

NEWSLETTER

August 2017



Canada Day celebrations included a Bar-B-Que offering burgers, wieners and steaks. Many volunteers worked with staff from our kitchen and our administrative departments, cooking, serving and cleaning. Above clockwise are Jim Scott, Dallas Sleightholm, Samantha Ajtay, Lorrie Penner, Gail Krysak, Alice Mehlhaff, Reg Prawdzik, Elsie Grey, Rudy Grams, Jim Edwards, Frances Wallace, Bill Krysak, and many other members and guests. Thanks to everyone for supporting this event!

"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, Jack Fox
David Ng (and Alberta Health)
David Ng
Harry Fischer, David Ng, Sheila Brust
Harry Fischer
Pat Santa



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



Alberta Association of Seniors Centres

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



As we welcome a new month, I want to remind everyone of our upcoming August events:

Nord-Bridge will host the **Annual WHOOP-UP TOONIE PANCAKE BREAK-FAST on August 23 from 8 to 11 a.m.** I look forward to serving all of you some pancakes and sausages. We will also offer entertainment and a big dose of friendly company. Later that same day we will welcome the **"COUNTRY SOUNDS OF FLOYD SILLITO"** also featuring the **"Jazz Sounds of "Standard Time"** at 7:30 p.m. Floyd puts on a really good show, well worth the \$20 ticket price. If you saw last year's show you'll agree with me! **On August 18 from 10 a.m. until 2 p.m. SHOPPERS HOME HEALTH CARE** will offer an **Urban Poling Demonstration (a.k.a. Nordic Walking, which is one of Canada's fastest growing fitness activities)** in our main corridor.

Our **Winners Bingo Coordinator, Judy Beasley** is in need of more volunteers to work the Tuesday and Wednesday afternoon bingos. This is a great way to serve Nord-Bridge and getting FREE exercise as well. Please contact us at the Reception Desk if you are interested in helping with these vital, fund-raising bingos.

The **President's Dinner and Auction** is coming up on September 12th. I would like to solicit members to donate **auction items** for this annual, evening event. It is a great fund-raiser and a lot of fun. **SCOTIA BANKERS IN THE COMMUNITY** will volunteer once again, and match proceeds from the auction. While I am mentioning Scotiabank, I want to thank Lethbridge northside branch **Bank Manager, Scott Stevens** for his help at the Father's Day Pie Auction and for the matching sum grant of \$2,000 which they gave us in support of that event. This partnership is very important to Nord-Bridge Seniors Centre.

Val has a good slate of trips on the go. If you are interested in going on one of these trips, please talk to one of our Reception Desk representatives.

Please join me in welcoming staff member, **Bety Castillo** back from maternity leave. I can't believe it is already a year since she left.

I hope to be at the Centre every morning in August. Please feel free to drop by for a chat. Thank you for putting your trust in me.

Pat Santa

WELCOME, New Members!

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

- ☺ **Joe Thompson**
- ☺ **Miriam Thompson**
- ☺ **Barbara Herring**
- ☺ **Mike Shaw**
- ☺ **Armando Amero**
- ☺ **Christina McLean**



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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- REGISTERED OPTICIAN
- PROSTHETIC EYE PRACTITIONER

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LETHBRIDGE, AB T1J 0J3

www.southernoptical.net



PH: 403-327-4145

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 **August 17th**

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

THE MOST IMPORTANT CONVERSATION YOU'LL EVER HAVE



No one wants to bring up end of life with our loved ones, especially when it is our own, but the conversation is essential. It truly is the most important conversation you will ever have. I found some interesting statistics from California, and I suspect the results would be similar for Canada as well.

DID YOU KNOW?

90% of people say talking to their loved ones about end of life issues is important but only 27% have actually done so.

60% of people say that making sure their family isn't burdened by tough decisions is extremely important, however, 56% have not communicated their wishes.

80% of people say that if seriously ill, they would want to talk to their doctor about wishes for treatment toward end of life, yet only 7% have had this conversation with their doctor.

