

NEWSLETTER

MARCH 2018



END OF AN ERA

Executive Director Randy Smith will retire at the end of March.

After 20 years Randy has decided to join his wife Janay in retirement, and spend more time with her and their family, including seven grandchildren. Randy joined Nord-Bridge when it was housed at the Bill Kergen Centre. He was instrumental in arranging the purchase and re-development of our present location.

See Page 5

"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
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



**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

March is here and I am looking forward to spring-like weather soon. The unusual amount of snow and cold temperatures have worn out their welcome. Time for a **change**.

Change is the topic of my report. We at Nord-Bridge will witness several changes in staffing as well as in your Nord-Bridge Board. March will see a new Board President and a new Executive Director at the helm. The announcements for these positions will occur at the **Annual General Meeting Wednesday March 7th at 9:30 AM. This meeting is important so please try to attend.** Our new Executive Director will take over at the end of March. Our new President will take over after the AGM. **Kathy Filkowski, our Executive Assistant, will retire at the end of March as well.** This will be an exciting time for Nord-Bridge as we look into the future under new guidance. I will continue as your Past President for the next three years, so you will not be rid of me yet. I want to thank **Randy Smith and Kathy Filkowski** for their great years of service and support.

Member Support Coordinator, Lorri Penner is offering a **Grief Recovery Program for 8 weeks. Information and registration cost can be obtained** at the Reception Desk.

I want to thank all Nord-Bridge members for their trust in me. I have really enjoyed being your President and I look forward to working with the new President and Board in the future.



President,

Pat Santa



MINERS BANQUET RAFFLE TICKETS

2 for \$5 or 1 for \$3

**4 Prizes: Lift Chair, Quilt,
Auto Spa and Framed Paper Tole Art**

DRAW DATE: TUESDAY, MAY 1 2018

AT THE MINER'S BANQUET

BUY TICKETS NOW AT THE NORD-BRIDGE CRAFTS BOUTIQUE



**Now accepting VISA, MASTERCARD & INTERAC
TRANSACTIONS AT OUR RECEPTION DESK & DUNFORD DINER**

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

Doreen Pointek	Bob Ferris
Dianne Setoguchi	Teresa Jones
Lu Babe	Marion Fleming
Charles Ruhlmann	Margaret Fletcher
Ivie Wheeler	Walter Genesis
Lloyd Cavers	Sandy Mortimer
Harold Rowley	Burt Green
Ivan Hoffman	Ilse Hoffman
Shirley Kinakin	Julie Magill
Mark Rowe	Geoff Thomas
Nola Mutter	Judy Legh
Pamela Thomas	Anonymous
Patricia Latimer	William Latimer

Shaw) Go



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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LETHBRIDGE, AB T1J 0J3**

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604 - 6 Street South • Lethbridge
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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

March is here and so is spring! What a long winter this has been... I am ready for an end to this cold and all the snow. BRRRRRR!



This month we are taking registrations for a new program. **Grief Recovery** starts on Thursday, March 8 for eight weeks. This is not a drop-in group but rather a structured, action based educational group that addresses death, divorces, retirement, and other life changes. Loss and grief are about the emotions we feel when everything we are familiar with changes. This course is being offered at Nord-Bridge for a significantly reduced rate because we believe it is life changing. All materials will be provided for this, including the text book.

Give yourself this gift.

Please register at the Reception Desk as soon as possible to ensure it is not cancelled.

**"Some old-fashioned things like fresh air and
sunshine are hard to beat."**

~ Laura Ingalls Wilder

Lorri Penner, BSW, RSW
Member Support Coordinator

MARCH 2018

M	T	W	Th	F
			1	
	6	7	8	
	13		15	
19		21	22	
	27	28	29	



12 VOLUNTEERS

PARK MEADOWS ARE NEEDED FOR OUR

SENIORS & KIDS PROGRAM

Volunteers will play cards and board games with (46) kids from **PARK MEADOWS ELEMENTARY SCHOOL** from 9:15 to 10:30 a.m. on two **Thursdays, March 22 and 29** in our Multi-Purpose Hall. If you would like to join in on this fun experience contact Val or Rita at our Reception Desk.

