

NEWSLETTER

May 2018



The month of April proved to be a buzzing bee hive with many events that took place at our Centre. Above clockwise are the newly recognized Life Members who now have "special recognition status" with Nord-Bridge Seniors Centre; Red Seal Cook, Samantha Ajtay preparing a 'made to order' omelette; Lil Karras and Woody Neely at the Volunteer Appreciation event; the staff of Nord-Bridge at an axe throwing team building session; Rachael Harder speaking with members during coffee; Rebecca Olsen and Ashley Kern, new employees with Nord-Bridge Seniors Centre; And well wishes to Kathy Filkowski & Randy Smith from their Retirement Party. There is never a dull moment when you walk through our doors!

"The Friendly Centre"

1904—13th Ave. North

Lethbridge, Alberta T1H 4W9

Open Monday to Friday - 7:00 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
Administrative Support	Rebecca Olsen
Financial Administrator	Tracy Beauchemin
Program Coordinator	Ashley Kern
Member Support Coordinator	Lorri Penner
Reception Supervisor	Valerie Arkinstall
Reception Assistant	Rita Paju
Rentals	Rebecca Olsen
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
Rebecca Olsen
Rebecca Olsen (Production & Billing)
Rebecca Olsen
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

Duplicate Bridge
Norwegian Whist

Kaz Tomomitsu*, Board Rep
Hans & Louise Kochan
Paul Cohen
Rodney Foster
Donna Takeda
Vacant
Sheila Brust, Jenny Oleksy**
Mike Bennett, Pino Zucchelli, and
Marilyn Maloff
Pat Kincade
Joe & Dianne Smith

EDUCATION

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

Line & Wash
Painting Spring Trees

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

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

NEW HOURS: WE NOW OPEN AT 7 A.M.

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



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

Pat Santa*, Board Rep

Mike Bennett
Frances Wallace
Helen Gepneris, Pat Santa
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, Liaison,
Valerie Arkinstall, Volunteer Hours
Reporting Liaison
Vacant
Eva Deringer**

Clay Olsen*, Board Rep

Mike Bennett, Clay Olsen
David Ng, Tracy Beauchemin
Helen Gepneris
Ashley Kern (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

PRESIDENT'S REPORT

Spring is the traditional time for new growth and hopeful explorations. This year the proverb applies to Nord-Bridge as well as to our long-dormant gardens.



As Nord-Bridge's new Executive Director, one of David Ng's first challenges was to find the right candidates for two vacant positions. The first of these was for "Program Coordinator," David's previous position. The second was the "Administrative Support / Newsletter Editor" position, previously filled by recently-retired Kathleen Filkowski.

I am pleased to advise you that we have recruited two talented, enthusiastic people for these positions. Ashley Kern has accepted our offer for the "Program Coordinator" position. She brings energy, enthusiasm, and an impressive skill set to this position.

Rebecca Olsen was the successful applicant for the "Administrative Support / Newsletter Editor" position. She will be responsible for the final production work on the *Nord-Bridge Newsletter* as well as all print material which Nord-Bridge produces. She will also help with the production of visual material for use in the *Lethbridge Herald* and community publications.

And finally, those of you alarmed at the speed with which our grandchildren adapt to new electronic devices might be relieved that it is not all in your imagination. In his recent book, Michael Harris notes that we are adopting new communication technologies at an ever-increasing speed. Following the introduction of the radio, it took 38 years before 50% of homes had radios. The wide-spread adoption of television happened much more rapidly. Within 13 years most North American homes had TVs.

And more recently, 50% of homes were connected to the World Wide Web four years after its introduction, and Donald Trump's favorite technology, Twitter, reached that plateau in only three years. But the record for now goes to Google 4 Plus, an app, that no one seems to find very useful. Yet it was downloaded in 50% of households in only 88 days.

Thanks to all those who reached out in some way to a senior in need in the last month.

Robert Tarleck,
President

WELCOME, New Members!

We're very GLAD you're here.

Linda Elfring
Marina Gannon
Judith VanHorne
Sandy Kemmet
Cathy Moen
Garry Thomas

Ivy Corrigan
Robert Dennis
Richard Clarke
Lester Skonnard
Anonymous (2)



Shaw) Go



Available here.

FOR SHAW SUBSCRIBERS: We are pleased to announce that our building is equipped with **Shaw) Go WiFi**. To connect at Nord-Bridge:

1. Access the network / WiFi settings on your device.
2. Select **ShawOpen** from the list of networks.
3. Open your browser.
4. Sign-in using your **@shaw.ca email address** and **password**.

