

NORD-BRIDGE SENIORS NEWSLETTER

FEBRUARY



Top from left: New carpeting in corridor and Dunford Diner; one of two new sofas in the main corridor; Executive Director, Randy Smith flanked by Community Foundation of Lethbridge and Southwestern Alberta, Grants Co-ordinator, Caitlin Gajdostik and Executive Director, Charleen Davidson; member Adele Short seated in our T.V. Lounge enjoying the new furniture.

"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



NORD-BRIDGE
SENIOR CITIZENS ASSOCIATION

**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
Sr. Administrative Ass't
Financial Administrator
Director of Programming
Member Support Coordinator
Reception Supervisor
Reception Assistant
Rentals
Red Seal Cook
Cook I
DR/Kitchen Assistant
Janitorial

Randy Smith
Kathleen Filkowski
Tracy Beauchemin
David Ng
Lorri Penner
Valerie Arkinstall
Rita Paju
Kathleen Filkowski
Samantha Ajtay
Bety Castillo
Gail Krysak
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
Harry Fischer (Chair), 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
Library
Mind Joggers
Line & Wash
Painting Spring Trees

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

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

FUNDRAISING

GAMING

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

HEALTH & FITNESS

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

OUTREACH

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

SOCIAL ACTIVITIES

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

SPORTS & RECREATION

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

TRAVEL

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

VOLUNTEERISM

Building Set-up Volunteers
Diner Special Events Coordinator

AFFILIATIONS

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



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.

Pat Santa*, Board Rep
Jim Hahn, Board Rep

Vacant, Board Rep

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

Marko Bosnak*, Board Rep

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

Donalda Stock*, Board Rep

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

Kaz Tomomitsu*, Board Rep

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

Robert Grisak*, Board Rep

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

George Berg*, Board Rep

Valerie Arkinstall
Valerie Arkinstall
Marco Escobar

Jim Hahn, Board Rep

Clay Olsen, Harry Fischer
Eva Deringer

Clay Olsen*, Board Rep

Harry Fischer
Mike Bennett, Clay Olsen
Randy Smith
Robert Tarleck
Helen Gepneris, Vacant
David Ng (and Alberta Health)
Lorri Penner
Harry Fischer, David Ng, Sheila Brust
Harry Fischer
Pat Santa

Some programs & services are
partially funded by the joint Pro-
vincial and City FCSS Program.

Nord-Bridge is a proud
Member of the Alberta
Association of Seniors Centres

PRESIDENT'S REPORT

Nord-Bridge Senior Centre is looking even nicer with the new rugs as well as new seating in the common areas. I have been told that the new couches and chairs are very comfortable and firm. They match the new flooring perfectly. Thanks to Randy, Kathy and Tracy for choosing the furniture.



With sad hearts, the Board has accepted the resignation of Executive Director, Randy Smith. Randy has been a stalwart part of Nord-Bridge for 20 years and his expertise will be missed. At the same time Administrative Assistant, Kathy Filkowski will retire after almost 15 years with Nord-Bridge. Both will end their employment with us effective March 30th. Any organization losing two very valuable and experienced staff members at the same time would find it a bit traumatic. The Board has appointed a Hiring Committee to find Randy's replacement and this Committee will work with that replacement to find the right person to take over Kathy's duties. So please bear with us and all will come out fine in the end.

We will hold our annual **Valentine's Luncheon on Friday, February 9th at 11:30 a.m.** It will be my last Luncheon as your President. I look forward to seeing many of you there. You're also invited to our "Chinese New Year's Buffet" in our Dunford Diner at 11:00 a.m. on Friday, February 16th. Tickets are not required for this special menu event but **don't be late; we expect to sell out!** Also on **Friday, February 16th at 7 p.m. we will host a Valentine's Social & Dance featuring the musical talents of "Don, Vicki & Chris"**. Please join us to dance, socialize and enjoy this popular vocal trio. Tickets are available at our Reception Desk at the price of \$10 each.

After the March 7th Annual General Meeting, I will become Past President for the next three years. I will continue to be available to members at Nord-Bridge should you want to visit. I have never enjoyed any position so much as I have enjoyed being your President and I thank you all for giving me this great opportunity to volunteer.



