



NORD-BRIDGE SENIORS NEWSLETTER



October
2017

He spends at least an hour or two in the garden every day. Ducky is seen here with his prized “Czech” tomatoes, a seed variety that was brought to him from Europe. Besides vegetables and flowers, Ducky grows Haralson and MacIntosh apples, and pears.

When he isn't gardening, Ducky loves fishing and has developed a talent for fly tying. His flies and earrings (made from fishing lures) will be on display and available for sale at our **“Fall Art, Craft & Bake Sale” (see Page 18) in our Multi-Purpose Hall on Saturday, October 28.** Stop by, have a look, and meet this interesting, talented member.

“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 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

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

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.
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
Dragon Boat Team
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 Figenshaw
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
Dawn Vickers
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)
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

I want to express my thanks and gratitude to everyone who supported and attended the "Eighth Annual President's Dinner and Auction". Once again **Scotia Bankers in the Community** provided volunteers who handled the cash from the auction, and matched sales with a **\$3,000 donation**. I thank all our members who donated items for sale, **Alan & Roberta Kimber** in particular, who gave many special items. I was fortunate to purchase a beautiful painting by their son **Murray Kimber**. It is featured in the Dylan Thomas book **Fern Hill**. It will be a memorable birthday gift to my granddaughter, Julie. I also want to thank those who purchased items. A special thanks to **Pat Veres** who bought the **BULLS TERRACE PARTY CERTIFICATE** and then donated it back to Nord-Bridge. As a result we hope to host a **Baseball Party** fundraising event next summer. Thank you to all the **volunteers** who made this event special.

Upcoming events to note in October are our **Thanksgiving Luncheon on Friday, the 6th** and the **Fall Craft & Bake Sale on Saturday, the 28th**.

The Committee continues to work on **Nord-Bridge's Organizational Review and Strategic Plan**. It is now in the final stages and our Centre will benefit from their work for many years.

Check out our travel opportunities on Page 19. Thanks to **Valerie, our Travel Agent / Booking Representative** for slating great trips for us to enjoy.

Thank you once again for your trust in me and your Board.

Pat Santa

President



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

Joyce Darr	Sharon McLaren	Dean Sallenback
Martha Fleming	Shelley Rosser	Linda Seberg
Audrey Gartner	Dave Rosser	Bonny Wiebe
DeEtta Pittman	Cheryll Hall	Melvin Wiebe
Sharon Halter	Carol Milne	Marilyn Clarke
Larry Halter	Karen Hargrave	Margot Bailes
Rita Paju	Gwen Miller	
Dean Oseen	Liz Iwaskiw	
Katy Niznikowski	Barb Kennedy	
Lucy Christianson	Helen Tetzlaff	



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)



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.



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



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 October 19th

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

*Because Cost
Is An Option*

*We lessen the expense
Not the care*

A Division of the Caring Group Corp.

LORRI'S CORNER

2017 has been such an exciting year at Nord-Bridge as your Member Support Coordinator. It surprises me that I have been here nearly two years already! I am deeply honoured by the many members that have trusted me to assist and support them during their struggles. I am grateful I can be here to help you when you need it and hope to continue to provide a safe space for each of you when the need arises.



Although it was four months ago, I am still so proud of the Empowering Wellness in Women conference that was held here in June! Women still stop by to share with me how their life was changed or enhanced by this conference...our precise intention. Plans for a 2018 conference have begun and we hope that it can be just as special!

Many of you have made appointments to come in and talk about advance care planning and personal directives and I congratulate you for ensuring these documents are in place. Your family and loved ones will appreciate this so much! I have been collaborating with a Certified Executor Advisor and we are planning some informative sessions you won't want to miss.

On October 11, Danielle Burger from Alberta Seniors and Housing will be here to explain the many senior's benefits which are available. Please sign up to attend this presentation, as you never know...you may qualify for some benefits and assistance.

