

NORD-BRIDGE SENIORS NEWSLETTER

APRIL 2018



President,
Robert Tarleck



Vice President,
George Berg

Introducing
our
2018-2019
Executive & Board



Treasurer,
Harry Fischer



Secretary,
Anne Pauls



Past President,
Pat Santa



Director,
Clay Olsen



Director,
Robert Grisak



Director,
Kaz Tomomitsu



Director,
Ben Bell



Director,
Donalda Stock



Director,
Marko Bosnak



Director,
Kathy Ludwig



Director,
Hugh Gordon



Director,
Jim Edwards



NORD-BRIDGE
SENIORS CENTRE

"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

**2018-2019
NORD-BRIDGE SENIORS
EXECUTIVE**

President	Robert Tarleck
Vice-President	George Berg
Treasurer	Harry Fischer
Secretary	Anne Pauls
Past-President	Pat Santa

BOARD OF DIRECTORS

FIRST YEAR

Kathy Ludwig
Hugh Gordon
Jim Edwards

SECOND YEAR

Ben Bell
Donalda Stock
Marko Bosnak

THIRD YEAR

Robert Grisak
Clay Olsen
Kaz Tomomitsu

ADMINISTRATIVE STAFF

Executive Director	David Ng
Sr. Administrative Ass't	Kathleen Filkowski
Financial Administrator	Tracy Beauchemin
Program Coordinator	Vacant
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 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

Ben Bell* (Chair), Robert Grisak
Heather Newsham
Harry Fischer* (Chair), Pat Santa,
Jim Hahn, David Ng, Frank
Deane, Mike Bennett, Robert Tarleck,
Clay Olsen, Tracy Beauchemin
Kathleen Filkowski
Kathleen Filkowski (Production & Billing)
Jim Hahn
Ben Bell* (Chair)
Harry Fischer, Vicki Klassen

Memberships
Newsletter
Newsletter Ad Sales
Nominations Committee
Seniors Helping Seniors

CARDS & BOARD GAMES

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

Kaz Tomomitsu*, Board Rep
Hans & Louise Kochan
Vacant
Rodney Foster
Donna Takeda
Vacant
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

Donalda Stock*, 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

Line & Wash
Painting Spring Trees

**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

Alberta 55 Plus—Zone 1
Alberta Assoc. of Senior Centres
Go Seniors Society
Health Education Presentations
Age Friendly Lethbridge
N-B Income Tax Program
Economic Development Lethbridge

**Pat Santa* (Chair), Pat Santa*,
Board Rep**, Donalda Stock, Jim
Hahn, Lorri Penner

Pat Santa*, 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)

Jim Edwards*, Board Rep

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

Kathy Ludwig*, Board Rep

Eva Deringer
Doug Youngren
Barb Stewart
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

Vacant (Chair), Hugh Gordon*

Board Rep, Jim Hahn, Coordinator,
Valerie Arkinstall, Volunteer Hours
Reporting Liaison
Vacant
Eva Deringer

Clay Olsen*, Board Rep

Mike Bennett, Clay Olsen
Randy Smith, Tracy Beauchemin
Helen Gepneris
David Ng (and Alberta Health)
Lorri Penner
Harry Fischer, Sheila Brust
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



**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

Thanks to the **ninety-five** Nord-Bridge members who participated in our March 7th Annual General Meeting, making it one of the most successful AGMs in our history. Lorri Penner's video ensured it was also one of the most entertaining.



As well as saying farewell to two long-standing members of the Nord-Bridge team, Randy Smith and Kathy Filkowski, we welcomed David Ng as our new Executive Director. Nord-Bridge has been engaged in a painstaking search for a strategic leader who can lead us into the future. Ironically, after looking throughout southern Alberta, we found our successful candidate within our own organization. David Ng brings to the position a diverse background related to health, recreation, finance, and educational programming. As Director of Programming at Nord-Bridge, he demonstrated a keen interest in promoting health and happiness through a range of activities.