Pat Santa
President

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

Raymond Blackplume	Jacoba Juhasz
Helen Balaz	Margaret Gillespie
Andy Stump	Sheran Leverick
Arlene Visser	Peter Teerling
Denise Comfort	Gordon Diduck
Judy Wojtowicz	Glen Bossio
Reo Shank	Carol Shank
Tami Gaudry	Cornelis Kuipers
Sharon Mercer	Robbie Bochan
Kathryn Boyd	Pat Schumers
Shirley Gregson	Bill Derry
Rita Johnston	Hazel Ober

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.
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Annually

Annual General Meeting	First Tuesday of April	9:00 a.m.
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ADMIT ONE

ANNUAL GENERAL MEETING and BOARD ELECTIONS

Wednesday, March 7, 2018

9:30 a.m. Multi-Purpose Hall

We appreciate the attendance and participation of our Members.

THANK YOU

SENIOR CITIZENS ASSOCIATION

ADMIT ONE

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LORRI'S CORNER



Ahhhhh February, the month associated with hearts and love! I remember as a young girl, writing out valentine cards for each of my classmates, always being very careful to pick the right one for each person and paying special attention that boys didn't get a mushy one! I relived this memory when my own kids were little and laughed at how even though it was years later, they too paid attention to the messages on the little cards.

What happens when your special someone has passed away or is no longer in your life because of a divorce? We are reminded of years past, receiving a special card, perhaps a little heart shaped box of chocolate and if we were really lucky, flowers, then, realize we won't be giving or receiving this year. As a small gift to you, I invite you to stop by my office until February 14 to pick up a heart and a booklet on how to navigate Valentine's Day after a loss.

Registration for the next **6-week session for Personal Safety with Dan Walton of Savoy Six** is now open! The graduates from the last class did amazing and I sure wouldn't want to tangle with any of them! Learn how to protect yourself in this ever changing world we live in; this course may save your life. It is open to men and women.

Something new is coming to Nord-Bridge on **February 2. Join Barb Cavers for a free session called "Elder Wisdom in the Movies"**. As a group, you will watch a movie and afterward, take part in an engaging discussion about aging with purpose. I invite you to look at the posters on my door and contact Barb directly to sign up. Limited spaces are available.

Registration is now open for the **Grief Recovery 8-week program which will start on March 8**. This is not only for grief relating to a death, but many other losses we experience in life. I invite you to stop in if you have any questions and help you decide whether or not this program could benefit you.

Finally, I have had a few people inquire about **Compass for Caregivers**. This is an 8-week program for people who are caring for a loved one. The last time I offered this program, the participants found it very helpful as they navigated through being a caregiver. If you are interested in attending, please contact me and when I have enough names to offer it, I will let you know!



Lorri Penner, BSW, RSW
Member Support Coordinator

FEBRUARY 2018

M	T	W	Th	F
			1	
		7	8	9
12	13		15	
	20	21	22	
	27	28		

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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!



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*We lessen the expense
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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 are available at the Reception Desk. Nominations will be accepted at the Reception Desk until **4:30 pm on Tuesday, February 13, 2018.**

"HERE TO
SERVE"



RACHAEL HARDER
LETHBRIDGE ALBERTA MP

403.320.0070

@RACHAELHARDERMP

RACHAELHARDER.CA



EXECUTIVE DIRECTOR'S REPORT

Greetings Members;



I trust you have been in the Centre over January, and seen the new carpeting that has been installed in the Dunford Diner and Annex, the Main Entrance Corridor, and other areas of the Centre. There is just a little more to go in the West Corridor and Reception Desk area. Somehow the vendor was a little short on quantity. We anticipate the entire job, including all sub-floor repairs, will be completed within the next two weeks (by mid-February). Thank you for your patience and cooperation in allowing us to temporarily close down areas, and re-route foot traffic, as we worked on the project. I believe virtually all members are happy with the results. We have received lots of positive comments on the colours and pattern of the replacement carpeting. The ladies seem to be saying it will hide minor spills and stains. We also chose carpet tiles, as this will provide flexibility to address minor replacement issues that might develop. I again express the heartfelt gratitude of Nord-Bridge to the **Federal New Horizons Program for Seniors** that **made this building upgrade possible with a grant of \$25,000.** We were subsequently able to receive **another \$15,000 grant towards the project from the Community Foundation of Lethbridge and Southwestern Alberta.** Included in the Foundation sum was \$1,500 from the Lethbridge Automotive Dealers Association. Finally, we sincerely thank the many members of Nord-Bridge that responded to the **\$100 x 100 plus Campaign** organized by Past President Jim Hahn. It raised another \$10,000 plus for the work that has been done. Our carpeting, and sub-floor repairs project was 100% funded with new money.

