



NORD-BRIDGE SENIORS

NEWSLETTER

September 2017



Tuesday, August 15th was an exciting day for Nord-Bridge's Hugh Gordon as he golfed with the Nord-Bridge Seniors Golf Club at Evergreen Golf Centre. Says Hugh, "I teed off at Hole 8 with my 5 wood aimed at the flag 123 yards away. The ball landed on the front edge of the green and rolled straight into the cup. It was awesome! My first hole-in-one ever!" This summer session program was a huge success thanks to our conveners, Judy and Bob, great weather and the "pros" at Evergreen.

"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
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 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
Scrabble
Texas Hold'em

Ben Bell*, Board Rep
Hans & Louise Kochan
Pat Veres
Rodney Foster
Donna Takeda
Pat Veres
Sheila Brust, Jenny Oleksy**
Mike Bennett, Pino Zucchelli, and Marilyn Maloff
Pat Kincade

Duplicate Bridge

EDUCATION

Acrylic Painting
Paper Tole
Wood Carving
Watercolor
Watercolor Club
Krafters Koffee Klub
Quilters Group
Nord-Bridge Card Crafters
Spanish for Travelers
Library
Mind Joggers

Marilyn Gillies*, Board Rep.
Katrina Mak
Elta Buckman
Don Johnson
Denise Savard
Sandy Baceda, Erika Bosters
Jo-Ann Adams
Marilyn Martens
Pat Kincade
Marco Escobar
Patti & Jerry Schwartz
Judy Knox, Jack Simmons
Ted Sillito, Melvin Horn

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

FUNDRAISING

GAMING

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

Pat Santa*, Board Rep
Jim Hahn, Board Rep

Vacant, Board Rep

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

HEALTH & FITNESS

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

Marko Bosnak*, Board Rep

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

OUTREACH

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

Donalda Stock*, Board Rep

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

SOCIAL ACTIVITIES

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

Kaz Tomomitsu*, Board Rep

Eva Deringer
Roy Swidinsky
Anne Summers
Eva Deringer
Karen Hooper
Sandy Nowell
Della Howg

SPORTS & RECREATION

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

Robert Grisak*, Board Rep

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

TRAVEL

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

George Berg*, Board Rep

Valerie Arkininstall
Valerie Arkininstall
Marco Escobar

VOLUNTEERISM

Building Set-up Volunteers
Diner Special Events Coordinator

Jim Hahn, Board Rep

Clay Olsen, Harry Fischer
Eva Deringer

AFFILIATIONS

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

Clay Olsen*, Board Rep

Harry Fischer
Mike Bennett, Clay Olsen
Randy Smith
Robert Tarleck
Helen Gepneris, 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



Nord-Bridge is charging into the fall programming schedule so there are a lot more members frequenting the halls. The Fall Program book came out August 21st. For those who want to participate in these activities, register as soon as possible to confirm your space.

We are now opening the Dunford Diner and the Fitness 55 Club at 7:00 a.m. Our staff and Board hope to increase usage by increasing hours. Some of our members are still working and this may accommodate broader times for attendance. The use of our Fitness Club before work is one perk for these busy members.

The Executive Committee continues work on our Organizational Review with the City of Lethbridge and Bruce Thurston. This process is a way to ensure the ongoing success of our Centre while many other senior centres are struggling. We care very much about this Association and will do all that is necessary to ensure a bright future.

The **September 12th President's Dinner** will be my last as your President. My three-year term ends in March 2018. I look forward to a great Dinner and the support of **Scotia Bankers in The Community** to make this event a good fundraiser. Our partnership with Scotiabank continues with them matching funds raised to the tune of \$1,000.00 for each Scotia volunteer attending an event. I also want to thank our members who have donated auction items.

I am looking forward to participating in the **Bar-U Ranch day trip** on September 14th. It is amazing to me what great ideas Val comes up with for our Travel Program. Some members have told me that the trips are what they enjoy most about Nord-Bridge. Some are unable to travel alone so these are their way to connect.

