

# NEWSLETTER

# November 2018



## THANKSGIVING Luncheon 2018



***"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  
Financial Administrator  
Administrative Support  
Program Coordinator  
Member Support Coordinator  
Reception Supervisor  
Reception Assistant  
Rentals  
Red Seal Cook  
Cook I  
DR/Kitchen Assistant  
Janitorial

David Ng  
Tracy Beauchemin  
Rita Paju  
Ashley Kern  
Lorri Penner  
Valerie Arkinstall  
Maria Lisun  
Rita Paju  
Samantha Ajtay  
Bety Castillo  
Gail Krysak  
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

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

#### 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

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

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

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

Effective September 1<sup>st</sup>, 2018  
New Member Pre-Rated Membership \$73  
(\$23 for 2018 \$50 for 2019)  
Existing Member 2019 Renewal \$50



## 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  
Meditation

### 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 Senior Centres

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  
Vacant  
Valerie Arkinstall

### Kathy Ludwig\*, Board Rep

Eva Deringer  
Doug Youngren  
Jo-Ann Adams  
Eva Deringer  
Karen Hooper  
Sandy Nowell  
Della Howg

### Robert Grisak\*, Board Rep

Diana Neal  
Billy McTighe  
Dianne Reid  
Vacant  
Lorna Vandervalk  
Judy Workman, Kaye Murphy  
Ben Bell  
Clay Olsen  
Jerry Mikusek, Dave Bergen  
Ashley Kern

### 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

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

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

View our Website  
**[www.nordbridgeseniors.com](http://www.nordbridgeseniors.com)**  
for information, photos, video, Newsletters and more.



## PRESIDENT'S REPORT

Good news for Nord-Bridge on the funding front. During its meeting of October 15, 2018 City Council approved Nord-Bridge's request of \$216,850.00 for Family and Community Support Services funding for 2019. This will allow us to continue to provide many of our preventative social programs and volunteer opportunities.



New Manager of Community Social Development, Martin Thomsen, advised that the allocation process is about to become more rigorous next year, as the City moves to an evidenced-based system. The goal is to ensure the City is getting the outcomes it desires. Nord-Bridge will continue to offer preventative social programs that address the outcomes desired.

When Nord-Bridge designated the Gala as its major fund-raising social event, the future of the President's Dinner was in doubt. But after a successful President's Dinner and Auction in September, the Board decided there will be a 10<sup>th</sup> Anniversary Dinner after all. While the Nord-Bridge Gala celebrates our connection with the community, the President's Dinner will celebrate the incredible contributions made by presidents and other volunteers over the years. There will be less emphasis on the auction during this re-vamped event and more on the member experience.

**Your Board of Directors is encouraging Nord-Bridge members to attend the General Meeting on Wednesday, November 7<sup>th</sup> at 9:30 a.m. in the Multi-Purpose Hall.** Please record this event in your Google Calendar. Your president is promising free coffee and sweets and he will attempt to arrange musical entertainment as well. Why is it important for members to attend? If the Board doesn't receive your feedback, your concerns, and your thoughts about the future, it will find it very difficult to create a blueprint for Nord-Bridge's desired future.

A warm welcome to the twenty-one new members who joined in the month of October. And thanks to the many volunteers who contribute to Nord-Bridge in so many ways.

A sad farewell to Gordon Skidmore, a friend to many.

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



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

Cheryl Neufeld  
Gary McLean  
Ken Cox  
Pat Lazarick  
Lee Marie Clifford  
Denise Elliot  
Wendy Domier  
Brigitte Ridgway  
Helga Ronningen  
Maria Eons  
Doug Aspeslet  
Marlene Armstrong  
Jean Culler

Chester Ferris  
Deb Lysak  
Mary Fitze  
Bev Eaton  
Anonymous (4)



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



**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](mailto:info@shaw.ca) call 1-888-472-2222 or visit <http://www.shaw.ca/internet/wifi/>.

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



**While at the Nord-Bridge Centre you can access our in-building internet service at:**

**User ID: FriendlyCentre**  
**Password: myfriendlycentre**  
(Shaw Cable subscribers see above)



## NORD-BRIDGE MEETINGS REMINDER

### Monthly

Outreach Committee	First Monday (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.	Third Tuesday	9:00 a.m.
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### Annually

Annual General Meeting	First Tuesday of April	9:00 a.m.
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✉ olivia@ddhygiene.ca  
☎ 403-694-1346



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Direct bill to insurances. Call now to book @  
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Is An Option*

*We lessen the expense  
Not the care*

A Division of the Caring Group Corp.

Nord-Bridge recently held their 2nd Annual Halloween Bridge Tournament on Saturday, October 27th, 2018. Twenty-six teams were in attendance from Lethbridge, Vulcan, Brooks, Taber and Medicine Hat. Winners were Pat and Kathy from Nord-Bridge and the "Boobie" prize went to Hans and Mike from Nord-Bridge.

