

# NEWSLETTER

# August 2018



After a year's hiatus, the Sea 'N' Oars team is back!

Team Manager Eileen Sawatzsky did a great job getting this year's team together.

This Year's Team: Bob and Kaye Murphy, Marion Tomiyama, Bobbie Tedesco, John Cicman, Pat Hodd, Dianne Lewicki, Randy Butterwick, Joan Kendall, Pat and Claude Presse, Terry Walsh, Chris Million, Doug Jackson, Lynn Castle, Norman Gyulai, Evelyn Beaudoin, Karl Roesler, Murray Britton and Marie Lafournie were in the boat with drummer, Laura Stewart and steer person Eric Marshall. A great time was had by all, including all the practices!

***"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](mailto: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
Financial Administrator	Tracy Beauchemin
Administrative Support	Rita Paju
Program Coordinator	Ashley Kern
Member Support Coordinator	Lorri Penner
Reception Supervisor	Valerie Arkinstall
Reception Assistant	Maria Lisun
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/Maria Lisun  
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  
  
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 Tole  
Wood Carving  
Beginner Watercolor  
Watercolor Club  
Krafters Koffee Klub  
Quilters Group  
Nord-Bridge Card Crafters  
Library  
Mind Joggers  
  
Watercolor and Coloured  
Pencil Techniques

**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

**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, Active/Seated Pound 55+  
Tai Chi  
Gentle, Chair, Stability Yoga  
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  
Line Dancing (P.M.)  
Clogging  
Line Dancing (A.M.)

**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 15<sup>th</sup> 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  
Dianne Reid  
Vacant  
Lorna Vandervalk  
Judy Workman, Kaye Murphy  
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  
Provincial and City FCSS Program.

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



## PRESIDENT'S REPORT

With the Jammers taking their annual summer break and many seniors visiting their grandchildren out-of-town, the pace at Nord-Bridge is noticeably more relaxed. However, there are still a variety of activities available to our members throughout August.

For example, carpet bowling, floor curling, yoga, and a wide variety of card games will continue throughout August and the Fitness Centre will be open daily.

Some Nord-Bridge members are using the summer to try something different. There is a golf program for Nord-Bridge members operating out of the Evergreen Golf Center and other Nord-Bridge members are trying Bocce Ball at Lions Park. For Nord-Bridge members whose thing is exploring southern Alberta, Valerie Arkinstall has planned bus tours to destinations of cultural and historic interest. And Samantha's crew will continue to offer great meals in the Dunford Diner.

Summer will also afford members of your Board of Directors some needed time to plan new initiatives. One of these is the Nord-Bridge Seniors Forum, a new initiative, which is tentatively planned for October. Pat Santa, Ben Bell, Kathy Ludwig, George Berg, Jim Edwards, and myself hope to meet in August to plan this event. The goal is to provide an opportunity for Nord-Bridge members to identify issues that are important to them. Topics might include housing for seniors, changing transportation needs, physical barriers, health services, financial threats, and elder abuse. Watch for future announcements about this program.

It isn't possible to talk about August without mentioning Whoop-Up Days. What better way to start Whoop-Up Week than taking in Nord-Bridge's Toonie Pancake Breakfast. Mark Wednesday, August 22<sup>nd</sup> between 8:00 a.m. to 11:00 a.m. on your calendar for a great breakfast at depression-era prices and authentic western entertainment.

And finally, look for Ashley's Fall Program Booklet, which will be available starting Monday, August 20<sup>th</sup>.

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



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



Bev Brezina  
Jean Berezan  
Rochelle Potvin  
Mary Bilow  
Gary Bilow  
Blanca Aravena  
John Day  
Sandra Day

We hope you enjoy your association with  
Nord-Bridge "The Friendly Centre"



Available here.

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

1. Access the network / Wi-Fi 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.



**NORD-BRIDGE  
SENIORS CENTRE**

**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			
<b>Monthly</b>			
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.	
<b>Annually</b>			
Annual General Mtg.	First Wed. of March	9:30 a.m.	
General Member Mtg.	First Wed. of November	9:30 a.m.	
<b>GO SENIORS SOCIETY</b>			
<b>Regular Board Meetings</b>			
Feb., April, June, Oct.	Second Tuesday	9:00 a.m.	
<b>Annually</b>			
Annual General Meeting	First Tuesday of April	9:00 a.m.	

