

# NEWSLETTER

## December 2017



**J**im Hahn, Nord-Bridge Event Coordinator with members, Phyllis and Stan Kruszewski. Stan says, "We love visiting Nord-Bridge and are happy to support the Building Fund. The food here is excellent and the price is right. The people are friendly, and we love the special events that Jim organizes and the special luncheons. We also enjoy shopping in the Gift Boutique. They have the best selection of greeting cards, made by our own Card Crafters, from recycled donations. They do wonderful work and yet the cards are only \$1 each. By giving to my Centre I can see improvements and benefit from them directly." The Kruszewski's are representative of some 31 individuals who have supported Jim's **\$100 X 100 plus Campaign** to raise \$10,000 by year's end. See Page 12 for the full story.

**"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](mailto:friendly@nordbridgeseniors.com)

**2017-2018  
NORD-BRIDGE SENIORS  
EXECUTIVE**

President	Pat Santa
Vice-President	Robert Tarleck
Treasurer	Harry Fischer
Acting Secretary	Anne Pauls
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	Rita Paju
Rentals	Kathleen Filkowski
Red Seal Cook	Samantha Ajtay
Cook I	Bety Castillo
DR/Kitchen Assistant	Gail Krysak
Janitorial	Marco & Carla Escobar

**ON-SITE PARTNER PROGRAMS & SERVICES**

National Association of Federal Retirees	Gary Drake	403-328-0801
Chinook Lifecare Assoc.	Jane-Anne J.	403-320-1170

**PROGRAMS, COMMITTEES, CONVENERs, & BOARD REPRESENTATIVES\***

(\* indicates individual on Board responsible for Program Area)  
(\*\* indicates "Emeritus")

**ADMIN. PROGRAMS**

By-Laws/Policies Committee  
Crafts Boutique  
Finance Committee

Vacant (Chair), Robert Tarleck, Robert Grisak  
Heather Newsham  
Chair-Harry Fischer, Pat Santa, Jim Hahn, Randy Smith, Frank Deane, Mike Bennett, Robert Tarleck, Clay Olsen, Tracy Beauchemin  
Kathleen Filkowski  
Kathleen Filkowski (Production & Billing)  
Jim Hahn  
Jim Hahn\* (Chair), Dan Deringer, and Donna Takeda  
Robert Tarleck\* (Chair)

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  
Joe & Dianne Smith

Duplicate Bridge  
Norwegian Whist

**EDUCATION**

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

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

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

**FUNDRAISING**

**GAMING**

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

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

**SPORTS & RECREATION**

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

**Robert Grisak\*, Board Rep**

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

**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)  
Lorri Penner  
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](http://www.nordbridgeseniors.com)  
for information, photos, video, Newsletters and more.

## PRESIDENT'S REPORT

This is my favorite month. December is the time we all think of family and friends. We look forward to Christmas get-togethers and welcoming in a New Year.



December at Nord-Bridge will be busy. It is time for us all to **renew our memberships to Nord-Bridge**. They are due by the end of December for 2018. **Portraits for members taken by Sid Lewis** are scheduled for December 11<sup>th</sup> should you want a new picture for our membership book. Our Christmas Luncheon has sold out as usual. I want to thank members for their support of this event every December. The **Christmas Zoo Light Tour** is scheduled December 28<sup>th</sup> for a cost of \$55.00 each. It leaves at 2 p.m. and returns about 11 p.m. Tickets are available at the Reception Desk.

The Board has approved the **Nord-Bridge Strategic Plan** and we hope to take it to **Lethbridge City Council** in December. This plan and our **Organizational Review** have taken two years to complete and I want to thank the **Committee and the staff** who worked so hard to develop these documents. The Nord-Bridge Strategic Plan will be revisited on a regular basis to ensure that it stays relevant and continues to have a positive vision of our future.

I hope to be at Nord-Bridge each Friday morning to meet with members. Thank you for your trust in me.

Have a **MERRY CHRISTMAS** and a **HAPPY NEW YEAR** everybody.

President, *Pat Santa*

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

Daisy Kinniburgh	Patti Garner
Linda Abbott	Brenda Ftichar
Ben Schatz	Liz Robertson
Bonnie Bournier	Percy Bournier
Harold Watt	Donald Henry
Patricia Klima	Gail Watt
Walter Falk	Anonymous (2)

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.

# 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.**



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.
------------------------	------------------------	-----------

# SOUTHERN OPTICAL LTD.

WE OFFER DIGITAL EYE TESTS WITH NO PUFFS OR DROPS.

**FRED MILLER**

- **REGISTERED** OPTICIAN
- **PROSTHETIC EYE PRACTITIONER**

1011 - 3RD AVENUE SOUTH  
LETHBRIDGE, AB T1J 0J3

[www.southernoptical.net](http://www.southernoptical.net)

PH: 403-327-4145

FAX: 403-320-1181



## LORRI'S CORNER

Christmas is an opportunity for spending time with our loved ones, enjoying a meal and perhaps a glass or two of wine. For many though, the holiday season may look a bit different. Some of us will have perhaps, a new grandbaby while others will have an empty chair at the Christmas table. For some, that chair may have been empty for many years, and maybe there is more than one empty chair. The holiday season evokes memories and feelings about important people in our lives who have died or who are no longer present at our holiday celebrations because of divorce or other estrangements.



*And regardless of why the chair is empty, the fact is, it IS empty.*

Following are some tips which will provide basic, practical, and emotional guidance. These are adapted from an article by Russell Friedman, one of the founders of the Grief Recovery Institute, December 23, 2011.

