTAGE HEARING - FIRST WEDNESDAY OF THE MONTH (by appointment)					<ul style="list-style-type: none">JOANNE BLINKO OF LEARN (Elder Abuse Network) FIRST & THIRD WEDNESDAY OF EVERY MONTH, 9 TO NOON, IN THE DUNFORD DINERANNUAL GENERAL MEETING, NOV. 1 AT 9:30 AM. REGULAR PROGRAMS SUSPENDED DURING THIS MEETING. DINER WILL REMAIN OPENCENTRE CLOSED ON MONDAY, NOVEMBER 13LETHBRIDGE HEARING - THIRD THURSDAY OF THE MONTH (by appointment)WINNERS BINGO NOVEMBER 1, 8, 14, 15, 21, 22, 28, 20DR. BOLOKOSKI NOW AT 10:30 AM. FUTURE DATES INCLUDE: DEC. 13, 2017; AND FEB. 7, APRIL 4, MAY 30, JULY 25, SEPT. 19, NOV. 14 ALL 2018

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Or call Danielle at 403-381-5469.

CONDOLENCES WERE SENT TO...Denis Briand, loss of father; the Stahr Family, loss of John; and to the Hunt Family, loss of Avis.

GET WELL & HEALTH WISHES WERE SENT TO...Gerald Schwartz, after heart surgery in Calgary; Beth Barclay in Calgary for surgery; and Shirley Pisko at Regional Hospital.

UPDATES: Pat Veres is now home from hospital; Ash Adams is now in Edith Cavell care facility; Ruth Orchard is back from Taber and residing at Extencare, Fairview.



FLU SEASON IS HERE! Stop by the Medicine Shoppe for your free flu shot and free coffee voucher. Wash your hands frequently and stay at home if you are sick.

OUTREACH REPORT

Donalda Stock, Board Representative

A total of 117 guests enjoyed the toe tapping music supplied by "Anne Pauls & Friends" at our **October 16th, Oktoberfest Party**. It was nice to see some of our guests get up and dance and thoroughly enjoy the afternoon's festivities.

This month's lucky door prize winners were Nord-Bridge member Nadya Wasilenko and Season's Retirement resident, Martha.



The Outreach Committee thanks Marie and Susan for the wonderful snack which was enjoyed by all, and the many volunteers who work to plan, organize and present our Outreach functions. We also owe a high five to the University of Lethbridge nursing students who did a fantastic job setting up.

Our next event "**Grey Cup Tailgate Party**" is scheduled for **Monday, November 20th at 1:30 p.m.** So dig up your favorite football colors, logos or hats and come out to cheer for your team. Entertainment will be provided by our favorite singing duo "**Vicky (Klassen) & Don (Moore)**". Please remember to register early, at our Reception Desk or call us at 403-329-3222.



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IMPORTANT MEMBER NOTICE

**2017 GENERAL MEETING WED., Nov. 1, 2017
at 9:30 a.m. IN THE MULTI-PURPOSE HALL.**

**PLEASE PLAN TO ATTEND. ALL REGULAR PROGRAMMING
WILL BE CANCELLED DURING THE GENERAL MEETING.**

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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

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The Spinal Column

By Kilkenny Wellness & Holistic Health.

Reminding you about Better Bone Health: November is Osteoporosis Month; join us in supporting Better Bones by wearing Purple November on 7.

It is possible to be too fit to fracture? A strong belief in that statement has been a guiding force for Dr. Lora Giangregorio (Associate Professor in the Department of Kinesiology, University of Waterloo, and a member of Osteoporosis Canada's Scientific Advisory Council) and her work to support and motivate patients to take care of their bone health.