Now that all the activities are up and running again, I look forward to seeing you in the Centre. I hope to be there most mornings now that I am retired. I want to thank you all for your trust and support.

Pat Santa

President

WELCOME, New Members!

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

- ☺ **Gizella Nagy**
- ☺ **Rusty Hicken**
- ☺ **Keith Atkinson**
- ☺ **Pauline Swanson**
- ☺ **Marge Durda**
- ☺ **Joanne Krampf**



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.



NORD-BRIDGE
SENIORS CENTRE

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 Kitchen**. Order platters of your favorite cookies, squares or pies for your entertaining needs. See October Newsletter for details.



All of the **CARD CRAFTERS** would like to thank our many patrons and donors.

Please keep bringing your greeting cards to our program. Cards will be accepted at our Crafts Boutique, or Reception Desk.

Browse through many unique, attractive cards for sale in our **Nord-Bridge Crafts Boutique** for **ONLY \$1.00 EACH!**



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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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 September 21st

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



There is that certain feel in the air and I am reminded of getting ready to go back to school. I fondly recall shopping for new clothes and school supplies and always being filled with some excitement for what the year would bring. Every year, that excitement was extinguished by mountains of homework, assignments and upcoming tests. I fondly remember excitement with my own children as they prepared to return to school and I looked forward to a moment of quiet while they were at school, only to be bombarded with their homework! Now I sit here amazed that 4 of my 5 granddaughters will be in school this fall. Time goes by fast; in life we turn around and years have passed.

September is a time for learning and developing new skills. It is also the start of the many wonderful programs offered here at Nord-Bridge. I am thrilled to see Christine will be teaching Qigong this fall! As some of the ladies that attended the Empowering Wellness in Women Conference remember, there was a session on Qigong and the feedback was amazing. I am so excited that Dan Walton of Savoy Six Advisor Group, will be offering a 6-week Basic Self Defense Course to the members of Nord-Bridge! Those who attended the conference learned a few moves and were educated on how to stay safe. With all the changes in our world, we need to be aware and learn to keep ourselves as safe as possible. This course is open to men and women.

This fall I will be offering sessions on topics relevant to the needs of the members of Nord-Bridge. Topics will include Advanced Care Planning (Green Sleeves), Personal Directives, having difficult conversations, and communicating your wishes to adult children. Additionally, if there is enough interest, I will also offer the COMPASS For Caregivers course. I am open to developing or bringing in speakers on any topic that is important to you, to enhance your wellbeing. With that in mind, please, let me know what you would like. As always, I am available to meet with you individually to discuss any concerns or challenges you are facing or anticipating. You do not need to travel this journey alone and unsupported.

Here's my September schedule.

SEPTEMBER 2017				
M	T	W	Th	F
		6	7	8
11	12	13		
18	19	20		
	26	27	28	

Lorri Penner, BSW, RSW
Member Support Coordinator

YOUR FRIENDLY GEEK



WE OFFER OUR MEMBERS THEIR OWN TECH DESK.



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

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

EXECUTIVE DIRECTOR'S REPORT

Greetings Members,



I am pleased to report that we have now concluded a lease agreement with Kilkenny Services to operate an Osteoporosis Clinic within the Nord-Bridge Centre property. Opening September 5, in the space between Medicine Shoppe Pharmacy and the Salon Nineteen04 hairdressers, this is an exceptional service to become available at our Centre. Canadian statistics suggest one in three women, and one in five men will suffer from an osteoporotic fracture during their lifetime. This "silent" deterioration of bone mass and tissue, increases the risk of fractures (broken bones), particularly of the hip, spine, wrist and shoulder. The overall cost to the Canadian healthcare system in treating osteoporosis and the fractures it causes was over \$2.3 billion in 2010. These costs include acute care, outpatient costs, prescription drugs, etc. The costs were really even higher when one factors in the portion Canadians are paying when the condition leads to living in long-term care facilities. And of course, osteoporosis reduces quality of life, causes disfigurement, lowers self esteem, limits mobility, and decreases independence. Chloe Kilkenny is a trained educator with Osteoporosis Canada, and manages the Alberta Chapter of the organization from here in Lethbridge. She, her husband Jared, and others will staff this office, delivering the "**Bone Fit**" Program of Osteoporosis Canada. They will work with regional health care staff and doctor's offices in health and wellness training, fitness and nutrition, and post-operative supports for older adults. Their lease at Nord-Bridge provides for some specific time allotments within our Fitness Centre, where they will work with osteo patients; and they will have some access to our Community Room for training events and workshops. This access will be scheduled during slower user periods by our current membership. We trust this will become a valued service at our Centre. Let us know. We also hope to gain new members.