**FORE!** Golf season is now in full swing. 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

Join us at 13 Avenue & 16 Street North on Tuesday evenings at 6:30 p.m. until August 15, 2018.

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

I am shocked that it is already August. Time needs to slow down a bit I think!

Last month I wrote about one of the committees I am on as part of my role as Member Support Coordinator at Nord-Bridge. I had many positive comments about this and decided to highlight the other committees, since they are critical to the work I do supporting seniors at Nord-Bridge and also in the community.



This month I want to tell you about **HOME**, which stands for **Hoarding Outreach Management and Education**. I have been with this committee since I started and know the people that we assist often experience a significant positive change in their life. At the heart of this dedicated team are representatives from diverse agencies in the city, working together to help people with this disorder which affects 2-6% of the senior population. For me, the biggest concern associated with this disorder is that the person's health and safety is severely threatened and also puts responders from emergency services in danger.

In May of this year, thanks to a successful application to FCSS, HOME received funding to hire a part time Case Manager! HOME is lucky to have Candice Fisher, who has worked extensively in providing safe and secure housing to people who may otherwise, be homeless. Anyone that knows Candice will know she is committed to her work and "no" isn't in her vocabulary, she will find a way!

The HOME team receives referrals from concerned family, friends, neighbours or EMS and the referral source is kept confidential. Once a referral is received, contact is made in a respectful manner. HOME is not there to judge or force, but rather to offer support and assistance that is client led with our support. The goal is to ensure the person is safe in their home. I will be inviting Candice and some of the team to do a presentation at Nord-Bridge this fall and I invite you all to keep watch for posters. If you are worried about someone you suspect is unsafe due to hoarding, please come see me. Your name will not be disclosed to the individual and you could very well save their life.

On September 6, after many requests, I will be offering another 8 week Grief Recovery program. This is not a drop in group, but a structured group where you will learn the steps to heal your broken heart. If you want more information, please stop in for a chat or you can register at the front desk.

I am also planning another COMPASS for the Caregiver eight week group this fall. The last groups have found this program helpful as they navigate the ever changing and often frustrating role of caregiving. Get your name on the list as it fills up fast!

As always, I am here to support you in any of the difficulties you may be facing. Here is my August schedule:

August 2018				
M	T	W	Th	F
	7	8	9	10
13	14	15	16	
	21	22	23	24
27	28	29	30	

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



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## ATTENTION MUSIC MAKERS

The first practice will be on Tuesday, September 4th, at 10 a.m. in the dining room annex. Members please bring your September Program with you. See you there!

Jo-Ann





**CANADA**

**DAY**

**BBQ**

## EXECUTIVE DIRECTOR'S REPORT

Happy summer!

I hope you have been enjoying the warm / hot weather. I have been able to take some time away this summer to spend with my family and friends camping in Saskatchewan, Southern Alberta, Southern B.C. and Whitefish, MT. Aside from the gale force Saskatchewan winds, my family and I enjoyed time with friends and family in the "great outdoors".



Spending time with family and friends is not only enjoyable but it is also beneficial to your health. An article in the American Society of Aging noted that older adults with larger social networks have a good episodic memory, better cognitive functions and lower levels of stress. Nord-Bridge has long been a hub of socialization for older adults. Our members and older adults in the community have utilized our facility and services to achieve and satisfy some of their social interactions and networking. With that being said, Nord-Bridge will be applying for FCSS (Family and Community Support Services) funding this month. The application is for a one-year term (2019). To qualify for funding, Nord-Bridge must show that our program and services do one or more of the following:

1. Help people to develop independence, strengthen coping skills and become more resistant to crisis;
2. Help people to develop an awareness of social needs;
3. Help people to develop interpersonal and group skills which enhance constructive relationships among people;
4. Help people and communities to assume responsibilities for decisions and actions which affect them; and
5. Provide supports that help sustain people as active participants in the community.

Given this criteria, Nord-Bridge will proudly demonstrate how our programs and services achieve the criteria in our application for funding. FCSS funding accounts for a large portion of funding for Nord-Bridge's programs and services; thus it is crucial that our funding continues so that our programs and services continue to benefit our members and older adults in the community.