SLIPS, FALLS & FRACTURES

1. How common are slips and falls over the winter and who really is vulnerable? Is it only the elderly?

A recent study from the Canadian Community Health Survey reported that about 16% of fall-related injuries in older adults occur because of falls on snow and ice. But many falls in older adults are not related to weather – they occur because of a trip or stumble, a fall on steps, or because of health problems. That said, 16% is not a trivial number, and I imagine that even younger adults get injured more frequently because of falls in winter, so we need to be extra careful and wear appropriate footwear.

2. Can active health prevent these slips and falls?

There is a lot of research that suggests that exercise can prevent falls in older adults, amounting to a reduction of falls by 15% or more, depending on the study you read. A recent report that combined all of the studies on exercise and its effect on fall-related injuries in older adults suggests that exercise programs can reduce fall related injuries by 37%. Some research suggests that certain exercises are more effective than others. For example, to prevent falls, we should do activities that challenge balance. If you think about it, your ability to prevent a fall depends in part on your ability to react to a loss of balance and steady yourself. So the best way to train your body to steady yourself is to practise with activities where it is hard to maintain balance. They don't have to be complicated exercises – it could mean incorporating unusual walking patterns into your daily walk, practising balance challenges while waiting for the microwave, or taking a BoneFit program such as TaiChi or Circuit programs. The key is that it is enough of a challenge that you have to work to stay on your feet, but not a situation where you put yourself at high risk of falling. You can choose strength-training exercises that also challenge balance, like lunges or step ups. For some people, practising standing with feet together while gently touching a counter is enough of a challenge, where others need to do something harder like weighted lunges.

3. What was the inspiration for the Too Fit to Fracture programs designed under the Osteoporosis Canada BoneFit Training?

The series came about after our research to develop physical activity recommendations for people with or at risk for osteoporosis – we wanted a way to help people put the research into action. The programs find ways to incorporate exercises to improve strength, balance, posture and aerobic fitness. The programs also demonstrate that there is not just one right exercise program for people – the program that is appropriate and safe for one person may be too easy, too hard or unsafe for another. Osteoporosis is not a woman's disease – men get it too!

The programs are meant to inspire people to find the right exercises to fit their health and lifestyle, and to help them understand how to do a few exercises to get them started. But it is important to understand that even if you start with modified exercises, your exercise program needs to evolve – as you get fitter, you need to increase.

Nord-Bridge members can join the Kilkenny Wellness scheduled monthly programs at no cost. Non members can join for \$10 drop in fee or \$35 monthly program membership. Visit us in the Nord-Bridge Centre next to the Medicine Shoppe #3 1904 - 13 Ave. N. Reserve your spot and call us at 403.328.1444 or email us at KilkennyWellness@outlook.com

Free Tickets

If you are interested in entering a draw for a chance to win a pair of tickets on a certain date, please enter your name and phone number on the draw sheets. Draw sheets are located in the main corridor. Draws will be made a few days in advance of the games. Win great seats & cheer on the Hurricanes all season!



Lethbridge Hurricane Season Tickets donated by

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Hello Nord-Bridge Seniors Centre Members!

The nursing students from Lethbridge University, would like to thank you for welcoming us so kindly to your Centre. We appreciate the opportunity to participate with you, in the many activities offered at Nord-Bridge, from floor curling to pool. We are looking forward to another month of getting to know all of you.

Thank you, to everyone who participated in our September survey. Your input is greatly valued, and is used to determine which health topics are important to you. We hope that you attended and enjoyed our October events, which included Heart Health, Arthritis, Bone Health, and the Community Kitchen visit.

Coming up this month we will be presenting two more information sessions. First, on **November 20th** there will be a **poster board in the main corridor regarding alternative therapies for managing chronic pain.** Second, on **November 21st** there will be a session about **cannabis therapies** at Noon in the **Berlando Boardroom.**

Our annual health fair will take place **Tuesday, November 28th from 10 am until Noon.** Watch for sign up sheets and posters for the Health Fair and information sessions and refer to our ad on the back cover of this Newsletter. We look forward to seeing you there!