Sincerely, *Randy Smith*, Executive Director

HENSON TRUSTS - For Alberta?

Brian Malkinson, MLA for Calgary-Currie has sponsored a private members bill in the Alberta Legislature to allow for Henson Trusts in Alberta. A Henson Trust is used to hold an inheritance for the benefit of a handicapped individual, which will not affect their eligibility for income support programs like Alberta Income Support for the Handicapped (AISH). Alberta remains the only jurisdiction in Canada that does not allow for this type of discretionary Henson trust, which was made possible by the Supreme Court of Ontario in 1989. They ruled that Henson trust assets were not vested in the beneficiary, and thus could not be used to terminate government benefit programs. This is because a Henson Trust as previously stated is fully-discretionary, and set up differently from an ordinary trust. It is held in the name of the handicapped child, as well as other people, usually the child's siblings. Payments out of the trust are discretionally, and are made as the trustee decides. The child has no right to demand that any payment be made. The trustee decides to whom it is paid, and how much. Thus a high level of confidence is required of the trustee.

Currently in Alberta, a limit of \$100K can be held in a standard trust, and any income over \$800 per month flowing to the beneficiary would affect their AISH payments. Were Henson trust allowed in Alberta, the trust could be used to hold assets and purchase services and support for beneficiaries. Individuals can also have up to \$200K in their RDSP as well as ownership of a vehicle and a home exempt from AISH claw back.

MLA Maria Fitzpatrick will be hosting a consultation on these trusts, to glean input and the opinion of Nord-Bridge members. Should the public support the concept of allowing for Henson trusts, the Parliamentary Counsel's office would draft legislation to be advanced to the Legislature.

If you would like to provide input, attend the Public Consultation scheduled at Nord-Bridge on Wednesday, September 13th from 9:30 to 11:30 am, in the Dunford Diner Annex.



RACHAEL HARDER
MEMBER OF PARLIAMENT

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ANNOUNCING

Extended Hours in our Dunford Diner and Fitness 55 Club

Starting September 5th our Break- fast Menu will start at 7:00 a.m. Fitness 55 Club Members can ac- cess the gym at 7:00 a.m. as well.

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!

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Brad Lindsay, BC-HIS
Registered Hearing Aid Practitioner

From the Desk of Val

Welcome back everyone! I hope you enjoyed our hot dry summer. Now it's September, the bells are ringing and it's time for us to get back to school. Not exactly, but this is the time to enrol in our many programs, the Fitness 55 Club, and other recreational or volunteer activities, to help keep your mind alert and your body active. USE IT OR LOSE IT!

Yes, it is also time to renew your membership at the cost of \$50 for 2018. We appreciate your paying as soon as you can. When you do, you can choose a gift. This year we have two options, calendars and reusable shopping bags. As you renew, please advise us of any changes to your address including postal code, phone number, personal contacts, etc. We welcome NEW MEMBERS at the rate of \$73 which includes the rest of 2017 and all of 2018. I encourage all of you to wear your friendly smile and introduce yourself to our new members.

Speaking of new, I would like to introduce my new **Reception Assistant, Rita Paju** to "The Friendly Centre". Heather and I will be training Rita during September. With three of us here, our Reception Desk volunteers will be enjoying an extended summer break. So once again, put on your friendly smile and stop by to welcome Rita.