**David Ng**  
Executive Director

# FREE PANCAKE BREAKFAST



Fun for the whole family!  
Monday, August 20th, 7:30am - 10:30am  
255 8th St., Lethbridge

**RACHAEL HARDER**  
LETHBRIDGE ALBERTA MP

403.320.0070 @RACHAELHARDERMP RACHAELHARDER.CA

f t i g

## ANNUAL CRAFT AND BAKE SALE

**SATURDAY, OCTOBER 27TH, 2018**

**9:00 a.m. to 2:00 p.m.**

LOTS OF INTERESTING AND UNIQUE HOMEMADE  
CRAFT ITEMS

GREAT CHRISTMAS GIFTS!  
A HUGE SELECTION OF BAKING AT THE  
BAKED GOODS TABLE

MARK IT ON YOUR CALENDAR AND SEE YOU THERE!



# ADVANTAGE HEARING CENTRE

406-6<sup>th</sup> 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

### CRIB TOURNAMENT



**SATURDAY, SEPTEMBER 15, 2018**

Nord-Bridge Senior Centre

**Entry Fee - \$15.00 (includes Lunch)**

**STRICTLY CASH!**

REGISTRATION @ 9 A.M.

GAMES START @ 10 A.M.

**DEADLINE TO REGISTER is  
September 10, 2018**

**NO LATE REGISTRATIONS**

CONTACT PERSON FOR

CRIB PLAYERS is Mike Bennett  
Register your players by emailing

mrbenett@shaw.ca

or Cell # 403-894-5241

## From the Desk of Val



How time is flying by. I have been enjoying walking with neighbour friends but during the heat wave it was TOO hot to walk.

The Centre has been quiet recently. These quieter days have been good to re-organize the reception area and get ready for a busy fall season ahead. Enjoy August and get a little R and R so you can come back fully energized to participate in our fall programs and recreational activities and meet NEW FRIENDS.

I want to sincerely thank my committed volunteer staff. Hats off to all including Joe and Dianne Smith, Heather Belle, and Judy Cartwright who cleaned out the Daily 50/50 box. All current members are in the draw box.

Welcome to Patti Tyrell who is our newest on-call volunteer at the Reception Desk. I welcome Dorothy Cumming and her friendly smile. You will be seeing her regularly Tuesday mornings. Dorothy also volunteers in the kitchen on Thursday morning washing dishes. Her husband Jim is one of our volunteer drivers who will be the driver for the Etzikom Museum trip come August 28<sup>th</sup>.

In closing, I welcome my new assistant, Maria Lisun who will be on board come August 7<sup>th</sup>. I am confident that she will fit in to our friendly administration team having previously worked with seniors. I do wish Rita well in her new position and I sincerely thank her for helping me in my area which is a very busy station. As of August 30<sup>th</sup> she will have completed 1 year as a very friendly staff employee. To Ashley, our new programmer for accomplishing her probation. She works hard and her friendly smile fits in here with us all. We are now officially a team here to serve you. Of course, Lorri, Tracy, David, and all the kitchen staff, Samantha, Gail and Bety are exceptional too!

Stay cool for August. I will be off August 20 to 27 for my time of R and R.

Your friendly,

*Valerie*



**Life Time Highs** www.lifetimehighs.club  
Cathymunro@lifetimehighs.club ~ Traveling Together ~  
587-223-0203

Edmonton, AB	Sept 25 - 27, 2018, Tour Extravaganza	\$425 pp/dbl
Deadwood, SD	Sept 30 - Oct 6, 2018 <i>2 buses</i>	\$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 Fling Break	\$575 pp/dbl
Edmonton, AB	Jan 13 - 15, 2019, River Cree	\$280 pp/dbl
Bonnars Ferry, ID	Feb 3 - 6, 2019	\$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
Winnipeg, Mb	August 2019	\$TBA

**Stoney Nakoda Kananaskis Overnight Trips** Nov. 4 - 5, 2018 \$80 pp/dbl  
Price based on Calgary Departure

**SERVING SOUTHERN ALBERTA** - Calgary, Lethbridge - Pincher Creek and MORE  
Let us arrange your group tour, call with destination ideas  
Tours depart from Lethbridge or Calgary, other pick ups available