Starting on Tuesday, October 17 for 6 weeks, Nord-Bridge is pleased to have Dan Walton of Savoy Six Advisor Group offering a Personal Safety and Self Defense course! The world is changing so much and it is **scary**. We never know, even just walking to our vehicle or home, if someone is lurking to harm us. Dan will teach you how to

keep yourself safe and some techniques that could save your life. This course is for men and women and everyone will learn something new. There are a few spots left so please register at the Reception Desk. You are worth it and I want you to be safe.

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

Lorri Penner, BSW, RSW

OCTOBER 2017

M	T	W	Th	F
2	3	4		
	10	11	12	
16	17	18		
		25	26	27
31				

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.

Register to vote For Brian Jean!

**Nord-Bridge Seniors Centre
Thursday, Oct. 5, 9 a.m. - 1 p.m.**



Must register by Oct. 13
Please bring photo ID with Address
Contact: info@brianjean.ca



RACHAEL HARDER
MEMBER OF PARLIAMENT

HERE TO
SERVE



RACHAELHARDER.CA 403.320.0070 255-8TH ST S

   [RACHAELHARDERMP](https://www.instagram.com/RACHAELHARDERMP)



EXECUTIVE DIRECTOR'S REPORT

Greetings Members,



Welcome to October 2017, and what looks to be a busy month. One of the most significant events which will impact all senior citizens and the broader City as well, will be the **Municipal Election on October 16**. Of course, we **encourage all citizens** to use their democratic privilege, **to vote for those you feel best committed and capable of governing our community**. With elections only occurring every four years, decisions of seniors can significantly impact their future. Your vote also does much to say what kind of community you leave your children, and our society in general. Will your family and neighbors have the services they need; will their earnings be sufficient, and the opportunities available to sustain their family in comfort and happiness? What type of social supports and services will our City prioritize? Will the leisure, learning and recreation services needed by seniors support healthy aging? Will services to the entire community be fairly and wisely available? Alternately, will this year's vote simply be building a bureaucracy, that never seems to be satisfied, and by its very nature is regularly looking for more expenditures to justify existence? These are important questions I hope you weigh out with careful consideration before you vote!

Please don't just vote for a familiar name or face, without assessing the other qualities of a wise and capable leader. We need fewer leaders looking for a job, and fewer one-issue candidates. Rather, society will benefit from those that have demonstrated they can make meaningful, and well-studied out judgements! Yet, change only for the sake of change is a risky gamble. Just look at our neighbors to the south to see how that is turning out.

To help you prepare for the Municipal Election, Nord-Bridge organized an all-candidates **"Meet & Greet" Open House on September 28**. Individuals running for Mayoral and Council positions were invited. This event preceded a **Mobile Voting Station polling, to be available at Nord-Bridge on Thursday, October 5, from 10:00 am to 2:00 pm**. If you need more time to study it out, visit our candidates literature table just outside the entrance to our Dunford Diner **and pick-up our Nord-Bridge Candidates Profile Information booklet**. But whatever you do, **vote on or by October 16**.

I hope our members are enjoying and being supported by this year's Fall programs and services.

Sincerely, *Randy Smith*, Executive Director

NORD-BRIDGE SENIORS CENTRE THANKSGIVING LUNCHEON

**Friday, October 6
11:30 a.m.**

COST: \$12.00

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*

Great things are happening in the month of October.

First: This month we welcome back the L-SKIP program, for the Fall session. L-SKIP (Lethbridge Seniors and Kids Intergenerational Program) pairs preschoolers, between the ages of three and five, and their caregivers, with members of Nord-Bridge. The kids and Nord-Bridge members engage in facilitated games, followed by a snack and reading time together. We are looking for volunteers to participate in this program. The program runs for four weeks on Tuesdays in October (3, 10, 17, 24) from 1:30 p.m. until 2:30 p.m. For more information or to sign up, please ask for David at the Reception Desk.

Second: The Basic Self-Defense class with Dan Walton is set to start on Tuesday, October 17 from 9 a.m. to 10 a.m. Register now at the Reception Desk to learn some self-defense options in case you are attacked and how not to be a target.