## LORRI'S CORNER



Many years ago, when my kids were little, I worked as a nursing attendant at the Auxiliary Hospital in the locked Alzheimer's unit. I fondly recall many of the patients there that I was honoured to help. At the time, I didn't really know much about Alzheimer's other than the very basics, senility was a term that was used at the time but it was understood that it was very different from Alzheimer's. I spoke with **Shari Remus**, from the **Alzheimer Society in Lethbridge** and she was kind enough to provide some very interesting information to share with you. There are 564,000 Canadians with Alzheimer's disease and other dementias and it is predicted that number will reach 1 million in the next 15 years. Dementia is not a specific disease. It is an umbrella term which describes a wide range of symptoms associated with a decline in memory or other thinking skills severe enough to reduce a person's ability to perform everyday activities. There are over 200 different forms of dementia, with Alzheimer's being the most common form and this accounts for 64% of all dementias in Canada. Many people use the terms dementia and Alzheimer's interchangeably and it is important to understand that Alzheimer's and dementia are not considered a normal part of aging. Some common signs of **normal aging** include:

Not being able to remember the name of an acquaintance occasionally.

Sometimes having difficulties finding words.

Temporarily misplacing an item.

The 10 warning signs of **dementia** include:

Memory loss that affects day to day abilities (getting dressed, forgetting where you keep your socks)

Difficulty performing familiar tasks

Problems with language

Disorientation in time and space

Impaired judgement

Problems with Abstract thinking

Misplacing things

Changes in mood or behaviours.

Changes in personality

Loss of Initiative

In the early stages, which may be years, people with Alzheimer's can lead active lives after a diagnosis, continuing to work, drive, exercise and to handle many of the day to day activities that they have always done. In a recent study, Canadians affected by dementia

My November schedule is:

November 2018				
M	T	W	Th	F
			1	2
5	6	7	8	
	13	14	15	16
19	20	21	22	
26	27	28	29	

ranked Stigma as one of the biggest barriers as they try to live a life of quality and dignity. This could mean no longer being invited to book club because it's automatically assumed they are not going to be able to read the book or follow the discussions.

I hope you have found this as interesting as I have!

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





**IMPRESS** your guests this Holiday Season with delicious home-made baked items from our Dunford Diner Catering Bakery. Orders taken after **November 1st**

## CHRISTMAS DESSERT TRAYS

8 Inch 3-5 people \$15.00

10 Inch 5-7 people \$18.00

12 Inch 7-10 people \$20.00

Trays are a random assortment. No two platters will be the same.

## PIES



	5"	8"
Pumpkin	\$4.00	\$8.00
Cherry	\$3.50	\$7.00
Apple	\$3.50	\$7.00
Raisin	\$4.00	\$8.00
Mincemeat	\$5.50	\$12.50

NOTE: Order pick up will be on Fridays **ONLY** starting Friday, November 30, 2018



**RACHAEL HARDER**  
LETHBRIDGE ALBERTA M.P.

403.320.0070

@RACHAELHARDERMP

RACHAELHARDER.CA



## EXECUTIVE DIRECTOR'S REPORT

Greetings Members,

Last month, I was invited to the first session of the City of Lethbridge Community and Social Development 5 year Strategic Plan Workshop. The purpose of the first workshop was to identify and address the dominant social issues in Lethbridge and the demographic groups most affected. There were many important social issues brought up by the diverse group of key stakeholders at this workshop. Although all are important for our City to address, I was pleased to see seniors as one of the key issues. As I alluded to last month in my newsletter article almost 1/3 of the City's population is over the age of 55. It will be important for the City to continue to support the social priority areas of Seniors (aging in place, accessing affordable transportation, access to information and resources and support of senior centres) with this new strategic plan. I will keep the membership informed of any new details that may arise from this strategic plan.

I am pleased to report, Nord-Bridge was successful in our 2019 FCSS funding request of \$216,850.00. The funding will support our preventative programs and services such as: social inclusion programs, Keep-In-Touch program, Outreach program, Wellness, Education and Life-Skills programs, Volunteering, Member Support Coordinator (Lorri) and the programs and services she offers, as well as our Seniors Helping Seniors Tax and Form Assistance program. This funding is for 2019 only and Nord-Bridge will have to reapply for future funding cycle years in 2019.

A friendly reminder; Nord-Bridge General Membership Meeting will be on Wednesday, November 7th at 9:30 am in the Multi-Purpose Hall.

As Remembrance Day (November 11) falls on a Sunday this year please be advised Nord-Bridge will be closed on Monday, November 12th. I treasure this time of remembrance for the brave men and women who gave their lives as well as the men and women who protect this country today. I try to instill this thankfulness with my two young boys in hopes they will realize what a fantastic country we live in and the opportunities we have been given because of those who sacrificed their lives and to those who serve our country.



**David Ng**  
Executive Director

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

Contact **"Seniors Helping Seniors"** here at Nord-Bridge Seniors Centre.