ATTENTION MEMBERS & FRIENDS



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!**



**JOIN MP RACHAEL HARDER FOR
"COFFEE & CONVERSATION"
IN OUR NORD-BRIDGE DUNFORD DINER
FRIDAY, APRIL 20
FROM 10 A.M. UNTIL 11 A.M.
LET RACHAEL BRING
YOUR CONCERNS TO OTTAWA**

**WISHING
YOU A
BLESSED
AND
JOYOUS
Easter**



RACHAEL HARDER
LETHBRIDGE ALBERTA MP

403.320.0070

@RACHAELHARDERMP

RACHAELHARDER.CA



EXECUTIVE DIRECTOR'S REPORT

Greetings Members;

Twenty plus years ago when I joined Nord-Bridge as the Executive Director, I was hoping we could take a relatively small non-profit, and build it into a stable and vibrant force for seniors in our community. At the time Nord-Bridge had 265 loyal [current or former] north-siders as members, and we had existed in various locations for some 20 years. The Association had registered as a society in 1980, and we had moved into the Bill Kergan Centre in 1984. Our rent paid to the City in 1998 was \$26,603 dollars. At the end of 1998, We had cash and assets of \$288,000, including a Building Fund Reserve of \$160,000.



I am rather proud of the fact that today, Nord-Bridge owns its own building, recently appraised for insurance purposes at \$5 million. Today's City Tax Assessment is just short of \$3.5 million. The higher number is likely more reflective of a conservative replacement cost. Thus regardless of what the final number would total, we are fortunate to have significant assets, and no bank debt on our building. We made our last payment on the Centre in 2012. But more importantly, the Nord-Bridge Seniors Centre is well used by 1,400 members annually, who attend some 75 programs each season in the Centre, many of which are offered on multiple occasions each week. Daily visitation at Nord-Bridge ranges between 200 and 250 people, and this does not include the general public who visit our seniors centre for various community events, services, and evening rentals. Nord-Bridge in real terms is the most well attended / active multi-purpose public use facility in North Lethbridge. We have certainly come a long way since our humble beginnings around a North Lethbridge kitchen table. We are one of the largest seniors centres in the Province, and one of only a few who own and operate their own facility. In every other instance, those that do have equity in a facility operate on municipal or provincial lands, and operating costs are generally subsidized.

Nothing that Nord-Bridge has done over the last twenty years could have been accomplished without engaging in many, many collaborations. Our members, funders, colleagues, community organizations, board members, staff, volunteers, and instructors have all contributed to make Nord-Bridge a place with programs and services that address individual needs, and build on the strengths of the seniors we serve.

I would like to express my gratitude to everyone who has contributed to the success of Nord-Bridge over the last many years. To colleagues from the City, the Province, the Federal Government, the Community Foundation, the City's educational institutions, local non-profits, and to a great business community, I express sincere thanks. You have all made my job fulfilling. When I decided to retire, I knew this was the right time. We have just completed a multi-year Strategic Plan that looks forward over the next few years. This plan also sets out goals to be achieved as Nord-Bridge advances into the future. We have a keen governance in place, and certainly a strong staff who are capable in delivering valued programs and services. Our volunteers are superb and are willing to take on significant and rewarding roles.

To everyone who has participated in, worked for or with Nord-Bridge, thank you for all you have done to make our Seniors organization such a vital part of the lives of so many individuals. Each of you have contributed to making Nord-Bridge a warm and welcoming place that meets the needs and supports the strength of seniors. Nord-Bridge has certainly achieved its goal or motto of being known as "The Friendly Centre".

My job as Executive Director has been so enjoyable and rewarding because of the amazing people with whom I have worked.

Sincerely,
Randy L. Smith,
Executive Director, 1998 - 2018

Saturday, May 26! Watch for announcements.

*under northern lights
Gala*

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!

403-320-5051



Brad Lindsay, BC-HIS
Registered Hearing Aid Practitioner

From the Desk of Val

IRISH EYES ARE SMILING!

We called ourselves "The 3 Amigos". I am not Irish but, my eyes sure opened wide and did lots of smiling recently, when I made my way down to Yuma, Arizona to see the sights and learn how some of our friends retire. Going into Algodones for Mimi's birthday party was exciting, although being my first time in Mexico, it was a little overwhelming. In spite of this, I thoroughly enjoyed myself and I will do it again!



Members Alan Rose and Mimi Edwards show Yours Truly, how to be a Snowbird as we celebrate Mimi's birthday in Algodones, Mexico.