A whopping 82% say it is important to put their wishes in writing. 23% have actually done it.

A CONVERSATION CAN MAKE ALL THE DIFFERENCE

I have many resources available and can provide you with guidance for starting the conversations with your loved ones. Additionally, I have information on Personal Directives, Supported Decision Making and also the

Green Sleeves (Advanced Care Planning documents) that may be beneficial.

Stop by for a chat on this subject or anything else that's on your mind. Here's my August schedule.

Lorri Penner, BSW, RSW
Member Support Coordinator

AUGUST 2017

M	T	W	Th	F
	1	2	3	
	8	9	10	
	15	16	17	
	22	23	24	
	29	30	31	

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 hope you have been enjoying the summer season. I had my daughter, her husband, and three children under the age of six visiting for two weeks in July. Needless to say, we had a great time together, including trips to Waterton, Pincher Creek, Spruce Meadows, and the Calgary Stampede (on the day of the big Chuck Wagon rain storm). We also spent lots of time at home watching the kids, eating, and taking in Street Wheelers Weekend, and the amenities of Lethbridge. During the last week of July Janay and I will be off to visit our other daughter, her husband, and family in Montana.



We have seen lots of members in at Nord-Bridge to avoid the summer heat. The smoke from the BC fires has also contributed to some visits.



I received a nice "Thank You" from Hon. Lori Sigurdson, Minister of Alberta Seniors and Housing in July. Her note came as a result of the great work of our Member Support Program staff member, Lorri Penner; Board Member, Donald Stock; and the June "55+ Women's Conference" organizing Committee.

*Dear Randy,
Thank you for the opportunity to join you for the 55+ Women's conference. I appreciate the significant work of your organization to serve seniors.
All the best!
Lori Sigurdson*

Our Centre received similar praise and support for this "Seniors Week" event from MLA Maria Fitzpatrick and His Worship Mayor Chris Spearman. Congratulations to all concerned.

Finally, I wish to express sincere condolences to Faye, and the family of Lifetime Member Don Ward. Don joined Nord-Bridge in 2000, and served as a Board Member from 2006 to 2009. His pleasant and thoughtful contributions will be missed.

Sincerely, *Randy Smith*, Executive Director



RACHAEL HARDER
LETHBRIDGE ALBERTA MP

FREE PANCAKE BREAKFAST

During Whoop-Up Days

Friday, August 25, 2017

7:30am – 10:30am

255 8th St. S

Lethbridge AB



403.320.0070

RACHAELHARDER.CA



1904 13 AVE. NORTH
LETHBRIDGE, ALBERTA
MULTI PURPOSE HALL



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

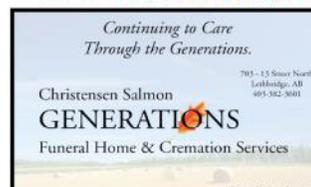
- ♦ Doors Open 4 p.m.
- ♦ Silent & Live Auction (Dean Oseen) 5 p.m.
- ♦ Roast Alberta Beef Dinner 6 p.m.
- ♦ Entertainment 7:15 p.m.
- ♦ Admission \$25/Person; \$40/Couple
- ♦ Cash Bar
- ♦ Door Prizes



Sponsored by



Entertainment by
Tom & Curt



For ticket information contact
friendly@nordbridgeseniors.com
or Phone: 403-329-3222
PROCEEDS TO THE NORD-BRIDGE
BUILDING FUND

Limited Seating...Tickets on sale at
Nord-Bridge Seniors Centre...
UNTIL SEPTEMBER 8 ONLY.

RESERVED SEATING
AVAILABLE FOR TABLES OF 6

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

From the Desk of Val

HOWDY FOLKS! It's **WHOOOP-UP** time which means lots of pancakes, live entertainment, and a whole lot of fun right here in Lethbridge, Alberta coming the week of August 22 to 27. Personally, I don't get too excited for rodeo and all that western stuff but come that week, I will whoop it up with a cold glass of my favourite beverage, and toast the dog days of this wonderfully hot summer. The flowers in my garden have certainly enjoyed soaking up the sun and I'm sure most of your gardens are also bursting with color and abundance.