## 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)

June 29, 2018—Doreen Jurgens \$424.50  
July 10, 2018—Barbara Arnett \$72.75  
July 17, 2018—Ian MacCulloch \$52.50  
July 26, 2018—Rochelle Potvin \$84.75

## 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

Pat Waddle \$205.00

Next Draw August 24th, 2018

**MONDAY JAM** is on holidays for the summer. It will return to the Dunford Diner Annex on **MONDAY, SEPTEMBER 10, 2018**



Effective September 1st, 2018

New Member

Pro-Rated Membership \$73

\$23 for 2018 \$50 for 2019

Existing Member 2019 Renewal \$50



## NORD-BRIDGE BUILDING FUND RECENT DONORS

Bob Tarleck \$100  
Rita and Linda Cemulini \$140  
in memory of Elsie McGrath

## NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2018 through July 20, 2018 : \$12,140



### 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 2018

\$ 2,126,225

Still needed by N-B Fundraising

\$ 373,775

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

August 3 Pork chops in mushroom sauce with mashed potatoes and salad

August 10 Liver and onions with mashed potatoes, gravy and veggies

August 17 Chicken enchiladas with rice and salad

August 24 Veal cutlet with roasted potatoes, gravy and veggies

August 31 Ginger beef with rice 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





# Welcome AUGUST



Monday	Tuesday	Wednesday	Thursday	Friday
    	<b>1</b> 8:30 <b>Breakfast Buffet</b> 9:00 Gentle Yoga 9:15 Carpet Bowling 10:00 <b>LEARN (Elder Abuse Network)</b> 10:15 Chair Yoga 10:45 <b>WINNERS BINGO</b> 11:15 Keep Fit 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 <b>Advantage Hearing By Appointment</b> 7:00 Table Tennis	<b>2</b> 8:30 <b>Golf (at Evergreen)</b> 9:00 Floor Curling 1:00 Woodcarving 1:00 Trump Whist 1:00 Duplicate Bridge 	<b>3</b> 9:30 Carpet Bowling 1:00 <b>In-House Bingo</b> 1:00 Contract Bridge 1:00 Crib 	
<b>6</b> <b>CENTRE CLOSED</b> 	<b>7</b> 8:30 <b>Golf (at Evergreen)</b> 9:00 Legal Consultations By Appointment 10:45 <b>WINNERS BINGO</b> 1:00 Texas Hold'em 1:00 Norwegian Whist 1:30 <b>SCRABBLE</b> 6:30 Bocce Ball Lions Park 	<b>8</b> 9:00 Gentle Yoga 9:15 Carpet Bowling 9:45 <b>Out &amp; About +after 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>9</b> 8:30 <b>Golf (at Evergreen)</b> 9:00 Floor Curling 9:30 <b>Saskatoon Berry Farm</b> 1:00 Woodcarving 1:00 Trump Whist 1:00 Duplicate Bridge 	<b>10</b> 9:30 Carpet Bowling 1:00 <b>In-House Bingo</b> 1:00 Contract Bridge 1:00 Crib 