Any questions? [Please call 1-888-472-2222](tel:1-888-472-2222) or visit <http://www.shaw.ca/internet/wifi/>.

This is a free service to Nord-Bridge provided by Shaw.



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. (Feb, May, Sept, Nov)	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.
------------------------	------------------------	-----------

SOUTHERN OPTICAL LTD.

WE OFFER DIGITAL EYE TESTS
WITH NO PUFFS OR DROPS.

FRED MILLER

- REGISTERED OPTICIAN
- PROSTHETIC EYE PRACTITIONER

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

www.southernoptical.net

PH: 403-327-4145
FAX: 403-320-1181



LORRI'S CORNER

Ahhhhh spring! Wait a minute!!!! What happened to spring??? It seems that I wait all winter for it to arrive and those that know me know that I have an extreme dislike for the cold and snow, and how I come to life in Spring. This winter weather is partially to blame for the lack of energy I have had the past few months but fingers crossed that May only has self-shoveling snow (AKA rain) and May flowers!



The next few months are going to be a busy time and I know that many will benefit greatly. From May 10 to June 28, Nord-Bridge Seniors Centre, along with Mikaela Bolduc from the Alzheimer's Society, will once again be offering the COMPASS for Caregivers program. This program is designed for those who are caring for a loved one and will run for eight weeks. We recognize that there is often much support for our person, but the caregiver is forgotten about and they tend to burn out. This is the perfect opportunity to learn how to manage the journey you are on and also learn how to take care of yourself. Contact me to register; space is limited.

The Grief Recovery program will run again during the summer. If you are interested in attending this 8 week program, please let me know and I will add your name to the list. As soon as there are enough participants interested, I will schedule it.

I want to thank Kathy, who is now retired, for everything she has done for me. I have relied on her expertise and guidance for many things, and she was the master at making my Newsletter articles make sense! She has also become a very special friend and I am going to miss seeing her every day.

I am excited that Nord-Bridge has two new staff members, Rebecca and Ashley! David and the hiring committee did an incredible job of finding two people that will bring so much to our Friendly Centre. Welcome ladies!

As always, I am here to assist you, the members, in any way I can. If you need to chat or need help with concerns you are facing in your life, please come talk to me. You do not have to navigate your journey alone.

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

with the help of implant supported dentures.

Call us today for your
complete denture care needs



Giving you something to smile about!

604 - 6 Street South • Lethbridge
(403) 327-7244 • Toll Free 1-877-467-2251



**NORD-BRIDGE
SENIORS CENTRE**
1904 - 13 AVENUE NORTH

IN-HOUSE BINGO

EVERY FRIDAY AFTERNOON
(EXCEPT HOLIDAYS)

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

Everyone (18 and over) welcome!

COME FOR LUNCH, STAY FOR BINGO!



EVERGREEN

Funeral Home
and Cremation Services

403-329-4934

Give us a call regarding ...

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

*Because Cost
Is An Option*

*We lessen the expense
Not the care*

A Division of the Caring Group Corp.

MAY 2018

M	T	W	Th	F
				4
7	8			
14	15	16	17	
	22	23	24	
28	29	30	31	

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



**Lorri Penner, BSW, RSW
Member Support Coordinator**

Spring Luncheon

Our Nordbridge Seniors Centre "Welcome (where are you?) Spring Luncheon" was held on Friday, April 13. Emcee Bob Tarleck, the newly elected Board President, welcomed all and gave updates.

Mike Bennett said grace before a delicious meal of salad, ham, scalloped potatoes, vegetables, dessert and beverages was served by our "Spring like" volunteers to the musical tunes by Yvonne.

Happy Prizes winners were Helen Deal who walked away with a ticket to attend the Miner's Banquet and Marilyn Clark who won a \$25 gift card to The Onion Bar & Grill. Congratulations!

Thank you to everyone for your support of our Social Activities Luncheons. Don't miss out on the "Mother's Day Luncheon" coming up on May 11th. Get your tickets early or be disappointed! Come on Spring - we are all waiting!

Eva Deringer

COMMUNITY TOWN HALL

Wednesday, May 16th

7pm to 8:30pm

Royal Canadian Legion Branch 4

324 Mayor Magrath Dr. S.

Lethbridge



RSVP by May 11th



RACHAEL HARDER
LETHBRIDGE ALBERTA MP

403.320.0070

@RACHAELHARDERMP

RACHAELHARDER.CA



EXECUTIVE DIRECTOR'S REPORT

At the time of writing this report, I spoke with **Sheila Brust**, our Community Volunteer Income Tax Program (CVITP) scheduler. Sheila informed me that the team of seven volunteer income tax preparers helped file **1,350** personal income taxes. This number should increase by the end of the tax season, and when it does, it will surpass our record from 2017.