Friendly, trained  
**VOLUNTEERS** are  
here to help you.  
Call: **403-329-3222**

**Your GOVERNMENT  
CONTACT is:  
SERVICE ALBERTA  
200 - 5 Avenue South  
(403)-380-2272**



# 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

## COME MEET WITH



Brian Malkinson  
Minister of Service Alberta



Maria Fitzpatrick  
MLA Lethbridge East

MONDAY, NOVEMBER 5, 2018

in the Dunford Diner

2:00 p.m. to 3:00 p.m.

Bring your questions and  
have coffee and cake with them.

## From the Desk of Val



LEST WE FORGET. In Flanders field where poppies grow as we remember our veterans who fought for our country. Please remember to wear your poppy with respect, love, pride and peace. How time is flying by as we approach November. The activities are in full swing and it is nice to see all the smiling faces having fun and staying alert and active. I welcome another new volunteer filling in at our busy Front Reception Desk; Donna Yauck and her husband Gord as a bingo caller. Two of our long time volunteers will be on leave; Cheryl Hodgson and Sandy Fischer. A speedy recovery sent out to you both. VOLUNTEERS ARE PRICELESS! THEY ARE VERY VALUABLE FOR A GROWING CENTRE.

Another reminder is that your 2019 membership dues are due come December. Please let us know of any changes to your address and phone number and we would appreciate a next of kin other than your spouse for any emergency.

Finally, our 2018 mystery trips will be done come November so if you want these trips to continue, please let me or Maria know as we will be planning 2019 travel outings soon. More suggestions are needed.

In closing, last summer 3 members journeyed to Toronto and when they got back they told me of a superb true story; COME FROM AWAY a Broadway production based on the 911 incident when planes were re-routed to Newfoundland. The show is coming to Calgary, Saturday, March 23, 2019 (a matinee) and we have 40 seats booked. A poster and sign up will be out soon. This trip will sell out fast and payment will be expected upon sign up.

Happy Smiles from

Val



## LTH Life Time Highs [www.lifetimehighs.club](http://www.lifetimehighs.club) Cathymunro@lifetimehighs.club ~ Traveling Together ~

<b>Coeur D'Alene, ID</b>	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
<b>Edmonton, AB</b>	Jan 13 - 15, 2019, River Cree	\$280 pp/dbl
<b>Bonnars Ferry, ID</b>	Feb 3 - 6, June 23 - 26, 2019	\$410 pp/dbl
<b>Moose Jaw, SK</b>	April 23 - 26, 2019, Temple Gardens	\$425 pp/dbl
<b>Camrose, AB</b>	May 5 - 7, 2019	\$229 pp/dbl
<b>Polson-Kalispell, MT</b>	May 27 - 30, 2019, Sights, Shopping & More	\$475 pp/dbl
<b>Winnipeg, Mb</b>	August 11 - 17, 2019 GST Included	\$820 pp/dbl
<b>Deadwood, SD</b>	Sept 29 - Oct 5, 2019	\$665 pp/dbl

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

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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)

**Maureen Gow \$245.00 September 28, 2018**  
**Doreen Smid \$258.00 October 26, 2018**

## 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 WINNERS

**Percy Bournier \$295.00**  
**Doreen Smid \$258.00**

Next Draw November 23th, 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

Oct. 1 Anonymous \$45 / Gordon Skidmore \$45  
Oct. 8 CENTRE CLOSED  
Oct. 15 Floyd Sillito \$53 / Floyd Sillito \$53  
Oct. 22 Angie Randa \$45 / Kathy Terry \$45  
Oct. 29 John King \$46 / Anne Pauls \$46

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



**NORD-BRIDGE BUILDING FUND RECENT DONORS**  
**Nord-Bridge Mind Joggers \$100, Anonymous \$100**  
**Nina Waselenak \$200, Steve Prokop \$500**

### NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2018 through September 21, 2018 : **\$18,388**



### 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**

**\$ 2,128,010**

Still needed by N-B Fundraising

**\$ 371,990**

**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

- Nov. 2 Chicken Parmesan with spaghetti and salad
- Nov. 9 Liver and Onions with mashed potatoes, gravy and veggies
- Nov. 16 Omelette Bar with toast, hashbrowns. Build your own omelette and watch it cooked in front of you. Mimosas are an extra charge
- Nov. 23 BBQ Pork Ribs with baked potato and salad
- Nov. 30 Chicken Fettuccini Alfredo with salad and garlic toast

**All You Can Eat Breakfast Buffet First \$8.00**  
**Wednesday of each month 8:30 to 10:30**

**\*PLEASE NOTE: THE GRILL IS CLOSED DURING SPECIAL EVENTS**

### Friday Dunford Diner Lunchtime Entertainment

Schedule Subject to Change

**November 2 Karen's Karaoke**  
**November 9 Anne Pauls**  
**November 16 Jill Melody**  
**November 23 Brian Bradfield**  
**November 30 Cat Storm**





Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>CLOCKS GO BACK ONE HOUR ON NOVEMBER 4, 2018</b></p> 	  	<p><b>1</b></p> <p>9:00 Floor Curling 9:00 Card Crafters 9:30 Mind Joggers 10:00 Seated Pound 11:00 Keep Fit 1:00 Acrylic Painting 1:00 Woodcarving 1:00 Floor Shuffleboard 1:00 Trump Whist 1:00 Duplicate Bridge 5:30 Zumba</p>	<p><b>2</b></p> <p>9:00 Stability Yoga 9:00 Paper Tole 10:00 Carpet Bowling 10:15 Chair Yoga <b>1:00 In-House Bingo</b> 1:00 Contract Bridge 1:00 Crib</p> 
<p><b>5</b></p> <p>9:00 Gentle Yoga 9:30 Jammers 10:00 Floor Curling 10:00 Watercolour &amp; Coloured Pencil Techniques 10:15 Chair Yoga <b>10:45 Nursing Students Presentation (Boardroom)</b> 11:30 Tai Chi for Health, Balance &amp; Relaxation 1:00 Darts 1:00 Bridge 1:00 Military Whist <b>2:00 Meet Minister Brian Malkinson &amp; Maria Fitzpatrick</b> 6:30 Bid Euchre</p>	<p><b>6</b></p> <p><b>9:30 Nursing Students Presentation (Boardroom)</b> 10:00/11:00 Clogging 10:00 Music Makers 10:00 Coffee Tea &amp; You 11:00 Keep Fit 1:00 Texas Hold'em 12:45 Canasta 1:00 Norwegian Whist 1:30 <b>SCRABBLE</b> 1:30 Keep Fit Combo 2:30 Exercise with Arthritis 7:00 Line Dancing</p>	<p><b>7</b></p> <p>8:30 Breakfast Buffet 9:00 Guided Meditation <b>9:30 NORD-BRIDGE GENERAL MEETING</b> <b>10:00 LEARN (Elder Abuse Network)</b> 10:15 Paper Tole <b>10:45 WINNERS BINGO</b> 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball <b>3:00 Advantage Hearing By Appointment</b> 7:00 Table Tennis  Active Pound, Carpet Bowling &amp; Line Dancing cancelled</p>	<p><b>8</b></p> <p>9:00 Floor Curling 9:00 Card Crafters 9:30 Mind Joggers 10:00 Seated Pound 11:00 Keep Fit 1:00 Acrylic Painting 1:00 Woodcarving 1:00 Floor Shuffleboard 1:00 Trump Whist 1:00 Duplicate Bridge 5:30 Zumba</p>	<p><b>9</b></p> <p>9:00 Stability Yoga 9:00 Paper Tole 10:00 Carpet Bowling 10:15 Chair Yoga <b>1:00 In-House Bingo</b> 1:00 Contract Bridge 1:00 Crib</p> 