<p><b>13</b> 10:00 Floor Curling 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts</p> 	<p><b>14</b> 8:30 Golf (at Evergreen) <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>WINNERS</b></p> 	<p><b>15</b> 9:00 Gentle Yoga 9:15 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>16</b> 8:30 Golf (at Evergreen) 9:00 Floor Curling <b>10:00 Lethbridge Hearing</b> By Appointment <b>11:30 Mystery Trip #7</b> 1:00 Woodcarving 1:00 Trump Whist 1:00 Duplicate Bridge</p> 	<p><b>17</b> 9:30 Carpet Bowling <b>1:00 In-House Bingo</b> 1:00 Contract Bridge 1:00 Crib</p> 	
<p><b>20* &amp; 27</b> 10:00 Floor Curling 1:00 Contract Bridge 1:00 Military Whist 1:00 Darts</p> <p><b>* Fall Program Booklet Available</b></p> 	<p><b>21 &amp; 28*</b> 8:30 Golf (at Evergreen) <b>*9:30 Etzikom Museum</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>22 &amp; 29*</b> 8:00 <b>PANCAKE WHOOP-UP! BREAKFAST</b> 9:00 Gentle Yoga 9:15 Carpet Bowling <b>* 9:45 Out &amp; About + after TDO</b> <b>*10:00 COURSE REGISTRATION</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>23 &amp; 30</b> 8:30 Golf (at Evergreen) 9:00 Floor Curling 1:00 Woodcarving 1:00 Trump Whist 1:00 Duplicate Bridge</p> 	<p><b>24* &amp; 31</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: 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".</b></p> <ul style="list-style-type: none"><li><b>LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL FIND A PHONE FRIEND FOR YOU. CALL VAL AT 403-329-3222 TO ARRANGE.</b></li><li><b>ADVANTAGE HEARING - FIRST WEDNESDAY OF THE MONTH (by appointment).</b></li><li><b>ALZHEIMER SOCIETY'S REP. MIKAELA, THIRD WEDNESDAY OF EACH MONTH AT 10 A.M. IN THE DUNFORD DINER.</b></li><li><b>LETHBRIDGE HEARING - THIRD THURSDAY OF THE MONTH (by appointment).</b></li></ul>					<ul style="list-style-type: none"><li><b>ALBERTA HERITAGE DAY—MONDAY, AUGUST 6, 2018—CENTRE CLOSED</b></li><li><b>JOANNE BLINCO OF LEARN (Elder Abuse Network) FIRST &amp; THIRD WEDNESDAY OF EVERY MONTH, 10 - NOON, IN THE SOUTH VIEW MEETING ROOM</b></li><li><b>SHOPPING TRIPS TO WALMART: WEDNESDAYS, August 8th and 29th, 2018</b></li><li><b>Thursday, August 16th, 2018 — MYSTERY TRIP #7</b></li><li><b>WINNERS BINGO: August 1, 7, 8, 14, 15, 21, 22, 28 and 29</b></li><li><b>FOOT DOCTOR: DR. BOLOKOSKI NOW AT 10:30 AM. FUTURE DATES INCLUDE: SEPT. 19, NOV. 14, 2018</b></li></ul> 

## WINNERS



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## Programmer's Report by Ashley Kern

**H**ello everyone! I can't believe it's already August. The Centre has definitely slowed down during the summer months since I started in April but our summer drop-in programs are running with great participation in Carpet Bowling and Darts.



If you haven't tried golfing at Evergreen Golf Center or Bocce Ball (weather permitting) in the Nor-Bridge Lions Park yet, you are missing out! Golf is every Tuesday and Thursday morning at 8:30 a.m. and Bocce Ball on Tuesday evenings starting at 6:30 p.m., so come on down and make the most out of the hot summer.

That being said make sure to stay hydrated. Many people do not drink enough water never mind in the summer. Daily recommendations include a minimum of 10 glasses of water a day. I find what helps me is keeping a water bottle by my side at all times. On another note, we had quite a few new faces on the Dragon Boat "Sea 'N' Oars" team this year and they did great. Next year will be even better! We will be starting the dry-land training earlier next year to get everyone in the rhythm.

Our Canada Day BBQ on June 29<sup>th</sup>, went off without a hitch thanks to all of our volunteers. Door prizes were donated by Maria Fitzpatrick's team which were all "Alberta Themed" as well as Rachel Harder's team who donated an outdoor Canada Flag and Canada Day Pins. We also raffled off the home-made Canada '150' quilt made and donated to Nord-Bridge by Sydney Fisher. The lucky winner was Olga Sinclair! We appreciate all the hard work Sydney put into making this beautiful piece of artwork.

**Some important dates to remember that are quickly approaching include:** The Fall Program Booklet will be on our shelves by **Monday, August 20<sup>th</sup>** Whoop-Up Days Toonie Pancake Breakfast on **Wednesday, August 22** from 8:00 a.m. to 11:00 a.m.

**NOTE:** Carpet Bowling and Keep Fit will be cancelled August 22nd.

Program Registration is on **Wednesday, August 29<sup>th</sup>** starting at 10:00 am. sharp.

You will also see me driving the Go-Friendly Bus for various trips in and around Lethbridge. I have been enjoying every minute of it! Have a great rest of the summer everyone and stay happy and healthy!



*Ashley*



## OUTREACH REPORT

Val Arkinstall, Outreach Coordinator

### WHAT IS THE OUTREACH PROGRAM?



This program is designed for seniors living alone or in care facilities. It helps them to get out and socialize with friends.