The entire trip was an awesome adventure for me. I met great people from all over the western provinces and U.S. and as far away as Minnesota and New Jersey. Now I know why North Americans go south for the winter. The weather was warm while I was there, perfect really. Coming back to Canada was an eye opener WITHOUT smiles. After a bumpy ride I landed in Calgary only to be welcomed by blustery, cold weather with lots of snow. The Deerfoot Trail was closed due to lousy conditions and multiple accidents. I wonder now, did I bring it on myself with my dire prediction in my last article?

At the Reception Desk we have signed up 26 new friends and are working at bringing in some more late renewals. I encourage anyone who still needs to renew to please do so as soon as possible before we do the annual audit on our Daily 50/50 chips in the first part of March.

Have fun and stay connected here at
Nord-Bridge Seniors Centre!

Valerie

Programmer's Report by David Ng

We're bursting at the seams in our Keep Fit classes. We have 82 members registered for the program and we're averaging close to 60 members attending the classes regularly on Tuesdays and Thursdays. We now have added an additional class on Tuesday afternoons from 1:30 pm to 2:15 pm.



The afternoon class is a combination of both Tuesday's aerobics and Thursday's strength-stability-stretch class. Instructor, Melanie has structured the Tuesday afternoon class for those who can only make one class during the week or for those who prefer to exercise in the afternoon. Keep Fit classes are for members only and a \$20 sessional registration fee applies.

Income tax season is here and our volunteers are ready to help you file your 2017 personal income taxes. Sheila has started to book appointments. Stop by her desk located in the main corridor Monday - Friday 9:00 am to 4:00 pm or call 403-329-3222 to book an appointment. Please ensure you have received all your tax slips / documents before you book an appointment. Under the Community Volunteer Income Tax Program parameters our volunteers can only help file simple tax situations, where you have no income, or your income comes from employment, pension, CPP, Disability, Employment Insurance, Social Assistance or RRSP's.

Over the last year, we have been programming special themed lunches and entertainment (St. Patrick's Day, Cinco De Mayo and Canada Day BBQ celebration). Last month we hosted a very successful Chinese New Year Buffet. We served 140 plates of delicious Chinese cuisine. Our next themed lunch and live entertainment event takes place on March 16th. Join us for our 2nd Annual St. Patrick's Day Celebration. "Celtic Routes" (John King, Darlene Waldie and Don Breuer) will perform Irish, Celtic and Maritime music from 10 am until 1 pm. The kitchen will serve Irish themed specials (please note grill is closed during this event) and in keeping with the St. Patrick's Day theme we, will be serving beer on this day. Remember to wear something green.



**SANDY & HARRY FISCHER AT
CHINESE NEW YEAR BUFFET**

PROGRAM CANCELLATIONS THIS MONTH INCLUDE

March 7th: Paper Tole, Carpet Bowling and Line Dancing, due to our Nord-Bridge Annual General Meeting. **March 9th:** Carpet Bowling due to our Annual In-House Tournament Awards Luncheon. **March 22nd and 29th** Floor Curling, to accommodate our "Seniors & Kids" program.

Cheers, David

EUCHRE REPORT Rodney Foster, Convener

March 11: Daylight Savings begins.

March 17: St. Patrick's Day. **March**

20: First day of Spring. All good things, but sadly... **March 30:** Our Newsletter Editor leaves us; I wish her well in retirement.



The Euchre group meets on Wednesdays in the Dunford Diner Annex. Lessons begin at 12:30 followed by games at 1 p.m. I hope to see you there!

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

Edna Foster \$155 - February 12

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

Zoltan Sera \$215 February 23
Next Draw March 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

Feb. 5 **Mike Bennett \$28 / Henry Siemens \$28**
Feb. 12 **Gordon Skidmore \$40 / Kathy Terry \$40**
Feb. 26 **Gladys Rushfeldt \$47 / Doreen Smid \$47**

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

Friday Dunford Diner Lunchtime Entertainment

March 2 Alice Tinordi
March 9 John & Dean
March 16 Celtic Routes
March 23 Ray Sauer

Schedule Subject to Change



NORD-BRIDGE BUILDING FUND RECENT DONORS

In Memory of Larry Klim \$50

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2018
through February 23, 2018 : **\$3,215**



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 **\$ 2,124,935**
Still needed by N-B Fundraising **\$ 375,065**

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 & 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