Inside the Centre it's been delightfully cool thanks to our air conditioning. Summer's been a great time for us to clean up the Reception Desk area and get ready for a new programming year. Travel outings have been popular. If you missed a trip, I hope to see you on our next excursion. Thanks to Marco Escobar, our busy caretaker for cleaning the bus inside and out. It was quite messy and in dire need of a good scrubbing. One passenger remarked: "How nice and shiny!" Mystery Trip #5 was a HOOT as one member came back and said; "I didn't know that Stavely had such a fantastic museum, so clean and organized." Comments from the passengers are always positive and uplifting.

However you are spending your summer, have fun, stay active, and well hydrated!

Valerie

Programmer's Report by David Ng

With the summer heat wave continuing into the month of August, I'd like to offer you a friendly reminder about protecting yourself from the heat. Keeping hydrated is very important, as many adults over the age of 55 are on daily medications that may make them susceptible to dehydration. It is recommended that all adults drink at least 64 ounces (8 cups) of fluids such as water or non-caffeinated beverages per day. If you have a difficult time consuming 8 cups of fluids, try eating fruits (watermelons, berries, oranges or peaches). Fresh garden vegetables such as lettuce, cucumbers and celery are also good sources of hydration.



It's been great to see good participation for some of the drop-in programs throughout this summer. Darts and Carpet Bowling have been steadily attended thus far. If you're not sure when a program occurs during the summer months please refer to the centerfold of this Newsletter. If you are looking for outdoor activities we have a golfing group that meets every Tuesday (weather permitting) at Evergreen Golf Centre at 8:30 am. Pack your clubs and meet the volunteer conveners Judy and Bob down at the course. On Tuesday nights join our group of Bocce players at the Nor-Bridge Lions Park on 13th Avenue North, for a game or two starting at 6:30 pm.

Here are some important dates to remember over the summer months: The Fall Program booklet will be available on Monday, August 21st at the Reception Desk. Program Registration will follow on Wednesday, August 30th at 10 a.m. Carpet Bowling will be cancelled on Wednesday, August 23rd. The annual Whoop-Up Days Toonie Pancake Breakfast will be held on this day from 8 to 11 a.m. in the Multi-Purpose Hall. Join us for some pancakes, sausages and live entertainment.

David

How Can We Help Your Trees Today?

Tree and Shrub Pruning
Insect and Disease Diagnosis and Control
Risk Assessments and Appraisals

(403) 634-3062

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 WINNER

Lorrie Penner, \$259, July 21

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

Joyce Furukawa, \$137, July 21
Next Draw August 25

MONDAY JAM 50/50 DRAW

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



MONDAY MORNING JAM SESSIONS ARE ON SUMMER BREAK. OUR REGULAR PROGRAM WILL RESUME IN SEPTEMBER.

A GROUP OF US WILL BE AT THE WHOOP-UP TOONIE PANCAKE BREAKFAST ON AUGUST 23RD FOR YOUR ENJOYMENT. SEE YOU THERE!

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 **403-329-3222** to make an appointment.

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



NORD-BRIDGE BUILDING FUND RECENT DONORS

NO RECENT DONATIONS



NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2017
Through July 21, 2017 : **\$12,220.50**



BUILDING FUND UPDATE:

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

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

\$ 2,093,831
\$ 406,169

WE THANK Judith Beasley and her team of over 20 volunteers who work up to nine Winner's Bingo events every month. Their dedication has translated into significant funding for our Centre.



Dunford Diner

NORD-BRIDGE SENIORS CENTRE
1904 - 13 AVENUE NORTH

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

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

Homemade soups, sandwiches and treats. Menu items including hot and cold sandwiches, burgers, fish, fries, onion rings, salads, desserts and more!

PUBLIC WELCOME! NO SURCHARGE!