Third: Our University of Lethbridge Nursing students will work with us for the next few months. They are here on Mondays and Tuesdays and have already started to plan some health sessions for you. Please support them by attending these sessions; they'll post times and dates soon.

Cheers, David



From the Desk of Val

Heather is now R-E-T-I-R-E-D! All of us had a swell time at her retirement party. I hope most of you were able to join us. If not, watch for her to join us in the Dunford Diner when she visits. She assured me she'll stop by from time to time, to say "hey!" and to share a pot of tea. We wish her well as she moves on to enjoy doing

projects at home, pursuits that she has planned, but hasn't had time for.



It is my pleasure to welcome a new, friendly face to the Reception Team. Rita Paju has been in training most of September and I feel confident that she is now ready for whatever you can toss her way. She's a fast learner and up to our dynamic pace. Her friendly smile, and approachable manner are a real good fit for us. If you have not met her yet, please drop by to make Rita's acquaintance.

So sorry I missed the Fall 2017 Outreach kick-off, "Welcome Y'all Back" on September 18. Unfortunately, I HAD TO BE ON VACATION. It's comforting to know that our wonderful Outreach team and staff are able to fill in as needed. I have great confidence in their commitment and ability to keep the show on the road, month in and month out.

Welcome to all NEW MEMBERS! Please be reminded that Sid Lewis, our talented photographer, will be here October 16, November 20 and December 11, 10:30 to 11:30; and after lunch from 1:00 to 2:00, to take your official member photo. To those who have renewed for 2018, thanks. For the rest, don't forget to ask for your 2018 wall calendar or reusable shopping bag when you re-new.

To everyone; MARK YOUR CALENDAR for our "Art, Craft & Bake Sale" on October 28. Baked donations are needed by Friday, October 27 for pricing.

Valerie

How Can We Help Your Trees Today?

Tree and Shrub Pruning
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Risk Assessments and Appraisals

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ladybugarborists@gmail.com



Ladybug Arborists

Maureen Sexsmith-West, ISA Certified Arborist, PR4600A

www.ladybugarborists.com



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

Stan Kosolofski \$48, August 30
Helen Gepneris \$102, September 15

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

Lorraine Mix, September 22, \$149
Next Draw October 20

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

Sept. 11 Norma Firth \$46; Brian Patterson \$46
Sept. 18 Gordon Skidmore \$40; Floyd Sillito \$40
Sept. 25 Sheila Urban \$45; Gordon Kryway \$45

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

Friday Dunford Diner Lunchtime Entertainment

Oct. 6 Yvonne Nelson
Thanksgiving Luncheon

Oct. 13 Dean Oseen

Oct. 20 Noel Burles

Oct. 27 Jill Melody

Schedule Subject to Change



NORD-BRIDGE BUILDING FUND RECENT DONORS

HELEN GEPNERIS \$100; MIKE BENNETT \$100
ANONYMOUS \$300; DOREEN JURGENS \$100
TAYDAN MANAGEMENT LTD. \$50; RUDY GRAMS \$100
STAN & PHYLLIS KRUSZEWSKI \$400

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2017
through September 22, 2017: **\$18,453**



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

\$ 2,095,701
\$ 404,299

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

- Oct. 6 THANKSGIVING LUNCHEON - Ticket Required**
Soup, Sandwiches and Snacks in the Multi-Purpose Hall
- Oct. 13 Cabbage Rolls, Mashed Potatoes and Salad**
- Oct. 20 Salisbury Steak, Creamy Mashed Potatoes and Gravy**
- Oct. 27 Ham & Scalloped Potatoes with Veggies**

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

RE-ELECT

Blaine **HYGGEN**

for City Council

- ✓ **Member of the Nord-Bridge Seniors Centre**
- ✓ **Accountable, Transparent & Accessible**
- ✓ **Nord-Bridge Volunteer for over 8 years**

**A VOTE FOR BLAINE,
IS A VOTE FOR SENIORS!**



**Re-Elect
JEFFREY COFFMAN**

City Councillor

Elections are a job interview. Choose a candidate who understands the job.