Last but definitely not least, **you're all invited to a Retirement Party for Heather on September 27th at 2 p.m. in the Dunford Diner. See details on Page 10.**

Valerie



Programmer's Report by David Ng

I hope everyone enjoyed a nice, relaxing summer break. There are still a few summer programs that will spill over into the month of September, one of those being the golf program. The golf program was a great success and we would like to thank **Dave Nelson, Head Golf Professional; Kevin Hamilton, General Manager; and all the staff at Evergreen Golf Centre,** for



being so friendly and accommodating to our golf program. To wrap up the year, the group will have a fun golf scramble. Thanks again to Judy and Bob for coordinating the golf program this summer.

Fall program registration is underway. You can sign-up at the Reception Desk for any of the registered programs. Some new programs will be introduced this fall: **Donna Gallant** will instruct an eight-week course on techniques of **Art Journaling**. **Christine Curteanu** will lead a six-week program exploring **Qigong "working with vital energy or life force"** (a variation of Tai Chi) incorporating stretching exercises, breathing techniques and meditation. **Personal Safety: Basic Self-Defense will be presented by Dan Walton,** a retired Lethbridge Police Service Sergeant. Dan will teach a six-week class on basic rights and defense options, how not to be a target, and how to use your voice. For more information on these classes please refer to the **Fall Program 2017** located at our Reception Desk.

As we move into another programming season we are faced with situations of short program space turnaround. To best maximize the use of rooms, we have booked some programs back-to-back. For smooth transitions, we have allotted a minimum of 15 minutes between these classes. Please be aware of this tight scheduling, and be mindful of the turnaround time. Your courtesy in exiting in a timely manner, as well as your patience when awaiting access to a particular room, will be greatly appreciated by our instructors and members.

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 WINNER

Gorge Crowe, \$128, August 22

MONTHLY 50/50 TOONIE DRAW

Nord-Bridge holds a "Monthly 50/50 Toonie Draw" on the third or fourth Friday of each month. Members do not have to be present to win. The Nord-Bridge share of proceeds is dedicated to Programming.

TO PLAY:

1. Fill out an envelope at the draw desk in the Dunford Diner.
2. Drop \$2.00 into the envelope and deposit it into the Draw Box.
3. Come out to lunch on "draw day" to see if you are the winner. The more times you enter, the more chances you have of winning!



RECENT WINNERS

Nadine Hamabata \$169 August 25
Next Draw September 22

MONDAY JAM 50/50 DRAW

Proceeds of Monday Jam draws are earmarked to assist with sound system and AV costs in the building.



The Jammers will return on September 11, 2017. Join us Monday mornings 9:30 a.m. until Noon in our Dunford Diner. Free for members and only \$2 guests.



NORD-BRIDGE BUILDING FUND RECENT DONORS

JAMES HAHN \$200 **ANONYMOUS \$20**
DAN & EVA DERINGER \$200 **ANONYMOUS \$100**
PAT SANTA \$100 **HENRY DICK \$100**

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2017
Through August 25, 2017 : **\$14,236**



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 **\$ 2,094,551**

\$ 405,449

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

Sept. 1 Fish Friday. 1 Piece of Fish, Coleslaw, Chips & Gravy

Sept. 11 Veal Cutlets, Herb Roasted Potatoes, Gravy & Veggie

Sept. 15 Build Your Unique Omelet! Includes home-made

Hashbrowns & Toast. Mimosas available (extra \$ applies)