DEBIT & CASH ACCEPTED

Friday Lunch Specials

Aug. 4 Veal Cutlets, Herb Roasted Potatoes, Gravy & Veggie

Aug. 11 Cabbage Rolls with Mashed Potatoes & Salad

Aug. 18 Fish Tacos with Potato Chips and Coleslaw

Aug. 25 Liver & Onions, Mashed Potatoes, Gravy & Veggies

PLEASE NOTE: THE GRILL IS CLOSED DURING SPECIAL EVENTS

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



AUGUST 2017



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>8:30 Golf (at Evergreen) 1:00 Texas Hold'em 1:00 Canasta 1:30 SCRABBLE 6:30 Bocce Ball Lions Park</p> 	<p>2</p>  <p>8:30 Breakfast Buffet 9:30 Carpet Bowling 10:45 WINNERS BINGO 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Advantage Hearing</p> 	<p>3</p> <p>9:00 Floor Curling 1:00 Woodcarving 1:00 Trump Whist 1:00 Duplicate Bridge 7:00 Table Tennis</p> 	<p>4</p> <p>9:30 Carpet Bowling 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p> 
<p>7</p> <p>HERITAGE DAY</p>  <p>CENTRE CLOSED</p>	<p>8</p> <p>8:30 Golf (at Evergreen) 10:00 Music Makers 10:45 WINNERS BINGO 1:00 Texas Hold'em 1:00 Canasta 1:30 SCRABBLE 6:30 Bocce Ball Lions Park</p> 	<p>9</p> <p>9:00 Yoga 9:30 Carpet Bowling 10:00 Coffee With a Constable 10:15 Chair Yoga 10:45 WINNERS BINGO 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball</p> 	<p>10</p> <p>9:00 Floor Curling 1:00 Woodcarving 1:00 Trump Whist 1:00 Duplicate Bridge 7:00 Table Tennis</p> 	<p>11</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> 

14
 10:00 Floor Curling
 1:00 Contract Bridge
 1:00 Military Whist
 1:00 Darts
 3:00 Arthritis Exercise



15
 8:30 Golf (at Evergreen)
10:45 WINNERS BINGO
 1:00 Texas Hold'em
 1:00 Canasta
 1:30 **SCRABBLE**
 6:30 Bocce Ball Lions Park



16
 9:00 Yoga
 9:30 Carpet Bowling
 10:00 Chair Yoga
10:45 WINNERS BINGO
 1:00 Darts/Euchre
 1:00 Quilt/Kraft
 3:00 Fitball



17
 9:00 Floor Curling
10:00 Leth. Hearing
 By Appointment
 1:00 Woodcarving
 1:00 Trump Whist
 1:00 Duplicate Bridge
 7:00 Table Tennis



18
 9:30 Carpet Bowling
10:00 Shoppers Urban Poling Demonstration
1:00 In-House Bingo
 1:00 Contract Bridge
 1:00 Crib



21* / 28
FALL PROGRAM AVAILABLE AUGUST 21



10:00 Floor Curling
 12:30 DDH Dental Hygiene Aug. 21 only
 1:00 Contract Bridge
 1:00 Military Whist
 1:00 Darts
 3:00 Arthritis Exercise Aug. 21 only

22* / 29
8:30 FOOT DR.*
 By Appointment
 8:30 Golf (at Evergreen)
10:45 WINNERS BINGO
 1:00 Texas Hold'em
 1:00 Canasta
 1:30 **SCRABBLE**
 6:30 Bocce Ball Lions Park



23* / 30*
8 to 11 a.m. Whoop-Up Pancake Breakfast
 9:30 Carpet Bowling*
10:00 PROGRAM REGISTRATION*



10:45 WINNERS BINGO
 1:00 Darts/Euchre
 1:00 Quilt/Kraft

24 / 31
 9:00 Floor Curling
 1:00 Woodcarving
 1:00 Trump Whist
 1:00 Duplicate Bridge
 7:00 Table Tennis



25
 9:30 Carpet Bowling
1:00 In-House Bingo
 1:00 Contract Bridge
 1:00 Crib



TOONIE DRAW

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"*.

