

# *NEWSLETTER*

# JULY 2018



## **“ALL ABOARD...”**

The 4th annual St. Eugene Casino trip headed to Cranbrook, B.C. May 27th to the 29th.  
Lots of fun and frolic was on the menu for the 37 members and non-members  
that made their way over to the beautiful East Kootenays.  
This photo is from the side excursion this year to the Canadian Museum of Rail Travel.

## **“The Friendly Centre”**

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**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	Rita Paju
Financial Administrator	Tracy Beauchemin
Program Coordinator	Ashley Kern
Member Support Coordinator	Lorri Penner
Reception Supervisor	Valerie Arkinstall
Rentals	Rita Paju
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  
Valerie Arkinstall/Rita Paju  
Rita Paju (Production & Billing)  
Rita Paju  
**Ben Bell\* (Chair)**  
Harry Fischer, Vicki Klassen, Bev Eaton

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  
Paul Cohen  
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 Toile  
Wood Carving  
Beginner 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

Watercolor and Coloured  
Pencil Techniques

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

**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

**HEALTH & FITNESS**

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

**Marko Bosnak\*, Board Rep**

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

**OUTREACH**

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

**Jim Edwards\*, Board Rep**

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

**SOCIAL ACTIVITIES**

Decorations  
Monday Music Jams  
Senior Music Makers  
Socials Committee & Specials  
Line Dancing (P.M.)  
Clogging  
Line Dancing (A.M.)

**Kathy Ludwig\*, Board Rep**

Eva Deringer  
Doug Youngren  
Barb Stewart  
Eva Deringer  
Karen Hooper  
Sandy Nowell  
Della Howg

**SPORTS & RECREATION**

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

**Robert Grisak\*, Board Rep**

Diana Neal  
Norene Irwin, Woody Neely  
Dianne Neil  
Vacant  
Lorna Vandervalk  
Judy Workman, Kaye Murphy  
Ben Bell  
Clay Olsen  
Jerry Mikusek, Dave Bergen

**TRAVEL**

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

**George Berg\*, Board Rep**

Valerie Arkinstall  
Valerie Arkinstall  
Marco Escobar

**VOLUNTEERISM**

Building Set-up Volunteers  
Diner Special Events Coordinator

**Vacant (Chair), Hugh Gordon\***

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

**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

**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



Alberta Association of Seniors Centres

Some programs & services are  
partially funded by the joint  
Provincial and City FCSS Program.

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

**NEWSLETTER submissions must be  
received by the 15<sup>th</sup> of the month.**

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

## PRESIDENT'S REPORT

"Summertime and the living is easy." Well, at least after the feverish pace of events at Nord-Bridge this spring, July will provide a welcome respite. Summer is for golf, fishing, Whoop-Up Days, and grandchildren. But I hope you can also find time to drop into Nord-Bridge for coffee or breakfast.



But before slipping into the gentler rhythms of summer, you may wish to reflect on what Nord-Bridge has been doing over the last month. To begin with, we had the most active Senior's Week schedule in our history. Richard & Deborah Popovitch provided two well-attended shows on June 5<sup>th</sup>. The afternoon performance focused on classic country songs, while the evening show was devoted to the Rock n' Roll of the 50's, 60's, and 70's, which we know was the greatest era of popular music.

On June 7<sup>th</sup> we moved to a new venue for our Seniors Week Barbecue Picnic. The move to the Rotary Club Picnic Shelter, within the North Lethbridge Sports Complex, was met with approval.

But in the midst of the fun, we made time for serious business as well. On June 11 a Nord-Bridge team attended a City Council meeting to follow the discussion of the "Review of Operations for the Delivery of Senior Services." A dull name I know, but Council's decision on this report will largely determine how much money we get for our programs. On June 13, I attended a meeting of the City's Transit Advisory Committee. My goal was to ensure the City addresses senior transit needs for the future. And on the 14th, a committee met to discuss the future of the Nord-Bridge Gala.

The last two months have seen a tsunami of new members. Okay, maybe not a "tsunami". But we have seen a lot of new members, thirty-one in May and probably more than twenty in June.

On a less happy note, I regret that after a too-brief tenure with us, Administrative Support Coordinator Rebecca Olsen has left us for a new position. Fortunately, we were able to find a talented replacement in Rita Paju, who has served us as a Reception Assistant over the last nine months.