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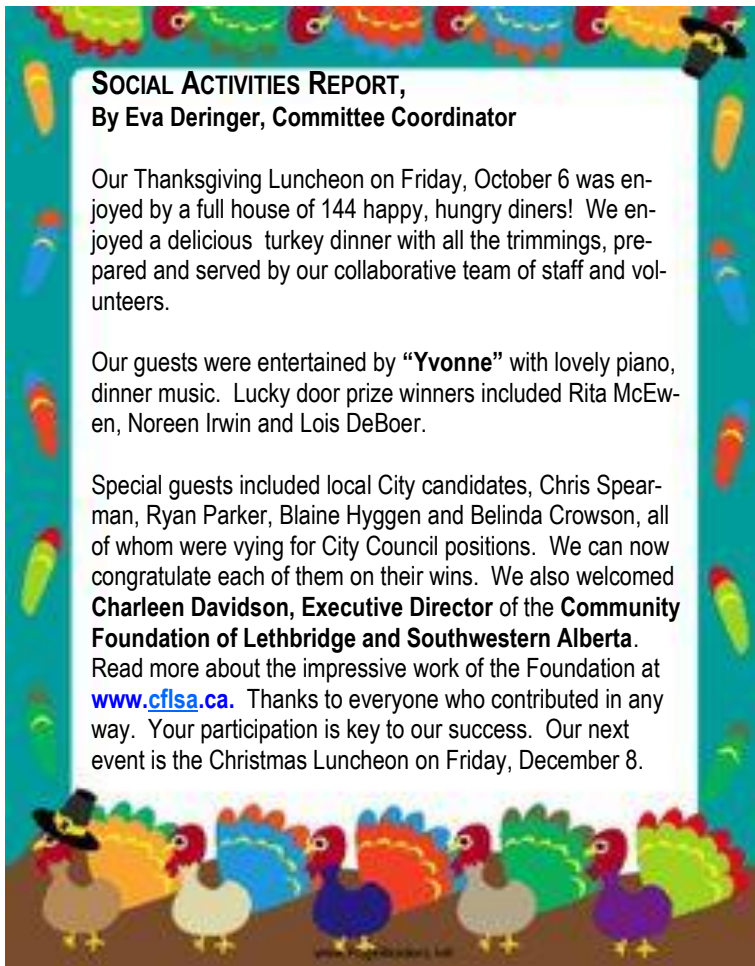
SOCIAL ACTIVITIES REPORT,

By Eva Deringer, Committee Coordinator

Our Thanksgiving Luncheon on Friday, October 6 was enjoyed by a full house of 144 happy, hungry diners! We enjoyed a delicious turkey dinner with all the trimmings, prepared and served by our collaborative team of staff and volunteers.

Our guests were entertained by "Yvonne" with lovely piano, dinner music. Lucky door prize winners included Rita McEwen, Noreen Irwin and Lois DeBoer.

Special guests included local City candidates, Chris Spearman, Ryan Parker, Blaine Hyggen and Belinda Crowson, all of whom were vying for City Council positions. We can now congratulate each of them on their wins. We also welcomed **Charleen Davidson, Executive Director of the Community Foundation of Lethbridge and Southwestern Alberta.** Read more about the impressive work of the Foundation at www.cflsa.ca. Thanks to everyone who contributed in any way. Your participation is key to our success. Our next event is the Christmas Luncheon on Friday, December 8.



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Bonners Ferry, ID	Feb 4 - 7, 2018	\$310 pp/dbl*
Medicine Hat, Ab	Mar 5 - 7, 2018	\$260 pp/dbl*
Moose Jaw	April 15-18, 2018	\$399 pp/dbl
Camrose	May 20-23, 2018	\$235 pp/dbl
Bonners Ferry, ID	June 3-6, 2018	\$310 pp/dbl*
Waterton	Jun 14 - 17, 2018	TBD
Deadwood, SD	Sept 30 - Oct 6, 2018	Call!