The AGM also afforded an opportunity to thank outgoing President, Pat Santa, for her work on your behalf over the last three years. Among her noteworthy accomplishments was the completion of a Strategic Plan that will lead Nord-Bridge into the future. Congratulations to three newly-elected Board Members: Kathy Ludwig, Jim Edwards, and Hugh Gordon. Congratulations as well to newly-appointed Vice-President, George Berg.

Jim Hahn reported on three up-coming fund-raising events: the **Under Northern Lights Gala**, the **Miners Banquet**, and the **President's Dinner & Auction**. These activities are crucial to our balance sheet.


The work of Helen Gepneris and the Go-Friendly Seniors Transportation Committee was acknowledged, as was the "Seniors Helping Seniors" tax assistance program led by Harry Fischer.

And finally, congratulations to those honored with Lifetime Nord-Bridge Memberships: **Cal Brandley, Helen Berze, Victoria Linn** (sadly, deceased on March 16), **Anna Duban, Nadya Wasilenko, Jean Gross, Norene Irwin, Yvonne Nelson, Gladys Rushfeldt, Melvin Horn, Allyn Mills, Walter Nowell, Kaz Tomomitsu and Faye Ward.**

Robert Tarleck,
President

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

Murray Britton	Sharon Weiss
Bill Halcro	Les Kobitz
Louise Cooper	Jean Irvine
Lynn Dueck	Anita Hamilton
Terry Nickle	Ardis Dahl
Miiko Iwassa	Connie Mercer
Doreen Buttery	Susan Oldenberger
Lillian Reid	Barb Pahl
Coreen Barrett	Stan Pisko
Kevin Hopf	Linda Hopf
Sandra Osterberg	Dale McNeely
Sophia McMahon	Bert Brower
Sharon Ferrari	Anonymous (2)



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](mailto:info@shaw.ca) 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

Monthly		
Outreach Committee	First Monday	9:30 a.m.
Directors Meeting	Second Wednesday	9:00 a.m.
Finance Committee	Last Wed. (every other mo.)	9:30 a.m.
Annually		
Annual General Mtg	First Wed. of March	9:30 a.m.
General Member Mtg	First Wed. of November	9:30 a.m.

GO SENIORS SOCIETY

Regular Board Meetings		
Feb., April, June, Oct.	Third Tuesday	9:00 a.m.
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!



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and Cremation Services

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Is An Option*

*We lessen the expense
Not the care*

A Division of the Caring Group Corp.

LORRI'S CORNER

March was **National Social Work Month** and although I am a month late, I found this short story I would like to share with you.



WHAT SOCIAL WORKERS MAKE

The dinner guests were sitting around the table discussing life. One man decided to explain the problem with social services. He argued, "How's a person going to benefit from someone who decided his best option in life was to become a social worker?" He reminded the other dinner guests what they say about social workers - *bleeding heart liberals*. To stress his point, he said to one of the guests, "You're a social worker, Bonnie. Be honest. What do you make?"

Bonnie, who had a reputation for honesty and frankness, replied, "You want to know what I make?" She paused for a second, and then began. "Well, my colleagues and I make safe places for abused children and battered wives. In the process, we do our best to make them feel that they didn't deserve the treatment they got, so they can go out and do better in their lives. We make arrangements for the elderly to go home from hospitals with adequate care, and run support groups so their caregivers don't burn out. When a young widow or single mother doesn't know where to turn, my colleagues and I make sure that she knows what benefits she's eligible for. And we do the best we can to make sure she doesn't get lost in the bureaucracy. We make plans with clients so they can get jobs and homes. And this is only a start."

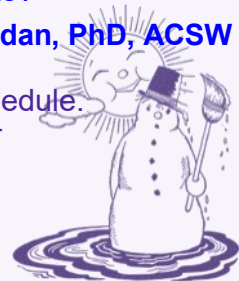
"You want to know what social workers make?" Bonnie asked again. She paused and looked at every person at the table. "We make visits in neighborhoods that a lot of people wouldn't go to on a bet, because we know that people there are in need. And we make friends there who invite us back to the opening of the community center that we campaigned for. We make time to listen to the elderly, the mentally ill, and the lonely. And we have knowledge and skills to help them make real improvements in their lives. We make appointments with officials and testify before the legislature to get everyone in the community a fair shake."