With the new carpeting looking so good, we also decided in January to replace very old couches and seating in our TV Lounge, Central corridor, and Front vestibule / "Go Friendly" transportation pick-up areas. We were able to purchase appropriate senior friendly, firm cushioned seating, at "after New Years sale pricing". The products chosen nicely match the colours of the flooring and rest of the building. These replacements were included in our current capital budget.

On another topic, you may have seen the recruitment in the Lethbridge Herald seeking a new Executive Director for Nord-Bridge. Yes, I recently tendered my resignation with Pres. Pat Santa and the Board, effective March 30, 2018. I have worked for Nord-Bridge for the last twenty years, starting in January 1998. I feel I have come to the stage in life and career that it is now appropriate to retire from full-time employment. I want to spend more time with my dear wife Janay; our children and grandchildren; and to support the needs of family members. The timing of my retirement will allow for financial and achievement report preparations for the March 7th Annual General Meeting. Between now and then, I will focus my attention on supporting the activities relating to reporting, and transferring of duties on Nord-Bridge matters. It should also provide for ample time for any transition activities the Board may desire between myself and your new leadership.

I thank the current and previous Boards and Executive Officers for their support and friendship over my years of service. I also express thanks to current, and previous staff for their support and team efforts on behalf of our Association. I am proud of Nord-Bridge's growth and accomplishments, especially its debt free ownership of the Nord-Bridge Seniors Centre. We purchased the building in 2000/01. I certainly wish the Board, membership, and staff well as it carries on the delivery of important services and supports to seniors. I feel the Association can have a very positive future as it focuses upon, and achieves the objectives outlined in the "Nord-Bridge Strategic Plan 2017 – 2020", approved by the Board last October. I anticipate this will be its legacy.

I also announce the retirement of our Administrative Assistant, Kathy Filkowski. Kathy too will depart Nord-Bridge on March 30. She has been kind enough to defer her retirement until my departure. She has worked for Nord-Bridge, and provided significant support to myself, our Board, and staff for almost 15 years. Her resignation letter in part reads "It is time for me to join Dale in retirement and take time to do the things I have been putting off." Some of Kathy's duties at Nord-Bridge included the publishing of this *Newsletter*, the Annual Report, booklets, and advertising. She also managed facility bookings and arrangements. She has been a great help in many ways too numerous to mention. She too will help with the training of replacement staff and transitioning.

Respectfully yours,
Randy Smith, Executive Director

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
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Brad Lindsay, BC-HIS
Registered Hearing Aid Practitioner

From the Desk of Val

ROSES ARE RED, VIOLETS ARE BLUE.....

You guessed it, this is the month of L-O-V-E as we celebrate Valentine's Day on the 14th. On that day many sweethearts will get red roses and chocolates. Don't forget your sweetheart or you'll get on their S***LIST.



By the time this Newsletter goes to print, I will be away from my desk soaking in some hard earned winter sunshine in the Grand Canyon state, visiting interesting places which I have never been to. In my absence, Rita will be here full time to answer your inquiries and help you with your 2018 membership renewals, program registration or getting you an appointment with our Fitness 55 Club personal trainer, Jim Scott. We have been extremely busy at the Reception Desk especially between 11 a.m. and 1 p.m. so we really appreciate your patience during those very busy segments of the day. Many 2018 travel outings are organized now and sign-up sheets are ready. We are offering some interesting and fun destinations and adventures for you. If there is a trip that we missed, or a new one you can recommend make sure you tell Rita or myself.

February can be a blah month but our "Friendly Centre" is open five days a week and the coffee pot is always on. I will see you all come rain or shine or more likely ice or snow on Monday, February 5th.

Valerie

Programmer's Report by David Ng



Our Centre is a vibrant hub of social activities and programs. We have some really great things happening these days. If you're only accustomed to attending Nord-Bridge on specific days, I would highly recommend stopping in on a day you don't normally attend to witness and take part in the many fun activities we have here.