**Robert Tarleck, A ko'tasi (Many Horses)**  
**Board President**

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

Indra Chowdhury

Jean Kay

Doug Medve

Mary Tokarski

Patti Tyrell

Paul Tyrell

Joycee Dahl

Judy McCarty

Desmond McCarty

Heather Nelson

Connie Dickout

Torben Johansen

Ted Bouvier

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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](mailto: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 (Sept-June)	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.	Second 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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**FORE!** Golf season has started. Join us every **Tuesday & Thursday at 8:30 a.m.** (weather permitting). We tee off at **Evergreen Golf Center, 5225 - 24 Avenue South (on the Coutts Highway)**. Green Fee is \$9.00 for nine holes. This program is for Nord-Bridge Senior Centre members only. If you would like to play, meet us at the course.

**Judy Workman and Kaye Murphy, Conveners**

**BOCCE BALL** season has started! Join us at 13 Avenue & 16 Street North on Tuesday evenings at 6:30 p.m. There is a registration list but there is always room for more members. Please contact: **Diana Neal or Ashley Kern** at **Nord-Bridge Seniors Centre** if you would like to register. **Thank you!**



## LORRI'S CORNER



June 15 was World Elder Abuse Awareness Day, (WEAAD) and The Lethbridge Elder Abuse Response Network (LEARN) hosted a fun event, a sock hop! The dance floor was filled with many people, most wearing purple! Each year the committee plans some activity to bring awareness that elder abuse occurs in our community.

Did you know that as a senior, you could be at risk? Elder abuse doesn't happen only to a people of a certain gender, race, ethnicity, income or education. Elder abuse is often committed by someone known to the victim, such as a family member, friend, neighbour or caregiver. Abusers can also include any individual in a position of power, trust or authority.

Elder abuse is any action or inaction that puts you at risk. It can take several forms including financial, emotional, physical, sexual, medication and neglect, with more than one type of abuse often occurring at the same time. Elder abuse can also include physical injury, restraint, financial exploitation, threats, ridicule, insult or humiliation, withholding medication, unwanted touching or sexual contact, forced isolation (physical or social), or forced change in living arrangements. It may also include neglect which includes abandonment, withholding or not providing food, healthcare, companionship or assistance.

I am on the Lethbridge Elder Abuse Response Network (LEARN) which is a group of organizations in the city that responds to and provides education, awareness and advocacy for those at risk of or already experiencing abuse, as well as the community at large. Joanne Blinco, Case Manager for LEARN is at Nord-Bridge the first and third Wednesday of the month from 10-12 in the Southview room.

I invite you to come see me in my office should you require assistance on this or any other concern you have. You are not alone.

My Schedule for July is as follows:

July 2018					
M	T	W	Th	F	
	3	4	5	6	
9	10	11			
		18	19	20	
23	24	25	26		



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Nord-Bridge Seniors Centre would like to extend a very big thank you to **Julie and Tammy** from **Servus Credit Union - Uplands Branch** for assisting us at our Father's Day Luncheon & Pie Auction on Friday, June 15th!



## Social Activities by Eva Deringer

**J**une arrived with a flurry of events during Seniors Week from June 4th to 8th, 2018. A varied week of programs and activities were carried out and enjoyed by our Nord-Bridge members and guests. Monday, June 4th our Jammers were at their very best! Tuesday the Toonie breakfast of pancakes and sausages was speedily consumed. The highlight of Tuesday was the Richard & Deborah Popovitch shows. A total of 210 music lovers enjoyed both shows. A very animated show in the afternoon of 'Saddle Sores' a western music revue and the '50s 60s 70s' rock and roll revue had everyone hopping during the evening performance. Wednesday, June 6th was our regular Breakfast Buffet. A fun Darts tournament was held in the Multi-Purpose Hall in the afternoon with a lot of members having some fun. Thursday June 7th was our annual picnic which this time was held at the Rotary Club Sports Park. A huge crowd (around 150) enjoyed the sunshine, music and great food. Again thanks to the many volunteers for a great job! You know who you are. Friday, June 8th the regular Bingo prizes were given out as well as some 'sweet' extras by Ashley. Friday evening a music jam/dance was organized by Helen Gepneris. A total of 88 singers and dancers had a great time. Thanks Helen.