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

Mar. 9 Cabbage Rolls with Salad and Mashed Potatoes \$7.50




Mar. 16 * ST. PAT'S CELEBRATION; VARIOUS IRISH THEMED
SPECIALS & BEER BAR; TICKET NOT REQUIRED

Mar. 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**



Monday	Tuesday	Wednesday	Thursday	Friday
 <p>On Sunday, March 11th TURN YOUR CLOCKS AHEAD ONE HOUR. ALSO... CHANGE THE BATTERIES IN ALL SMOKE DETECTORS</p>  <p>Now accepting VISA, MASTERCARD & INTERAC TRANSACTIONS AT OUR RECEPTION DESK & DUNFORD DINER</p>			<p>1</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>2</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>5</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>6</p> <p>10:00 Music Makers 11:00 Keep Fit 1:00 Texas Hold'em 1:00 Canasta 1:00 Norwegian Whist 1:30 Keep Fit 1:30 SCRABBLE 3:00 Arthritis Exercise 7:00 Line Dance</p> 	<p>7 8:30 Breakfast Buffet</p> <p>8:45 Yoga 9:30 AGM All regular programming will be suspended during the meeting. 10:45 WINNERS BINGO 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Advantage Hearing By Appointment 3:00 Fitball 7:00 Table Tennis</p> 	<p>8</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>9</p> <p>Member Portraits 10 to 11:30 a.m. 9:00 Pilates 9:00 Paper Tole 11:00 "In-House" Awards Luncheon. Multi-Purpose Hall 10:15 Chair Yoga 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</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 1:00 Darts</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 Keep Fit 1:30 SCRABBLE 3:00 Arthritis Exercise 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 Golf Yoga 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 10:00 St. Pat's Celebration Irish Lunch Specials 10:15 Chair Yoga 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p> 	
<p>19* & 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* (19th only) 1:00 Contract Bridge 1:00 Military Whist 1:30 Outreach Leprechaun Party featuring ...</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 Keep Fit 1:30 SCRABBLE 3:00 Arthritis Exercise 7:00 Line Dance</p> 	<p>21 & 28</p> <p>8:45 Yoga 9:30 Carpet Bowling 10:15 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 & 29</p> <p>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>30</p> <p>Centre Closed Good Friday</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 FRIDAY MARCH 30.					<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).SHOPPING TRIPS TO WALMART: WEDNESDAYS, MARCH 14 & MARCH 28TRIP: WEDNESDAY, MARCH 14 - CALGARY, STAGE WEST DINNER THEATRE.TRIP: FRIDAY, MARCH 16 - RAYMOND DINNER THEATRE "ALL SHOOK UP"WINNERS BINGO: MARCH 7, 13, 14, 20, 21, 27, 28DR. 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) March 13 & April 10
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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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



CONDOLENCES WERE SENT TO...

...the Gatzky Family, loss of Freda; the Jarvie Family, loss of Nita; the Cowie Family, loss of June; and the Tinordi Family, loss of Hilda.

GET WELL & HEALTH WISHES WERE SENT TO...

...Ian MacCulloch, recovering from surgery; Dennis Briand at home; Fred Mehlhaff at home; Pat Kincade at home recovering from shoulder surgery; and Pat Veres who has moved temporarily to Good Samaritan Linden View, Taber.



OUTREACH REPORT

Val Arkinstall, Outreach Coordinator

HEARTS AND MORE HEARTS was our February Valentine's Day theme. Total attendance was 130. Bud and Jim welcomed everybody especially Florence Zimmer and Lillian Peters who have not been with us for some time. Also they thanked **Lydia Prokop, our Outreach Visiting Angel** who took a little break to enjoy herself. Our entertainers were "Tom Price and Friends". We missed Curt but the new bass player/singer Roy Bartz, was awesome. Thanks to drummer Matt too; you rumbled our rib cages! We enjoyed many old favorite tunes from country singers like Patty Page, Johnny Cash, and more. There was plenty of dancing, with many others singing along. There was lots of laughter too and you all know LAUGHTER IS THE BEST MEDICINE ANYONE CAN GET. Tom's stories were great; he sure can deliver a good punch line. Everyone sang **Happy Birthday** to Louisa, Alex, and Kathy and our special Valentine, Tom Price, who got a personalized heart-shaped cake decorated with marshmallows saying Happy 67th. Tom is so special to the Outreach that he received a gift, a snazzy T-Shirt all the way from **Shooters Lounge** in San Jose del Cabo, Mexico. Door prizes were won by two clients of the Quest group.

Join us for our next event on **March 19th St. Patrick's Party with music by Celtic Routes**. We think you're going to love them too!



Notice to Members



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

All regularly scheduled activities except the Fitness 55 Club and Dunford Diner will be cancelled during the AGM

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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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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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.