Good Governance must be the foundation of all City Council decisions.



Good Governance matters!

www.jeffreycoffman.ca Ph: 403-634-7026
e-mail: contact@jeffcoffman.ca

Authorized by the Committee to Re-Elect Jeffrey Coffman to Lethbridge City Council

VOTE
Bill G.

Bill Ginther for
City Council

bill4council@gmail.com

403-795-9593

Be assured of a Voice For:

- The Poor & Homeless in Our City
- Affordable Housing for ALL Citizens
- Our Seniors Including Fair & Equitable Condo Taxation
- A Sustainable & Affordable Recycling Program

ON OCTOBER 16TH

Vote for a Candidate

With Honesty, Integrity & Accountability

VOTE

RENA WOSS

* Cut Wasteful Spending!

* Reduce property taxes!

* Make bus service more efficient
and affordable!



As a senior, I will actively work with
Nord-Bridge Seniors Centre to make our
community safer, more welcoming and
affordable for all.

www.renawoss.com

Rob Miyashiro

FOR CITY COUNCIL

<http://www.RobMiyashiro.ca>
RobForCouncil@gmail.com

LETHBRIDGE & AREA SENIORS of DISTINCTION AWARDS



Our Thanks & Congratulations
to The Seniors Of Distinction Award
Winners and our Valued Sponsors

Award Ceremony

Tuesday, October 3rd, 2017 at 2pm - 4pm

(403) 320-9363 | Columbia Blvd. W, Lethbridge AB

View winners at www.agecare.ca/SeniorAwards

Categories

Arts Award

Healthy Living Award

Leadership Award

Community Service Award

BROUGHT TO YOU BY



Osteoporosis Canada
Ostéoporose Canada



Remedy'sRx
Specialty Pharmacy

**Kurt's Kustom
Photography**



October 2017



Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30 Jammers 9:00 Yoga 10:00 Art Journaling 10:00 Floor Curling 10:15 Chair Yoga 11:30 Beginner Tai Chi 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts 	3 10:00 Music Makers 10/11 Clogging 11:00 Keep Fit 1:00 Texas Hold'em 1:00 Canasta 1:30 L-Skip 1:30 SCRABBLE 3:00 Arthritis Exercise  Student Nursing Program: Monday & Tuesday, October to December	4  8:30 Breakfast Buffet 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 3:00 Advantage Hearing By Appointment	5 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 	6 9:00 Pilates 9:00 Paper Tole 9:30 Carpet Bowling 10:15 Chair Yoga 11:30 Thanksgiving Luncheon 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib 
9  CENTRE CLOSED	10 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 1:30 L-Skip 1:30 SCRABBLE 3:00 Arthritis Exercise 7:00 Line Dance 	11 8:45 Yoga 9:30 Carpet Bowling 10:00 Coffee With a Constable 10:00 Alberta Seniors Housing Presentation 10:15 Paper Tole 10:45 WINNERS BINGO 11:00 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball	12  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	13 9:00 Legal Consults By Appointment 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>16 Member Portraits Today 10:30 to 11:30 a.m. & 1 to 2 p.m. 9:30 Jammers 9:00 Yoga 10:00 Art Journaling 10:00 Floor Curling 10:15 Chair Yoga 11:30 Beginner Tai Chi 1:00 Contract Bridge 1:00 Military Whist 1:30 Outreach Oktoberfest !</p>  	<p>17 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 1:30 SCRABBLE 1:30 L-Skip 3:00 Arthritis Exercise 7:00 Line Dance</p> 	<p>18 8:30 FOOT DOCTOR 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>19 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 5:30 Zumba 7:00 Table Tennis</p>	<p>20 TOONIE DRAW 9:00 Pilates 9:00 Paper Tole 9:30 Carpet Bowling 10:00 Shopper's Display & Walker/Scooter Clinic 10:15 Chair Yoga 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p> 
<p>23* & 30 9:30 Jammers 9:00 Yoga 10:00 Floor Curling 10:00 Art Journaling 10:15 Chair Yoga 11:30 Beginner Tai Chi (23rd) 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts</p>  	<p>24 & 31 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 1:30 SCRABBLE 1:30 L-Skip 3:00 Arthritis Exercise 7:00 Line Dance</p> 	<p>25 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>26 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>27 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 <i>Lethbridge Transit "Breeze Card"</i>.</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, OCTOBER 4 (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 DINER CENTRE CLOSED ON MONDAY, OCTOBER 9 ALBERTA SENIORS HOUSING PRESENTATION, OCTOBER 11, 10 A.M TRIP - STAGE WEST, CALGARY. WEDNESDAY, October 11 LETHBRIDGE HEARING - THURSDAY, OCTOBER 19 (by appointment) WINNERS BINGO OCTOBER 4, 10, 11, 17, 18, 24, 25, 31 DR. BOLOKOSKI FUTURE DATES INCLUDE: DEC. 13, 2017 		