Sept. 22 Liver & Onions, Mashed Potatoes, Gravy & Veggies

Sept. 29 Roasted Ham, Scalloped Potatoes & Veggies

All You Can Eat Breakfast Buffet First

Wednesday of each month 8:30 to 10:30

\$8.00

PLEASE NOTE: THE GRILL IS CLOSED DURING SPECIAL EVENTS

Friday Dunford Diner Lunchtime Entertainment

Sept 1 Dean Oseen

Sept 8 The Goodtimers

Sept 15 Elaine Unger-Pengilly

Sept 22 Don & Vicki

Sept 29 Alice

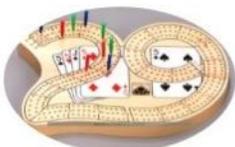




September 2017



Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>HAPPY LABOR DAY!</p> <p>CENTRE CLOSED</p>	<p>5</p> <p>8:30 Golf (at Evergreen) 10:00 Music Makers 1:00 Texas Hold'em 1:00 Canasta 1:30 SCRABBLE</p>	<p>6</p> <p>8:30 Breakfast Buffet 9:30 Carpet Bowling 10:45 WINNERS BINGO 11:00 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Advantage Hearing</p>	<p>7</p> <p>9:00 Floor Curling 9:00 Card Crafters 9:30 Mind Joggers 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 1:00 Duplicate Bridge 5:30 Zumba 7:00 Table Tennis</p>	<p>1 & 8</p> <p>9:00 Legal Consults By Appointment 9:30 Carpet Bowling 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p>
<p>11</p> <p>9:30 Jammers 9:00 Yoga 10:00 Floor Curling 10:15 Chair Yoga 11:30 Beginner Tai Chi 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts</p> <p>Member Portraits Today 10:30 to 11:30 a.m. & 1 to 2 p.m.</p>	<p>12</p> <p>8:30 Golf (at Evergreen) 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 4:00 President's Dinner 7:00 Social Dance</p> <p> Student Nursing Program: Monday & Tuesday, September to December</p>	<p>13</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</p>	<p>14</p> <p>9:00 Floor Curling 9:00 Card Crafters 9:30 Mind Joggers 11:00 Keep Fit 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 1:00 Duplicate Bridge 5:30 Zumba 7:00 Table Tennis</p>	<p>15</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>18</p> <p>9:30 Jammers 9:00 Yoga 10:00 Floor Curling 10:15 Chair Yoga 11:30 Beginner Tai Chi 1:00 Contract Bridge 1:00 Military Whist 1:30 Outreach Welcome Back, Y'all! featuring Floyd Sillito with Karen and Otto</p> 	<p>19</p> <p>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 7:00 Social Dance</p> 	<p>20</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</p> 	<p>21</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 5:30 Zumba 7:00 Table Tennis</p>	<p>22</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>25</p> <p>9:30 Jammers 9:00 Yoga 10:00 Floor Curling 10:00 Art Journaling 10:15 Chair Yoga 11:30 Beginner Tai Chi 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts</p> 	<p>26</p> <p>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 3:00 Arthritis Exercise 7:00 Social Dance</p> 	<p>27</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>28</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>29</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>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, SEPTEMBER 6 (by appointment) • JOANNE BLINKO OF LEARN (Elder Abuse Network) FIRST & THIRD WEDNESDAY OF EVERY MONTH, 9 TO NOON, IN THE DUNFORD DINER • CENTRE CLOSED ON MONDAY, SEPTEMBER 4 • MYSTERY TRIP #7 - THURSDAY, SEPTEMBER 7 • TRIP, BAR-U RANCH - THURSDAY, SEPTEMBER 14 • LETHBRIDGE HEARING - THURSDAY, SEPTEMBER 21 (by appointment) • WINNERS BINGO SEPTEMBER 6, 12, 13, 19, 20, 26, 27 • DR. BOLOKOSKI FUTURE DATES INCLUDE: OCT. 18, AND DEC. 13, 2017 				

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Upcoming **FREE** consultation dates:
Friday(s) September 8 & October 13
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



*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

Valerie

Heather Belle is Retiring

You are invited to join us in the **Dunford Diner** on **Wednesday, September 27th** at 2 p.m. as we celebrate our friend and co-worker's retirement from Nord-Bridge Seniors Centre.

Heather and I have had lots of fun and many laughs while we shared the work load at the Reception Desk. **Join us** for snacks and to wish her well on her retirement.



Valerie

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...
 ...Wilma and Andy Valer on the loss of their granddaughter; and to the Kunsman Family on the loss of Heather Kunsman.



