

NEWSLETTER

January

Happy New Year!



"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
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 Arkinstall
Reception Assistant	Rita Paju
Rentals	Kathleen Filkowski
Red Seal Cook	Samantha Ajtay
Cook I	Bety Castillo
DR/Kitchen Assistant	Gail Krysak
Janitorial	Marco & Carla Escobar

ON-SITE PARTNER PROGRAMS & SERVICES

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

**PROGRAMS, COMMITTEES, CONVENERS, &
BOARD REPRESENTATIVES***

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

ADMIN. PROGRAMS

By-Laws/Policies
Committee
Crafts Boutique
Finance Committee

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

Political Advocacy
Committee
Seniors Helping Seniors

Harry Fischer, Vicki Klassen

CARDS & BOARD GAMES

Contract Bridge
Crib
Euchre
Military Whist
Trump Whist
Scrabble
Texas Hold'em

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

Duplicate Bridge
Norwegian Whist

EDUCATION

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

Marilyn Gillies*, Board Rep.

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

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

FUNDRAISING

GAMING

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

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

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 Arkinstall
Valerie Arkinstall
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

**NEWSLETTER submissions must be
received by the 15th of the month.**

View our Website
www.nordbridgeseniors.com
for information, photos, video, Newsletters and more.

PRESIDENT'S REPORT

January is here and we start the new year full of optimism. The end of a year can be a time for reflection but also a time for looking to the future. On **December 11th** Nord-Bridge made a presentation to Lethbridge City Council for a Committee of city administration to look into more equitable funding. We were pleased to get unanimous support for this request. The Committee will start its work soon.



Nord-Bridge is busy as we are getting more members. The membership should reach 1,400 by the beginning of this month. I would like to remind members that their 2018 memberships need to be renewed to enroll in the new Winter Programs.

Val's trips are selling well. Thank you to all our members who take advantage of this service. I also want to thank Val for her work organizing these expeditions. They are always an adventure.

Our new rugs are starting to be installed and they look great. This has been on our to do list for a long time. Thank you to all our members who donated toward this project. New rugs were the number one request from members in our recent Nord-Bridge Membership Survey. We are happy to fulfill this request from our members.

I want to thank Nord-Bridge members for their support of our Board and staff during the past year. Please continue your support and Nord-Bridge will prosper. I also want to thank you for your trust in me as your President. I hope to be available daily to share your thoughts and concerns.

Pat Santa

President

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

Gracemary Holthe	Lyn Dillenbeck
George Biggs	Ilona Teglas
Helen Chartrand	Sylvio Mantello
Lance Cameron	Buzz Hamilton
Sylvia Hamilton	Mary Simmons
Heather Todd	Elvin Deinstadt
Fred Guenther	Dale Merchant
John Toth	Twila Reimer
Lois Gorzitza	Valerie Hill
Karen Gordon	Anonymous (2)

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](tel: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.
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Annually

Annual General Meeting	First Tuesday of April	9:00 a.m.
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NORD-BRIDGE SENIORS CENTRE 1904 - 13 AVENUE NORTH

IN-HOUSE BINGO

EVERY FRIDAY AFTERNOON
(EXCEPT HOLIDAYS)

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

Everyone (18 and over) welcome!

COME FOR LUNCH, STAY FOR BINGO!



EVERGREEN

Funeral Home
and Cremation Services

403-329-4934

Give us a call regarding ...

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

*Because Cost
Is An Option*

*We lessen the expense
Not the care*

A Division of the Caring Group Corp.

LORRI'S CORNER

Happy 2018! I hope your holiday season was filled with friends, family and lots of food and that some amazing memories were made!

In my role as Member Support Coordinator, I am continually striving to provide opportunities for you to learn, experience and live your best life! I have some exciting sessions and programs coming in the next few months that I encourage you to consider.

The first new program that is being offered is called **"Elder Wisdom in Movies"**. Each week will have a theme providing an opportunity for a meaningful discussion and insights after watching a specifically chosen movie. This will run for four Tuesdays starting January 9th in the Boardroom 11:30 a.m. to 2:30 p.m.. More information on this can be found on my door so please check it out and register at the Reception Desk. If there are not enough people registered, we will have to cancel and this would be a shame.

Next up is a presentation in the Dunford Diner Annex on Wednesday, January 17 at 10 a.m. called **"To Will or Not to Will"**. Dean Sallenbach is a Retirement Planner and Executor Advisor and he will be sharing his knowledge with us. Dean will also be offering other sessions over the next few months so keep watch on my door and in the Newsletter for upcoming sessions. Please let me know if you are interested in attending as this information will be very valuable to you.