- 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, AUGUST 2** (by appointment)

- CENTRE CLOSED ON MONDAY, AUGUST 7
- TRIP - THURSDAY, AUGUST 10, WATERTON LAKES
- **DDH DENTAL HYGIENE,** MONDAY, AUGUST 21 (by appointment)
- **LETHBRIDGE HEARING - THURSDAY, AUGUST 17** (by appointment)
- MYSTERY TRIP #6 - THURSDAY, AUGUST 24
- TRIP - THURSDAY, AUG. 31, BROOKS DINOSAUR PROVINCIAL PARK
- WINNERS BINGO AUGUST 2, 8, 9, 15, 16, 22, 23, 29, 30
- DR. BOLOKOSKI FUTURE DATES INCLUDE: OCT. 18, AND DEC. 13, 2017

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Upcoming **FREE** consultation dates:
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Contact the Reception Desk to schedule
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This free service is for Nord-Bridge members only.



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THANK YOU

President Pat Santa, our Board and our Staff and Members are extremely thankful to those who volunteered to work long hours at our recent Casino Lethbridge event. Their work will net us thousands of much need money payable in the fourth quarter of this year. Those hard working volunteers are: **Hugh & Karen Gordon; Patricia Waddle; Gordon Vasele-nak; Clay & Lorraine Olsen, Mike & Diane Bennett; Joe & Dianne Smith; and Harry Fischer.** They worked 1 to 8 p.m. and 8 p.m. to 4 a.m. shifts. **You guys are AWESOME!**

**I'll be lookin' for ya'll
at the Nord-Bridge Annual
Toonie Pancake Breakfast
8 a.m. to 11 a.m.
on Wed. August 23.**



**Ya'll better
be there!**



CONDOLENCES WERE SENT TO...

...Faye Ward on the loss of husband, Don; the family of Vi Segouin; Gerry Bossenkool & Family on the loss of a son; and to Angie & Bill Randa on the loss of a son-in-law.



GET WELL & HEALTH WISHES WERE SENT TO...

...Ruth Orchard; Ash Adams; George Gross; Helen Deal; Marjorie Gal; Wilfred Kobe; and Freda Wendleboe



*Valerie,
Outreach Card Coordinator*

Nord-Bridge Philanthropic Campaign Approved by Finance Committee

As we near the completion of the Strategic Review of our Association, the Finance Committee recognized the need for a financial plan for the future. A key part of that plan is a fund-raising initiative to enable us to replace worn and damaged carpets in public areas in our Centre. In a recent survey, Nord-Bridge members identified this as their priority. With a recently-received New Horizons for Seniors Grant of \$25,000, Nord-Bridge is faced with a shortfall of \$25,000 for this project.

At its July 26 meeting, the Finance Committee recognized the need to appeal to our members, to friends in the community, and to local businesses for funds for this project. The Committee is confident we can raise the needed \$25,000. The goal is to solicit a minimum of \$100 from our donors so that we might undertake this project at an early date.

Donations may be made at the Nord-Bridge Seniors Centre Reception Desk. All donations will be directed to the Building Fund, for the specific purpose of completing the carpet project. All donors will receive an official receipt for tax purposes.

Submitted by,

**Jim Hahn,
Event Coordinator**



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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

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NORD-BRIDGE SENIORS FITNESS 55 CLUB

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

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

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

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Seagulls and Sandwiches

Submitted by the Mind Joggers

While a member of the Canadian Armed forces we lived in a lot of different places. In 1976 during the Montreal Olympics, where I was serving with the Canadian Airborne Regiment, I received a posting to CFB Esquimalt. Mary and I had made a point of helping the children adjust to their new environment, when we first arrived on a new posting. On a weekend we would load them and a picnic basket into the car and proceed exploring.

During our first weekend on Vancouver Island we decided to stay close and find out what we could about life in the Greater Victoria area. For those who do not know the area, Victoria was at that time, and I believe still is, surrounded by numerous other municipal districts which make up Greater Victoria.