During the two month tax season, **Vicki Klassen**, our Seniors Helping Seniors (SHS) volunteer, assisted over 100 individuals with government form completion. Vicki helped people file documents regarding CPP, OAS, and Alberta Subsidy programs for Alberta Seniors. The CVITP and SHS program has proved to be a valuable service to members of Nord-Bridge and to the members of the community. In 2017, 300 of the 1,370 income taxes filed were Nord-Bridge members. These numbers indicate the extent that our Seniors Helping Seniors program has grown and how it serves the greater community. On that note, I am pleased to inform our membership that our Seniors Helping Seniors (Tax and Form Assistance) Program was successful in our application for unallocated FCSS funds for the remainder of this year. **The Seniors Helping Seniors program will receive \$32,472 commencing June 1st of this year.** Our hope is to have the SHS program secure funding in our future FCSS proposals.

Have you seen the two new friendly smiling faces in our administration office? I would like to welcome **Rebecca Olsen** and **Ashley Kern** to the Nord-Bridge family. **Rebecca, is our Administrative Support / Newsletter Editor** who started at the beginning of April and has superbly put together this month's Newsletter. When you see her, please commend her on her first Newsletter.



The second friendly new face belongs to **Ashley Kern; our new Program Coordinator**. Ashley, will be responsible for all the programming (Educational, Social, Fitness, Recreational, Arts & Crafts etc.) at Nord-Bridge. Ashley will be busy visiting most of the programs to introduce herself. Please give her and Rebecca a "Friendly" Nord-Bridge welcome. I am excited to have Rebecca and Ashley on staff and am confident they will exceed our expectations!

David Ng,
Executive Director



Nord-Bridge Seniors Centre Mother's Day Luncheon

Friday, May 11 at 11:30 AM
in our Dunford Diner
Tickets \$13.00

All of the Ladies will receive
a special gift.

Limited Seating.

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

Programmer's Report by Ashley Kern

Hello Nord-Bridge Members, my name is **Ashley Kern** and I am thrilled to be part of the Nord-Bridge team as the **Program Coordinator**! I have a background in senior Recreation Therapy and I am eager to jump into the programs that are offered here. I look forward to all the new faces I will be meeting and I am always willing to help with anything, to the best of my ability.



The month of May is sure to bring sunny weather which means Dragon Boat Practice and the Golfing program are ready to get started! If you have any questions regarding these programs, visit the office and ask for me at the Reception Desk.

Keep Fit & Exercises with Arthritis on **May 1st** will be **cancelled** due to The Miners Banquet.

Cheers, Ashley

Thank You To Members & Co-workers

Kindly accept my most sincere thanks. It has been my pleasure to have served as the Nord-Bridge Seniors Centre Administrative Assistant and your Newsletter Editor for the past 15 years. Thanks for your friendship and for the many gifts, cards and "best wishes" you have sent to me on my retirement.

Kathy Filkowski

From the Desk of Val

**YOU ARE AS WELCOME AS THE
FLOWERS IN MAY.**



Last month I talked about CHANGE in the administration staff. Change is good as it keeps our brains alert and fit, well into old age. Isn't that a worthwhile goal?

This month I am pleased to welcome two young, energetic team members; **Rebecca** and **Ashley**. I am positively sure that they will do a great job for our Friendly Centre. They both wear friendly smiles and are a good fit to our staff roster. We've already shared plenty of laughs and as you well know, laughter is the best medicine, but it is also an effective team builder. When I was a young girl, I was a Brownie (with Girl Guides), and I can remember the motto; "**Lend a Hand.**" So I promise, that I will lend my helping hand to Rebecca and Ashley whenever assistance is called for.

I hope May will bring lots of sunshine and warmer weather. It has been a long winter and I am anxious to get into my garden and get my hands dirty. I'm sure many of you feel the same way and like me, can almost smell fragrant sweet peas and basil wafting on the warm breeze.

National Volunteer Week was April 15 to 21. **Thank You** to everyone who has volunteered at our Centre in any capacity. **VOLUNTEERS ARE VALUED AND ALWAYS APPRECIATED.** We have lots of opportunities if you want to get involved. Don't forget to report your volunteer hours to me monthly, at the Reception Desk. You have already logged **1,722 hours** in 2018. Keep it up!