I am now taking names for those who want to attend the 8-week **Grief Recovery Program**. This will be starting on March 8 from, 1 to 3 p.m. This course is not only for those who have experienced loss due to a death, but many other events that happen in our life. If you want more information as to whether or not it would be suitable for you, please come have a conversation with me. In the community I will be offering this course at the cost of \$249 per person. **For Nord-Bridge members, it will be offered for \$150 for the entire 8-weeks.** All registrants will receive the hard cover manual which is yours to keep. I encourage you to consider this because it is truly life changing!

*****Drum roll please*****

Finally, a BIG announcement! As many of you know, I am the proud Nana of five adorable and sassy granddaughters! Well, on December 3, my very first handsome little grandson was born in Edmonton! His name is **Jacob David** and he is just the sweetest little man ever! I am so excited to watch Baby J grow and teach me all I need to know about boy stuff!



JANUARY 2018				
M	T	W	Th	F
	2	3	4	
	9	10	11	
15		17	18	
	23	24	25	
	30	31		

Lorri Penner, BSW, RSW
Member Support Coordinator



Social Report - Eva Deringer

Our *Annual Christmas Luncheon* on Friday, December 8th was a traditional turkey dinner with all the trimmings, served to a sold out crowd of 144. It was a festive affair with lots of seasonal colors and folks dressed up with holiday flair. Our volunteers and staff worked hard to entertain us and sate our appetites. I thank you all for helping to make this and all of our annual events resounding successes.

VIP guests included MP Rachael Harder and our local MLA for Lethbridge East, Maria Fitzpatrick. Our lucky door prize winners included Irene Jones, Kiyo Adachi, Georgina Bennett, Elta Buckman and Nina Waselenak (also celebrating her 90th years young birthday); congratulations to all of you!

Happy New Year, one and all!

"HERE TO
SERVE"



RACHAEL HARDER
LETHBRIDGE ALBERTA MP

403.320.0070

@RACHAELHARDERMP

RACHAELHARDER.CA



EXECUTIVE DIRECTOR'S REPORT

Greetings Members;

Welcome back to Nord-Bridge, and the new 2018 year. I hope you had a good Christmas break, and are looking forward to a new programming season. I trust you will find 2018 to be a memorable and important year in the history and advancement of our Association.



We took an extra Christmas break day on December 27. This was because we started to lay the new carpeting within the Centre on Christmas Day. Hamilton Carpets were the successful vendor, and they had a crew who wanted to start working in the Dining Room and Annex on December 25. Thus we extended the break by one extra day. Work will then progress down the hallways, and in other rooms and spaces in the early part of January without further closure. We ask for your patience while this project proceeds. As areas are closed down, and old carpeting comes up, please be cautious, follow signage and stay away from barricaded areas. While the carpet layers probably would enjoy a visit, it will take them away from the job, so it's best not to interrupt.



On the topic of carpeting, I am pleased to announce we received a \$15,000 grant towards the project from the COMMUNITY FOUNDATION OF LETHBRIDGE AND SOUTHWESTERN ALBERTA. Included in the sum was \$1,500 from the Lethbridge Automotive Dealers Association. Pictured above is President Pat Santa receiving the donation from Lethbridge Automotive Dealers Association President Cheyno Finnie, and Community Foundation Grants Committee member Arlene Parkinson. We also thank Foundation Executive Director Charleen Davidson and Grants Coordinator Caitlin Gajdosik for aiding us with our application.

Respectfully yours,
Randy Smith, Executive Director



NORD-BRIDGE
SENIOR CITIZENS ASSOCIATION

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. Nomination Forms will be available at the Reception Desk on January 8, and nominations will be accepted at the Reception Desk until **4:30 pm on Tuesday, February 13, 2018.**

ADVANTAGE HEARING CENTRE

406-6th St. South Lethbridge, Alberta

Nord-Bridge Complimentary Hearing Evaluations

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

Book your appointment
at the front desk!

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Brad Lindsay, BC-HIS
Registered Hearing Aid Practitioner

From the Desk of Val

HAPPY NEW YEAR! Where did 2017 go? Here at the Reception Desk the past month has been busy with renewals and new memberships. Welcome, to all new members. Please do not hesitate to ask us any questions you have to help orient you to our Centre.