"Some of us teach, to make the next generation's social workers. And sometimes, we make plans with our friends and families - and then have to break them because there's an accident, a fire, a disaster and a social worker is needed." Bonnie paused one last time and then continued. "So when people want to judge us by what we make, we can hold our heads up high and say, I make a difference. What do you make?"

Mary S. Sheridan, PhD, ACSW

APRIL 2018				
M	T	W	Th	F
	3	4	5	
	10	11	12	
16		18	19	
	24	25	26	

Here's my April schedule. As always, my door is open should you need to chat.



Lorri Penner, BSW, RSW
Member Support Coordinator

PLEASE JOIN US TO *celebrate*

THE **RETIREMENT**

OF
Randy Smith
former Executive Director

and
Kathy Filkowski
Senior Administrative Assistant

Thursday, April 5th 2:30 to 4:30 p.m.
In the Dunford Diner
Nord-Bridge Seniors Centre

Enjoy Snacks, Cake, Coffee, & Refreshments
the music of Tom Price
and celebrate with the Families of our Retirees



Coffee and Conversation
with
Rachael Harder
Member of Parliament

Friday, April 20
10:00—11:00am

Nord-Bridge Seniors Centre
Dunford Diner



RachaelHarder.ca
403.320.0070
255 8th St S, Lethbridge

EXECUTIVE DIRECTOR'S REPORT

To those who took a chance on me, I say thank you. Ten and half years ago Randy Smith and Nord-Bridge took a chance when they hired me as the Seniors Programmer. I walked into the position not knowing what to expect, having never worked with the older adult population. From my very first day, I was greeted with kindness from the Nord-Bridge membership. I have fond memories of the friendly smiling faces that welcomed me into this organization some ten years ago.



Fast forward to 2018. Looking back at how I was able to achieve success at Nord-Bridge, a few things come to mind; supportive members, dedicated volunteers, support from staff and having a great mentor in Randy. All of my co-workers have been instrumental in my success, but the two who have retired played the biggest roles. Kathy Filkowski, has been a great pillar to this organization and to me over the years. Kathy's work sometimes goes unnoticed as she works behind the scene; she created and produced the monthly Newsletter, handled all the facility rentals and room bookings, updated the membership database and designed various special event ads, posters and programs. Kathy's dedication to Nord-Bridge was illustrated through her strong work ethic and passion for Nord-Bridge. Kathy, will still be at Nord-Bridge for a part of April training her replacement. If you have a chance, please congratulate Kathy when you see her. Randy has laid a solid foundation here at Nord-Bridge both literally and figuratively. I want to thank him for providing me with a solid foundation and giving me the building blocks to continue to achieve success for Nord-Bridge. He has been a great mentor to me in my growth with this organization. I wish him all the best in retirement and will dearly miss our regular walks around the building.

Please join me, and the rest of our staff as we celebrate Randy's and Kathy's retirements on Thursday, April 5th from 2:30 to 4:30 p.m. in the Dunford Diner. For details please refer to the notice to the left of this article.

One of my first duties as Executive Director was to hire replacements for Kathy and myself (Director of Programming). I am pleased to announce that we have successfully recruited two new staff members who will commence work in mid-April. I will formally introduce them in my May Newsletter article. I am confident these two individuals will be excellent matches for their respective designations, and valuable assets to Nord-Bridge.

David Ng,
Executive Director



Friday, April 13
11:30 A.M. in our
Dunford Diner
Tickets \$12.00

ROASTED HAM DINNER
LIVE ENTERTAINMENT!
EVERYONE WELCOME!
Tickets available now
but don't delay. This event
will sell out.



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

Programmer's Report by David Ng

Session Three Friday Pilates (May 4 to June 15) has changed format to Stability Yoga. Stability Yoga uses the gentleness of yoga moves to **increase balance and stability** in the body. We will incorporate **vinyasa poses and breath focus** on releasing the body of tension and pain. These poses work on strengthening the core as well as the back, and increasing balance and awareness. You can register for this class at the Reception Desk.