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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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SOCIAL ACTIVITIES REPORT BY EVA DERINGER

We kicked off our fall season on Tuesday, September 12th with the "8th Annual President's Dinner & Auction". This well organized event was highlighted with door prizes, silent and live auctions, dinner, music and yes, dancing! A delicious roast beef dinner including sides and dessert was served by our capable volunteers. Dean Oseen and Dick Indensosch were most entertaining as they auctioned off our donated goodies. "Tom & Curt" provided live musical entertainment following dinner.

Many thanks are extended to all of our corporate and member donors and of course all of the bidders for their generous support. We also thank our sponsors Scotia Bankers in the Community and Christensen Salmon Generations Funeral Home & Cremation Services for their much appreciated and continued support of numerous Nord-Bridge events.

The next event on our agenda is the Thanksgiving Luncheon on Friday, October 6th. Tickets are available now at the Reception Desk. Don't be disappointed, get your ticket today before they all sell out!

At the end of the month we celebrate Halloween. Watch out for all those ghouls and goblins out there. Dress up! Have fun!



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for City Council



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A PROVEN record of listening and taking action on the issues of both the Nord-Bridge Senior Citizens Association and the Lethbridge Senior Citizens Organization.

"Thank you for your past support. I will never take it for granted"

Ryan Parker



Seniors Information Session

Danielle Burger from **Alberta Seniors and Housing** will present on the financial assistance programs that are available and answer your questions.

Topics will include:

Alberta Seniors Benefit
Dental and Optical Assistance for Seniors
Special Needs Assistance for Seniors
Seniors Home Adaptation and Repair Program
Seniors Property Tax Deferral Program

Wednesday, October 11, 2017

10:00 a.m. to Noon

Dunford Diner Annex, Nord-Bridge Seniors Centre

Coffee and Cookies will be provided

Sign-up sheet on Lorri's door

Alberta Government

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Upcoming FREE consultation dates:
Friday(s) October 13 & November 10
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
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afternoons at 1 p.m. Just for fun!

Bill Lelievre, Convener



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I care about seniors

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

If so, contact "Seniors Helping Seniors"
here at Nord-Bridge. We have friendly,
trained **VOLUNTEERS** to help. Call us at
403-329-3222 to make an appointment.

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



CONDOLENCES WERE SENT TO...

...the Stahr Family, loss of Laurie; the Burgess Family, loss of Ron; Lydia Prokop, loss of sister-in-law; Judy Cartwright, loss of brother; and Rita Paju, loss of sister-in-law.



GET WELL & HEALTH WISHES WERE SENT TO... Zoltan Sera who had a short stay in hospital; and Lorna Vandervalk, now at home recuperating from hip replacement surgery.