This month we have a couple of programs starting up. Tai Chi starts on Monday, February 5th at 11:30 am. It's never too early to start thinking about golf season. Sign up for Golfers Conditioning Yoga starting Thursday, February 22nd at 10:00 am. That hole-in-one may just be a yoga stretch away. There is still time to register for these programs. To register, or for more information please visit the Reception Desk.

Cancellations this month include: Floor Curling, Keep Fit and Floor Shuffleboard on Thursday, February 1st, due to a rental. Clogging will be suspended until further notice. All registered participants will be contacted when the program is set to resume.

Starting Monday, February 26th volunteer Sheila Brust will once again be manning the Community Volunteer Income Tax desk located in the main corridor. Sheila will start to book appointments for you (in person or by phone) with one of our volunteer income tax filing team members. Prior to booking your appointment, please ensure you have all of the necessary 2017 income tax documents.

Free Massages this month will be on Wednesday, February 28th from 10:00 am until Noon in the Craft Room with the Lethbridge College Massage Therapy Students. Please support the students and take advantage of these visits which give the students the opportunity to put their therapeutic massage skills into practice and develop client-therapist relationships. Most importantly, you get a free neck and back massage!

If you participated in the 2017 Fall In-House Tournament, please note the awards luncheon for this event is on Friday, March 9th at 11:00 am in the Multi-Purpose Hall. Awards will be handed out at 11:00 am and lunch will be served at 11:30 am. If you would like to purchase additional tickets for spouses or other guests please see the Reception Desk.

Cheers, David

EUCHRE REPORT Rodney Foster, Convener



February is a short month, it brings us closer to spring, sooner! **Don't forget your Valentine on February 14.**

Euchre lessons begin every Wednesday, at 12:30 p.m. in the Dunford Dining Annex followed by regular games at 1:00. Join us for a fun time.

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

Ann Sera, January 4, \$249
Denise Cole, January 25, \$180

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

Eric Millband \$255, January 26
Next Draw February 23

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

Jan. 8 Dave Hoffarth \$42 / Pat Waddle \$42
Jan. 15 Alvin Witt \$53 / Noel Burles \$53
Jan. 22 Gwen Witt \$36 / Sandy Fischer \$36
Jan. 29 Angie Randa \$44 / Mike Bennett \$44

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

Friday Dunford Diner Lunchtime Entertainment

Feb. 2 Karen

Feb. 9 Yvonne Nelson

Feb. 16 Chinese Buffet

No entertainer this day. Just good food!

Feb. 23 Anne Pauls

Schedule Subject to Change



NORD-BRIDGE BUILDING FUND RECENT DONORS

Nord-Bridge In-House Bingo (year of 2017) \$18,719
Walter Nowell \$50 Deborah Morgan \$50
Murielle Nikles \$100 Zoltan & Ann Sera \$200
Anonymous \$100 Rita McEwen \$100
Russell Scratch \$500 Douglas Cole \$100

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2018
through January 26, 2018 : **\$1,556**



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	85%

Total Contributions to our

Building Fund 1998 through 2017

\$ 2,124,885

Still needed by N-B Fundraising

\$ 375,115

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 \$114,080 in funding for our Centre in 2017.



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!

CASH, DEBIT, MASTERCARD & VISA ACCEPTED

Friday Lunch Features

Feb. 2 Veal Cutlet with Roasted Potato, Veggies & Gravy \$7.50

Feb. 9 Valentine's Special Luncheon* \$12.00 Ticket Required
Soup, Sandwich & More in the Multi-Purpose Hall