GET WELL & HEALTH WISHES WERE SENT TO...



...Ash Adams; Shirley Pisko; and Ruth Orchard, now living at the Lindenvue Lodge in Taber until a Lethbridge lodge suite becomes available.

Valerie, Outreach Card Coordinator

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 Nord-Bridge Seniors Centre
 1904 - 13 Ave. N,
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Nord Bridge members can make an appointment at the Reception desk to meet with Maria here at the Centre on the 2nd & 4th Friday of each month between 9:30 am & 10:30 am.



Maria Fitzpatrick

MLA, Lethbridge East

(403) 320-1011 lethbridge.east@assembly.ab.ca

www.MariaFitzpatrick.AlbertaNDPcaucus.ca

f MariaFitzpatrickAB



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EUCHRE REPORT - Rodney Foster, Convener

Welcome back! Our Fall 2017 session will begin on September 6 with lessons at 12:30 followed by regular play at 1 p.m. I send a big **THANK YOU** to all who helped with the summer program.

I hope all of you enjoyed your summer with grandchildren, travel, gardens and all those other warm weather pursuits. After Euchre, we'll share our best summer memories over coffee or tea, in the Dunford Diner.

Then I'll Be Home

When the leaves turn gold from grassy green
and the rivers run swift and clear and clean,

When the cold nights come and kiss the panes
of houses and barns with weather vanes,

When fall comes home unannounced and fast
like prodigal children from the past,

When the plane that flies high in the air and
lands in a place somehow, somewhere,



...then I'll be home...
to an answered prayer.

Judith Knox
Mind Joggers

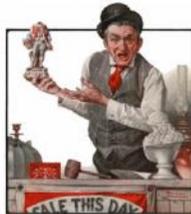


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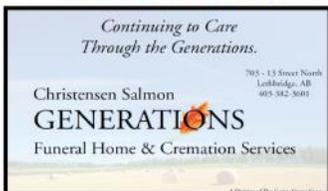


EIGHTH ANNUAL
PRESIDENT'S DINNER & AUCTION
TUESDAY SEPTEMBER 12th, 2017

- ♦ Doors Open 4 p.m.
- ♦ Silent & Live Auction
(Dean Oseen) 5 p.m.
- ♦ Roast Alberta Beef Dinner 6 p.m.
- ♦ Entertainment 7:15 p.m.
- ♦ Admission \$25/Person; \$40/Couple
- ♦ Cash Bar
- ♦ Door Prizes



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**Fall
Art &
Craft Sale**

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1904 - 13 Ave. N, Multi-Purpose Hall
Saturday, Oct. 28, 2017, 9 a.m. to 2 p.m.

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Wendover, Nevada	Sept 10-15	\$425 pp/dbl
Coeur D' Alene, ID Resort	Oct 20-23	\$325 pp/dbl
Coeur D' Alene, ID Resort	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
Bonnors Ferry, ID	Feb 20-23, 2018	\$310 pp/dbl*
Stoney Nakoda Kananskis	TBA	TBD
Moose Jaw	April 15-18, 2018	\$399 pp/dbl
Camrose	May 20-23, 2018	\$235 pp/dbl
Bonnors Ferry, ID	June 3-6, 2018	\$310 pp/dbl*
Waterton	Jun 14 - 17, 2018	TBD
Deadwood, SD	Sept 30 - Oct 6, 2018	Call!

Tours depart from Lethbridge or Calgary or will pick up in Fort McLeod

 **CRIB TOURNAMENT**
1904 - 13 Ave. N, Lethbridge

Saturday, September 9, 2017
Entry Fee \$12.50 (includes lunch)
STRICTLY CASH!
Registration 9 a.m. Games Start 10 a.m.
Deadline to Register is September 6, 2107
Contact: Mike Bennett
E-mail mrbenett@shaw.ca 403-894-5241

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TRAVEL

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

ROAD REPORT

August was a BUSY travel month. On the 3rd, a full bus of happy day trippers journeyed to the Saskatoon Berry Farm. This has become an annual event because it never fails to please everyone.