On April 5 Duplicate Bridge and Trump Whist will be moved to the South West Meeting Room in order to accommodate a retirement party for Randy Smith and Kathy Filkowski. **Next month I will introduce our new Program Coordinator!**

Cheers, David

NORD-BRIDGE MEMBERS

Thank you for your vote of confidence at our Annual General Meeting. Over the next three years, I will endeavor to live up to the trust you have placed in me as a representative on your Board of Directors.

Jim Edwards

From the Desk of Val

**CHANGE IS GOOD BECAUSE WE CAN
LEARN NEW IDEAS TOGETHER.**



As the saying goes, April showers bring May flowers. This year it also brings personnel changes to Nord-Bridge Seniors Centre. I have worked with Randy during all of his 20 year career as our Executive Director. We both go way back to the Bill Kergan Centre days; the good old days. Ha, ha, ha! We sure enjoyed lots of laughs. I have worked with Kathy for the past 15 years. Thanks to Randy and Kathy for their support and I wish you both good health as you've earned your retirement. Just never forget us!

I have worked with David for 11 years and expect I'll have to work with him for another 11 (or so). I congratulate David on his promotion to Executive Director. He will be the fifth Executive Director I've worked with during my Nord-Bridge career. I promise that I will support him, he has my loyalty (I got that notion from Trump), and I know that he will do a good job for the future of Nord-Bridge. He'd better! I'm looking forward to meeting our new Program Coordinator and our new Office Coordinator / Newsletter Editor. We must all work together as a team. Let's all make an effort to show them that **we are the Friendly Centre.**

We will celebrate Volunteer Week April 15 to 21. On Thursday, April 19, all volunteers are invited to join us for a visit, coffee and Timbits in the Dunford Diner Annex at 10 am. I thank all volunteers for helping the Nord-Bridge Seniors Centre to be the best it can be. **Please ensure that you report your hours to Rita or myself at the Reception Desk.** Even if you work just two hours a week, your contribution is important. We appreciate your time and want to record it accurately.

This month Rita and I welcome Volunteer **Dorothy Cumming** to our Reception Desk as a spare. Dorothy also volunteers weekly as a dishwasher, on Thursday mornings. Her husband, **Jim**, is a volunteer driver who has been driving for our Mystery Trips. We are lucky to have them both on our team. Until next month, be active, keep fit, and stay connected here at **the Friendly Centre.**

Valerie



EUCHRE REPORT Rodney Foster, Convener

Spring is the time for change and New Beginnings. We have a new Executive Director and, soon we'll have a new Newsletter Editor. We also have a new President and a new Board. Congratulations to all of you!

Now is the time for you to get out and meet new people and have fun at Euchre. Our group meets on Wednesdays, with lessons at 12:30 followed by games at 1 p.m. I invite you to come out and see what you've been missing.

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

Barb LeClair \$300 - March 14

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

Elaine Molyneux \$244 March 23
Next Draw April 27

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

Mar. 5 Anonymous \$43 / Anonymous \$43
Mar. 12 Margaret Brewer \$45 / Sheila Brust \$45
Mar. 19 Vera Miechkota \$42 / Sheila Brust \$42
Mar. 26 Sandra Fischer \$48 / Victor Winters \$48

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

Friday Dunford Diner Lunchtime Entertainment

April 6 Don & Vicki
April 13 Yvonne Nelson
Spring Luncheon
April 20 Good Timers
April 27 John King

Schedule Subject to Change



NORD-BRIDGE BUILDING FUND RECENT DONORS

In Memory of Larry Klim \$20
Anonymous \$500

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2018
through March 23, 2018 : **\$5,071**