<p><b>12</b></p>  <p><b>CENTRE CLOSED</b></p>	<p><b>13</b></p> <p>9:00 Legal Consultations By Appointment</p> <p>9:30 Beginner Watercolour</p> <p>10:00/11:00 Clogging</p> <p>10:00 Coffee Tea &amp; You</p> <p>10:00 Music Makers</p> <p><b>10:45 WINNERS BINGO</b></p> <p>11:00 Keep Fit</p> <p>12:45 Canasta</p> <p>1:00 Texas Hold'em</p> <p>1:00 Norwegian Whist</p> <p>1:30 <b>SCRABBLE</b></p> <p>1:30 Keep Fit Combo</p> <p>2:30 Exercise with Arthritis</p> <p>7:00 Line Dancing</p>	<p><b>14</b></p> <p>8:45 Active Pound</p> <p>9:00 Guided Meditation</p> <p><b>9:45 Out &amp; About +affir TOO</b></p> <p>10:00 Carpet Bowling</p> <p><b>10:00 Coffee With a Constable</b></p> <p>10:15 Paper Tole</p> <p><b>10:30 FOOT DOCTOR</b></p> <p><b>10:45 WINNERS BINGO</b></p> <p>11:30 Line Dancing</p> <p>1:00 Darts/Euchre</p> <p>1:00 Quilt/Kraft</p> <p>3:00 Fitball</p> <p>7:00 Table Tennis</p>	<p><b>15</b></p> <p>9:00 Card Crafters</p> <p>9:30 Mind Joggers</p> <p>10:00 Seated Pound</p> <p><b>10:00 Lethbridge</b></p> <p>Hearing By Appointment</p> <p>1:00 Woodcarving</p> <p>1:00 Trump Whist</p> <p>1:00 Duplicate Bridge</p> <p>1:00 Acrylic Painting</p> <p><b>2:00 SGT. WILSON ARMY SHOW</b></p> <p>Floor Curling, Keep Fit, Floor Shuffleboard and Zumba are cancelled today</p>	<p><b>16</b></p> <p>9:00 Stability Yoga</p> <p>9:00 Paper Tole</p> <p>10:00 Carpet Bowling</p> <p>10:15 Chair Yoga</p> <p><b>1:00 In-House Bingo</b></p> <p>1:00 Contract Bridge</p> <p>1:00 Crib</p> <p><b>7:00 JAMMERS DANCE</b></p> 					
<p><b>19* &amp; 26</b></p> <p>9:00 Gentle Yoga</p> <p>9:30 Jammers</p> <p>10:00 Floor Curling</p> <p>10:00 Watercolour &amp; Coloured Pencil Techniques</p> <p>10:15 Chair Yoga</p> <p>11:30 Tai Chi for Health, Balance &amp; Relaxation</p> <p><b>*1:00 OUTREACH</b></p> <p>1:00 Bridge</p> <p>1:00 Military Whist</p> <p>1:00 Darts</p> <p>6:30 Bid Euchre</p> <p><b>*Darts cancelled (19th)</b></p>	<p><b>20 &amp; 27*</b></p> <p>9:30 Beginner Watercolour</p> <p><b>*10:00 HEALTH FAIR</b></p> <p>10:00/11:00 Clogging</p> <p>10:00 Coffee Tea &amp; You</p> <p>10:00 Music Makers</p> <p><b>10:45 WINNERS BINGO</b></p> <p>12:45 Canasta</p> <p>1:00 Texas Hold'em</p> <p>1:00 Norwegian Whist</p> <p>1:30 Keep Fit Combo</p> <p>1:30 <b>SCRABBLE</b></p> <p>2:30 Exercise with Arthritis</p> <p>7:00 Line Dancing</p>	<p><b>21 &amp; 28*</b></p> <p>8:45 Active Pound</p> <p>9:00 Guided Meditation</p> <p><b>* 9:45 Out &amp; About +affir TOO</b></p> <p><b>10:00 LEARN (Elder Abuse Network)</b></p> <p>10:00 Carpet Bowling</p> <p><b>*10:00 Lethbridge College Massage Therapy Students</b></p> <p>10:15 Paper Tole</p> <p><b>10:45 WINNERS BINGO</b></p> <p>11:30 Line Dancing</p> <p>1:00 Darts/Euchre</p> <p>1:00 Quilt/Kraft</p> <p>3:00 Fitball</p> <p>7:00 Table Tennis</p>	<p><b>22 &amp; 29</b></p> <p>9:00 Floor Curling</p> <p>9:00 Card Crafters</p> <p>9:30 Mind Joggers</p> <p>10:00 Seated Pound</p> <p>11:00 Keep Fit</p> <p>1:00 Woodcarving</p> <p>1:00 Floor Shuffleboard</p> <p>1:00 Trump Whist</p> <p>1:00 Duplicate Bridge</p> <p>1:00 Acrylic Painting</p> <p>5:30 Zumba</p>	<p><b>23* &amp; 30</b></p> <p>9:00 Stability Yoga</p> <p>9:00 Paper Tole</p> <p>10:00 Carpet Bowling</p> <p><b>9:30 SAIM-MASSAGES</b></p> <p>10:15 Chair Yoga</p> <p><b>1:00 In-House Bingo</b></p> <p>1:00 Contract Bridge (South View Room)</p> <p>1:00 Crib</p> <p><b>1:30 FINANCIAL LITERACY WORKSHOP</b></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>REMEMBRANCE DAY—Monday, November 12, 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, November 14 &amp; 28, 2018</b></li> <li><b>MYSTERY TRIP #9 - Thursday, November 22, 2018</b></li> <li><b>WINNERS BINGO: Nov. 7, 13, 14, 20, 21, 27, 28, 2018</b></li> <li><b>FOOT DOCTOR: DR. BOLOKOSKI NOW AT 10:30 AM. FUTURE DATES JAN 9, 2019, FEB 27, 2019, MAY 1, 2019</b></li> </ul> 				

## WINNERS



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## Programmer's Report by Ashley Kern

I cannot believe November is already upon us, amazing! Last month was quite busy, as we had the pleasure of hosting 88 Park Meadows Elementary students once again for two board game afternoons with our members. You will see all the fun they had on page 13 of this Newsletter. Intergenerational Programs are always mutually beneficial not only for our seniors, but for the children as well. We cannot wait to have them back again, it is always a pleasure! We hope to have them back soon!



I have a few announcements with a couple of the newer programs that are up and running. Due to the increasing numbers of Tuesday and Thursday morning Keep Fit, the class has been capped and no more members will be taken. Therefore a combo Keep Fit Tuesday afternoon class is now being offered from 1:30 p.m. - 2:15 p.m. This is a combination of Tuesdays Aerobic and Thursdays Strength Training morning classes. Members who are not able to get into the morning Keep Fit or looking for a smaller class, are welcome to join this afternoon class. I would be happy to answer any further questions you have. Thank you for your patience and understanding. Also our new Active POUND 55+ class on Wednesdays at 8:45 a.m. - 9:30 a.m. has begun with a few spaces left, so sign up today! Seated POUND 55+ is full but keep an eye out for future dates.