Smiles & chuckles,

Valerie



EUCHRE REPORT *Rodney Foster, Convener*

Many thanks to our sponsors who have contributed prizes to our May 23rd Tournament including Tim Hortons North (by Wal-Mart), London Drugs, Humpty's, Servus Credit Union, Nord-Bridge Seniors Centre, Savers Convenience Store, Salon Nineteen04, Sandy Toes Foot Care and all of our members who donated prizes.

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 WINNER(S)

Sharon Davies \$322 - April 12
Joyce Holt \$54.25 - April 17

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

Donna Farkas \$327 - April 27
Next Draw May 25

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

Apr. 9 Betty Thompson \$45 / Anonymous \$45
Apr. 16 Janet Bobinec \$45 / Mike Bennett \$45
Apr. 23 Helen Gepneris \$46 / Norma Firth \$46
Apr. 30 TBA

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



NORD-BRIDGE BUILDING FUND RECENT DONORS

Robert Tarlek \$100, Sandy Baceda \$20
Donna Farkas \$100

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2018 through April 27, 2018 : **\$7,059**



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

\$ 2,125,675

Still needed by N-B Fundraising

\$ 374,325

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

May 4 Cinco De Mayo Luncheon \$10.00

Alcohol available for purchase

May 11* MOTHER'S DAY LUNCHEON - TICKETS \$13.00

SOUP, SANDWICHES & SNACKS AVAILABLE IN THE MULTI-PURPOSE HALL

May 18 Lasagna with Caesar Salad & Garlic Toast \$7.50

May 25 Liver & Onions, Mashed 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**

Friday Dunford Diner Lunchtime Entertainment

May 4 Jill Melody
Cinco De Mayo

May 11 Yvonne Nelson
Mother's Day Luncheon

May 18 Karen

May 25 Anne Pauls

HAPPY Mother's Day

Schedule Subject to Change



Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Willy Schmold displaying his perfect cribbage hand on Feb. 9, 2018</p>	<p>1</p> <p>10:00 Music Makers 10:11 Clogging 11:00 Keep Fit 1:00 Texas Hold'em 1:00 Canasta 1:00 Norwegian Whist 1:30 SCRABBLE 5:00 Miners Banquet 7:00 Line Dance</p> 	<p>2 8:30 Breakfast Buffet</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 Advantage Hearing By Appointment</p>  <p>3:00 Fitball 7:00 Table Tennis</p>	<p>3</p> <p>9:00 Floor Curling 9:00 Card Crafters 9:30 Mind Joggers 11:00 Keep Fit 1:00 Acrylic Painting 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 1:00 Duplicate Bridge 5:30 Zumba</p> 	<p>4</p> <p>9:00 Stability Yoga 9:00 Paper Tole 9:30 Carpet Bowling 10:15 Chair Yoga 11:30 "Cinco De Mayo" Luncheon 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p> 
<p>7</p> <p>9:00 Yoga 9:30 Jammers 10:00 Floor Curling 10:15 Chair Yoga 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts</p> 	<p>8</p> <p>9:00 Legal Consults By Appointment 10:00 Music Makers 10:11 Clogging 10:45 WINNERS BINGO 11:00 Keep Fit 1:00 Texas Hold'em 1:00 Canasta 1:00 Norwegian Whist 1:30 Keep Fit Combo 1:30 SCRABBLE 2:30 Arthritis Exercise 7:00 Line Dance</p>	<p>9</p> <p>8:45 Yoga 9:30 Carpet Bowling 10:00 Coffee With a Constable</p>  <p>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>10</p> <p>9:00 Floor Curling 9:00 Card Crafters 9:30 Mind Joggers 11:00 Keep Fit 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 1:00 Duplicate Bridge 5:30 Zumba</p> <p><i>Happy Birthday Val!</i></p> 	<p>11</p> <p>Member Portraits 10 to 11:30 a.m. 9:00 Stability Yoga 9:00 Paper Tole 11:30 "Mother's Day" Luncheon Snacks in Multi-Purpose Hall 10:15 Chair Yoga 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p> <p><i>HAPPY Mother's Day</i></p> 