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**

\$ 2,125,455

Still needed by N-B Fundraising

\$ 374,545

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

April 6 Chimichanga with Rice and Salad \$7.50
April 13* SPRING LUNCHEON - ROASTED HAM DINNER - TICKETS \$12.00
SOUP, SANDWICHES & SNACKS AVAILABLE IN THE MULTI-PURPOSE HALL
April 20 Made-to-Order Omelette Bar, Hash Browns, Toast \$7.50
Mimosas Extra ☺
April 27 Liver & Onions, Roasted Potatoes, Veggies & Gravy \$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**



APRIL

TAX TIME

Monday	Tuesday	Wednesday	Thursday	Friday
2 Easter Monday Centre Closed 	3 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 7:00 Line Dance 	4 8:30 Breakfast Buffet 8:45 Yoga 9:30 Carpet Bowling 10:00 Free Massage 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  7:00 Table Tennis	5 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 2:30 RETIREMENT PARTY! 5:30 Zumba <i>* Scheduled in South View Meeting Room Today</i>	6 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 
9 9:00 Yoga 9:30 Jammers 10:00 Floor Curling 10:00 Trees Watercolor 10:15 Chair Yoga 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts 	10 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 7:00 Line Dance	11 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 7:00 Table Tennis	12 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	13 Member Portraits 10 to 11:30 a.m.  9:00 Pilates 9:00 Paper Tole 11:00 "Spring Luncheon" <i>Snacks in Multi-Purpose Hall</i> 10:15 Chair Yoga 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib 

<p>16</p> <p>9:00 Yoga 9:30 Jammers 10:00 Floor Curling 10:00 Trees Watercolor 10:15 Chair Yoga 1:00 Contract Bridge 1:00 Military Whist 1:30 Outreach "HIP HOP PARTY" featuring musical guests... LOS GRINGOS</p>	<p>17</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 1:00 Keep Fit 1:30 SCRABBLE 2:30 Arthritis Exercise 7:00 Line Dance</p> 	<p>18</p> <p>8:45 Yoga 9:30 Carpet Bowling 10:15 Paper Tole 10:45 WINNERS BINGO 11:00 NEW LIFE MEMBERS LUNCHEON & PRESENTATIONS 11:00 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball 7:00 Table Tennis</p> 	<p>19</p> <p>9:00 Floor Curling 9:00 Card Crafters 9:30 Mind Joggers 10:00 Volunteer Appreciation Dunford Diner Annex 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>20</p> <p>9:00 Pilates 9:00 Paper Tole 9:30 Carpet Bowling 10:15 Chair Yoga 11:00 Made-To-Order Omelette Bar 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p> 	
<p>23 & 30</p> <p>9:00 Yoga 9:30 Jammers 10:00 Floor Curling 10:00 Trees Watercolor 10:15 Chair Yoga 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts</p> 	<p>24</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 1:00 Keep Fit 1:30 SCRABBLE 2:30 Arthritis Exercise 7:00 Line Dance</p> 	<p>25</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>26</p> <p>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>27</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. LETHBRIDGE HEARING - THIRD THURSDAY 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. SHOPPING TRIPS TO WALMART: WEDNESDAYS, APRIL 11 & APRIL 25 TRIP: THURSDAY, APRIL 19 - MYSTERY TRIP #3 TRIP: WEDNESDAY, APRIL 25 - ROSEBUD THEATRE "DRIVING MISS DAISY" MOVIE MILL OUTING: THURSDAY, APRIL 26 WINNERS BINGO: APRIL 4, 10, 11, 17, 18, 24, 25 DR. BOLOKOSKI NOW AT 10:30 AM. FUTURE DATES INCLUDE: MAY 30, JULY 25, SEPT. 19, NOV. 14 ALL 2018 

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Upcoming **FREE** consultation dates:
Tuesdays(s) April 10 & May 8
between the hours of 9:00 a.m. & 11:30 a.m.
Contact the Nord-Bridge Reception Desk to schedule
an appointment. **Phone: (403)329-3222**
This free service is for Nord-Bridge members only.