The Father's Day Luncheon and Pie Auction was June 15th. President Bob Tarleck welcomed our guests, Mike Bennett said grace and Yvonne entertained the crowd on the piano during lunch of salad, tenderloin steak, veggies and upside down apple cake. Yum! There were eight door prizes handed out too. Auctioneers Dean Oseen and Dick Indenbosh auctioned off an amazing assortment of pies. Julie Sarich and Tammy Isherwood from Uplands Servus Credit Union also helped with the auction. Thank you everyone for another "Sweet Success". Did you get your Pie?



## EXECUTIVE DIRECTOR'S REPORT



In this month's Newsletter I want to update members on Nord-Bridge's Board of Directors December 11, 2017 public submission to City Council to review the funding between the two Seniors Centre in Lethbridge. From that submission, City Council directed Administration staff from the Community and Social Development (CSD) team to review operations and funding models for the delivery of senior services for both Nord-Bridge and LSCO.

The CSD department hired Hélène Wirzba of Wirzba Consulting in April to help complete research in the comparison of both Nord-Bridge and LSCO in terms of: history of the organizations, governance, facility and assets, membership, grants, sources of revenue, expenditures, and services and programs offered. I met with Hélène, and toured her around Nord-Bridge in late April. Hélène, took an in-depth analysis of Nord-Bridge's financial statements and operations. I highlighted many of the great things that Nord-Bridge has accomplished over the past 40 years; from 1978 when Nord-Bridge was established to meet the needs of seniors residing in North Lethbridge to our purchase of the Chinook Mall in 2001 and retrofitting the mall to what our current location is today as well as hosting the 2013 Grey Matters Conference (a provincial senior service providers conference). Hélène compiled all of her findings and produced the 35 page report "City of Lethbridge Review of Operations and Funding Models for the Delivery of Senior Services" for Nord-Bridge and LSCO.

This report was originally scheduled to be presented to City Council on May 28th, however Council voted to delay the presentation until June 11th. Then the Agenda Committee for Council decided the report would be made as a submission to Council rather than a presentation. Had the CSD department been able to present the report, it would have illustrated some of the key strengths both senior centres possess and conversely areas of weakness which both centres face challenges in. Council reviewed the submission at the June 11th meeting and all Council members voted in favour that the report be received as information and filed.

So what does this mean? Our hope is that Council will utilize the findings from this report when they engage in the 2019 - 2022 Operating Budget talks to address the shortfalls and challenges that Nord-Bridge faces. City Council now has a great snapshot of what Nord-Bridge does and where it sits in comparison to LSCO so that when the next four year Operating budget commences our hope is that Council takes the information from the report into account when they allot resources for seniors in our community with Nord-Bridge in mind. I have copies of this report if any members wish to read it. Please ask for a copy at the Reception Desk.

**David Ng**  
Executive Director

"HERE TO  
SERVE"



**RACHAEL HARDER**  
LETHBRIDGE ALBERTA MP

403.320.0070

@RACHAELHARDERMP

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## ANNUAL CRAFT AND BAKE SALE

SATURDAY, OCTOBER 27TH, 2018 9:00 a.m. to 2:00 p.m.

LIMITED TABLES SO BOOK YOURS RIGHT AWAY  
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MEMBER: \$15/ Table

NON-MEMBER \$25/ Table



please no garage sale items or personal baked goods  
because we want your baked items for the Bake Table.



# ADVANTAGE HEARING CENTRE

406-6<sup>th</sup> St. South Lethbridge, Alberta

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## From the Desk of Val



**PIES, PIES, AND MORE PIES!** Good news to report about our recently held annual pie auction. We had 62 fantastic pies and they all went! Total money raised - \$2,740.00. Many thanks to our great auctioneer, Dean Oseen and his helper, Dick Indenbosh, Helen Gepneris, the Uplands Servus Credit Union, as well as Susan Faust, Judy Beasley, and Jim Edwards for their hard work in organizing these pies. This great fundraiser has been around for a long time and is very worthwhile and FUN! Thanks also to the volunteers who made calls to the members requesting pies. This fundraiser will certainly help our Outreach program which reaches out to seniors living in facilities and in their own homes in getting them out and about.