<p>14</p> <p>9:00 Yoga 9:30 Jammers 10:00 Floor Curling 10:15 Chair Yoga 1:00 Contract Bridge 1:00 Military Whist 1:30 Outreach</p> <p>"ROYAL TEA PARTY" featuring musical guests... FLOYD & FRIENDS</p> 	<p>15</p> <p>10:00 Music Makers 10:45 WINNERS BINGO 10/11 Clogging 11:00 Keep Fit 1:00 Texas Hold'em 1:00 Canasta 1:00 Norwegian Whist 1:30 Keep Fit Combo 1:30 SCRABBLE 2:30 Arthritis Exercise 7:00 Line Dance</p> 	<p>16</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>17</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 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 1:00 Duplicate Bridge 5:30 Zumba</p>	<p>18</p> <p>9:00 Stability Yoga 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>May 26, 2018</p>
<p>21</p>  <p>Victoria Day Centre Closed</p> <p>28</p> <p>9:00 Yoga 9:30 Jammers 10:00 Floor Curling 10:15 Chair Yoga 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts</p> 	<p>22 & 29</p> <p>10:00 Music Makers 10:45 WINNERS BINGO 10/11 Clogging 11:00 Keep Fit 1:00 Texas Hold'em 1:00 Canasta 1:00 Norwegian Whist 1:30 Keep Fit Combo 1:30 SCRABBLE 2:30 Arthritis Exercise 7:00 Line Dance</p> 	<p>23 & *30</p> <p>8:45 Yoga 9:30 Carpet Bowling 10:15 Paper Tole *10:30 Foot Doctor By Appointment  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>24 & 31</p> <p>9:00 Card Crafters 9:00 Floor Curling 9:30 Mind Joggers 11:00 Keep Fit 1:00 Woodcarving 1:00 Trump Whist 1:00 Floor Shuffleboard 1:00 Duplicate Bridge 5:30 Zumba</p> 	<p>25</p> <p>9:00 Stability Yoga 9:00 Paper Tole 9:30 Carpet Bowling 9:30 Coffee with MLA Maria Fitzpatrick *Appointment Req'd* 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, MAY 9 & MAY 23THURSDAY, MAY 17 - MYSTERY TRIP #4UNDER NORTHERN LIGHTS GALA: SATURDAY, MAY 26TRIP: MAY 27 - MAY 29 - CRANBROOK ST. EUGENEWINNERS BINGO: May 2, 8, 9, 15, 16, 22, 23, 29, 30FOOT DOCTOR: DR. BOLOKOSKI NOW AT 10:30 AM. FUTURE DATES INCLUDE: JULY 25, SEPT. 19, NOV. 14 ALL 2018 	

SAVERS CONVENIENCE STORE

Located next to Nord-Bridge Seniors Centre
and at 15 Micmac Blvd. West.

SENIORS DAY EVERY TUESDAY. 5% off everything
except tobacco and lottery items.

WINNERS



Two blocks west of the casino on Crowsnest Trail

**EVERY THURSDAY
IS SENIORS DAY!**

Half Price On All Regular,
Gold and Combo Cards



Every Wednesday
**HALF PRICE
REGULAR CARDS**
Friday Nights
FREE \$500 GAME
Sunday Afternoons
FREE \$200 GAME

Call the Hotline: 403-327-7454
or Email: winners_bingo@telus.net



Martin Brothers
Funeral Chapels Ltd.

*The greatest gift
you can leave behind
is the gift of being prepared.*

For more information please call 403.328.2361
or visit our website www.mbfunerals.com



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



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

HUCKVALE LLP
established 1906

Upcoming **FREE** consultation dates:

Tuesday(s) May 8 & June 12

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.
Friendly, trained **VOLUNTEERS**
are here to help you.

**Call us at 403-329-3222 to
make an appointment.**

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

**[SENIORWEEK
2018]**

JUNE 5 - \$2 PANCAKE BREAKFAST AT 8:30AM

JUNE 5 - POWOWICH SHOWS AT 1:30PM & 7:00PM

JUNE 6 - BREAKFAST BUFFET AT 8:30AM

JUNE 7 - BAR-B-QUE PICNIC AT ROTARY PICNIC SHELTER AT 11AM*

***CENTRE CLOSING AT 11:00AM**

JUNE 8 - MUSIC & DANCING WITH NORD-BRIDGE JAMMERS AT 6:30PM

CONDOLENCES WERE SENT TO...



... The Toly Family, loss of Al; The Sinclair Family, loss of Bill; Pat Waddle, loss of son; The Mamula Family, loss of Anna; The Thompson Family, loss of Evelyn.

GET WELL & HEALTH WISHES WERE SENT TO...