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



Contact "Seniors Helping
Seniors" here at Nord-Bridge.
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**Call us at 403-329-3222 to
make an appointment.**

Your GOVERNMENT CONTACT is:
ALBERTA SUPPORTS
200 - 5 Avenue South

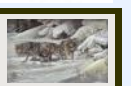
MINERS BANQUET RAFFLE TICKETS

2 for \$5 or 1 for \$3

**4 Prizes: Lift Chair, Quilt,
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AT THE MINER'S BANQUET

BUY TICKETS NOW AT THE NORD-BRIDGE CRAFTS BOUTIQUE



OUTREACH REPORT

Val Arkinstall, Outreach Coordinator

"TOP O' THE MORNIN' TO YA"

Our recent Outreach social was another outstanding event with 134 guests in attendance plus 20 lovely volunteers. We were entertained by a fine Irish trio called "Celtic Routes" who sang along to their own accompaniment; guitar, bass and accordion. Like McNamara's band, the music was something grand!



Since lucky green was the color of the day, we awarded two pot-o-gold winners. Congratulations go to member Karen Trainor and guest Helen Holvack who each won \$10. In keeping with our Irish theme, our wonderful volunteers served an awesome, pistachio pudding with a shamrock cookie and a lucky chocolate loonie. Thanks to all of you for sharing your valuable time with us.

We took a moment from our festivities to remember **Ash Adams** who was a great volunteer for the Outreach program and just recently passed away. We also acknowledged special guests **Nord-Bridge Executive Director, Randy Smith and his wife Janay**. Randy is retiring after leading us through our best 20 years. What a milestone! Cheryl and Bud Hodgson presented Randy, a.k.a. "Easyrider", with a Harley Davidson plaque and Janay with a beautiful bouquet of white roses. Randy loves his motorcycle rides so we hope he finds lots of time to get out on the road and enjoy his hog.

Our next program "**Hip Hop Party**" is scheduled for **Monday, April 16th at 1:30 p.m.** Come dressed in your favourite spring bonnet, or even bunny ears. Here's hoping that spring will be here. Our entertainment "**Los Gringos**" will be back by popular demand. Please remember to sign up in advance and tell us if you need a table for four or six.

CONDOLENCES WERE SENT TO...



...the Story Family, loss of Phil; Jo-Ann Adams and family, loss of Ash; the family of Lillian Millar; the Lambert family, loss of Ellen; the Coyle family, loss of Bob; the Delaney family, loss of Christine; the family of former member, Juilo DiRocco; and the Linn family, on their loss of new 2018 Life Member, Vicky.

GET WELL & HEALTH WISHES WERE SENT TO...

...Ian McCullough now home after surgery; Zoltan Sera at home now and looking pretty good following back surgery; Ingrid Berg at home and doing physio following hip surgery; Kaz Tomomitsu at home with shingles; and Barb Santoni at home recovering from eye surgery.



Shannon Phillips, MLA Lethbridge West

402 8th St S
Lethbridge, AB T1J 2J7
lethbridge.west@assembly.ab.ca
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"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, April 4th, 10 a.m. until Noon.



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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

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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.

ATTENTION MEMBERS

Please refrain from parking in front of the commercial tenant spaces in our parking lot. This restriction applies to all of the spaces along the front of our building from Savers, west to the Medicine Shoppe. These spaces are reserved, by contract for our tenants. Signs are posted on the building.

If you are going on a trip and will leave your car here all day or overnight, kindly park along the north perimeter of the lot.

RESERVED

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RETAIL
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PARKING
ONLY**



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



WE OFFER OUR MEMBERS
THEIR OWN TECH DESK.



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Bring your problems to Justin.

This FREE SERVICE is available to NORD-BRIDGE
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the FIRST AND THIRD TUESDAY of each month,
10 A.M. UNTIL NOON & 1 P.M. UNTIL 2 P.M.



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APRIL 15 TO 21 IS VOLUNTEER WEEK. THANKS, NORD-BRIDGE VOLUNTEERS

Volunteers are the heart and soul of Nord-Bridge Centre. In fact, Nord-Bridge would not exist without them. The dedication of our volunteers is vital and rewarding for members who participate. We would like to thank all of you for your hard work keeping Nord-Bridge the vibrant "Friendly Centre" that it is.