With July approaching fast, we will be at a much slower pace at the Reception Desk especially on Mondays when the Jam Session takes the summer off to relax and rest. It will be a time for me to do some housekeeping and re-organize duties etc. because we have had another change. Rita has moved on to the role of our monthly Newsletter, room rentals, and other related duties. She has been with me since August 30<sup>th</sup> not even a year. She is capable, committed to her job, and efficient. Now, we will have to work as a team in helping each other for both her and Ashley are new at their jobs. I will indeed lend my helpful hand and smile when they ask me. With July and August being slower, I thank my volunteers for coming in and doing summer hours. I have definitely caught on to Rita's expression; "NO WORRIES!"

In closing, enjoy July and hoping there will be lots of sunny days as I just got my deck renovated and will be spending more time after work hours and on weekends having a few cool drinks. Don't forget to check out the Travel program for July and August.

Your friendly,

*Valerie*



WE WOULD LIKE TO TAKE  
THIS OPPORTUNITY TO  
THANK ALL OF OUR  
SPONSORS

Saturday, May 26th, 2018  
Nord-Bridge Seniors  
Centre hosted the 1st  
Annual  
UNDER THE  
NORTHERN LIGHTS GALA

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Edmonton, AB	Sept 9 - 11, 2018, Tour Extravaganza	\$425 pp/dbl
Deadwood, SD	Sept 30 - Oct 6, 2018 <b>2 buses</b>	\$665 pp/dbl
Coeur D'Alene, ID	Oct. 26 - 29, 2018 Spokane Shopping	\$400 pp/dbl
	Dec. 2 - 5, 2018, Xmas Tour w Boat Cruise	\$400 pp/dbl
	March 24 - 28, 2019 Spring Break - shopping, wine tour, Tribal dinner & show	\$575 pp/dbl
Edmonton, AB	Jan 13 - 15, 2019, River Cree	\$280 pp/dbl
Bonnars Ferry, ID	Feb 3 - 6, 2019, Super Bowl	\$410 pp/dbl
Moose Jaw, SK	April 23 - 26, 2019, Temple Gardens	\$425 pp/dbl
Camrose, AB	May 5 - 7, 2019	\$240 pp/dbl
Polson-Kalispell, MT	May 27 - 30, 2019, Sights, Shopping & More	\$475 pp/dbl

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## 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)

No winners in June. The pot is still growing!

## 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

**OLAI EGLAND \$151.00 - June 22, 2018**  
Next Draw July 27th, 2018

## 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

June 4 Alvin Witt \$41 / Donna Makelki \$41  
June 11 Victor Winters \$36 / Jim Hahn \$36  
June 18 Doreen Smid \$35 / Mike Bennett \$35  
June 25 Fred Hoffarth \$40 / Anne Pauls \$40

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

## Annual Fishing Trip

125 people were in attendance for the Legion's annual fishing derby.

Only 6 fish were caught in total and our very own Bill Latimer was the big winner that day catching 2 trout each 10 inches long!



## NORD-BRIDGE BUILDING FUND RECENT DONORS

Update will be in August Newsletter

### NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2018 through May 25, 2018 : **\$8,089**



### 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

**\$ 2,125,985**

Still needed by N-B Fundraising

**\$ 374,015**

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 & cold sandwiches, burgers, fish, fries, onion rings, salads, desserts and more!