... Sandi Mortimer, recovering from eye operation; Walter Franz, husband of Ruth, recovering from a stroke; Fred Molyneaux, husband of Elaine, recovering from heart surgery



OUTREACH REPORT

Val Arkinstall, Outreach Coordinator

On a cool sh—y, sleety day, our monthly Outreach Program welcomed spring with hats and **Spring fashion!** I came dressed like **Spring** even though it was a cold and snowy day as I have waited long enough for the season to arrive.

Despite the weather we had 65 guests, who all enjoyed the sounds of a fine group of entertainers called **Los Gringos**. It was nice to see some avid dancers and some serious toe tapping.

The snack added to the **Springtime** feel as each plate displayed a burst of color; jello, cake, and colored chocolate eggs. Thanks to the volunteers for your eager commitment in serving all our guests with a warm smile. We gave away one door prize which was won by Evelyn Martin, one of our friends from Good Samaritans.

Join us on **Monday, May 14th** as we celebrate a **Royal Tea Party** with **Floyd Sillito & Friends**. Please come dressed up with your fancy hats, your smashing white gloves, and black and white attire as we honor Prince Harry and Meghan Markle on their forthcoming May 19th nuptials.



Peace of Mind for You and Your Family

Emergency Safety Monitoring System for your loved ones living alone.



Monitor Support Respond

Chinook LifeCare

Help is always at hand.

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

403-320-1170

GAMING REPORT

As the Board Representative responsible for gaming, I would like to submit the following report: **Casino Coordinator Mike Bennett** states that there are no scheduled casinos for Nord-Bridge for the next three years. Mike said that if any extra casinos become available, we would offer to take them. We would like to shorten the time between the casinos.

In-House Bingo Coordinator Francis Wallace reports that the bingo draws 40 plus every Friday. The support from volunteers is great.

Monday Jam Coordinator Helen Gepneris has found that the jams maintain great support. The number of attendees staying for lunch has increased. The income from 50-50 is about \$90.00 and the income from the non-member \$2 fee remains between \$40 to \$50 each week. The speakers are now mounted on the wall making the set up easier for the jammers.

Winners Bingo Coordinator Judy Beasley reports that the Tuesday and Wednesday afternoon bingos when Nord-Bridge supplies volunteers has continued a slow decline in attendance. The volunteer situation appears to be satisfactory. Judy tries to pick up extra bingos when possible.

Pat Santa

Nord-Bridge Board Rep.

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."

Lethbridge HEARING CENTRE

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

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



403.320.6000

www.lethbridgehearing.ca



120, 2037 Mayor Magrath Dr. S.
Lethbridge, AB

Candice Elliott-Boldt, BC-HIS Jake Boldt, BC-HIS
Registered Hearing Aid Practitioners

Nord Bridge members can make an appointment at the Reception desk to meet with Maria here at the Centre on the 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

f MariaFitzpatrickAB



JO ANN KELLY

REALTOR®



sutton group – lethbridge

AN INDEPENDENT MEMBER BROKER

403-320-6411

Selling and /or Buying...
ONE CALL
Full Service

Over 24 Years Experience



March 17, 2018 TOURNAMENT RESULTS

Donna Takeda, Coordinator

Our recent, successful Tournament hosted 24 teams from Lethbridge and surrounding communities. The winners were: First Place - Lethbridge; Second Place - Taber; Third Place - Bow Island; and Fourth Place - Coaldale, Bow Island, Lethbridge, Taber.

Many thanks to all my volunteers including: Ken, Lorraine, Mike, Dianne B., Joe, Dianne S., Samantha, and Billie. The tournament wouldn't have been as much fun without you.

*Continuing to Care
Through the Generations.*

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

Christensen Salmon

GENERATIONS

Funeral Home & Cremation Services

A Division of The Caring Group Corp.

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

FOR RETAIL CUSTOMER 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.



THERE IS NO SUCH THING AS A SILLY QUESTION
Justin Kroeker will help you correct problems with your
► Desktop ► Laptop ► PC ► Mac ► Tablet ► Smartphone.
Bring your problems to Justin.