I have also been busy conversing with the amazing group of University of Lethbridge nursing students regarding the Health Fair on November 27<sup>th</sup> from 10:00 a.m. - 12:00 p.m. Keep Fit will be cancelled this day. They are working hard to get to know some of our members and their health concerns as part of their community health practicum, so give them a warm welcome and some of your time if you haven't already. For more information on their goals and information sessions for the next few weeks, please refer to page 12 of this newsletter.

Our first ever Guided Meditation Class at Nord-Bridge lead by yours truly, has been very therapeutic and beneficial to our seniors thus far! I want to thank the participants for their commitment and support for this new class. It can be hard to get moving in the winter months, so I thank you!

I also went with a group of Nord-Bridge members to the YMCA for a free demo Water Fit class. This was great for those wanting low impact in the shallow end of the pool. We will be returning once I have a few more members that are interested. Keep in mind this will be at a discounted rate and transportation will be included. If you would be interested in joining us, please contact me. I have also had questions regarding when the YMCA will be changing their location to the west side of Lethbridge. This will not happen until March of next year, regardless we have bus transportation.

Our fall-In House Tournaments will begin this month and good luck to all those that will be participating! For information please speak with myself or the conveners of the activities. The Lethbridge College Massage Therapy and the Southern Alberta Institute of Massage Therapy Students will be here on the following dates: Wednesday, November 28<sup>th</sup> from 10:00 a.m. - 12:00 p.m.(LC) and Friday, November 30<sup>th</sup> from 9:30 a.m. - 11:30 a.m. (SAIM). Come get your FREE neck and back massage before your muscles stiffen from the cold weather!

In closing, I hope everyone keeps warm and stays happy and healthy!



*Ashley*



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## OUTREACH REPORT

Val Arkinstall, Outreach Coordinator

On a beautiful autumn day with no snow, we had a fall fabulous time with LOS GRINGOS back by popular demand. They played popular tunes like the Good Old Hockey Game by Stompin' Tom Connors, Wasted Days and Wasted Nights by Freddie Fender, music by Johnny Cash and many more Nashville stars. Door prizes went to clients from Quest and the Nike-Ability Resource group who were excited that they won. We were a bit short staffed but thanks to a total team effort we got the job done successfully. Thanks to new volunteers Terri Lazaruk and Brenda Colling; as well as the 3<sup>rd</sup> year nursing students for helping out. Lastly, I do thank our pumpkin fabulous program coordinator, Ashley for lending a hand. Everyone is a star for making this program successful. You all have earned the Outreach Gold Star.

Stay tuned for next month's program featuring Doug Youngren and friends on Monday, November 19<sup>th</sup>, 2018 with a TAILGATE PARTY theme. Come dressed in your favourite sports outfit. What would a tailgate party be without cheerleaders, so bring your pompoms along!



## Social Activities by Eva Deringer

The Thanksgiving luncheon was held on Friday, October 5, 2018. Presiding was President, Bob Tarleck, assisted musically by Yvonne Nelson on the Piano. Mike Bennett said grace and "Thanks".

Our guests were served a delicious turkey lunch with all of the trimmings, desserts and beverages.

Thanks go to our kitchen staff headed by Samantha and our volunteers who always strive to make our luncheons an enjoyable affair!

Thank you for your continued support.

## Peace of Mind for You and Your Family

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## CONDOLENCES WERE SENT TO...

...To the Peters family on the loss of

Lillian, to Janet Bobinec on the loss of her son Gord; to Olai England on the loss of his brother; to Maria Lisun on the loss of her cousin; to the Block family on the loss of Olga and to the funeral home on the loss of member Elmer Bolick...



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

...In hospital: Margaret Onda, Helen Beattie and George Nemeth.

...At home Harvey Darr recovering from a stroke; a card was sent to Jim Tyrer who after a Calgary surgery is recuperating at St. Michaels; to Karen Gordon on her hip surgery, to Sandy Fischer and Hugh Gordon on their respective knee surgeries and to Mike Bennett on his hand surgery ...

## EUCHRE REPORT

Rodney Foster, Convener

Time to remember all the men and women who have served and are serving now. Remember that we meet on Wednesday afternoons for Euchre at 1:00 p.m. with lessons at 12:30 p.m. Hope to see you there!

Shannon Phillips,  
MLA Lethbridge West

402 8th St S  
Lethbridge, AB T1J 2J7  
lethbridge.west@assembly.ab.ca  
403-329-4644



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Nord Bridge members can make an appointment at the Reception desk to meet with Maria here at the Centre on the 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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## HELLO NORD-BRIDGE SENIORS CENTRE