A very affordable \$2.50 includes live entertainment, a snack and a beverage. Sign up at the reception desk.

The program runs once per month from September to May of each year. If there is a holiday on the third Monday then it will run on the second Monday.

**VOLUNTEERS ARE ALWAYS WELCOME** for serving, hosting, set up and clean up. This is a great volunteer opportunity which is only a 4 hour commitment per month. Qualifications: Fun, enjoy people and dependable.

**TALK TO VAL AT THE RECEPTION DESK IF YOU ARE INTERESTED!**

### UPCOMING OUTREACH

Monday, September 17, 2018  
An Ethnic Celebration  
Live Entertainment: Don & Vicky and Ethnic Dancers  
Time: 1:30 p.m. to 3:00 p.m.

### MIND JOGGERS

will be starting up again on Thursday, September 13th, 2018 in the Berlando Boardroom. Gather up your summer musings and bring them in to share.



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(In the Nord-Brige Seniors Centre)

**403-320-1170**

### CONDOLENCES WERE SENT TO...



...The Magrath family on the loss of Elsie McGrath; loss of Dorothy Lait; to the family of Dennis Briand on the loss of sister-in-law and to the Yung family on the loss of Chad...



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

...Pat Kincade (at home), David Stock (at home), Roberta Kimber (at home), Eileen Habdas in the Regional Hospital and one of our oldest Life Time members, Mel Seibert. Our guardian angel Lydia Prokop now resides at Garden View Lodge. We miss her smile and thank Chris Figenshau for keeping in touch with her...

## EUCHRE REPORT

Rodney Foster, Convener

Hope everyone had a great summer. Lots of visitors with family and friends. Just wanted to let everyone know that organized Euchre will be starting September 5, 2018. We have a teacher for those of you who would like to learn how to play this fun game. Classes start at 12:30 p.m. (September 5, 2018) with regular play at 1:00 p.m. to 3:00 p.m. on Wednesdays. Enjoy the rest of the summer.

### 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."

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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 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

www.MariaFitzpatrick.AlbertaNDPcaucus.ca

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## LETHBRIDGE LAWN BOWLING CLUB

Invites their

**NORD-BRIDGE SENIORS friends** to  
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introduction. We meet at Ted Petrunia  
Memorial Park

(West of Winston Churchill High School, facing 16<sup>th</sup>  
St. Enter parking lot from 18<sup>th</sup> 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**



Hi! My name is **Joanne Blinco**, I am the  
Case Manager of **LEARN - Lethbridge El-  
der 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.**

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the **FIRST AND THIRD TUESDAY of each month,**  
**10 A.M. UNTIL NOON & 1 P.M. UNTIL 2 P.M.**



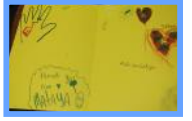
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## 'IT'S A BLAST' INTER-GENERATIONAL PROGRAM TUESDAY, JULY 10TH, 2018



Father's Day  
Luncheon &  
Pie Auction



## MYSTERY TRIP # 6 July 10th, 2018 Fort Macleod Museum and Musical Ride





**NINTH ANNUAL  
PRESIDENT'S DINNER & AUCTION  
TUESDAY SEPTEMBER 18<sup>th</sup>, 2018**

- ♦ Doors Open 4 p.m.
- ♦ Live Auction With Dean Oseen and Dick Indenbosch) 5:00 p.m.
- ♦ Roast Alberta Beef Dinner 6 p.m.
- ♦ Entertainment 7:15 p.m.
- ♦ Admission \$25/Person
- ♦ Cash Bar
- ♦ Door Prizes



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Tickets will be available  
August 18<sup>th</sup>, 2018 at  
Nord-Bridge Seniors Centre...  
**RESERVED SEATING  
AVAILABLE FOR TABLES OF 6**



**ELVIS**  
*A Tribute to the KING*  
featuring:  
**BRUCE ANDREW STEWART**  
"multi-award winning  
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~ Saturday ~  
**SEP 29, 2018**  
Nord-Bridge Hall  
1904 - 13th Ave. N.  
Lethbridge, AB

**TICKETS: \$25**  
2 Shows - Matinee & Evening  
1:30 pm & 7 pm  
Tickets or info: (403) 329-3222  
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established 1906