On the north is the Town of Oak Bay. When you cross from Victoria to Oak Bay, you are said to have crossed the Tweed Curtain. Well known places of interest in Oak Bay are the Oak Bay Inn which has a fabulous restaurant with very expensive food, not a place for a family on a M/Cpl's salary, Sea Land, and the Oak Bay Marina with a view of the islands and water of the straights.

We passed along the beach front where it is very rocky and the water is too cold for swimming. Mary spotted a picnic table. What luck! A table and no one near it. We were about to find out why.

There were parking spots and everything. We parked in the nearest spot and unloaded our cooler. Mary and Trudy spread the table cloth on the table. I took the boys to the water's edge to skip rocks. If I remember right, Trudy, Vic and Trevor were soon engrossed in all the shells on the shore below the high tide line. For we prairie folk, this part of Canada was going to be a ball.

Hunger pains approach fast in the sea air so we decided to put on the feed bag. We had noticed that there had been a big increase in the bird life since our arrival. Nevertheless, we sat down and each of us grabbed a sandwich.

The seagulls got closer but they stayed at least six feet away. Then, our youngest at just six years old, fed one bird a piece of his sandwich. That gesture was like a signal to the rest of the birds. I'm sure every seagull within one hundred miles of our picnic table arrived at the very instant that Trevor fed that bird.

The kids and I tried to keep the flying hoards at bay while Mary valiantly packed up the cooler and we retreated to our car. We took a leisurely drive home where we finished our picnic with a much greater knowledge of Greater Victoria's wildlife. After that day we did not consider an empty picnic table such a blessed find!



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☎ 403-694-1346



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Call Olivia at 403-694-1346 to make an appointment.

WANTED

DONATIONS FOR OUR SILENT & LIVE AUCTIONS

We will be hosting our eighth PRESIDENT'S DINNER & AUCTION FUNDRAISER on Tuesday, September 12th, 2017

What we need from our members are donations of items for our auctions. The items should be unused, antiques or new home-made items. Cash donations are also welcome. You can drop off any donations at the front desk or give them to Kathy.

I would also appreciate a good turnout of members at this evening event which will include dinner and entertainment including the sounds of **Tom & Curt**. It will be a lot of fun! Tickets will be available by August 14, 2017.

Thank you for your help with this important fundraiser!

Pat Santa, President



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Dunford Diner News



Nord-Bridge Centre is pleased to announce the expansion of our Dunford Diner Hours

Effective September 5, 2017 our Dunford Diner* grill will open at 7 a.m. Monday through Friday. The grill will remain open for your menu orders until 2 p.m. After 2 p.m. we will continue to offer cafeteria items like coffee, canned pop, and snacks until 4:30 p.m.

*Fitness 55 Club will also open at 7 a.m. However, other services including the Reception Desk will not be available until 8:30 a.m.

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Kananaskis - Stoney Nakoda 2017: Oct TBA, Nov TBA, 2018: Feb 20 - 21, Call for Details	
Bonnars Ferry, Idaho 2017: Sept. 2017 Call for Details, 2018 Feb 3-6, June 3 - 6	EDMONTON - RIVER CREE Jan. 14 - 16 2018 \$269.00 pp / dbl
Medicine Hat March 2018 Date & Price TBD	Camrose May 6-8 2018 Price TBD
Day Trips: Rosebud Theater - Sept. 29, Nov. 28 Passion Play - July 23 Ask for Others!	
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Saturday, September 9, 2017
Entry Fee \$12.50 (includes lunch)
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Registration 9 a.m. Games Start 10 a.m.
Deadline to Register is September 6, 2107
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E-mail mrbenett@shaw.ca 403-894-5241

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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.
Vendor Table: Member \$10 / \$15 after September 28
Non-Member \$20 / \$25 after September 28

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TRAVEL

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

ROAD REPORT

Good News: We have rescheduled the **Brooks** trip and I hope we will fill up the bus. This trip will be interesting and fun for all. Can't walk too far? No problem. The tour guide will board the bus and we'll ride in air conditioned comfort.