On Thursday, April 19, you are invited to join us for a visit, coffee and Timbits in the Dunford Diner Annex at 10 a.m. Bring your questions, comments or concerns and we'll see if we can find answers or solutions for you.

In 2017 Nord-Bridge volunteers recorded a total of 10,496 hours. **What is the value of all this work?** The most recent statistic I can find assigns \$24 per hour to calculate the value of voluntary work. If we apply that price to our 2017 total hours for Nord-Bridge volunteer work, the product is **\$ 251,904**. How very impressive!

Recorded hours are important for our records so please continue to report them to us. Turn in your reports monthly, to Valerie Arkinstall, our Volunteer Hours Reporting Liaison, at the Reception Desk. This is the only way we have of knowing all of you and knowing all of the time you contribute to our Centre.



Let's all say thanks to our many volunteers during Volunteer Week, April 15 to 21, 2018.

Jim Hahn
Volunteer Coordinator



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

The Medicine Shoppe
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Do your medications run out at different times?

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A convenient way to coordinate your refills and your care.

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Nord-Bridge Seniors Centre
#2, 1904 - 13 Avenue N
(403) 381-0700

Hours of Operation

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



Terry Toth
B. Sc. Pharm.
Pharmacist

Chad Baker
B. Sc. Pharm.
Pharmacist Owner

IN-HOUSE AWARDS LUNCHEON

Our Fall "In-House Awards Luncheon" was held on Friday, March 9th. This annual event is the culmination of our tournaments which are generally conducted and concluded in November and December.

Emcees Helen Gepneris and Clay Olsen presented 64 medals to our winners in 11 categories. Activities represented included: Carpet Bowling, Floor Curling, Darts, Floor Shuffleboard, Table Shuffleboard, and Pool. In addition to individual medals, the Gold Medal winners were presented with an In-House Trophy. Photographer extraordinaire, Sid Lewis, graciously took photos of all our winners. We hope to see YOU at next year's event.

A buffet luncheon was enjoyed by about 60 diners. Many thanks to all of our volunteers for their help with the luncheon. We also thank David for his excellence in organizing our activities for the past 11 years.

EVA DERINGER

A Funny Thing Happened on the Way to...

by Jack Simmons
Mind Joggers Group



Have you ever noticed how many funny things happen in a day? As an example, I just turned on my computer and here is what occurred.

Up came a drop down. Now, how can a drop down come up? The window told me that there was (on my computer) an add-on program it didn't recognize. Now, why should I listen to a window? But I did. It recommended that I "quarantine the program" which incidentally was called "addcolor". I answered "yes" to the recommendation and another window appeared saying the quarantine was in progress and showing a time bar. When the time bar was full, [this was neither an alcoholic bar nor a dairy bar (I couldn't resist that)], another drop up down appeared. It recommended the storage of the quarantined item, in case it was found that the program could be used later.

Being a follower instead of a leader, with my little arrow (which becomes a hand) I pushed the little square that said "yes". Immediately up popped a drop down that said "don't do that - it could be a danger and introduce a virus to your system."

Well, seeing as how the health board decided to give to me, and I accepted a flu shot last week, I have ignored this recommendation.

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GIFT CERTIFICATES AVAILABLE

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

7 days/6 nts - experience Old West legends, live entertainment, the Wild West history: Incl - lunch 1st & 7th day, B/fast, Chuckwagon dinner, Mt Rushmore & more

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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

March turned out to be another snowy month but our members still enjoyed four trips; the local Movie Mill, Stage West Dinner Theatre in Calgary, the Raymond Dinner Theatre and **MYSTERY TRIP #2** a jaunt to **Crystal Springs Cheese** in **Diamond City**.

On March 14, 45 of us including our bus driver Ian, headed through the pea soup fog (you would have thought we were on the moors) up to **Stage West in Calgary** to see a production set on the moors, "**Baskerville: A Sherlock Holmes Mystery**". The actors were incredibly funny and energetic, changing all of their own sets and a few of them performing up to four different parts. The food was spectacular and as is their custom, Stage West provided us with two large trays of desserts for the ride home! Yum!