**PUBLIC WELCOME/ NO SURCHARGE/**  
**CASH, DEBIT, MASTERCARD & VISA ACCEPTED**

## Friday Lunch Features \$7.50

July 6 Chimichanga, Rice and Salad

July 13 Veal Parmesan, Mashed Potatoes, Gravy and Veggies

July 20 Steak Fajita, Rice and Salad

July 27 Liver & Onions, Mashed Potatoes & Gravy and Veggies

**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
<b>2</b> <b>CENTRE CLOSED FOR CANADA DAY</b> 	<b>3</b> 8:30 Golf (at Evergreen) 1:00 Texas Hold'em 1:00 Norwegian Whist 1:30 <b>SCRABBLE</b> 6:30 Bocce Ball Lions Park 	<b>4</b> 8:30 <b>Breakfast Buffet</b> 9:30 Carpet Bowling 10:00 <b>LEARN (Elder Abuse Network)</b> 10:45 <b>WINNERS BINGO</b> 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 <b>Advantage Hearing By Appointment</b> 7:00 Table Tennis 	<b>5</b> 8:30 Golf (at Evergreen) 9:00 Floor Curling 1:00 Woodcarving 1:00 Trump Whist 1:00 Duplicate Bridge  <p><small>"No, there's nothing in the rule book that says you can't have a weed wacker in your bag. However, I still say it's cheating."</small></p>	<b>6</b> 9:30 Carpet Bowling 1:00 <b>In-House Bingo</b> 1:00 Contract Bridge 1:00 Crib 
<b>9</b> 10:00 Floor Curling 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts 	<b>10</b> 8:30 Golf (at Evergreen) 9:00 Legal Consultations By Appointment 10:45 <b>WINNERS BINGO</b> 12:15 <b>Mystery Trip #6</b> 1:00 Texas Hold'em 1:00 Norwegian Whist 1:30 <b>SCRABBLE</b> 6:30 Bocce Ball Lions Park 	<b>11</b> 9:00 Gentle Yoga 9:30 Carpet Bowling 9:45 <b>Out &amp; About +affix 700</b> 10:00 <b>Coffee With a Constable</b> 10:15 Chair Yoga 10:45 <b>WINNERS BINGO</b> 11:15 Keep Fit 1:00 Darts/Euchre 1:00 Quilt/Kraft 7:00 Table Tennis 	<b>12</b> 8:30 Golf (at Evergreen) 9:00 Floor Curling 1:00 Woodcarving 1:00 Trump Whist 1:00 Duplicate Bridge 	<b>13</b> 9:30 Carpet Bowling 1:00 <b>In-House Bingo</b> 1:00 Contract Bridge 1:00 Crib 



<p><b>16</b>  10:00 Floor Curling  1:00 Contract Bridge  1:00 Military Whist  1:00 Darts</p> 	<p><b>17</b>  8:30 Golf (at Evergreen)  <b>9:45 High River Trip</b>  <b>10:45 WINNERS BINGO</b>  1:00 Texas Hold'em  1:00 Norwegian Whist  1:30 <b>SCRABBLE</b>  6:30 Bocce Ball Lions Park</p> 	<p><b>18</b>  9:00 Gentle Yoga  9:30 Carpet Bowling  <b>10:00 LEARN (Elder Abuse Network)</b>  10:15 Chair Yoga  <b>10:45 WINNERS BINGO</b>  11:15 Keep Fit  1:00 Darts/Euchre  1:00 Quilt/Kraft  7:00 Table Tennis</p> 	<p><b>19</b>  8:30 Golf (at Evergreen)  9:00 Floor Curling  <b>10:00 Lethbridge Hearing</b>  By Appointment  1:00 Woodcarving  1:00 Trump Whist  1:00 Duplicate Bridge</p> 	<p><b>20</b>  9:30 Carpet Bowling  <b>1:00 In-House Bingo</b>  1:00 Contract Bridge  1:00 Crib</p> 
<p><b>23 &amp; 30</b>  10:00 Floor Curling  1:00 Contract Bridge  1:00 Military Whist  1:00 Darts</p> 	<p><b>24 &amp; 31*</b>  8:30 Golf (at Evergreen)  <b>*8:45 Waterton Trip</b>  <b>10:45 WINNERS BINGO</b>  1:00 Texas Hold'em  1:00 Norwegian Whist  1:30 <b>SCRABBLE</b>  6:30 Bocce Ball Lions Park</p> 	<p><b>25</b>  9:00 Gentle Yoga  9:30 Carpet Bowling  <b>9:45 Out &amp; About + after 700</b>  10:15 Chair Yoga  <b>10:45 WINNERS BINGO</b>  11:15 Keep Fit  1:00 Darts/Euchre  1:00 Quilt/Kraft  7:00 Table Tennis</p> 	<p><b>26</b>  8:30 Golf (at Evergreen)  9:00 Floor Curling  <b>11:00 Broxburn/Birds of Prey Trip</b>  1:00 Woodcarving  1:00 Trump Whist  1:00 Duplicate Bridge</p> 	<p><b>27</b>  9:30 Carpet Bowling  <b>1:00 In-House Bingo</b>  1:00 Contract Bridge  1:00 Crib</p> <p><b>TOONIE DRAW</b></p> 
<p><b>Go Friendly Shuttle door-to-door service:</b> Call 403-329-3222 the day prior, or sooner, to book a ride. Cost is \$3.00 each way, or use your <i>Lethbridge Transit "Breeze Card"</i>.</p> <ul style="list-style-type: none"> <li>LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL FIND A PHONE FRIEND FOR YOU. CALL VAL AT 403-329-3222 TO ARRANGE.</li> <li>ADVANTAGE HEARING - FIRST WEDNESDAY OF THE MONTH (by appointment).</li> <li>ALZHEIMER SOCIETY'S REP. MIKAELA, THIRD WEDNESDAY OF EACH MONTH AT 10 A.M. IN THE DUNFORD DINER.</li> <li>LETHBRIDGE HEARING - THIRD THURSDAY OF THE MONTH (by appointment).</li> </ul>		<ul style="list-style-type: none"> <li><b>CANADA DAY—JULY 2, 2018—CENTRE CLOSED</b></li> <li>JOANNE BLINCO OF LEARN (Elder Abuse Network) FIRST &amp; THIRD WEDNESDAY OF EVERY MONTH, 10 - NOON, IN THE SOUTH VIEW MEETING ROOM</li> <li>SHOPPING TRIPS TO WALMART: WEDNESDAYS, July 11 and July 25</li> <li>Tuesday, July 10th - MYSTERY TRIP #6</li> <li>WINNERS BINGO: July 4, 10, 11, 17, 18, 24, 25 and 31</li> <li>FOOT DOCTOR: DR. BOLOKOSKI NOW AT 10:30 AM. FUTURE DATES INCLUDE: JULY 25, SEPT. 19, NOV. 14 ALL 2018</li> </ul> 		