**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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## **NORD-BRIDGE SENIORS FITNESS 55 CLUB**

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20 Visit Pass \$25

(A \$10 refundable key fob deposit is also required)

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**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

**M**ystery Trip #6 was fun going to Fort Macleod for a museum tour and watching the R.C.M.P. Musical Ride. Unfortunately, the High River Museum trip had to be cancelled due to lack of interest. The group that went to Broxburn Café and then the tour at Birds of Prey enjoyed their lunch and the tour. Finally, our annual Waterton Lakes outing was enjoyed by everyone. Thanks to John, Lucy, Ashley and Care Free Bus Lines for their safe driving.



**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 #7: Thursday, August 16th, 2018**  
Another 'SURPRISE' DESTINATION. We will be having a picnic lunch somewhere in our travels down the highway.

**COST: \$20 (INC. LUNCH, BUS AND TOUR ADMISSION)**  
Get cracking and sign up before this trip sells out. Bus will depart Centre at 11:30 a.m. and will return at approximately 3:30 p.m.

**THURSDAY, AUGUST 9TH** Saskatoon Berry Farm (Okotoks) for lunch, tasty pie and browsing the gift boutique. **COST: \$50 (INC. BUS)** Buy your own lunch. Limited Seats available. Depart Centre 9:30 a.m. and return around 4:00 p.m.



**TUESDAY, AUGUST 28TH** Join us for a spectacular visit to see the ETZICOM MUSEUM. A must see! Check at the reception desk for available seats.

**COST: \$35 (Inc. Bus, Tour and even a tasty lunch)**  
Bus will depart at 9:30 a.m. and return about 4:00 p.m.  
The Ice Cream here is very GOOD!

### UPCOMING STAGE WEST DINNER THEATRE TRIP FEBRUARY 2019

#### "DRINKING HABITS #2 CAUGHT IN THE ACT."

Watch for interest sign up sheet.

The next newsletter will have a list of October and November planned outings.



## UPCOMING FALL OUTINGS

**Wednesday, Sept. 5/18** – A fall fishing trip to PAYNE LAKE. **NOTE:** You must be a fisherman/woman. **COST: \$32**  
Payment deadline – A.S.A.P. Bring own bagged lunch and drink. Bus will depart Centre – 8 a.m. If you would like to learn how to fish, someone will teach you so bring your fishing gear and bait.

**Thursday, Sept. 6<sup>th</sup>** – Spruce Meadows Horse Show; **Cost: \$45 (Member Cost)** Please check at the Reception Desk for names signed up. Payment deadline – A.S.A.P. We will be Travelling with Care Free Bus Lines so departure time will be 7:30 a.m. so we can arrive to get good seats in the bleacher end.

**Thursday, Sept. 13<sup>th</sup>** – Enjoy an outing to Chinook Honey Farm for a tour, browse their gift shop and try some tasty wine. Their HONEY IS TO LIVE FOR. **COST: \$35 (INC. Bus & Admission).** Again, if you have previously signed up, check at the desk. Payment deadline-A.S.A.P.

**Thursday, Sept. 20/18** – **MYSTERY TRIP #8.** **Cost: \$45**  
Includes: Bus, Tour admission, and a MYSTERY LUNCH BAG  
Bottled water will be provided. Bus will depart Centre 9:30 a.m. and will return at 4 p.m.

**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, August 8th and 29th.

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



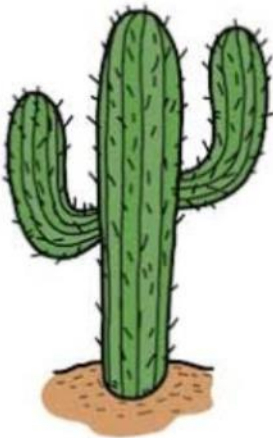
# **TOONIE PANCAKE BREAKFAST**

Nord-Bridge Seniors Centre  
1904 - 13 Avenue North  
Wednesday, August 22, 2018

8 a.m. to 11 a.m.

Everyone welcome!!

\$2 breakfast includes Pancakes,  
Sausages, Juice, Coffee,



With live entertainment by the  
Nord-Bridge Jammers.

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**DAYS**



**EVERYONE  
WELCOME!**