Social Activities by Eva Deringer

The Valentine's Luncheon held on Friday, February 9 at 11:30 a.m. was the first of our 2018 "Social Events". Held one day after an impressive snow-fall and bitter cold, our guests were not deterred and we served a virtual full house.

The color red dominated and coupled with piano melodies, compliments of Yvonne Nelson, a warm, rosy ambience prevailed. A cordial welcome was delivered by President Pat Santa, her last special luncheon as her term ends at the March 7 Annual General Meeting. All parts of our three-course dinner including a chicken breast entrée were colorful, delightfully arranged and lovingly served by our staff and volunteers. V.I.P. attendees included Mayor Spearman, who brought greetings from the City; and Erin Leclerc and Alandra Corrigan bringing greetings from MP, Rachael Harder. Executive Director, Randy Smith updated us on upcoming Nord-Bridge events. Door prize winners were Frank Huszar and Dennis Caffyn.

Our next events include: The Fall In-House Tournament "Luncheon & Trophy Awards" Friday, March 9; St. Patrick's Day Celebration March 16 (tickets NOT required); and the annual "Spring Luncheon" Friday, April 13. Thanks to everyone for supporting our social activities.

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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Board Report - Travel

George Berg



The Nord-Bridge Travel Program continues to run smoothly offering trips geared for our members interests and mobility. Our travelers like to get out and experience cultural and entertaining venues and attractions in and around our community. Trips are planned and organized by our Nord-Bridge staff Travel Co-coordinator, Valerie Arkinstall, who welcomes destination recommendations from our members. Our program is especially popular with those who wish to get on the road, and see the sights, but don't drive.

Last year we organized 31 trips and are on-track for a similar number this year. Ten were "mystery" trips which were particularly popular and sold out quickly. Other destinations included: Our third annual junket to Cranbrook-St. Eugene Casino Resort; Millarville Christmas Craft Show; Bar-U Historical Ranch; Hillspring Great Canadian Barn Dance; Brooks Dinosaur Provincial Park; Calgary Zoo Lights; the popular Picture Butte Island trip organized by Fred and Alice Mehlhaff; a Hutterite Colony; a Calgary shopping mall; Stage West, Rosebud; Raymond Dinner Theatre; the Pincher Creek Fishing Derby; local Movie Mill; Broxburn Café; Saskatoon Berry Farm; and Waterton Lakes National Park. We also offered "Out & About" whereby we take a group to Walmart twice a month to shop for personal items or groceries, or just browse or walk inside the store. This was especially helpful for our members during the cold months.

The success of our program depends on a volunteer staff of at least three or four drivers who must hold a Class 5 license and a good driver's record. Volunteer drivers are used when we run our own 13 passenger bus. These trips are priced on mileage, which increased in 2017, plus an administrative component. For trips with more passengers we contract with Carefree Express. Their motor coach can accommodate up to 56 passengers. Non-members are welcome to travel with us for an additional fee of \$25 per trip.



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

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Chad Baker
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Retirement: Oh What Joy!

by Jack Simmons Mind Joggers Group

In a couple of weeks I will celebrate ten years of retirement. I've retired three times. The first was in 1986 when I made a choice to retire early instead of accepting a promotion and a move to Ottawa. The second in 1996. I took an early retirement package from the civil service after working for ten years at CFB Calgary. I had been working there since my release from the army. Then the third time was from General Dynamics where I had started six months after my retirement from the civil service. I had received a phone call from an old military buddy who was working for an old CO. They needed a senior tech to supervise a test lab. I retired from there in March of 2003 when I turned sixty.



I'll turn 70 in March and it's been ten years. Do I regret the fact I retired? The answer is emphatically NO! I have kept myself busy. When I first retired I thought I would have an adjustment problem, so I took a position with the Commissionaires I asked for 15 hours a week...they gave me 50. I was rescued by General Dynamics when I received a phone call offering me a position in Suffield for a period of 11 months. I would be performing quality control for the installation of equipment in UK military vehicles. This period of temporary work cured me of my need to work. I'm too busy now to work, I found a great avenue...volunteering. I also joined a great group of people, *The Mind Joggers*. Between volunteer work, church, and writing, I have no desire to go back to my former life. Now and then, while watching TV, a show will have a program on the military. Memories flood back into my mind. Then I just have to think about the gas hut, or a ten miler in full battle order...memories are gone.