# WINNERS



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## Programmer's Report by Ashley Kern

Hello everyone!



With Seniors Week and the BBQ Picnic at the Rotary Picnic Shelter under my belt, I am ready to take on whatever else is thrown at me! :) It was a great success and July will be just as fun! Canada Day this year lands on a Sunday, therefore we will be closed on Monday July 2nd. Everyone get out and enjoy the Canada Day festivities happening all over the city such as fireworks at Henderson, crafts, entertainment, and free popcorn at the Galt Museum. We also have been selling raffle tickets for our Canada 150 Quilt which has been a huge success. The lucky winner will be posted in our August Newsletter! We thank Sydney Fisher for all her hard work and her generous donation of this beautiful queen-sized quilt.

Nord-Bridge has begun to slow down with most instructors taking time off for the summer. The Jammers will be taking two months off and will return again in September. However, there is still Bocce ball happening every Tuesday evening at 6:30 p.m. in the Nor-Bridge Lions Park and Golf at Evergreen every Tuesday and Thursday morning at 8:30 a.m.

### ***Some important dates to remember over the summer include:***

Our annual Whoop Up-Days Toonie Pancake Breakfast on Wednesday, August 22nd from 8:00 a.m. to 11:00 a.m. Come on down and enjoy the entertainment and food!

The 2018 Fall Program Booklet will be on the shelves by Monday, August 20th. Program registration for the Fall program session will be on Wednesday, August 29th at 10:00 a.m. at the Reception Desk.

Have a lovely start to the summer everyone and stay happy and healthy!



**Ashley**



### CONDOLENCES WERE SENT TO...

... Tracy Beauchemin, loss of niece; Linda Christensen, loss of Jerry Fudge; The Adachi family, loss of brother; The Richardson family, loss of Margaret.



### GET WELL & HEALTH WISHES WERE SENT TO...

... Bill McTighe recovering from surgery; Barb Beatty recovering from surgery; Mathilde Reichel recovering; and Joan Marles recovering from surgery ...

### OUTREACH REPORT Val Arkinstall, Outreach Coordinator OUTREACH NEWS FLASH

It doesn't matter how old you are, anyone can enjoy fun with seniors living in a long term facility. Recently, the Outreach committee visited the Vulcan Health Care facility and had a super time laughing and enjoying a tasty treat of rhubarb & strawberry crumble with ice cream that was put together by the residents and staff. The game we played was challenging and made up of four teams; the Rolling Stones, Jolly Elves, Perfect Troublemakers, and the 6 Musketeers. The teams had to choose a picker, a roller, and builders. The roller rolled the dice, the picker picked up items, and then the builders had to create an object. The Rolling Stones team with Jim Edwards leading the team won the competition.