Feb. 16 Special Chinese Buffet* \$9.50 TICKET NOT REQUIRED

Feb. 23 Liver & Onions with Mashed Potato, Gravy & Veggies \$7.50

All You Can Eat Breakfast Buffet First


Wednesday of each month 8:30 to 10:30 \$8.00

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



February



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>The Taxman Cometh Don't delay. Make your appointment with Seniors Helping Seniors beginning February 26. Call Sheila at 403-329-3222 as soon as you have all of your tax documents in order.</p>		<p>1 9:00 Card Crafters 9:30 Mind Joggers 1:00 Acrylic Painting 1:00 Woodcarving 1:00 Trump Whist 1:00 Duplicate Bridge 5:30 Zumba</p>	<p>2 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>Groundhog Day </p>
 Now accepting VISA, MASTERCARD & INTERAC TRANSACTIONS AT OUR RECEPTION DESK & DUNFORD DINER				
<p>5 9:00 Yoga 9:30 Jammers 10:00 Floor Curling 10:00 Line & Wash 10:15 Chair Yoga 11:30 Tai Chi 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts</p> <p>GRANDPARENTS fill the world with LOVE</p>	<p>6 10:00 Music Makers 11:00 Keep Fit 1:00 Texas Hold'em 1:00 Canasta 1:00 Norwegian Whist 1:30 SCRABBLE 7:00 Line Dance</p> 	<p>7 8:30 Breakfast Buffet 8:45 Yoga 9:30 Carpet Bowling 10:15 Paper Tole 10:30 FOOT DR. 10:45 WINNERS BINGO 11:00 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Advantage Hearing By Appointment 3:00 Fitball 7:00 Table Tennis</p> 	<p>8 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</p> 	<p>9 Member Portraits 10 to 11:30 a.m. 9:00 Pilates 9:00 Paper Tole 9:30 Carpet Bowling 10:15 Chair Yoga 11:30 Valentine's Luncheon 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p> <p>BINGO</p> 

<p>12</p> <p>9:00 Yoga 9:30 Jammers 10:00 Floor Curling 10:00 Line & Wash 10:15 Chair Yoga 11:30 Tai Chi 1:00 Contract Bridge 1:00 Military Whist 1:30 Outreach HEARTS & MORE HEARTS featuring Tom and Curt</p> 	<p>13</p> <p>9:00 Legal Consults By Appointment 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 7:00 Line Dance</p> 	<p>14</p> <p>8:45 Yoga 9:30 Carpet Bowling 10:00 Floyd & Friends Musical Entertainment 10:00 Coffee With a Constable 10:15 Paper Tole 10:45 WINNERS BINGO 11:00 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball 7:00 Table Tennis</p> 	<p>15</p> <p>9:00 Floor Curling 9:00 Card Crafters 9:30 Mind Joggers 10:00 Leth. Hearing By Appointment 11:00 Keep Fit 1:00 Acrylic Painting 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 1:00 Duplicate Bridge 5:30 Zumba</p> 	<p>16</p> <p>9:00 Pilates 9:00 Paper Tole 9:30 Carpet Bowling 10:15 Chair Yoga 11:00 Chinese Buffet 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p> 	
<p>19 CENTRE CLOSED <i>Family Day</i></p> <p>26</p> <p>9:00 Yoga 9:30 Jammers 10:00 Floor Curling 10:00 Line & Wash 10:15 Chair Yoga 11:30 Tai Chi 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts</p>	<p>20 & 27</p> <p>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 3:00 Arthritis Exercise 7:00 Line Dance</p> 	<p>21 & 28*</p> <p>8:45 Yoga 9:30 Carpet Bowling 10:00 FREE MASSAGE* 10:15 Paper Tole 10:45 WINNERS BINGO 11:00 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball 7:00 Table Tennis</p> 	<p>22</p> <p>9:00 Floor Curling 9:00 Card Crafters 9:30 Mind Joggers 10:00 Golf Yoga 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>23</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. ADVANTAGE HEARING - FIRST WEDNESDAY OF THE MONTH (by appointment). ALZHEIMER SOCIETY'S REP. MIKAELA, THIRD WEDNESDAY OF EACH MONTH AT 10 A.M. IN THE DUNFORD DINER. CENTRE CLOSED ON MONDAY FEBRUARY 19. 					<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. LETHBRIDGE HEARING - THIRD THURSDAY OF THE MONTH (by appointment). TRIP: OUT & ABOUT - SHOPPING TRIP TO WALMART, FEB. 7 AND 28 TRIP: MYSTERY TRIP #1 - THURSDAY, FEBRUARY 8 TAX PROGRAM STARTS FEBRUARY 26 (for those with all documents in order) WINNERS BINGO: FEBRUARY 7, 13, 14, 20, 21, 27, 28 DR. BOLOKOSKI NOW AT 10:30 AM. FUTURE DATES INCLUDE: APRIL 4, MAY 30, JULY 25, SEPT. 19, NOV. 14 ALL 2018 



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established 1906

Upcoming FREE consultation dates:
Tuesdays(s) February 13 & March 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.