If you have not renewed your membership please do so as soon as possible to limit the number of reminders that we'll have to send out in February. If you are participating in our daily recreational programs, or participate in our daily and monthly 50/50 draws, you **MUST BE A PAID UP MEMBER**. Have you picked up your **NEW WINTER PROGRAM 2018 BOOKLET**? Registration day is January 4th.

Thanks to all who brought in decorations for the special tree that was delivered to the Inter Faith Food Bank; and thanks to Heather Belle for her talent of ribbon tying which made the tree special. It is a very nice feeling when we care and think of others. Lastly, I thank my dedicated and committed staff of volunteers and co-worker, Rita, for their "friendly" smiles and great teamwork! May 2018 be a prosperous and healthy year for all.

Valerie



Programmer's Report by David Ng

I wish all Nord-Bridge members a Happy New Year! I hope everyone was able to enjoy some time with family and friends over the holiday season.



We will jump right into our new Winter Programs session in the second week of January. A quick reminder that program **registration starts on Thursday, January 4th at 9:00 a.m.** Some of the new programs this session are: **Line & Wash** on Monday mornings with Donna Gallant and **Golfers Conditioning Yoga** (Co-ed) with Melanie Hillaby. Line & Wash is a combination of both pen and ink and watercolor. This class is open to beginners and the more seasoned art student. Golfers Conditioning Yoga is the perfect class to get you into shape for the upcoming golf season. For more details on these classes and other programs, pick up a copy of the Winter Program 2018 book at the Reception Desk or visit the Nord-Bridge website www.nordbridgeseniors.com.



Nord-Bridge is filled with great people, many of whom have an abundance of skills and talents in arts and crafts, fitness and dance. We appreciate all these members who share their expertise with other members. One of these members is Della Howg who teaches our Wednesday morning Line Dancing Class. Della has grown her class from six participants to around eighteen. Della not only gives her time to volunteer and teach Line Dancing, but she also has given back to Nord-Bridge. Della, pictured above with yours truly, presented Nord-Bridge with a \$1,000 donation to our Building Fund. Thank you very much Della, for your kind donation and all that you do here at Nord-Bridge.

Cheers, David

EUCHRE REPORT Rodney Foster, Convener

Happy New Year, and I hope you all had a Merry Christmas. **Now it's time to make your 2018 New Year's Resolutions:**

1. **Get fit or keep fit.**
2. **Lose weight; eat right.**
3. **LEARN TO PLAY EUCHRE.**

2018

There are many programs and instructors here at Nord-Bridge to help you achieve these commitments so there are no excuses. **As for #3, Euchre lessons begin every Wednesday, at 12:30 p.m. in the Dunford Diner Annex** followed by regular games. You are all welcome to join us for cards, fun and fellowship. We look forward to the pleasure of your company.

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

Gail Krysak, November 29, \$16.50
Pot now over \$200.00

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

Lawrence Velker, December 22, \$214
Next Draw January 26

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

Dec. 4 Richard Randa \$47; Alvin Witt \$47
Dec. 11 Gord Kryway \$48; Ducky Tarnava \$48
Dec. 18 Alvin Witt \$45; Liz & Doreen \$45

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

Friday Dunford Diner Lunchtime Entertainment

Jan. 5 Elaine Unger-Pengilly
Jan. 12 Jill Melody
Jan. 19 Ray Sauer
Jan. 26 Good Timers

Schedule Subject to Change



NORD-BRIDGE BUILDING FUND RECENT DONORS

M. Roberts \$100; D. Deringer \$100; G. Vaselenak \$100;
P. Waddle \$100; D. Howg \$1,000; A. & M. Fletcher \$200;
E. Unger-Pengilly \$40; J. Amondson \$20; M. Brown \$50;
C. Herle \$50; V. Lazzaretto \$50; K. Gill \$100; P. Baker
\$20; S. Baceda \$100; D. Lewicki \$100; C. Kaytor \$20;
O. Sinclair \$25; C. & C. Figenshaw \$100; J. Cameron \$100;
E. Frayn \$100; L. Marles \$100; In Memory of Don Ward
\$400; B. Bell \$200; H. & W. Holtz \$100; K. Thomas \$100;
B. Miller \$100; D. Roberts \$100; N. Waselenak \$200;
E. Deinstadt \$100; C. & L. Olsen \$100; R. Tarleck \$100;
R. Swidinsky \$100; Anonymous (6) \$660.