- **Don't isolate Yourself.** It's normal and natural to feel lost and alone, but if you must, force yourself to be with people and participate in normal activities.
- **Don't misuse food or alcohol to cover up your feelings.** As children, when we were sad about something, we were often told, "Don't feel bad. Here have a cookie, you'll feel better." The cookie doesn't make the child feel better, just like alcohol and drugs will only mask feelings of sadness.
- **Talk about your feelings, but don't expect a quick fix.** It's essential to have someone you trust to talk to about your memories and the feelings they evoke. You're sad, not broken; you just need to be heard.
- **While it's important to talk about your feelings, don't dwell on them.** Telling the same story over and over is not helpful - in fact, it can establish and cement a relationship to your pain. Better to just make a simple statement of how you feel in the moment. For example, "I just had a sad feeling."
- **Time doesn't heal, actions do.** The myth that time heals a broken heart is just that, a myth. Time can't heal a broken heart any more than air can jump into a flat tire. Time just goes by. It's the actions you take within time that can help you feel better.
- **Don't get too busy.** Being super active just distracts you; it doesn't really help you deal with your broken heart.
- **Maintain your normal routines.** Adapting to the changes in your life following a death or a divorce is an enormous adjustment. It's never a good idea to add a host of other changes while you're trying to adapt.
- **Go through the pain, not under, over, or around it.** It's very tempting to try to avoid the pain associated with a broken heart. But it's also a very bad idea. Whenever you skirt the pain, all you're doing is pushing it away temporarily. It will always come back to haunt you.
- **Find effective guidance or you will sabotage your future.** While the grief of a broken heart is the normal reaction to the death of your mate or the end of a romantic relationship, it's very helpful to discover and complete everything that was left unfinished.

For most people, the first holiday season after a death or a divorce is the most painful. But that's not true for everyone. For many, the second, third, and subsequent years are very painful. Since time doesn't heal emotional wounds, people often report feeling worse as years go by. No matter when your loss occurred, it's most important that you become aware that recovery is possible and to learn which actions will help you.

### DECEMBER 2017

M	T	W	Th	F
	5	6	7	
11	12	13		
		20	21	22
		27	28	29

In January, 2018 I will be offering the **Grief Recovery Program here** at Nord-Bridge Seniors Centre, so watch for the posters. This 8-week course is life changing for anyone who has experienced a loss (and loss does not only happen with a death) in their life. Come see me for a list of the over 40 losses that can impact us. Here's my December schedule. As always, my door is open should you need to chat.

Lorri Penner, BSW, RSW  
Member Support Coordinator



Eat anything you want...  
anytime, anywhere...

with the help of implant supported dentures.

Call us today for your  
complete denture care needs



Giving you something to smile about!

604 - 6 Street South • Lethbridge

(403) 327-7244 • Toll Free 1-877-467-2251



## 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.

## CRAFT & BAKE SALE REPORT

This year we added a baked goods component to our October Annual Craft Sale. In past years we held a separate Bake Sale in December. By moving it, we were less constrained by high demand for the Multi-Purpose Hall & Boardroom programming demands, and it added an additional level of interest to the Craft Sale.

All baked goods were donated by our members. The variety and quality of the donations was awesome. By 11 a.m. all the baked goods were SOLD! We raised \$1,193 in sales and received more by way of donations. We also did well with snack & sandwich sales. Sincere thanks is expressed to our bakers, customers, vendors, donors and especially our volunteers.

We received valuable feedback from our vendors and some offered very good ideas that we will incorporate when we organize our October 27, 2018 event.

## EXECUTIVE DIRECTOR'S REPORT

Greetings Members;

I would like to welcome to Nord-Bridge those new members listed on Page 3 of this *Newsletter*. I encourage others to help them feel welcome. Some members have asked why we have started using the term "Anonymous" in the new members section of the *Newsletter*. This is because we have implemented a new procedure to obtain a "one time written consent" from new and renewing members, to allow the Centre to occasionally publish (1) photographs and / or (2) names of members with articles in the *Newsletter*. We realize however, there may be very valid personal reasons why publishing names and photographs may be inappropriate for some, and not be desired. We have previously published names and photos as a way of keeping Nord-Bridge "Friendly and welcoming". Yet we know that this desired outcome may not be appropriate for all individuals. Therefore, please let the Reception Desk know of your preference, or any change in preference should circumstances change. Our "Consent Form" also asks (3) if you want to receive email messages from Nord-Bridge. We have been asking this question, as we anticipate that at some point in the future as a cost cutting measure, we may send some communications to members via email. If you select "no" to this preference, we will respect your request.



On a governance related topic, I wish to thank former Board Secretary Marilynn Heaton for her service starting in 2013. She has done an outstanding job, with minutes always accurate and out in a timely manner. Marilynn resigned from the Board in September because of personal needs. We are happy for Marilynn, and hopeful for her future. Member Anne Pauls has agreed to serve as interim Board Secretary. Thanks Anne for taking on this assignment. We hope you enjoy the work, and will consider letting your name stand for election in March 2018.

Finally, to all members, I hope you have a healthy and Merry Christmas with family and friends. Janay and I hope to see our new grandson.

Respectfully yours,  
Randy Smith, Executive Director



Merry  
Christmas



RACHAELHARDER  
LETHBRIDGE ALBERTA MP

403.320.0070

@RACHAELHARDERMP

RACHAELHARDER.CA



## NORD-BRIDGE 2018 AGM & BOARD ELECTION

Wed., March 7, 2018, 9:30 a.m.  
Nominations Notice for Board  
& Executive Positions

At the Association's **upcoming Annual General Meeting**, scheduled for **March 7, 2018, 9:30 am**, the membership of Nord-Bridge will be asked to elect a new Executive. This occurs annually. Executive Officers can serve a maximum of 3 years in the same position, excepting for the Treasurer and Board Secretary, who can be elected for extended terms. In 2018 our membership will minimally elect (or re-elect) the President and Vice-President. Members will also be asked to vote on the Treasurer and Board Secretary. The By-Laws outline that [where possible] nominations for Executive positions are made from individuals who have served on the most recent Board, and have been a Director on the Board for a period of at least one year.