**MEMBERS.** We, the nursing students from Lethbridge University, would like to thank you for welcoming us so kindly to your Centre. We appreciate the opportunity to participate with you in the many activities offered at Nord -Bridge, from floor curling to pool. We are looking forward to another month of getting to know all of you. Thank you, to everyone who participated in our September survey. Your input is greatly valued, and is used to determine which health topics are important to you. We hope that you attended and enjoyed our October events, which included a poster board on Healthy Portion Sizes, Sodium and Cholesterol Levels as well as a presentation on Better Sleep and Rest on October 30th. Coming up this month we will be presenting four more information sessions. First, on **November 5<sup>th</sup>**, there will be a session about **Lifestyles for a Healthy Heart & Brain from 10:45am – 11:45am in the Berlando Boardroom**. Second, on **November 6<sup>th</sup>**, there will be another information session on **Understanding and Caring for People with Dementia and Dementia Prevention from 9:30 a.m. to 10:30 a.m. in the Berlando Boardroom**. On **November 19<sup>th</sup>** we will have two poster board presentations regarding **Heart Attack Symptoms: Males Versus Females and Managing Arthritis and Associated Pain in the main corridor**. Our **Annual Health Fair** will take place **Tuesday, November 27<sup>th</sup> from 10 a.m. until noon**. Watch for sign up sheets and posters for the Health Fair and information sessions and refer to our ad on the back cover of this Newsletter. Please feel free to approach us with any questions or suggestions! Happy November!

## NOTICE TO NORD-BRIDGE MEMBERS

Please mark your calendars for **Wednesday, November 7<sup>th</sup>, 2018** for the Nord-Bridge Senior Citizens Association General Meeting In the Multi-Purpose Hall 1904 13 Ave. N. starting at 9:30 a.m.

Jeff Sarich



MONDAY NOVEMBER 5<sup>th</sup>,  
19<sup>th</sup> AND 26<sup>th</sup> BETWEEN  
9 a.m. and 11 a.m.  
YOU WILL FIND OUR  
FRIENDS  
FROM

Cheryl Neufeld



*Xcursions*

IN THE MAIN HALLWAY  
TO TAKE CARE OF ALL YOUR TRAVEL NEEDS



## Park Meadows GRADE 4/5s and Nord-Bridge Seniors October 2nd and 16th, 2018

One of the teachers who visited last year was telling her class this year about Bob Tarleck being a teacher at her old high school as well as a former Mayor of Lethbridge. One of the students in her class had also been here last year and had played chess with our current President. When the teacher was sharing about Bob, the student piped up with "the only Mayor from the north side!"



This lovely young lady, Vanessa Morneau was at Nord-Bridge on October 19th handing out roses to all the seniors. She works for Quest and was a coach for the Special Olympics swim team. She originally saw a 7 year old on YouTube handing out roses to seniors and thought "Why not here in Lethbridge". Now every third Friday of the month she goes around to seniors homes, facilities, etc. to hand out roses!



## BOUTIQUE NEWS

Thank you to all members who have donated plastic bags, yarn, fabric, craft supplies and completed items during the past year. Special thanks to the quilters group for their donation of quilting fabric. The yarn and fabric sale was a success with \$200.00 going to the Centre. Christmas crafts will be arriving November 2nd so be sure to come in and browse.

Heather



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.**

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(403) 381-0700**



**Terry Toth**  
B.Sc Pharm  
Pharmacist

**Chad Baker**  
B.Sc Pharm  
Pharmacist/  
Owner

# FREE WORKSHOP ON FINANCIAL LITERACY



Presented by the Canadian Foundation  
for Economic Education

Please join us for an informative workshop to answer any questions you may have regarding your finances. Take part in engaging conversation with a representative from the Canadian Foundation for Economic Education, and other seniors in your community, to gain a better understanding of your financial issues and concerns.

Topics of discussion include;

- Planning for retirement
- Making estate arrangements
- Moving as housing needs change
- Dealing with attempted fraud or financial abuse
- Caring for a loved one
- Living with long-term illness or disability

Light refreshments will also be provided.

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**Friday, Nov. 30th**  
**1:30 p.m. – 3:30 p.m.**  
**Nord-Bridge Seniors Centre**  
**West Community Room**  
**1904 13 Ave. N.**  
**Lethbridge**

Space is limited. Register by November 23 to reserve your spot.  
Contact Ashley Kern, Program Coordinator - 403-329-3222 or e-mail  
akern@nordbridgeseniors.com

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**Upcoming FREE consultation dates:**  
**Tuesday(s) September 11 and October 9, 2018**  
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.**

Submitted By.....The Mind Joggers

Written By.....Judy A. Knox

**I, Woman Driver**  
(With A Husband As Passenger)

I can't seem to do anything right,  
I can't drive in the day and I can't drive at night.  
I go too slow, I go too fast,  
I don't signal when I pass.

My lights are too bright, my lights are too low,  
I still go fast or I still go slow.  
I turn the corners way too sharp,  
My riding the curves gives him a start.

I do not watch where I should go,  
I still drive fast and I still drive slow.  
I go through amber like it was green.  
I am startled when I hear him scream.

He's too scared his knuckles are white,  
Holding on to the dashboard way too tight.  
We'll have to end this civilized crime,  
When he drives his way, and I'll drive mine.