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2017
through December 22, 2017 : **\$21,004**



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 **\$ 2,105,066**
Still needed by N-B Fundraising **\$ 394,934**

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 & 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

Jan. 5 Lasagna, Caesar Salad & Garlic Toast
Jan. 12 Crispy Fried Chicken with Rice & Salad
Jan. 19 Roast Beef, Mashed Potato & Gravy
Jan. 26 Liver & Onions with Mashed Potato, Gravy & Veggies

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



***PLEASE NOTE: THE GRILL IS CLOSED DURING SPECIAL EVENTS**



January



Monday	Tuesday	Wednesday	Thursday	Friday
1  2018 <i>New Year's Day</i> CENTRE CLOSED	2 10:00 Music Makers 1:00 Texas Hold'em 1:00 Canasta 1:00 Norwegian Whist 1:30 SCRABBLE 	3  8:30 Breakfast Buffet 10:45 WINNERS BINGO 11:00 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Advantage Hearing <i>By Appointment</i> 7:00 Table Tennis (New Day) 	4 Program Registration Begins at 9 a.m. Today 9:00 Floor Curling 9:00 Card Crafters 9:30 Mind Joggers 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 1:00 Duplicate Bridge 5:30 Zumba	5 9:30 Carpet Bowling 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib 
8 9:30 Jammers 10:00 Floor Curling 1:00 Contract Bridge 1:00 Military Whist 	9 9:00 Legal Consults <i>By Appointment</i> 10:00 Music Makers 10:45 WINNERS BINGO 11:00 Keep Fit 1:00 Texas Hold'em 1:00 Canasta 1:00 Norwegian Whist 1:30 SCRABBLE 	10 9:30 Carpet Bowling 9:30 Floyd & Friends <i>Musical Entertainment</i> 10:15 Paper Tole 10:45 WINNERS BINGO 11:00 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft 7:00 Table Tennis 	11 9:00 Floor Curling 9:00 Card Crafters 11:00 Keep Fit 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 1:00 Duplicate Bridge 5:30 Zumba	12 Member Portraits 10 to 11:30 a.m. 9:00 Paper Tole 9:30 Carpet Bowling 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib 

<p>15</p> <p>9:00 Yoga 9:30 Jammers 10:00 Floor Curling 10:15 Chair Yoga 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts</p> <p>1:30 Outreach "New Beginnings"</p> 	<p>16</p> <p>10:00 Music Makers 10/11 Clogging 10:45 WINNERS BINGO 11:00 Keep Fit 1:00 Texas Hold'em 1:00 Canasta 1:00 Norwegian Whist 1:30 SCRABBLE</p> 	<p>17</p> <p>8:45 Yoga 9:30 Carpet Bowling 10:00 Coffee With a Constable 10:00 To Will Or Not To Will 10:15 Paper Tole 10:45 WINNERS BINGO 11:00 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft 7:00 Table Tennis</p> 	<p>18</p> <p>9:00 Floor Curling 10:00 Leth. Hearing <i>By Appointment</i> 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</p>	<p>19</p> <p>9:00 Pilates 9:00 Paper Tole 9:30 Carpet Bowling 10:15 Chair Yoga 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p> 					
<p>22/29*</p> <p>9:00 Yoga 9:30 Jammers 10:00 Floor Curling 10:00 Line & Wash* 10:15 Chair Yoga 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts</p> 	<p>23/30</p> <p>10:00 Music Makers 10/11 Clogging 10:45 WINNERS BINGO 11:00 Keep Fit 1:00 Texas Hold'em 1:00 Canasta 1:00 Norwegian Whist 1:30 SCRABBLE 3:00 Arthritis Exercise 7:00 Line Dance</p>	<p>24/31*</p> <p>8:45 Yoga 9:30 Carpet Bowling 10:00 FREE MASSAGE* 10:15 Paper Tole 10:45 WINNERS BINGO 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball 7:00 Table Tennis</p> 	<p>25</p> <p>9:00 Floor Curling 1:00 Acrylic Painting 11:00 Keep Fit 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 1:00 Duplicate Bridge 5:30 Zumba</p>	<p>26</p> <p>9:00 Pilates 9:00 Paper Tole 9:30 Carpet Bowling 10:15 Chair Yoga 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p> <p>TOONIE DRAW</p> 					
<p>Go Friendly Shuttle door-to-door service: Call 403-329-3222 the day prior, or sooner, to book a ride. Cost is \$3.00 each way, or use your Lethbridge Transit "Breeze Card".</p> <ul style="list-style-type: none"> LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL FIND A PHONE FRIEND FOR YOU. CALL VAL AT 403-329-3222 TO ARRANGE. COFFEE, TEA & YOU: 2nd & 4th TUESDAY 10 A.M. IN THE DUNFORD DINER. ALZHEIMER SOCIETY'S REP. MIKAELA, THIRD WEDNESDAY OF EACH MONTH AT 10 A.M. IN THE DUNFORD DINER. ADVANTAGE HEARING - FIRST WEDNESDAY OF THE MONTH (by appointment). 					<ul style="list-style-type: none"> JOANNE BLINKO OF LEARN (Elder Abuse Network) FIRST & THIRD WEDNESDAY OF EVERY MONTH, 9 TO NOON, IN THE DUNFORD DINER. CENTRE CLOSED ON MONDAY JANUARY 1. TRIP - JAPANESE GARDENS, THURSDAY, JANUARY 18. LETHBRIDGE HEARING - THIRD THURSDAY OF THE MONTH (by appointment). WINNERS BINGO JANUARY 3, 9, 10, 16, 17, 23, 24, 30, 31 TRIP - MOVIE MILL, THURSDAY, JANUARY 25. DR. BOLOKOSKI NOW AT 10:30 AM. FUTURE DATES INCLUDE: FEB. 7, APRIL 4, MAY 30, JULY 25, SEPT. 19, NOV. 14 ALL 2018 				