In addition, at least 3 Directors are elected to the Board annually. Directors on the Board are elected from members of the Society in "good standing", per By-Law Item 7.1.4. Directors can serve up to two terms of 3 years each.

If you would like to serve on the Executive or Board of Directors, please see the By-Laws in the Library or at the Reception Desk; or speak with a member of the Nominations Committee, chaired by Past-President Jim Hahn; or with Executive Director Randy Smith. You might also wish to speak with a current member of the Board to learn of their duties and experiences. We are announcing the AGM and Election now to give all members a chance to contemplate over the holidays this governance opportunity. Nomination Forms will be available at the Reception Desk on January 8, and nominations will be accepted at the Front Desk until **4:30 pm on Tuesday, February 13, 2018**.

# ADVANTAGE HEARING CENTRE

406-6<sup>th</sup> 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

The Christmas season is upon us which means our Fall 2017 programming season is drawing to a close. We are very fortunate to have such great enrollment in all of our registered programs. The success is greatly based on the brilliant instructors we have here at Nord-Bridge. Our instructors of registered programs will take a short break during the Christmas season to rest and rejuvenate for a new programming season in 2018.



The Winter 2018 Program Booklet will be available at the Reception Desk on Thursday, December 14<sup>th</sup>. Program registration will open on Thursday, January 4, 2018 at 9:00 am. If you have any questions about any of the programs please come and talk with me at the Reception Desk.

The U of L Nursing Students have once again wrapped up another fall term here at Nord-Bridge. This year the 12 students divided into groups of 4 and each group presented one topic and also created a poster presentation on topics related to member's interests. The poster presentations were very popular as it allowed for a lot of interaction. One of the groups even ventured outside of Nord-Bridge with 6 members to the Inter-Faith Food Kitchen. All the best to Carly, Dina, Evan, Keely, Madison, Samantha, Shaun, Stephanie, Tasha, Taylor, Teah, and Torrie in your final year of studies.

Merry Christmas and Happy New Year!

Cheers, David

### From the Desk of Val



Hats off to Hazel Carroll who has been a tireless Nord-Bridge Gift Boutique volunteer for many years, working every Tuesday morning, with a friendly smile, come rain, or snow, or ice, or shine. She has also been our #1 raffle ticket seller; no one could get past Hazel when she was selling tickets. Hazel, now 90 years young, has made up her mind to retire. Thanks Hazel! We hope you will visit us frequently, for a coffee and a laugh or two!



Thanks also to Marie Areshenko who has also decided to step down from volunteering. Marie worked with me here at the Reception Desk for many years. She also worked for some time in our Library. Best wishes to you too Marie, and we hope you come back from time to time to check up on us! Volunteers are the backbone of our Centre. I have worked with many, many volunteers here at Nord-Bridge and they have always been a great asset. Some work many hours, and some work just a few hours but they are all integral to our success and their selfless contributions are amazing.

I wish all of you and your families a Merry Christmas. I especially send friendly regards to all who have lost a loved one recently. This time of year may be lonely for you, so I hope you stop by for a little levity. You have good friends here.

Our Outreach Program will once again give back to the community by decorating a Christmas tree which will be donated to the Interfaith Food Bank so that a special family will have a little light to brighten up their holiday. Please donate small ornaments to put on the tree. Ornaments must be brought in by December 5<sup>th</sup>.

Our Travel Program has just about wrapped up for 2017. This year we organized 34 successful outings for you. We have already begun to plan our 2018 Program and as always we ask for your suggestions. Please bring them to Rita or me. We aim to keep you active and on the go in the New Year!

Valerie

### EUCHRE REPORT Rodney Foster, Convener

I wish you all a Merry Christmas, and hope you receive all you wish for. Remember, the real reason for Christmas is GIVING, so get out and volunteer. Visit with your friends and if you want a fun gift come out and learn to play Euchre. Meet new friends and have LOTS of FUN. We offer lessons at 12:30 p.m. followed by regular games at 1:00 p.m. every Wednesday, in the Dunford Diner Annex. Have a safe and Happy New Year!



## 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

Denis Briand, Nov. 14, \$359  
Kathy Ludwig, Nov. 15, \$24  
Helen Gepneris Nov. 23, \$56  
Ducky Tarnava Nov. 27, \$23

## 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

Dan Deringer, November 24, \$222  
Next Draw December 22

## 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

Nov. 06 John Jerman \$46; Jim Randa \$46  
Nov. 20 Anne Pauls \$51; Gordon Skidmore \$51  
Nov. 28 Larry Kozelenko \$41; Helen Gepneris \$41

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

## Friday Dunford Diner Lunchtime Entertainment

Dec. 1 Elaine Unger-Pengilly

Dec. 8 Yvonne Nelson

Christmas Luncheon Ticket Required

Dec. 15 Bryan Bradfield

Dec. 29 Floyd Sillito

Schedule Subject to Change



## NORD-BRIDGE BUILDING FUND RECENT DONORS

S. Brust \$200; Anonymous (3) \$750; A. Pauls \$100;  
A. & R. Kimber \$200; R. Tarleck \$100; J. Edwards \$100;  
F. Wallace \$100; C. Lapointe \$200; P. Veres \$80; F. Veres \$100;  
R. Vickers \$100; S. & P. Kruszewski \$200; E. Symes \$100;  
New Connections Social Club \$1,000; E. Polczer \$100;  
G. Bennett \$100; J. Nay \$100; F. & A. Mehlhaff \$200

## NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2017  
through November 17, 2017: \$19,063



### 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**

\$ 2,100,231

Still needed by N-B Fundraising

\$ 403,599

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



# Dunford Diner

## NORD-BRIDGE SENIORS CENTRE

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

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

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

**PUBLIC WELCOME! NO SURCHARGE!**

**DEBIT & CASH ACCEPTED**

## Friday \$7.50 Lunch Features

Dec. 1 Roast Beef, Mashed Potatoes, Veggies and Gravy

Dec. 8 Christmas Luncheon\* - Traditional Turkey Dinner

Soup, Hot Turkey Sandwich and More in the Multi-Purpose Hall

Dec. 15 Cabbage Rolls, Mashed Potatoes & Salad

Dec. 22 Fish Friday! 2 Pieces of Fish, Chips, Coleslaw & Gravy

Dec. 29 Regular Menu plus \$6.00 Specials

**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

# December 2017



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>4</b></p> <p>9:30 Jammers 9:00 Yoga 10:00 Floor Curling 10:15 Chair Yoga 11:30 Qigong 1:00 Contract Bridge 1:00 Military Whist</p>  <p>University of Lethbridge Student Nursing Program Monday &amp; Tuesday, December</p>	<p><b>5</b></p> <p>10:00 Music Makers 11:00 Keep Fit 1:00 Texas Hold'em 1:00 Canasta 1:00 Norwegian Whist 1:30 <b>SCRABBLE</b> 3:00 Arthritis Exercise 7:00 Line Dance</p> 	<p><b>6</b></p>  <p><b>8:30 Breakfast Buffet</b> 10:15 Paper Tole <b>10:45 WINNERS BINGO</b> 11:00 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball <b>3:00 Advantage Hearing By Appointment</b></p>	<p><b>7</b></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><b>1* &amp; 8</b></p> <p>9:00 Pilates* 9:00 Paper Tole <b>9:30 FREE MASSAGE*</b> 9:30 Carpet Bowling <b>10:15 Chair Yoga*</b> <b>11:30 Christmas Luncheon</b> <b>1:00 In-House Bingo</b> 1:00 Contract Bridge 1:00 Crib</p> 
<p><b>11</b></p> <p><b>Member Portraits</b> 10:30 to 11:30 a.m. &amp; 1 to 2 p.m. 9:30 Jammers 10:00 Floor Curling 11:30 Qigong 1:00 Contract Bridge 1:00 Military Whist <b>1:30 Outreach</b> <b>"12 Gifts of Christmas"</b></p>  	<p><b>12</b></p> <p><b>9:00 Legal Consults</b> By Appointment 10:00 Music Makers <b>10:45 WINNERS BINGO</b> 1:00 Texas Hold'em 1:00 Canasta 1:00 Norwegian Whist 1:30 <b>SCRABBLE</b> 7:00 Line Dance</p> 	<p><b>13</b></p>  <p>9:30 Carpet Bowling <b>9:30 Floyd &amp; Friends Musical Entertainment</b> <b>10:30 FOOT DR. NAIL CLINIC</b> <b>10:45 WINNERS BINGO</b> 11:00 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft</p>	<p><b>14</b></p> <p>9:00 Floor Curling 9:00 Card Crafters 1:00 Acrylic Painting 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 1:00 Duplicate Bridge 7:00 Table Tennis</p> <p><b>2018 WINTER PROGRAM AVAILABLE TODAY.</b> Registration Begins Jan. 4<sup>th</sup> 2018, 9 a.m.</p> 	<p><b>15</b></p> <p>9:30 Carpet Bowling <b>1:00 In-House Bingo</b> 1:00 Contract Bridge 1:00 Crib</p>  <p><b>GET YOUR FREE FLU SHOT AT THE MEDICINE SHOPPE</b></p>

<p><b>18</b>  9:30 Jammers  10:00 Floor Curling  1:00 Contract Bridge  1:00 Military Whist</p> 	<p><b>19</b>  10:00 Music Makers  <b>10:45 WINNERS BINGO</b>  1:00 Texas Hold'em  1:00 Canasta  1:00 Norwegian Whist  1:30 <b>SCRABBLE</b>  7:00 Line Dance</p> 	<p><b>20</b>  9:30 Carpet Bowling  10:00 <b>Coffee With a Constable</b>  <b>10:45 WINNERS BINGO</b>  11:00 Line Dancing  1:00 Darts/Euchre  1:00 Quilt/Kraft</p> 	<p><b>21</b>  9:00 Floor Curling  <b>10:00 Leth. Hearing</b>  By Appointment  1:00 Woodcarving  1:00 Trump Whist  1:00 Floor Shuffleboard  1:00 Duplicate Bridge  7:00 Table Tennis</p> 	<p><b>22</b>  9:30 Carpet Bowling  <b>1:00 In-House Bingo</b>  1:00 Contract Bridge  1:00 Crib</p> <p><b>TOONIE DRAW</b></p> 
<p><b>25</b></p> <p><b>CENTRE CLOSED</b></p> 	<p><b>26</b>  <b>10:45 WINNERS BINGO</b></p>	<p><b>27</b>  9:30 Carpet Bowling  <b>10:45 WINNERS BINGO</b>  1:00 Darts/Euchre  1:00 Quilt/Kraft</p> 	<p><b>28</b>  9:00 Floor Curling  1:00 Woodcarving  1:00 Trump Whist  1:00 Floor Shuffleboard  1:00 Duplicate Bridge  7:00 Table Tennis</p> 	<p><b>29</b>  9:30 Carpet Bowling  <b>1:00 In-House Bingo</b>  1:00 Contract Bridge  1:00 Crib</p> 
<p><b>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".</b></p> <ul style="list-style-type: none"> <li><b>LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL FIND A PHONE FRIEND FOR YOU. (CALL VAL AT 403-329-3222 TO ARRANGE)</b></li> <li><b>COFFEE, TEA &amp; YOU: 2<sup>nd</sup> &amp; 4<sup>th</sup> TUESDAY 10 A.M. IN THE DUNFORD DINER</b></li> <li><b>ALZHEIMER SOCIETY'S REP. MIKAELA, THIRD WEDNESDAY OF EACH MONTH AT 10 A.M. IN THE DUNFORD DINER</b></li> <li><b>ADVANTAGE HEARING - FIRST WEDNESDAY OF THE MONTH (by appointment)</b></li> </ul> <p><b>JOANNE BLINKO OF LEARN (Elder Abuse Network) FIRST &amp; THIRD WEDNESDAY OF EVERY MONTH, 9 TO NOON, IN THE DUNFORD DINER</b></p> <ul style="list-style-type: none"> <li><b>CHRISTMAS LUNCHEON, FRIDAY, DECEMBER 8, 11:30 A.M. SOLD OUT</b></li> <li><b>CENTRE CLOSED ON MONDAY &amp; TUESDAY, DECEMBER 25 &amp; 26</b></li> <li><b>LETHBRIDGE HEARING - THIRD THURSDAY OF THE MONTH (by appointment)</b></li> <li><b>WINNERS BINGO DECEMBER 6, 12, 13, 19, 20, 26, 27</b></li> <li><b>TRIP: CALGARY ZOO - LIGHTS TOUR, THURSDAY, DECEMBER 28.</b></li> <li><b>DR. BOLOKOSKI NOW AT 10:30 AM. FUTURE DATES INCLUDE: FEB. 7, APRIL 4, MAY 30, JULY 25, SEPT. 19, NOV. 14 ALL 2018</b></li> </ul> 				