The Outreach Committee met for a brainstorming meeting on June 4th and we would like to thank two new volunteers who showed up. I would like to welcome Patty Schwartz and Elizabeth Cook. I do encourage more willing helpers for the Outreach program which happens just one time a month from September to May. If you are interested in volunteering please sign up at the Reception Desk. Our Outreach program is a good program getting seniors living alone out and about. One of my committed volunteers Mathilde Reichel, who has been a committed volunteer for a long time is recovering at home after suffering a stroke. Mathilde has always had a smile and is always willing to lend a hand making sure tables are always wiped clean. She will be certainly missed.



Clay Olsen and Jim Edwards won gold medals at the 55+ Senior Summer Games playing Cribbage.

The games were held on May 18, 19 and 20, 2018 in Camrose, Alberta. There were 28 games played in total; 21 on Saturday and 7 on Sunday

"We were very proud to be representing Nord-Bridge Seniors Centre in these games."



### Summer



Spring is almost gone  
What a bummer  
But wait a minute  
Next comes summer

A break from work  
A break from school  
Trips to the lake  
Or at least to the pool

Lots of sunshine  
Lots of heat  
Cooking outdoors  
And ice cream to eat

Let's go camping  
Let's pitch a tent  
The freshness you'll experience  
Is truly heaven sent

Next to Waterton Park  
Or to the Calgary Zoo  
The weather is gorgeous  
There's always something to do

Let's take the boat out  
And go water ski  
Then fish in the evening  
That's fun, you'll see

Maybe family is coming  
From somewhere far away  
And you've cleaned the motorhome  
So they have a place to stay

Let's go on a road trip  
And see where we land  
That could be more fun  
Than anything planned

Whatever your plans  
To thyself be true  
Don't waste the time  
Get out there and do.

Tammi Gaudry  
May 2018



### Shannon Phillips, MLA Lethbridge West

402 8th St S  
Lethbridge, AB T1J 2J7  
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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 2<sup>nd</sup> & 4<sup>th</sup> Friday of each month between 9:30 am & 10:30 am.

## Maria Fitzpatrick

MLA, Lethbridge East

(403) 320-1011 lethbridge.east@assembly.ab.ca

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## 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  
CUSTOMER  
PARKING  
ONLY**



Hi! My name is Joanne Blinco, I am the Case Manager of **LEARN - Lethbridge Elder Abuse Response Network**. I have been coming to Nord-Bridge on the first and third Wednesday from 10 a.m. - Noon to be available to talk about elder abuse.

Knowledge and information can prevent abuse from happening. If you, or someone you know is experiencing elder abuse, please give me a call at **403-394-0306** or drop by on the at the times I am at the Centre.

When it comes to Elder Abuse, silence is not an option.

## YOUR FRIENDLY GEEK

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TO ME** INC

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May  
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2018



1st  
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Sunday at 2:00 pm

Join us any or all times. It's pick-up teams  
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For more information please contact

**Nord-Bridge member, NEIL WILLIAMS,**  
**403.492.3859 or nrwms71@gmail.com**

or

**ESTHER RODZINYAK 403.329.8851**

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**Upcoming FREE consultation dates:**

**Tuesday(s) July 10 & August 14**

**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.**



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**Thank You...**

The Go Seniors Society would like to  
extend a thank you to everyone who  
donated their pennies etc. for the big  
glass jar.

There was \$373.00 in there!







**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

**Our 4<sup>th</sup> Cranbrook – St. Eugene** trip was again popular and fun. Some were lucky and some not so lucky. The side trip to the Railway Museum was a highlight with a lot of history shared by our tour guide. In the dining car alone it was spectacular as the dining cabinet was actually brought in pieces from the east and it put together here in the west.

**Mystery Trip #5** was enjoyable going to the September Spring Ranch in Pincher Creek seeing artifacts inside and out and then enjoying tea and a tasty scone.

**The Annual Fishing Trip** to Pincher Creek was sold out this year for the first time in a long time.

Finally, a new outing to the Medicine Hat Nursery & Butterfly House was enjoyed. Thanks to Carefree Express, Lucy Graham, Marilyn Marshman, and Clay Olsen for their commitment.