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established 1906

Upcoming FREE consultation dates:
Tuesdays(s) January 9 & February 13
between the hours of 9:00 a.m. & 11:30 a.m.
Contact the Reception Desk to schedule
an appointment. **Phone: (403)329-3222**

This free service is for Nord-Bridge members only.



LIKE TO PLAY DARTS? If the
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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...
Jenny Oleksy and Family, loss of husband, Bill; the Turbitt Family, loss of Ralph; Anne Todd and Family, loss of son; to the Family of Lydia Carmen; and to the Gross Family, loss of George.

GET WELL & HEALTH WISHES

WERE SENT TO...
Lillian Peters; Fred Mehlhoff; Larry Klim; and Lenora Parr who is recovering from hip surgery.



OUTREACH REPORT Donalda Stock, Board Representative

Our Christmas Outreach event was held on Monday, December 11th. A total of 171 individuals were in attendance including guests, entertainers and volunteers. We would like to give a big cheer to forty-three Grade 7 students from the Wilson Middle School band that entertained our guests. Our own Nord-Bridge Music Makers also contributed to our enjoyment by singing Christmas carols. The entertainment was thoroughly enjoyed by everyone.

The Outreach Committee would like to welcome with thanks, two new volunteers; Judy Beasley and Marion Tomiyama. Thanks also to all our volunteers who came out every month to help make this Program a huge success.

Please join us on **January 15th, 2018** at our first event of the new year appropriately named **"New Beginnings! Welcome a New Year 2018"**. Our musical entertainers will be **Los Gringos**. Register early by contacting Val at our Reception Desk or call her at 403-329-3222. Lots of fun has been organized for you.



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NEW PROGRAMS

Line & Wash - with Donna Gallant, this is an introduction to working with watercolor and pen and ink. January 29 - March 26 (10:00 am - Noon).

Painting Spring Trees in Watercolor - with Donna Gallant, learn cool techniques on how to paint the new foliage and color mixing. April 9 - 30 (10:00 am - Noon).

Beginner's Tai Chi for Health - with Christine Curteanu, practice breathing and meditation technique in a six form Tai Chi routine. February 5 - March 19 (11:30 am - 12:30 pm).

Golfer Conditioning Yoga (Co-ed) - with Melanie Hillaby, get your body ready for the upcoming golf season. February 22 - March 29. (10:00 am - 10:45 am).

**Register at the Reception Desk on Thursday,
January 4, 2018 at 9:00 am.**

Shannon Phillips, MLA Lethbridge West

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



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if I can be of any
assistance."



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therapy students on Wednesday,
January 31st, 10 a.m. until Noon.



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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 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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Gift Certificates Available



A "Thank You" as big as Texas is sent to the Tuesday afternoon card players for their generous donation to the Go Seniors Society towards the purchase of a new bus.

*Donna Takeda,
Go Seniors Society, Treasurer*



Free Tickets

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



Lethbridge Hurricane Season Tickets donated by

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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



AVOID A TUMBLE: WALK LIKE A PENGUIN

- Bend slightly and walk flat footed
 - Point your feet out slightly like a penguin
 - Keep your centre of gravity over your feet as much as possible
 - Watch where you are stepping
 - Take shorter, shuffle-like steps
 - Keep your arms at your sides (not in your pockets!)
 - Concentrate on keeping your balance
 - Go S-L-O-W-L-Y
- 



VALENTINE'S LUNCHEON

FRIDAY, FEBRUARY 9, 2018

11:30 A.M. \$12.00 PER PERSON

Tickets will be available January 9

LIVE ENTERTAINMENT
EVERYONE WELCOME!