**WINNERS**



Two blocks west of the casino on Crowsnest Trail

**EVERY THURSDAY IS SENIORS DAY!**

Half Price On All Regular, Gold and Combo Cards



Every Wednesday  
**HALF PRICE REGULAR CARDS**

Friday Nights  
**FREE \$500 GAME**  
Sunday Afternoons  
**FREE \$200 GAME**

**Call the Hotline: 403-327-7454**  
or Email: winners\_bingo@telus.net



We offer complete quality denture care;  
A result of intention, effort, and professional skill  
#2 - 1718 3rd Ave S, Lethbridge AB 403-381-4142  
www.lethbridgetentureclinic.com



**Free Initial Legal Consultation  
Wills...Estate Planning...**  
and other matters as you may require.  
Nord-Bridge offers this service through  
**ALLAN DENBOK, B.Mgt., J.D.**

**HUCKVALE** LLP  
established 1906

**Upcoming FREE consultation dates:**  
**Tuesdays(s) December 12 & January 9**  
between the hours of 9:00 a.m. & 11:30 a.m.  
Contact the Reception Desk to schedule  
an appointment. **Phone: (403)329-3222**  
**This free service is for Nord-Bridge members only.**



**LIKE TO PLAY DARTS?** If the answer is yes, come join us in the Multi-Purpose Hall, Monday and Wednesday afternoons at 1 p.m. Just for fun!

**Bill Lelievre, Convener**



**Martin Brothers**  
Funeral Chapels Ltd.

*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

Osteoporosis Canada  
Osteoporose Canada

**Kilkenny Services Ltd.**  
Wellness & Holistic Health

**bonefit™**

Proven Programs for BoneFIT™ Fitness & Nutrition ~  
Height Testing & Chronic Disease Support ~  
Aromatherapy ~ Vitamin Therapy ~ Wellness Groups ~  
Holistic Health Education, Training & Advocacy.

In the Nord-Bridge Seniors Centre Building  
#3, 1904 - 13<sup>th</sup> Avenue North ~ 403-328-1444  
[KilkennyWellness@outlook.com](mailto:KilkennyWellness@outlook.com)

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

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...** Marion Zief-  
flie, loss of husband; Jim Scott & Family, loss  
of mother; the Sera family, loss of Frank; Joe  
Mauro & Family, loss of father; and Gord Vase-  
lenak, loss of sister.



**GET WELL & HEALTH WISHES WERE SENT TO...**

Larry Klim in hospital and Margaret Scallon now recovering  
at home. Gerry Schwartz, our librarian is  
back home doing well. His wife Patty and  
Muriel Nickels are keeping up the Library  
while he is recovering. **Our visiting Angel,  
Lydia Prokop is somewhat under the  
weather and will need to curtail her hospi-  
tal visits. Angel Helper, Chris Figenshou  
will fill in when Lydia is resting. Thanks  
ladies, for all you do. You're the Best!**



## OUTREACH REPORT Donalda Stock, Board Representative

The theme of our November Outreach Program was a huge  
"Tailgate Party". We had our very own cheerleaders led by  
Val, which got everyone into the swing of things. The cheer  
was "OUTREACH YOU ROCK!" A total of 119 guests were  
present. The lively music was supplied by Vicki Klassen &  
Don Moore. They did a terrific job. Some of our guests got  
up and danced which was awesome to see.



SPECIAL THANKS

**Thank You, Joan Veldhuis** for donating  
the sport towels to be raffled. The lucky  
winners were: Audrey, Vulcan; Ray, Good  
Sam's; Lorna, Nord-Bridge; Sherry, Quest;  
and Helen, Nord-Bridge. This month's  
lucky door prize winners were Nord-Bridge  
member Donna; and Louise from Vulcan.

Join us on **Monday, December  
11<sup>th</sup> at 1:30 p.m.** for "**12 Gifts  
of Christmas**" featuring the  
**Wilson School Band Quintet  
& our own Music Makers.**

Please register early by con-  
tacting Val at our Reception  
Desk or call her at 403-329-  
3222. Lots of fun has been  
organized for you. Take care  
and **God Bless You All!**



## Peace of Mind for You and Your Family

**Emergency Safety Monitoring System  
for your loved ones living alone.**



Monitor Support Respond

# Chinook LifeCare

Help is always at hand.