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



www.talknerdytomeinc.com
222 - 13 St. South
Lethbridge, AB
587- 425-4444

Mind Joggers Group

Spring by Doreen Taylor

*My lady spring has been delayed
Jack frost is still the king
Along the road she's been waylaid
Our long awaited Spring
Let us hope she'll soon arrive
With breezes warm that melt the snow
Old mother earth will come alive
And things will start to grow
Come now Spring, hide your face no more
Chase away those cloudy skies
Let that glorious sunshine pour
Come forth and let your beauty fill our eyes*

NORD-BRIDGE

**Chicken
Enchaladas
Cilantro-Lime
Tomato Salad
Chips and
Guacamole**

MEXICAN Cinco de Mayo

**Friday, May 4th
at 11:30 am
Dunford Diner
\$10.00**



BUFFET

**Tacos with all
the fixings
Chimichangas
Mexi Rice
Refried Beans
and more!**

Blue Jays in Seattle Coach Tour August 2-7, 2018

Pickup/Dropoff in Lethbridge

INCLUDES:

- Hotel Accommodations
- Breakfast Daily
- Safeco Field Tour
- Three Game Tickets



**Double: \$1699 pp + \$52 tax
Single: \$2345 pp + \$52 tax**

Prices are per person in CDN dollars. Tax + \$52 pp.
A valid passport is required. Travel Insurance is
recommended.

WestWorldTours

MaritimeTravel

We Know Travel Best.™
www.maritimetravel.ca

921-3rd Ave S - Lethbridge

P: 403-329-3373

E: 122@maritimetravel.ca

*The Medicine
Shopper*
PHARMACY

Do your medications run out at different times?

Custom Renewals

A convenient way to coordinate
your refills and your care.

**Speak to your pharmacist
for more information.**

**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



**Healthy Feet:
key to maintaining
your mobility and
independence**

Advanced Foot Care
provided by certified
health care
professionals,
for outstanding
outcomes.



It pays to take care of your feet

We treat all types of foot and ankle conditions

Healthy feet are crucial to overall good health.

Early detection, intervention and education of any problems with your feet can help you maintain your mobility and independence.

Toenail trimming and filing • Reduction of thickened nails

Fungal nails and nail bed • Ingrown and involuted nails • Corns and calluses

Foot fungus • Diabetic foot

Our Foot Care
services are offered
in your home or
in one of our Foot
Care Clinics

Book an appointment today

1.888.288.1243
footcare@cbi.ca

CBI.ca/HomeHealth



**Provides Freedom and
Transportation for Seniors**

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

**Call Sharon
to schedule your appointment.**

403-380-9072

slmstein@outlook.com



PH. 587-223-0203 www.lifetimehighs.club

cathymunro@lifetimehighs.club

~Traveling Together~

GIFT CERTIFICATES AVAILABLE

Camrose, Ab	May 6-8, 2018	\$229 pp/dbl
Bonnerr's Ferry, ID	June 3-6, 2018 Inn \$345 pp/dbl Ldg	\$310 pp/dbl
Waterton	Jun 14-15, 2018	\$269 pp/dbl
Deadwood, SD	Sept 30-Oct 6, 2018	\$665 pp/dbl
Coeur D'Alene, ID	Oct. 26-29, 2018 Shopping	\$TBA
	Dec. 26-29, 2018, Xmas Tour w Boat Cruise	\$TBA
Edmonton, AB	Jan 13-15, 2019, River Cree	\$TBA
Coeur D'Alene, ID	March 24-28, 2019 w 2 side trips	\$TBA
Bonnerr's Ferry, ID	Feb 3-6, 2019	\$TBA
Coeur D'Alene, ID	March 24-28, 2019	\$TBA
Moose Jaw, SK	April 23 - 26, 2019	\$TBA
Camrose, AB	May 5-7, 2019	\$TBA
Polson-Kalispell MT	May 27-30, 2019	\$TBA

SERVING SOUTHERN ALBERTA - Calgary, Lethbridge - Pincher Creek and MORE
Tours depart from Lethbridge or Calgary, other pick ups available



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

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



**Call Wendy Gillett for your complimentary in-home
consultation and free estimate.**

403-388-4122 (Office) 403-315-1729 (Cell)

www.roost2roost.ca

Bar-B-Que Picnic



Nord-Bridge Seniors Centre members are invited to the
Rotary Picnic Shelter located at 2925—30 Ave N on
Thursday, June 7 from 11am-3pm.

Tickets: \$6.00

Cost includes food & entertainment. Tickets are available
at our Reception Desk or on the day of the Picnic. If you
need a ride, let us know by Friday, June 1.

On this day the Centre will close at 11am

**LETHBRIDGE
LAWN BOWLING CLUB**

**Invites their
NORD-BRIDGE SENIORS
friends** to join them for a **ONE-
YEAR FREE** introduction. We

meet at Ted Petrunia Memorial Park

(West of Winston Churchill High School, facing 16th
St. Enter parking lot from 18th Ave.)