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government forms?**

Contact **"Seniors Helping Seniors"**
here at Nord-Bridge. We have friend-
ly, trained **VOLUNTEERS** to help.
Call us at **403-329-3222** to make an
appointment.



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



CONDOLENCES WERE SENT TO...
The Klim Family, loss of Larry; Rudy Grams & Family, loss of sister; Sheila Dietzen & Family, loss of brother; Wright Family, loss of Harry; the Lind Family, loss of Gerry; the Thompson Family, loss of Joe; the Birch Family, loss of Dennis; and the Erman Family, loss of Nelson.

GET WELL & HEALTH WISHES WERE SENT TO...

Fred Mehlhaff, Lillian Peters, Norene Irwin (hip surgery), Janay Smith (knee surgery), Sandy Nowell (knee problem), and Faye Cain (pneumonia); all at home. Please let us know if you are aware of any member who is ailing at home or in the hospital. A card, a friendly phone call or a visit means that someone cares.



OUTREACH REPORT

Donalda Stock, Board Representative

"Fun at the Winter Olympics 2018" was the theme of our January event. Our lively entertainers "Los Gringos" from Ta-ber were excellent. Their upbeat tunes were good enough to get a few guests up and dancing.



The table centerpieces were designed and created by Joan and her family. Joan's talented son and granddaughter spent their own time designing and creating the Olympic rings and a flaming torch.

Groups in attendance included Good Sam's - West Highlands, Good Sam's - Park Meadows, Quest, DaCapo, Rehoboth, Seasons, and Ability Resource. In all, 22 volunteers including entertainers, hosted 94 guests. Thanks again to our dedicated volunteers; without you we could not put on such a wonderful program.

Our next event, on February 12th at 1:30 p.m. "**Hearts and More Hearts - Cupid's Special Day**" will feature the ever-popular music of **Tom & Curt**. **WEAR RED!**



Notice to Members



NORD-BRIDGE
SENIOR CITIZENS ASSOCIATION



Annual General Meeting
Wednesday, March 7, 2018
9:30 am
Multi-Purpose Hall

On the Agenda will be Activity & Program Reports
2017 Audited Financial Statements
A Special Resolution to Amend the By-Laws
For a copy of proposed By-Law changes,
visit the Reception Desk.

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 compliments of **Lethbridge College**
therapy students on Wednesday,
February 28th, 10 a.m. until Noon.



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

BOARD REPORT

By Marilyn Gillies - Education Representative



Nord-Bridge activities that are included under the **Education** heading are: Acrylic Painting, Paper Tole, Wood Carving, Watercolor, Krafters Koffee Klub, Quilters Group, Card Crafters, Library, Mind Joggers, Line & Wash, and Painting Spring Trees.

Many of the groups contacted really appreciate the social aspect of their classes. People return session after session because they like to meet new friends. Most of the classes are full and sometimes lack of space limits the number of participants. This is also a concern of the Card Crafters when it comes to storage of supplies. The Library would have more book shelves if the room was bigger. Seems like Nord-Bridge is exploding at the seams! In short, the classes are well attended and the instruction is great.

Saturday, May 26! Watch for announcements.

*under northern lights
Gala*

2018



COFFEE WITH A CONSTABLE

Constable Les Vonkeman of Lethbridge Police Services, will be here on the second

Wednesday of each month, from 10 to 11:30 a.m. in the Dunford Diner to chat with you about law enforcement issues or elder abuse concerns.



**YOUR
FRIENDLY
GEEK**



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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.

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**2017 \$100 X 100 plus
Campaign
Final Report**

You read about our **\$100 X 100 plus Fundraising Campaign** in the December 2017 Nord-Bridge **Newsletter** where we reported: "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." I am very pleased and excited to report that the **2017 Campaign reached a total of \$10,815 through donations by members and friends of Nord-Bridge**. Also in the December article we listed 31 donors. The table below lists the rest of our donors.