Thanks to **Lucy, Ian** (Carefree Express), and **Jim** for getting us around safely during March.

Bring us your travel ideas. We're always looking for new and interesting places to visit, with relaxing, scenic vistas along the way.

If you cancel your trip, 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.

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.

Spring is here! Book now for April and May trips.



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



MOVIE MILL, THURSDAY APRIL 26. \$10 BUS & LUNCH

Have lunch here in the Dunford Diner and then on to the show!



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



UP-COMING TRIPS

- ☺ **WINDMILL GARDEN CENTRE, Medicine Hat**
- ☺ **FISHING DERBY, Pincher Creek - June**
- ☺ **ETZIKOM MUSEUM - August**
- ☺ **WATERTON LAKES - July**
- ☺ **CHINOOK HONEY FARM, Okotoks - September**
- ☺ **SASKATOON BERRY FARM, DeWinton - August**

DO YOU HAVE A FAVOURITE DESTINATION? LET US KNOW!

MYSTERY TRIPS 2018



Trip #3: Thursday, April 19th Cost \$25
Includes **SORRY SOLD OUT** 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 CAMBROOK - ST. EUGENE CASINO RESORT FISHING & GAMBLING JUNKET
Sunday, May 27 to Tuesday, May 29, 2018

COST: \$205 (double occ) or \$300 (single occ).
Cost includes bus transportation and coupons for the casino.

OPTIONAL SIDE TRIP: Cambrook 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 April 11 and 25.**

COST \$3



Tribute to Miners Memorial Banquet #9

Tuesday, May 1, 2018
Nord-Bridge Hall - 1904 13 Avenue North
Doors Open 5 p.m.
Roast Beef Banquet 6 p.m.
Program 7 p.m.

..PRESENTATION..



**"HARDIEVILLE:
A MINE AND A COMMUNITY"**
 Belinda Crowson, Councillor,
 City of Lethbridge
GALT MINE #8 REPORT
MINERS LIFE INTERVIEWS
RAFFLE DRAW

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- I assist my loved one who has a mental illness.
- I care for my ill spouse.
- I have a child with special needs.



You are a Caregiver

A Caregiver is someone who assists a family member or friend with challenges resulting from disability, illness, or aging.

The Caregiver Workshop COMPASS is for you. Topics include managing stress, preventing burnout, family dynamics, and navigating supports and services. Join other caregivers in a safe and supportive environment for 8 sessions led by a trained facilitator.

LOCATION: Nord-Bridge Senior Citizens Association

DATE: Thursdays - May 10 to June 28

TIME: 1:30-3:30 pm

TO REGISTER: Contact Lorri Penner 403-329-3222
 or lpenner@nordbridgeseniors.com
 or Mikaela Bolduc 403-329-3766
 or mbolduc@alzheimer.ab.ca



caregiversalberta.ca 780.453.5088
office@caregiversalberta.ca 1.877.453.5088 (toll-free)



Nord-Bridge Seniors Centre



is pleased to announce our 1st Annual
"Under Northern Lights" Gala
 Saturday, May 26, 2018 at 5:00 pm

We will be featuring a Silent Auction with beautiful Designer
 Purses for the ladies and special items for the men!

Your ticket will include a Prime Rib dinner, Champagne
 welcome and live entertainment throughout the evening!
 Cash bar will be available.

Tickets are \$80 per person and are available for purchase at:
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You won't want to miss this
 spectacular event!

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St. Enter parking lot from 18th Ave.)
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Sunday at 2:00 pm
Join us any or all times. It's pick-up teams
when everyone arrives.
Singles or couples welcome!

**NO EQUIPMENT NECESSARY EXCEPT FLAT
SOLED SHOES. THE REST IS SUPPLIED.**

For more information please contact
Nord-Bridge member, NEIL WILLIAMS,
403.492.3859 or nrwms71@gmail.com

or

ESTHER RODZINYAK 403.329.8851