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Weekends & Holidays: Closed



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Edmonton River Cree Resort	Jan 14-16, 2018	\$269 pp/dbl
Bonnors Ferry, ID	Feb 20-23, 2018	\$310 pp/dbl
Medicine Hat, Ab	Mar 5-7, 2018	\$260 pp/dbl
Moose Jaw, Sk	April 15-18, 2018	\$425 pp/dbl
Camrose, Ab	May 20-23, 2018	\$235 pp/dbl
Bonnors Ferry, ID	June 3-6, 2018	\$310 pp/dbl
Waterton	Jun 14 - 17, 2018	\$269 pp/dbl
Stoney Nakoda Kananskis	TBA - Call	TBD
Deadwood, SD	Sept 30 - Oct 6, 2018	\$665 pp/dbl

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The beauty of a butterfly
A violet's lovely hue
The serenity of a cloudless sky
All these things are you

The calm that comes before the dawn
The rose that's drenched with dew
The shyness of a newborn fawn
I see it all in you

The love of God from out you flows
In all you say and do
Everyday it grows and grows
It's all a part of you

You've touched my life in special ways
With love and friendship too
And so dear friend through all my days
I shall remember you.

Doreen Taylor
Mind Joggers Group

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CONTRACT BRIDGE



Our In-House Tournament was held on December 15th with 16 members participating and enjoying an afternoon of bridge, snacks and fun, with Christmas prizes for all.

First Place - Priscille Brown
Second Place - Roy MacLeod

Our Bridge players wish all Nord-Bridge Seniors Centre members an action filled 2018!

Louise Kochan

NEW 2018 MEMBERSHIPS \$53.00

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2018 MEMBERSHIP RENEWALS \$50.00

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

ROAD REPORT

We had gorgeous weather as a full bus journeyed to the **Hillspring Barn Dance** for a scrumptious turkey dinner and fine entertainment. Driver George Berg commented that the entertainment was super; some of the songs brought a tear or two to his eyes.

Our final **Mystery Trip, #10** took us to the Movie Mill after enjoying lunch in our Dunford Diner. Not everyone enjoyed the movie, but hey, all mystery trips take us into the unknown. Nevertheless, we aim to please all. So bring us your destination suggestions. Thanks to Jim Cummings for driving the folks to the show.

On Dec. 12, a full bus journeyed to **Broxburn Vegetable Café** for lunch and visited **Green Haven Garden Centre**. Thanks Lucy, for driving us there.

After Christmas, 40 of us took our first ever trip to see the glowing lights of the **Calgary Zoo with the expert driving services of Carefree Express**. I thank all of our day trippers and our drivers for another good year on the road. I hope to see more of you travelling with us in 2018. **FOR A GOOD TIME, GET ON BOARD!**

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.

JAPANESE GARDENS

Join us to see the spectacular

NIGHT LIGHTS!

Thursday, January 18.
Time: 6 - 8 p.m. Cost \$10



MOVIE MILL, THURSDAY January 25 \$10 BUS & LUNCH

Beat the cold and hop onto our bus for an afternoon outing to the Movie Mill.



WATCH FOR THESE TRIPS COMING YOUR WAY IN 2018

CIRQUE DE SOLEIL Medicine Hat this spring
ROSEBUD "DRIVING Miss Daisy" this spring
SHOP & GAMBLE TRIPS: Moose Jaw (incl. trolley rides and Spa), also Edmonton and Medicine Hat.
STETTLER Overnight Train Trip
DRUMHELLER MUSEUM & Passion Play Overnight Trip
OKOTOKS Honey Farm
ASPEN CROSSING/SPRUCE MEADOWS, several trips
WATCH FOR SIGN-UP SHEETS AND BRING US YOUR IDEAS.

MYSTERY TRIPS 2018



#1

Our 2018 Mystery Trips Series begins with Trip #1 on Thursday, February 8th.

This will be something new and very interesting. Don't be disappointed. Sign up early!
COST \$10.00



4th 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 2nd and 4th Wednesdays at 9:45 a.m. Our **Friendly Shuttle** will take you from the Centre for a shopping run to Walmart and back by Noon. Shop, browse or have a coffee. Book now for January 10 and 24.

COST \$3



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