**#8, 1904 - 13 Avenue North  
Lethbridge, Alberta  
(In the Nord-Bridge Seniors Centre)**

**403-320-1170**

HEALTHCARE SOLUTIONS FOR BETTER LIVING

## Your Quality of Life is our Priority.

Shoppers Home Health Care specializes in a wide range of products  
and services to enhance your comfort and well-being so that you can  
stay active and independent through all stages of life.

Our knowledgeable and highly trained staff would be pleased to  
provide you with information on many of the following product types:

- Walkers & Transport Chairs
- Rollators & Scooters
- Beds/Mattresses & Lift Chairs
- Walk-in Tubs & Bathroom Safety Products
- Blood Pressure & Home Diagnostic Products
- Aids to Daily Living Products
- Back Care, Supports & Braces
- Ostomy



**Seniors save 20% every Thursday.**  
Earn Shoppers Optimum Points® on your purchases\*

\*Restrictions apply. See in-store and Shoppers Optimum  
Program® Terms and Conditions for details.



**SHOPPERS  
HomeHealthCare®**  
shoppershomehealthcare.ca

119 Stafford Dr. S., Lethbridge  
(403) 327-4511  
1-800-661-1032

## Shannon Phillips, MLA Lethbridge West

402 8th St S  
Lethbridge, AB T1J 2J7  
lethbridge.west@assembly.ab.ca  
403-329-4644



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



**FREE MASSAGE** Are your muscles  
sore? Come in for a free massage compli-  
ments of **Southern Alberta Institute  
of Massage** therapy students on  
Friday, Dec. 1, 9:30 to 11:30 a.m.



## Lethbridge HEARING CENTRE

Call **403-320-6000** to make  
your personal complimentary  
consultation today!

- Locally owned & family operated
- University educated
- Full hearing evaluations
- AADL, DVA & WCB Vendor
- Digital hearing devices
- Repairs & adjustments on all makes/models
- Devices for all budgets & lifestyles
- Conveniently located with free parking



**NBC  
HIS** **403.320.6000**  
www.lethbridgehearing.ca

120, 2037 Mayor Magrath Dr. S. Lethbridge, AB **Candice Elliott-Boldt, BC-HIS** **Jake Boldt, BC-HIS**  
Registered Hearing Aid Practitioners

Nord Bridge members can make an appointment at the Reception desk to meet with Maria here at the Centre on the 2<sup>nd</sup> & 4<sup>th</sup> 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



## JO ANN KELLY REALTOR®

**Sutton** sutton group - lethbridge  
AN INDEPENDENT MEMBER BROKER

1010 - 3 Ave. South, Lethbridge, AB. T1J 0J4  
Bus: 403-320-6411 Fax: 403-381-4546

E-mail: kellyaj@telusplanet.net

*I can assist you whether you are buying, selling or transitioning to a condo or gated community living!*

Celebrating 20 Years  
as your local Lethbridge Realtor



## NORD-BRIDGE SENIORS FITNESS 55 CLUB

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

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

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

**Meet with Jim Scott, Personal Trainer**  
**Wednesday mornings, for safe training tips and motivational goal setting advice.**

*Continuing to Care  
Through the Generations.*

703 - 13 Street North  
Lethbridge, AB  
403-382-3601

Christensen Salmon  
**GENERATIONS**  
Funeral Home & Cremation Services

A Division of The Caring Group Corp.

## Fundraising Committee Report to Nord-Bridge Board Meeting Wednesday, October 11, 2017

President, Pat Santa and Jim Hahn, our Past President lead our Fund Raising Committee. This Committee works to generate income for our Centre through **special events and 50/50's which augments our General Account**; and **donations, which support our Building Fund**. This table represents fundraising results as at October 10, 2017:

REVENUE	ACTIVITY OR EVENT	EXPENSES
\$ 2,512.45	Daily 50/50	\$ -
\$ 2,308.25	Monday Jams	\$ 926.98
\$ 1,702.00	Toonie Draw	\$ -
\$ 40,462.52	Old Farourites #6	\$ 17,244.66
\$ 7,500.00	President's Dinner	\$ 2,379.76
\$ 4,320.00	Miners Banquet	\$ 1,787.52
\$ 10,503.00	Other Events	\$ 5,864.02
<b>\$ 69,308.22</b>	<b>TOTALS</b>	<b>\$ 28,202.94</b>

**NET REVENUE \$ 41,105.28**  
**FROM FUNDRAISING COMMITTEE INITIATIVES**

While we are pleased with these results, the problem with fundraising events, says Jim, is that, "Expenses eat up a lot of gross revenue even though volunteers donate their time. Another issue is variety. It is difficult to come up with new, cost effective, popular, projects year in and year out."

Always looking for ways to help our Centre thrive, Jim and his Committee initiated **the \$100 X 100 plus Campaign (part of our Building Fund)** this past July. The goal of this campaign is to raise \$10,000 earmarked for our \$50,000 Carpet Replacement Project. Through philanthropic gifts, the Committee seeks donations in \$100 multiples. \$25,000 is already secured by a Grant from the New Horizons for Seniors fund. It is the Committee's hope that more of our members and our community partners will see the value of Tax Receipted charitable donations to their own Centre; a place where they relax, eat, play and stay connected with each other and the local community-at-large. Donors names are added to our Building Fund Donor Board, on display in our main corridor. **As at November 22, we have collected \$4,800 toward our goal of \$10,000. Another \$5,200 by the end of Christmas will take us to the goal line this year.** Please make a donation if you are able.