Good News: Our **Hutterite Colony** trip had to be cancelled due to a wedding. However, we have tentatively booked with another colony and are now working on booking Carefree Express. I'll keep you posted.

Good News: Everyone thoroughly enjoyed our **Mystery Trip # 4 to the Stavely & District Museum**. One traveler returned with the comment, "I never knew Stavely had a museum, and it was beautiful!"

Good News: Our trip to the Island at Picture Butte was once again outstanding. Traveler, **Jo-Ann Adams** took

time to write down her impression of the trip to give us all a better idea of this wonderful excursion:

A full bus of members (14) participated in a adventurous outing to Picture Butte Island on July 18. The ride to Picture Butte was nice but unremarkable until we transferred from our bus to pickup trucks for a downhill crawl over a windy gravel road, followed by a rocky ride in the river before reaching our island destination. Once there, we were introduced to a beautiful home built into wooded surroundings. It was a serene setting filled with only the sounds of nature. There we were treated to a wonderful barbecue lunch. This amazing adventure was hosted by the **Heinen family** and our tour guides were **Alice & Fred Mehlhaff**. We thank them for their amazing hospitality.



Thursday, August 31 **BROOKS** DINOSAUR PROVINCIAL PARK.



Join us for a limited walking, guided tour with the interpreter on the bus. After the tour, enjoy a picnic lunch in the Park. There is also a concession stand where you will be able to purchase cold drinks and ice cream! **COST \$50** includes the Carefree Luxury Bus and the Park Tour. Bus will depart our Centre at 8:30 a.m. sharp!

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 the Centre at Noon and return by 4 p.m.



Thursday, August 3 - **SASKATOON BERRY FARM, NEAR OKOTOKS**. This annual trip is a favorite **COST \$50** including lunch and drink. **SORRY, SOLD OUT** You will be disappointed. Book now. Clay will have a full bus!



Watch for details on these upcoming trips:

MYSTERY TRIP # 7 - Thursday, September 7. Cost: \$37 includes Bus & Tour. Awesome! Must See! Noon until 4 p.m.

BAR-U RANCH TOUR with Chinese Lunch, Black Diamond Thursday, September 14. Cost \$50 includes bus.

ROSEBUD - Thursday, November 23 for

CARIBOU MAGI. Cost \$102 includes bus, show and meal.

MYSTERY TRIPS #8, #9, & #10 in October, November & December to wrap-up our 2017 Mystery Series.

CRANBROOK / ST. EUGENE 2-nights, May 27 to May 29, 2018. This trip will be a blast from the time you enter the bus until you return home. Remember: What happens in Cranbrook, stays in Cranbrook!

Thursday, Aug. 10 - **WATERTON LAKES NATIONAL PARK** Nothing like a day in the fresh mountain air. Leave the driving to our luxury tour bus. **SORRY, SOLD OUT** Do your own thing! Walk, shop, or enjoy a big scrumptious ice cream treat or plan a picnic.



Thursday, August 24.

MYSTERY TRIP #6 COST \$10

The setting of our destination is unique and beautiful. Enjoy lunch and a friendly chat with good friends. Don't delay, book it today!

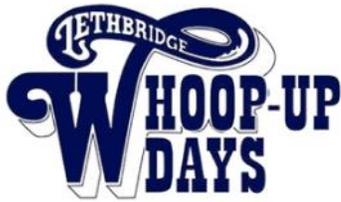


NEW! **OUT & ABOUT+coffee TOO** This program runs twice a month on the 2nd and 4th Wednesdays at 9:45 a.m. Our bus will take you from the Centre for a jaunt around town and back before lunchtime. Stop to shop or have a coffee break. **This program will resume in September.**

COST \$3



Nord-Bridge Seniors Centre
1904 - 13 Avenue North
Multi-Purpose Hall
August 23, 2017
8 to 11 a.m.



TOONIE PANCAKE BREAKFAST

MENU

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