**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.**

**Book now for all late summer and fall trips, they are filling up fast! Don't wait! Book your trip today.**



## MYSTERY TRIPS 2018

**Trip #6: Tuesday, July 10th.**   
**Another spectacular mystery destination! Pack or buy your own lunch and be ready to enjoy an exciting day! Bus departs Centre at 12:15 p.m. Member cost: \$35**

**Trip #7: Thursday August 16th, 2018.**  
**Cost: \$20**



**HIGHWOOD MUSEUM—TUESDAY, JULY 17TH, 2018. ARE YOU INTERESTED IN GOING TO HIGH RIVER, AB TO SEE THE MYSTERY ARTIFACTS? COST: \$55**

**Includes Bus & Tour. Enjoy your own picnic bagged lunch en route. Bottled water will be supplied. This will be an excellent outing to just get out and about. Bus will depart Centre at 9:30 a.m.**

**Thursday, July 26th, 2018**

**Lunch at Broxburn Café and then on to the Birds of Prey in Coaldale for a tour! Cost \$20 includes bus and admission. Lunch at 11:30 a.m. and tour at 1:00 p.m. Taking names and payment now. Payment deadline is July 19th. E.T.R. 3:00 p.m.**

### UPCOMING TRIPS FOR AUGUST

Thursday, August 9th-Saskatoon Berry Farm. Cost \$50   
Thursday, August 16th-Mystery Trip #7, Cost: \$20  
Tuesday, August 28-Etzikom Museum. Cost: \$35(incl. b   
Interested in going to Stage West Dinner Theatre in Calgary? See sign up table for upcoming show on Sept 26th a musical "The World Goes Round". COST: T.B.A. Details in August Newsletter



**THE ANNUAL WATERTON LAKES OUTING—TUESDAY, JULY 31, 2018**

**COST: \$50 (INC. BUS & GATE ADMISSION)**



**Bring your own picnic lunch or choose a restaurant to buy lunch. The boat ride up the lake and back will be at your own cost. Bus will depart Centre at 9:00 a.m. If your name is already down, please come in to pay for the trip. Seats still available for a lovely trip down to WATERTON.**



**Cirque Du Soleil**  
**Wednesday, October 31<sup>st</sup>**

**GOOD NEWS!** The Cirque du Soleil show is a go for Wednesday, October 31st, 2018  
Tickets are \$75 (Incl. bus and admission). The bus will depart the Centre at 6:15 p.m.—NO PICK UPS FROM HOMES.

The balance of payment will be due October 17th. If you cancel, and we do not have a wait list for this trip, then you will have to get your own replacement. Check with us at the Reception Desk.

**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, July 11th and 25th.

**COST**  
**\$3**

# SUMMER 2018 PROGRAMS

## Gentle Yoga

This class offers an opportunity for students to strengthen the body/mind connection. The instructor will explore aging, anatomy, meditation, breathing and relaxation. Asanas [postures] are slow gentle movements done in a non-intimidating friendly manner. Participants are asked to wear loose clothing and bring a yoga mat.

### Summer Session Gentle Yoga

Begins: Wednesday, July 11 - August 29 (8 Classes)

Time: 9:00 am - 10:00 am

Fee: Members: \$40.00

Location: West Community Room

Instructor: Melanie Hillaby

Non-Members: \$60.00

## Chair Yoga

Chair Yoga is the term generally used to describe a gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support. Chair yoga has helped people with the symptoms of many health issues including: hypertension (high blood pressure), anxiety, chronic fatigue syndrome, arthritis, vertigo (medical), multiple sclerosis, carpal tunnel syndrome, clinical depression, and chronic pain. Chair Yoga is one of the gentlest forms of yoga available.

### Summer Session Chair Yoga

Begins: Wednesday, July 11 - August 29 (8 Classes)

Time: 10:15 am - 11:00 am

Fee: Members: \$40.00

Locations: West Community Room

Instructor: Melanie Hillaby

Non-Members: \$60.00

## Keep Fit \*This class is for members only

### Summer Session Keep Fit

Get your heartrate up with gentle aerobic moves followed with strength-stability-stretch

Begins: Wednesday, July 11 - August 29 (8 Classes)

Time: 11:15 pm - 12:00 pm

Fee: Members: \$12.00

Location: Multi-Purpose Hall

Instructor: Melanie Hillaby

## **FUN DARTS TOURNAMENT**



## **'SADDLE SORES'**



## **ANNUAL BBQ PICNIC at ROTARY PARK**



**Over 150 People!**