## 2017 \$100 X 100 plus Campaign Donors

Anonymous (5)	Edna Symes	Eveline Polczer
Mike Bennett	Jim Hahn	Pat Santa
Georgina Bennett	Doreen Jurgens	Robert Tarleck
Sheila Brust	A & R Kimber	S & J Tomiyama
Lil Colwill	S & P Kruszewski	Lawrence Velker
Dan & Eva Deringer	Clara Lapointe	Pat Veres
Henry Dick	A & F Mehlhaff	Fred Veres
Jim Edwards	Joanne Nay	Ramsay Vickers
Helen Gepneris	Anne Pauls	Frances Wallace
Rudy Grams		

**Thank You!**



# ELDER WISDOM IN MOVIES

With **Barbara Cavers, B.A., M.Ed.**  
*Retirement Lifestyle Consultant*

Join us to view, discuss and share insights from your life experience related to the themes of:

- Healing
- Reconciliation
- Transformation
- Forgiveness

## Nord-Bridge Seniors Centre

**Dates:** Tuesdays: January 9, 16, 23, 30

**Time:** 11:30 a.m. to 2:30 p.m.

**Place:** Berlando Boardroom

**Cost:** 4 films for \$30.00 or \$8.00 per session

*Bring your own bag lunch to enjoy during the movie.*

*Register at Nord-Bridge Reception Desk*



## THE UNIVERSITY OF LETHBRIDGE

**NURSING STUDENTS** would like to thank you for welcoming us into Nord-Bridge Seniors Centre for the last three months. We appreciate the opportunity to participate in activities with all of you. We have truly enjoyed our time here at Nord-Bridge and are grateful to have gotten to know many of you.

We would like to thank everyone who participated in our educational sessions over the last three months; your participation made them successful. We would also like to thank everyone who attended our Health Fair on November 28<sup>th</sup>. Again your participation and support helped to make this event a huge success.

Lastly, as December 4<sup>th</sup> is our last day here at Nord-Bridge Seniors Centre, all of us would like to thank each and every one of you for making our time here so enjoyable! We will leave this rotation with nothing but great memories as well as many new friendships.

University of  
Lethbridge



**We wish you a great  
Holiday Season and a  
Happy New Year!**



# WASHED YOUR HANDS AFTER SNEEZING? NOT EVERYONE DOES.

## Don't go viral. Get your flu shot.

No appointment necessary.

### Flu shots available October 23

The *Medicine  
Shopper*  
PHARMACY

**Nord-Bridge Senior's Centre**  
**#2, 1904 - 13 Avenue N, Lethbridge**  
**(403) 381-0700**



**Terry Toth**  
B.Sc Pharm  
Pharmacist



**Chad Baker**  
B.Sc Pharm  
Pharmacist/  
Owner

Come home to a job well done.

**Why choose Merry Maids of Lethbridge?**

- Bonded and insured maids
- Carefully screened staff
- Fully customized services
- Free in-home estimates
- Weekly, biweekly, monthly services
- Move in/move out cleaning services
- Detailed spring cleaning



Imagine stepping into a beautifully cleaned home without ever lifting a finger. With Merry Maids of Lethbridge, you can relax knowing our team of trusted professionals are dedicated to your needs.

Contact Merry Maids to set up your FREE in-home estimate!  
 Call Merry Maids of Lethbridge at **403-394-1577**  
 or email: [owner4678@merrymaids.net](mailto:owner4678@merrymaids.net)

[merrymaidslethbridge.com](http://merrymaidslethbridge.com)

*merry maids*  
 Relax. It's Done. ®

ACCOMPANY  YOU

**Provides Freedom and Transportation for Seniors**

- Medical Appointments
- Recreational Outings
- Curb to Door Assistance
- Banking and Paying Bills
- Lethbridge to Calgary Service
- Visiting Friends
- Shopping
- Grocery Shopping
- Genuine Companionship
- Accompanied Appointments

**Call Sharon**  
**to schedule your appointment.**

**403-380-9072**  
**slmstein@outlook.com**

 Life Time Highs - Upcoming Tours  
 PH. 1-587-223-0203  
[www.lifetimehighs.club](http://www.lifetimehighs.club)  
[cathymunro@lifetimehighs.club](mailto:cathymunro@lifetimehighs.club)

Coeur D' Alene, ID Resort	Dec 5-8	\$315 pp/dbl
Stoney Nakoda Kananskis	November Dates available	
Edmonton River Cree Resort	Jan 14-16, 2018	\$269 pp/dbl
Bonnars Ferry, ID	Feb 4 - 7, 2018	\$310 pp/dbl*
Medicine Hat, Ab	Mar 5 - 7, 2018	\$260 pp/dbl*
Moose Jaw	April 15-18, 2018	\$399 pp/dbl
Camrose	May 20-23, 2018	\$235 pp/dbl
Bonnars Ferry, ID	June 3-6, 2018	\$310 pp/dbl*
Waterton	Jun 14 - 17, 2018	TBD
Deadwood, SD	Sept 30 - Oct 6, 2018	Call!

Don't see a trip you want? Give us a call!  
 Tours depart from Lethbridge or Calgary, call for other pickup stops.