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GIFT CERTIFICATES AVAILABLE

Medicine Hat, Ab	Mar 5-7, 2018	\$260 pp/dbl
Moose Jaw, Sk	April 15-18, 2018	\$425 pp/dbl
Camrose, Ab	May 6-8, 2018	\$229 pp/dbl
Bonnars Ferry, ID Inn	June 3-6, 2018	\$345 pp/dbl
Lodge		\$310 pp/dbl
Waterton	Jun 14-15, 2018	\$269 pp/dbl
Stoney Nakoda Kananskis	Mar 19 -20 / Oct. 28-29	\$80 pp/dbl
Deadwood, SD	Sept 30 - Oct 6, 2018	\$665 pp/dbl

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VOLUNTEER INCOME TAX PROGRAM

To make an appointment, visit the Nord-Bridge Reception Desk or call Sheila at 403-329-3222. Do not make an appointment until you have received all of your pertinent reporting information. This is a **FREE** service, **HOWEVER, donations to Nord-Bridge are needed and would be appreciated.**

PLEASE NOTE: Volunteers will not be able to prepare returns for individual incomes over \$30,000 or couples over \$45,000, deceased or bankrupt persons; or those with self employment, or business/rental income & expenses, capital gains, or any complex tax situation.



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**.



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

ROAD REPORT

February was another cold month. Our First Mystery Trip had to be postponed by a week due to snowy roads. The good news is that it was rescheduled and rolled without incident on a beautiful, fresh, February 15th all the way to Coal-dale and Wiebe's Delicatessen, home of the famous Men-nonite Sausage. While there we had a tour of the sausage making floor and enjoyed lunch at the Bake Shop. Our travelers came back full of stories about their day and with little bundles of yummy delicacies. F.Y.I. Wiebe products can be purchased here in town at the "Wooden Shoe" downtown at 210 - 3 Avenue South.

Do you have a favorite destination? **Bring us your travel ideas.** We're always looking for new and interesting places to visit, with relaxing, scenic vistas along the way.

Please Note: For all night trips – everyone must have their own transportation to the Centre (where you'll meet the bus) and then back home from the Centre afterward.

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.

If you need to cancel we cannot give you a re-fund. You may, however, find a replacement. Just let us know so that our travel roster is up-to-date before the bus leaves.

March 20th is the first day of Spring!
Book now for April and May trips.



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



WEDNESDAY, MARCH 14 - STAGE WEST DINNER THEATRE: A SHERLOCK HOLMES MYSTERY
COST: \$93. One **SORRY SOLD OUT** **now!**



FRIDAY, MARCH 16 - RAYMOND DINNER THEATRE
"All Shook Up" - Songs of Elvis. Enjoy dinner
followed by a first-class show. COST \$61, Bus,
Show & Dinner. Evening show and lots of stairs.

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
- ©SASKATOON BERRY FARM - August

MYSTERY TRIPS 2018



Trip #2: Thursday, March 22nd
Sorry. This trip 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. **Trip #4: Thursday, May**
17th. Cost \$40 BUS & ADMISSION. Buy lunch there or
brown bag it. **This big adventure is a MUST!**



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
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OPTIONAL SIDE TRIP: Cranbrook Railway
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fun will start as soon as we roll out of our
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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 March 14 and 28.**

COST
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SENIOR CITIZENS ASSOCIATION

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Join us for Music and Dancing with the
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Evening Jam

Friday, March 23, 2018
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FOR LIVE IRISH MUSIC
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Friday, April 13
11:30 A.M. in our
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Tickets will be available by March 13.
Get your tickets early. This event will
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Downtown parking is changing

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Learn our new downtown parking system

Demonstration machine

This spring, new parking kiosks will replace aging parking meters in our downtown. This system will change how we pay for parking. To help the community in this transition, we're providing demonstration machines for residents to try before the system goes live.

An invitation to Nord-Bridge members

Drop in at any of the following times and locations:

- **Staff supported demonstrations** | City Hall Foyer
March 12 & 14, 2018 | 10 a.m. – 2 p.m.
April 3 & 5, 2018 | 10 a.m. – 2 p.m.
- **Home & Garden Tradeshaw** | Exhibition Park
March 21-24 | During tradeshaw hours
- **Self-guided demonstrations** | City Hall Foyer
Feb-May, 2018 | 8 a.m. – 4:30 p.m.

www.lethbridge.ca/itjustmakescents



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Lethbridge

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