New Connections	Yoga Program	Mary Roberts
Gordon Vaselenak	C & C Figenshau	E Unger-Pengilly
Margaret Thole	Valeria Lazzaretto	Penny Baker
Sandi Baceda	Dianne Lewicki	Carolyn Herle
Marla Brown	Joanne Amonson	Olga Sinclair
Chris Kaytor	Kathy Gill	Pat Waddle
A & M Fletcher	June Cameron	Elsie Frayn
Les Marles	In Memory of Don Ward	Ben Bell
H & W Holz	Betty Miller	Elvin Deinstadt
Murielle Nikles	Deborah Morgan	Ann & Zoltan Sera
Rita McEwen	Walter Nowell	C & L Olsen
K Thomas	Roy Swidinsky	Douglas Cole
	10 Anonymous	

The Fundraising Committee thanks everyone who contributed to this Campaign. Your response was awesome! *Jim Hahn*

TEAM SPIRIT: Some members of the 2017 Yoga, Chair Yoga and Pilates classes collectively came up with the idea of taking a group collection in support of Jim Hahn's **2017 \$100 X 100 plus Campaign** for new carpeting (Building Fund).

Several members of the group generously donated to the fund and collected a total of \$865. Our Board and Fundraising Committee thanks all of them for their financial support and their much appreciated team spirit! We hope you like the new flooring!



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

Hours of Operation

Monday-Friday: 9:00 am - 5:30 pm
Weekends & Holidays: Closed



ALBERTA 55 PLUS
For Active Albertans!



"Alberta 55 Plus" 2018 Spring Provincial Games will be held in **Camrose, AB** on **May 18, 19 and 20**. The games will include: **Scrabble, Floor Curling, Cribbage, Contract Bridge, Military Whist, Snooker, 8 Ball, Crafts and Writing.**

Anyone interested in participating in these games should contact **Clay Olsen** at **403-382-0492**. **The deadline for entries is April 16, 2018.** All participants must be a current member of **55 Plus**.

**Clay Olsen, Activity Director
Alberta 55 Plus, Zone 1**



Terry Toth
B. Sc. Pharm.
Pharmacist

Chad Baker
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~Traveling Together~

GIFT CERTIFICATES AVAILABLE

Bonnars Ferry, ID, Inn Lodge	Feb 20-23, 2018	\$310 pp/dbl \$345 pp/dbl
Medicine Hat, Ab	Mar 5-7, 2018	\$260 pp/dbl
Moose Jaw, Sk	April 15-18, 2018	\$425 pp/dbl
Camrose, Ab	May 20-23, 2018	\$235 pp/dbl
Bonnars Ferry, ID	June 3-6, 2018	\$310 pp/dbl
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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HIGHER LEARNING by Jack Simmons

Mind Joggers Group

As a small boy in my preschool days, I turned five in March then I started school in September. I was an inquisitive little boy who absorbed every little detail. My dad's grandmother, my Great Grandma Simmons, lived in Calgary. Christ we learned, in the little country church near our farm in southwestern Manitoba, died on a cross at Calvary. And when we attended the movies put on at the Memorial Hall in the town of Minto on Saturday nights, many of them were about the cavalry.

Maybe you can now see the confusion this would have for a little boy of five just entering manhood. I tried to figure it out for myself; I didn't ask my sister Lynn. I should have, as she was 17 months older than me so was older and wiser. Was Calgary the same place as Calvary and was the cavalry the Lord's Army? This dilemma had created so many possibilities such as; did Great Grandma live close to where Jesus was put to death on the cross; and when Dad was a soldier was he in the cavalry and therefore in the Lord's Army? I can't remember how I solved this problem but it was solved.



We often wonder how children have such poor concepts but I think they are just trying to figure it out for themselves and this is the original concept of true higher learning.



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SENIOR CITIZENS ASSOCIATION



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PLEASE NOTE: ALL NON-MEMBERS must pay an additional \$25 for all Nord-Bridge trips.

ROAD REPORT

January was a cold and snowy month so our buses did not go too far. However, our smaller bus took in the **JAPANESE GARDENS NIGHT LIGHTS** display and the local **MOVIE MILL** outing just to get the bus running and to get us some fresh air and entertainment.

The **OUT & ABOUT** shoppers enjoyed going to Walmart to purchase groceries and personal items. Thanks to drivers **George, Lucy**, and "Go Friendly" **Dave** for taking these outings.