**DECEMBER**

**Doreen Taylor, Mind Joggers**

Frosty air gives us rosy cheeks  
 Blankets of snow cover mountain peaks  
 Millions of snowflakes flutter and fall  
 No longer is heard the wild goose call  
 The birds and the bees have all flown away  
 To where the sun shines every day  
 Three branches reach up all gray and bare  
 Their colorful leaves no longer there  
 The green grass is covered with glistening snow  
 Everything will be green again we all know  
 Christmas lights twinkle thro' the night  
 Colorful, festive, a beautiful sight  
 Folks are all bustling and shopping with glee  
 Looking for gifts to put under the tree  
 But during this time let us look toward heaven  
 And be thankful for the gifts God has given

 **Downsizing Dilemma?**  
**Need to Move On?**  
**We Can Help...**

- Sorting • Organizing
- Selling Unneeded Furnishings
- Packing • Arranging Movers
- Unpacking



Call Wendy Gillett for your complimentary in-home consultation and free estimate.  
**403-388-4122 (Office) 403-315-1729 (Cell)**  
[www.roost2roost.ca](http://www.roost2roost.ca)

**NEW 2017-2018 MEMBERSHIPS**  
**EFFECTIVE NOW THROUGH DECEMBER 2018**  
**\$53.00**  
**2018 MEMBERSHIP RENEWALS**  
**\$50.00**  
**RENEWALS ARE DUE BY DECEMBER 31<sup>ST</sup>, 2017**  
**CHOOSE YOUR FREE GIFT WITH ALL NEW & RENEWED MEMBERSHIPS**

NORDBRIDGE  
 SENIOR CITIZENS ASSOCIATION



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



## TRAVEL

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

### ROAD REPORT

On a brisk, windy day we journeyed to Millarville to walk and see the Christmas vendors and their beautiful crafts.

For Mystery Trip #9 a group of eager seniors shopped and browsed in Park Place Mall and later enjoyed tasty treats when they stopped at Heather Belle's house for tea and scones in the Scottish tradition. Thanks Heather, for your warm hospitality.

Another group journeyed to ROSEBUD to see the live Christmas performance "Cariboo Magi" and enjoy a scrumptious meal. Thanks to our drivers, Carefree Express, and Lucy Graham for getting us around safely.

**PLEASE NOTE:** Trips are planned, organized and controlled by our Nord-Bridge staff. For many trips we hire a bus from Carefree Express; but they are not the travel agent, we are. Do not call Carefree Express with your questions regarding departure times or in any other regard. **If you have questions, please call Val or Rita here at Nord-Bridge's main phone number, 403-329-3222. We are your travel agent and we can answer all of your questions; the folks at Carefree Express cannot.**

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

### COWBOY COUNTRY DINNER & SHOW

**FRIDAY - DECEMBER 1<sup>ST</sup>**

**COST \$82** Including Bus and Show. Departure time is 11 a.m. Enjoy lunch at 1 p.m. followed by live entertainment.



**SORRY SOLD OUT**

### BROXBURN VEGETABLES & CAFÉ.....AND...

**TUESDAY, DECEMBER 12**  
Enjoy lunch at the Café and the 17 series. Hot Apple Cider and...  
**GREENHAVEN. COST: \$10 for transportation. \$10 for lunch.**



**SORRY SOLD OUT**

### ZOO LIGHTS TOUR

**Calgary - Thursday, December 28** Something new and different! Join us for a trip to the Calgary Zoo to walk and see the spectacular Christmas lights. **Cost \$55. Includes Transportation & Admission.** Mobility must be good as there will be lots of walking. Please dress warm and wear comfortable footwear. We will be travelling in a luxury 56 passenger bus. We will leave Nord-Bridge at approximately 2:00 p.m. depart from the Zoo at 8:45 p.m. We'll have supper at one of the Zoo concessions (your cost) followed by a self-guided tour from 6 to 8:30 p.m. On the way back home enjoy the night lights of Calgary. There are still some seats available.



### MYSTERY TRIP #10

**Thursday, December 7.** Last of the 17 series. We'll enjoy lunch here at the Centre then depart for... of fun and laughter. **COST \$10** (bus & admission) buy your...



**SORRY SOLD OUT**

### 4<sup>th</sup> Annual CRANBROOK - ST.EUGENE CASINO RESORT GOLFING & GAMBLING JUNKET

**Sunday, May 27 to Tuesday, May 29, 2018**

**COST: \$205 (dble. occ) or \$300 (single occ).**

Cost includes luxury bus transportation and coupons for the casino.

Don't be disappointed! Sign-up early for this FUN and very RELAXING destination. The fun will start as soon as we roll out of our parking lot. Taking deposits NOW for this very popular destination. Final payment due by April 30, 2018.



**NEW!** **OUT & ABOUT+coffee TOO** This program runs twice a month on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays\* at 9:45 a.m. Our bus will take you from the Centre for a shopping run to Walmart and back by noon. \*This month our program will be abbreviated to December 13<sup>th</sup> only.

**COST \$3**

*Nord-Bridge Staff and Board of Directors*  
**Wish you and your family  
a wonderful holiday season  
and a healthy and peaceful New Year**

***Nord-Bridge Seniors Centre will be closed  
On Monday & Tuesday,  
December 25 & December 26, 2017  
and Monday, January 1, 2018***



### **TO WILL OR NOT TO WILL (a family matter)**

**With Dean Sallenback\*, EPC, RRC, CEA  
Retirement Planner and Executor Advisor**

\*Retired accountant with over 32 years in corporate finance and over 46 years of experience in personal finance. Spent 12 years in Municipal politics as a Council Member and Mayor of a local town. Specializes in personal money management (not investments) and is certified as a Retirement Planner and an Executor Advisor.

Join us as we consider the following questions:

- What is a will and do I really need to have one?
- What happens if I just avoid writing a will?
- Are there ways to settle my estate without using a will?
- Who will be appointed to oversee my estate without a will?
- What will my descendants go through if I don't have a will?
- If I choose to write a will, do I have to use a lawyer?
- What else should I know about wills and basic estate planning?

#### **Nord-Bridge Seniors Centre**

**Date:** Wednesday, January 17, 2018

**Time:** 10:00 a.m. to Noon

**Place:** Dunford Diner Annex

To Register call Lorri at 403-329-3222



## **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

**FRANCES SOROKA**

**RE/MAX®**