Monday, Wednesday & Friday at 6:30 pm

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



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



TRAVEL

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

ROAD REPORT

On April 19th **Mystery Trip #3** travelled to **Head-Smashed-In Buffalo Jump**. The guided tour was very educational and enjoyable. Later in the month, a spring trip to **Rose Bud Theatre** included a tasty buffet meal and the show, **Driving Miss Daisy**. The last April trip included lunch in the Dunford Diner and a trip to the **Movie Mill**.

The **"Out and About"** program is growing. Nine eager shoppers browsed around Wal-Mart. This is a great program for those who do not drive.

Thank you to Jim Cumming, Marilyn Marshman, Lucy Graham and Care Free Express for their safe driving in April.

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 but let us know as we may have a waiting list, and someone may reimburse you

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 May and June 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.



ANNUAL FISHING DERBY WED. JUNE 20TH

COST: \$26 - ONLY 5 SEATS AVAILABLE

This event is always a blast. Includes a lunch catered by the Pincher Creek Legion and prizes for: Largest Fish, Smallest Fish, Oldest Fisherman & Oldest Fishwoman. Sign up Today!



Windmill Garden Centre in Medicine Hat

TENTATIVELY SOLD OUT

Thursday, June 28

Cost \$35 (inc. bus & admission tour)

Bring a picnic lunch and wander through the butterfly house! Water will be provided.

BRAND NEW



UP-COMING TRIPS

- ☺ **WATERTON LAKES** - Tuesday, July 31
- ☺ **SASKATOON BERRY FARM, DeWinton** - Thursday, August 9
- ☺ **ETZIKOM MUSEUM** - Tuesday, August 21
- ☺ **CHINOOK HONEY FARM, Okotoks** - Thursday, September 13

DO YOU HAVE A FAVOURITE DESTINATION? LET US KNOW!

MYSTERY TRIPS 2018



Trip #4: Thursday, May 17th.

This adventure is a **visit!**
Cost: \$41 (inc. admission). Bring a picnic lunch or buy lunch there.

Bus will depart at 10:15am. Wear good walking shoes.

Trip #5: Thursday, June 14th.

Brand new destination! **Enjoying lunch in the Dunford Diner** & travel to a mystery destination. Bring a water bottle, and wear a hat and walking shoes.

4th Annual CRANBROOK - ST.EUGENE CASINO RESORT

GOLFING & GAMBLING JUNKET

Sunday, May 27 to Tuesday, May 29, 2018

This trip is **sold out** and is ready to ROCK & ROLL. Thirty nine happy people are attending this annual getaway. Itineraries are ready to be picked up. Bus departure time is Noon on Sunday, May 27th. For safety, please arrange a taxi or car pool to the Centre.

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



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 Wednesday, May 9 and 23.

COST \$3



The Lethbridge Public Library will be celebrating 100 years in our community in 2019 and we want to hear from you!

We want you to tell us about your most memorable library experiences and what the library means to you and your family. How do you envision the library of the future?

Share your stories and ideas with us, and you'll be entered for a chance to win a Lethbridge Public Library swag bag and Booster Juice gift pack.

Visit www.lethlib.ca to send us your feedback by June 1.

The Astounding Beauty of the Northern Lights, a natural phenomenon of a magical light show of the Aurora Borealis. Be swept away into the moving and mystical dance of color of the night sky.

*under northern lights
Gala*

2018

Nord-Bridge Seniors Centre, 1904 - 13 Avenue N
Saturday, May 26, 2018 5 O'Clock in the Evening
Semi-Formal Attire + \$80 Per Person

Champagne Hospitality Welcome + Ushered Seating + Cash Bar
Musical Entertainment by guitarist Dale Ketcheson + Silent Auction
Emcee - Dory Rossiter + Plated Prime Rib Dinner with Salad and Dessert
Evening Entertainment by Ben Price Magic, Erica Hunt, Jeff Carlson, Jory Kohn, Kelly Roberts and Scott Carpenter of "Old Favorites" fame

Silent Auction will feature beautiful designer purses and men's furnishings

Tickets will be available for purchase online through our website
www.nordbridgeseniors.com or through www.Eventbrite.com

Is This You?

- I help my elderly parents.
- 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
FEE: or lpenner@nordbridgeseniors.com
or Mikaela Bolduc 403-329-3766
mbolduc@alzheimer.ab.ca

FREE



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