Check out our trips in the planning stage further down on this page and watch for sign-up sheets at the Reception Desk. Don't procrastinate; he who hesitates, stays home!

Non-members are welcome to travel with us. However, there is an additional charge of \$25 on any trip for non-members. This upcharge is one-half the cost of membership so you might want to consider joining our Centre for travel considerations and many other benefits.

Please note that the **OUT & ABOUT** Walmart shopping trip schedule is changed for February due to driver/bus availability. These trips will roll on February 7th and 28th.

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.

DRUMHELLER - PASSION PLAY
Friday-Saturday, July 20 - 21 including a side trip to the **TORRINGTON GOPHER MUSEUM**. **COST \$200** (double occ. only available). **\$100 deposit required by February 20th balance due by June 1st.**



WEDNESDAY, MARCH 14 - STAGE WEST DINNER THEATRE: A SHERLOCK HOLMES MYSTERY...BASKERVILLE. COST: \$93. Non-mbr Cost \$118. Taking names now! Pay by Feb. 16th.

WEDNESDAY, APRIL 25th ROSEBUD THEATRE
"A warm-hearted comedy of an unlikely friendship". **COST: \$106 member; \$131 non-member. Confirmed - Sign up now!**



WATCH FOR THESE TRIPS COMING YOUR WAY IN 2018

- ☺ **ETZIKOM MUSEUM** - June
 - ☺ **WATERTON LAKES** - July
 - ☺ **WRITING-ON-STONE INTERPRETETIVE CENTRE, Milk River Valley** - August
 - ☺ **CHINOOK HONEY FARM** - August
 - ☺ **SASKATOON BERRY FARM** - August
 - ☺ **CROWSNEST PASS COUNTRY DRIVE** - September
 - ☺ **SPRUCE MEADOWS CHRISTMAS EVENT** - November
 - ☺ **ASPEN CROSSING TRAIN RIDE, Mossleigh** - December
- DO YOU HAVE A FAVOURITE DESTINATION? LET US KNOW!**

MYSTERY TRIPS 2018



Trip #1: Thursday, February 8th is already **SOLD OUT**.

Trip #2: Thursday, March 22nd likewise is already **SOLD OUT**.

Trip #3: Thursday, April 19th Cost \$25
Includes bus, guided tour and \$5 Dunford

Diner lunch at 11 a.m. Bus departs from our Centre at noon. **Don't be disappointed; sign up early!**



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.

OPTIONAL SIDE TRIP: Cranbrook Railway Museum \$13.75 extra.

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 monthly on 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 February 7 and 28.

COST \$3

ATTENTION MEMBERS & FRIENDS

Sign in

ALL VISITORS TO NORD-BRIDGE, MEMBERS, AS WELL AS NON-MEMBERS, SHOULD SIGN IN. Sign-in sheets are located at the Reception Desk and in the west entrance corridor, opposite the West Community Room. Last year we counted 53,711 visits, a drop of 5% over 2016. We know this number is lower than our actual attendance but can't prove it. Actual attendance can only be supported by the sign-in sheets. This verifiable data helps us when we apply for grants, or when we promote the vitality and inclusiveness of our Centre to local, provincial and federal representatives, their committees and others. **PLEASE HELP US GET AN ACCURATE COUNT. SIGN IN EVERY DAY YOU VISIT!**



VALENTINE'S LUNCHEON

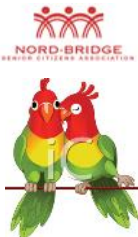
FRIDAY, FEBRUARY 9, 2018

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

Tickets will be available January 9

LIVE ENTERTAINMENT

EVERYONE WELCOME!



CHINESE NEW YEAR LUNCH BUFFET



NORD-BRIDGE DUNFORD DINER
FRIDAY, FEBRUARY 16, 11:00 A.M.

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SENIOR CITIZENS ASSOCIATION

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We are pleased to present....

A Valentine's Social & Dance
featuring the sounds of
Don, Vicki & Chris
Friday, February 16th
At 7 p.m. in the Multi-Purpose Hall

Tickets \$10.00

Available at the Nord-Bridge Reception Desk

Proceeds will benefit the Building Fund



Cash Bar



Our show is presented with
the help of this Community
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Thank you!



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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