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TRAVEL

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

ROAD REPORT

October was another very busy travel month. 41 day trippers journeyed to Calgary's Stage West Dinner Theatre for a superb buffet and show on October 11.

On October 19th, 48 of us travelled by Carefree Express to Rockport Hutterite Colony near Magrath. Once there, we were greeted by several lovely girls who took us to tour their daycare, kitchen, church, flour mill and school. Midway through the tour, we were treated to a delicious lunch. Thanks to Lorri for finding us the best colony to go to. The Rockport Colony, is famous for their Coyote Pancake Mix. Most of us purchased bread and pancake mix.

Mystery Trip # 8 was another smashing hit going to a general store out in Welling called "Simply Irresistible." Everyone enjoyed their tasty, homemade donuts and of course shopping for unique items.

Many thanks to Carefree Express, and Jim Cummings for your safe driving. Thanks also to group leaders Sharon Davies and Shirley Trefan for the Stage West and Rockport Colony Trips.

We get trip cancellations due to illness and other unavoidable issues, but please be advised that if you cancel, we cannot give you a refund. You may, however, find a replacement. Just let us know so that our travel roster is up-to-date before the bus leaves.

COWBOY COUNTRY DINNER & SHOW FRIDAY, DECEMBER 1ST

COST \$82 including lunch and Show. Payment due by November 28.



BROXBURN VEGETABLES & CAFÉ.....AND...

TUESDAY, DECEMBER 12
Enjoy lunch at the Café and then sample the Hot Apple Cider and festive decorations at **GREENHAVEN**. **COST: \$10** for transportation. You buy lunch.



MYSTERY TRIP

Wednesday, December 15th
This is a pre-Christmas destination with a surprise treat. Plenty of walking not yet determined. Interested? Let us know A.S.A.P.



MYSTERY TRIP #10

Last of the 2017 series. We'll enjoy a trip to the Centre then depart for an afternoon of fun. **COST \$10** (bus & admission) buy your lunch.



ZOO LIGHTS TOUR

Calgary - Thursday, December 28 Something new and different! Join us for a trip to the Calgary Zoo to walk and see the spectacular Christmas lights. **Cost \$55** includes the Care-free Express Bus & Admission. **Note:** Mobility must be good as there will be lots of walking. Taking names now!



MILLARVILLE CHRISTMAS MARKET

Join us for a trip to **MILLARVILLE CHRISTMAS MARKET**
Thursday, November 9
COST \$35 includes bus only. You buy lunch.
Plenty of walking so your mobility must be good.

Thursday - November 23

ROSEBUD THEATRE Cariboo Magi
"A yuletide story not to be missed." The Vancouver Sun
Seats are selling fast so **ACT QUICKLY!**
Payment Deadline is October 23.
COST: \$102 Includes Transportation, Meal and Admission. **Limited seats.**



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. **Book now for November 8 or 22.**

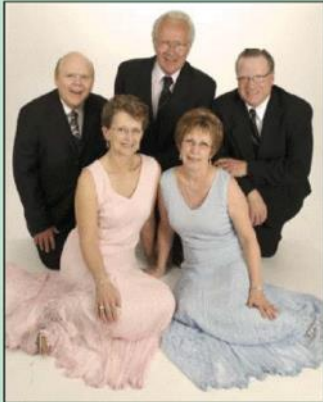
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Appearing

Monday, November 13, 2017

In the Multi-Purpose Hall

Show Time: 1:30 p.m.

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November 11, 2017

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Tuesday November 28, 2017

**10am to 12pm at Nord-Bridge
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NESA
NURSING EDUCATION
IN SOUTHWESTERN ALBERTA



**NORD-BRIDGE
SENIORS CENTRE**



University of
Lethbridge

**Nord-Bridge Seniors
Centre Annual
Health Fair**

**Presented by 3rd Year
Nursing Students from
the University of Lethbridge**