*Valerie,
Outreach Card Coordinator*

OUTREACH REPORT

Donalda Stock, Board Representative

Our Fall Outreach Program on Monday, September 19th "Welcome Back Y'All!" was a huge success. We enjoyed the special entertainment of Floyd Sillito and his friends from Three Hills. The trio did a great job and kept us thoroughly, foot-tappingly, entertained.

A total of 119 guests kept our 24 wonderful volunteers hopping. Lorri, Jim, Frances, Joan and Susan did a fantastic job getting our table centerpieces cheerfully arranged with helium balloon displays. Congratulations to our door prize winners, Margaret from DaCapo and Richard from the Rehoboth group.

The Outreach Committee would like to thank Rodger Halvorsen for all the hard work he has given to this Program in the past as our Board Rep/Coordinator. Rodger will continue to be part of the Committee, but has chosen to delegate some of his responsibilities to me. I will try to fill his big shoes and I hope I can serve this Committee with the same enthusiasm that Rodger has shown.



Our next event on **Monday, October 16th at 1:30 p.m.** will be "**Oktoberfest Party**" featuring the Bavarian sounds of **Richard Wadham on accordion**. Don't be disappointed. Remember to register early. We expect another full house!

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



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if I can be of any
assistance."



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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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.

Hello Nord-Bridge Seniors Centre Members!



Front Row L to R: Sam, Dina, Madison, Keely, Tasha, Stephanie.

Back Row L to R: Carly, Torrie, Teah, Taylor, Shaun, and Evan.

We are third year bachelor of nursing students from the University of Lethbridge who will be working at Nord-Bridge Seniors Centre until December. We would like to thank you for the opportunity to spend the next few months with you. Our clinical group will be here Mondays and Tuesdays.

During our time here at Nord-Bridge, we will be putting on multiple presentations which are now in the planning stage. Please watch for sign-up sheets and posters. Our **Annual Health Fair will be held on Tuesday, November 28, from 10 a.m. until noon.** We are honored to be here and cannot wait to see what these next few months have in store!



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GENERATIONS

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EUCHRE REPORT - Rodney Foster, Convener

Fall has officially started. Our gardens are all cleaned up, flower beds have been put to sleep, and the grandkids are back at school. **YAHOO!**

Now it's time to work your brain (but not too hard), loosen up, and have a little fun. Why not come out and learn the game of "EUCHRE"? It's a great game and you'll meet lots of new friends. Join us in the Dunford Diner Annex every Wednesday. Lessons begin at 12:30 followed by games at 1 p.m. We hope to meet you soon.



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A TINY MOUSE

JUDITH KNOX, MINDJOGGERS

I am such a tiny mouse, no meat on me at all.
Some mice are fat and sturdy, some not so fat at all.

Because I'm such a little mouse, I live beneath the
stairs. In a dark and dreary place occupied
by fleecy bears.

They aren't the kind to scare you or even chase you
'round. They're mostly made from fleecy cloth or
silky soft, goose down.

These bears are my companions. They warm me
when I'm cold. They'll always live beneath the stairs
and will till I grow old.



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**Fall
Art &
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Nord-Bridge Seniors Centre
1904 - 13 Ave. N, Multi-Purpose Hall
Saturday, Oct. 28, 2017, 9 a.m. to 2 p.m.

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Life Time Highs Corp. ~Traveling Together~		
Coeur D'Alene Casino & Resort, ID	Oct 20-23	\$325 pp/dbl
Coeur D'Alene Casino & Resort, ID	Dec 5-8	\$315 pp/dbl
Cranbrook, St. Eugene Resort	Oct 20-23, Dec 5-8	\$359 pp/dbl
Edmonton River Cree Resort	Jan 14-16, 2018	\$269 pp/dbl
Bonnars Ferry, ID	Feb 20-23, 2018	\$310 pp/dbl
Medicine Hat, Ab	Mar 5-7, 2018	\$260 pp/dbl
Moose Jaw, Sk	April 15-18, 2018	\$425 pp/dbl
Camrose, Ab	May 20-23, 2018	\$235 pp/dbl
Bonnars Ferry, ID	June 3-6, 2018	\$310 pp/dbl
Deadwood, SD	Sept 30 - Oct 6, 2018	\$665 pp/dbl
Waterton	Jun 14 - 17, 2018	TBD
Stoney Nakoda Kananskis	TBA - Call	TBD
Tours depart from Lethbridge or Calgary or will pick up in Fort McLeod		

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TRAVEL

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

ROAD REPORT

Our trip to the Brooks Dinosaur Park was a blast! I received many positive remarks from our travelers. If we go there again next year, we'll plan to make use of the Park's buses to tour because they are more maneuverable.