The Waterton Lakes National Park trip was also a sold out event. The weather was perfect for this scenic outing; sunny and clear. Left members Nina Waselenak, Mary D'Andrea and Pat Eakin enjoy a stroll in town.

Also in Waterton, member Shirley Boychuk gets ready to enjoy lunch on the patio at one of many bistros in town.



Mystery Trip #6 began at Henderson Lake with a picnic lunch of fried chicken, salad and a bun (compliments of Val & Heather) before a tour of the Japanese Gardens. Our guide there was Casey, a U of L music major from Japan. He knew everything about the Gardens and was attentive and interesting as he answered our questions during the tour. It was a most enjoyable outing.

Thanks to everyone who participated in August, especially our drivers; Clay, John, Jim, and Carefree Express. Val

Thursday, September 14 BAR-U RANCH TOUR



Enjoy a relaxing, scenic ride to Black Diamond on the luxury Carefree Express. We'll stop for a yummy Chinese Lunch. **COST: \$50** for the bus. You buy your lunch. We'll depart from N-B Centre at 8 a.m.



Thursday, September 7 - MYSTERY TRIP #7

Join us for this awesome destination, a MUST to see. Somewhere new and improved. **Cost \$37** including bus and tour; buy your lunch after the tour. Bus will depart from N-B Centre at Noon and return by 4 p.m.

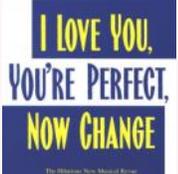


Wednesday, September 13 ENMAX CENTRE Daniel O'Donnell live performance. Our bus will depart from Nord-Bridge Centre at 6:30 p.m. **COST: \$90**



SORRY, OUR SEATS SOLD OUT

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.



Upcoming trips:

- ROCKPORT HUTTERITE COLONY - Thursday, October 19 ONLY \$36! Includes, Bus, Tour & Lunch
- MILLARVILLE CHRISTMAS MARKET - Thurs. Nov. 9 \$50
- MYSTERY TRIP # 9 - Wednesday, November 15
- 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 in our Dunford Diner (you pay). At 12:30 we'll roll down the highway to somewhere NEW & UNIQUE. Maybe we'll make pit stops along the way. Everyone will receive a surprise treat at our destination
COST: \$10 (Bus only). SIGN UP SOON! This trip will sell out!



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.



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 September 13 or 27.**

COST \$3



In honour of National Seniors Day on October 1st, AgeCare Columbia along with its very committed partners have come together to create the Seniors of Distinction Awards.

The senior awards in Lethbridge is an occasion to recognize local seniors and the valuable contributions they have made, and continue to make, in our communities, workplaces, and families.

THE SENIORS OF DISTINCTION AWARD CEREMONY

October 3rd ~ 2 pm – 4 pm

AgeCare Columbia ~ 785 Columbia Blvd. W, Lethbridge

WHO CAN I NOMINATE?

- ✓ A senior whose accomplishments took place after they turned 65.
- ✓ A senior whose accomplishments took place in and currently lives in Lethbridge and area.

NOMINATE A SENIOR OF DISTINCTION TODAY!

Deadline for nominations extended to September 15th.

Winners will be notified by September 20th.

NOMINATE ONLINE
agecare.ca/SeniorAwards

DROP OFF NOMINATION FORM

AgeCare Columbia 785 Columbia Blvd. W, Lethbridge T1K 4T8

I WISH TO NOMINATE THIS SENIOR OF DISTINCTION

Name: _____ Age: _____

Phone: _____ City: _____

Category of Nomination: _____

ARTS LEADERSHIP COMMUNITY SERVICE HEALTHY LIVING

Please attach a brief statement (no more than 2 pages) about the nominee's contribution and why they deserve the Senior of Distinction Award for 2017.

NOMINATED BY

Name: _____ Phone: _____

Signature: _____ Date: _____