Unfortunately, Mystery Trip #7 had to be cancelled due to smoky conditions. This particular destination will be re-scheduled for next spring as it is now closed for the season.

The Bar U Ranch trip was another huge success as the Carefree Express, rolled out of town at full capacity. We loved the comfort of their luxury bus.

New driver, Marilyn Marshman took our full bus to the Enmax Centre for a live performance by Irish singer Daniel O'Donnell. Thanks, Marilyn, we look forward to more trips with you!

Thanks to all of you for supporting our Travel Program. We aim to keep great trips coming your way throughout the fall and winter.

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.

Why stay at home? Dave will pickup you up & bring you back home again. It's a breeze! Book one day ahead.



Yes, we are going to **ROCKPORT HUTTERITE COLONY** near Ma-grath, on **Thursday, October 19th**, proud home of world famous "Coyote Pancake Mix". Seats are going fast. You must sign up even if you were signed up for the previous (cancelled) trip. **COST \$37. Includes Transportation, Lunch and Tour.**



Wednesday, October 11 - Stage West Theatre Calgary - A Hilarious Musical Revue

Laughter is the best medicine. Treat yourself! Don't be disappointed. Sign up TODAY!

COST: \$90 Includes Transportation and Admission. Limited seats.



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YOU'RE PERFECT.
NOW CHANGE**

MYSTERY TRIP

Wednesday, November 15th

This is a pre-Christmas shopping destination with a surprise treat. Plenty of walking. Cost not yet determined. Interested? Let us know A.S.A.P.



Upcoming trips:

MYSTERY TRIP #10 - Thursday, December 7

BROXBURN CHRISTMAS - Tuesday, December 12

ZOO LIGHTS TOUR, Calgary - Tentative, Thurs., December 28



WEDNESDAY, OCT. 4 MYSTERY TRIP #8

First we'll enjoy lunch here at Nord-Bridge Diner (you pay). At 12:30 we'll head out to somewhere

NEW & UNIQUE. Maybe we'll make pit stop. Everyone will receive a surprise treat at our destination. **COST: \$10 (Bus only). SIGN UP SOON!** This trip will sell out!

SORRY SOLD OUT

**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
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Thursday - November 23

ROSEBUD THEATRE *Cariboo Magi*

"A yuletide laughfest that's not to be missed." The Vancouver Sun

Seats are selling fast so ACT QUICKLY.

Payment Deadline is October 23.

COST: \$102 Includes Transportation 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 October 11 or 25.**

**COST
\$3**

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ALL ADVANCE VOTE
SITES ARE OPEN FROM
10 A.M. - 8 P.M.

YOU CAN VOTE IF:

1. You are at least 18 years of age
2. You are a Canadian citizen
3. You are a resident of Alberta since April 16, 2017
4. You are a resident of Lethbridge on Election Day
5. You can provide ID displaying your name and address



Visit lethbridge.ca/election and use the interactive *Where Do I Vote* tool to help you find your voting station.

Remember, you can only vote in the voting subdivision you live in on Election Day.

UNABLE TO LEAVE YOUR HOME?

If you are physically unable to leave your home you may qualify to vote at home on October 16 between 10 a.m. and 8 p.m.

Please make arrangements for this service by Friday October 13 by calling 403-329-7355.

QUESTIONS ABOUT THE ELECTION?

Contact the Elections Office: **403-329-7355** Or Visit: lethbridge.ca/election