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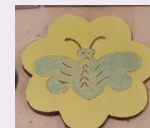


**PLEASE NOTE: ALL NON-MEMBERS must pay an additional \$25 for all Nord-Bridge trips.**

## ROAD REPORT

The weather man gave us a good day when we travelled to the Calgary Zoo to visit the pandas, penguins, giraffes, etc. It was a perfect day to walk around as even the sun came out. It was a great time! There is a picture display up in the hallway across from the Dunford Diner. Mystery Trip #9 was again a smashing good time. Our small bus took them to CASA and they came back with a beautiful hand made ceramic

tile.



Finally, we closed out the month going out to the ENMAX to watch the Cirque De Soleil show. Thank you to Carefree Bus Lines, Ashley and Lucy for their driver safety.

**NOTE to all Travel Passengers. For all trip planning there will no longer be sign up sheets placed on the front entrance table. You must inquire at the Reception Desk and pay a deposit to guarantee your seat.**

## MYSTERY TRIPS 2018



**Trip #10: Thursday, November 22, 2018**  
**COST: \$10 (includes bus).**  
**Buy lunch at the destination place and after lunch a second desination stop??**  
**The bus will depart the Centre at 11:30 a.m. and will return to the Centre at 3:00 p.m.**

**Thursday, November 8, 2018** Rosebud Dinner Theatre for the Christmas presentation of "Sherlock Holmes & the Case of the Christmas Carol". Payment is due immediately. \$110 for both members and non-members. Cost includes the luxury bus, show and meal. Seats still available for the LAST MINUTE RUSH

**Tuesday, November 20, 2018** We will be running our Go Friendly bus to the local Enmax Centre to see the **Christmas Tree Festival**. They are phenomenal to look at. Cost is only \$5.00 for the bus. Bus will depart from the Centre at 12:45 p.m. and estimated time of return to the Centre is 3:00 p.m.

suggestions are needed for our 2019 travel program. BRING your destinations in to val or maria. we want your destination on the nbsc map!



## UPCOMING TRIPS

**Friday, December 7th** Hillspring Great Canadian Barn Dance's Cowboy Christmas. Member Cost: \$85 includes bus and lunch. There are limited seats available. Payment is as soon as possible.

**Wednesday, December 12** Money down guarantees your seat! CROSS IRON MILLS for shopping and Christmas lights of Calgary area. Cost: \$45 (Member Cost) Payment A.S.A.P. There are seats still available. Bus will depart Nord-Bridge at 10:00 a.m. and return at 11:00 p.m.

**GOOD NEWS**-Announcing the first trip of 2019. Wednesday, February 20th STAGE WEST DINNER THEATRE in Calgary. A comedy: "DRINKING HABITS 2". Member Cost \$100 (Inc. bus, show and meal) Now taking bookings.

**6th Annual Cranbrook/St. Eugene is booked for May 26—28, 2019. Costs will be out soon! You can leave your name at the desk and then we will contact you personally when costs are finalized. This is guaranteed a fun and enjoyable time!**

**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, November 14 & 28.

**COST \$3**



Join us for Music and Dancing with the  
**Nord-Bridge Jammers**



**Evening Jam**

Friday, November 16, 2018

In the Multi-Purpose Hall

**Jam Time:** 7 to 10 p.m.

**Tickets Available At:**

**Nord-Bridge Seniors Centre**

**403-329-3222**

**AND AT THE DOOR**

**\$5.00 Each**



Includes  
Cake, Coffee & Juice



Nord-Bridge Seniors Centre

# Christmas Luncheon



**Friday, December 7/18**  
TICKETS WILL BE ON SALE STARTING November 7/18

**TIME: 11:30 A.M.**

**SEATING STARTS AT 11 A.M.**  
NO ENTRY INTO DINING ROOM WITHOUT TICKET

**LIVE ENTERTAINMENT**




Menu: Turkey, Cranberry Sauce, Mashed Potatoes, Gravy, Stuffing, Veggies, Salad, buns and dessert.

**COST: \$13 EACH**

**TAKE OUT TICKETS ONLY AVAILABLE  
AT THE RECEPTION DESK -\$13  
PICK UP AT 1 P.M.**



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**Music on the Bridge**  
The Original Sound of the 40-50's

Glenn Miller  
Andrew Sisters  
Doris Day

Rosemary Clooney  
Let Paul & Mary Ford  
And More.....

**TICKETS  
\$20.00**



**November 15, 2018  
at 2:00 P.M.**

**Tickets available at  
Nord-Bridge Seniors  
Centre,  
1904 13 Avenue N.**

**This show is presented with the financial  
help of our Community Sponsors**

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**PRESENT:**

# SENIORS HEALTH FAIR

at  
**NORD-BRIDGE SENIORS CENTRE**  
in the  
**Multi-Purpose Hall**  
**TUESDAY, NOVEMBER 27, 2018**  
13 Avenue North  
Lethbridge, AB  
10:00 a.m. to 12:00 p.m.

Come meet local health care professionals along with community service representatives. There will be complimentary refreshments and door prizes!



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**Lethbridge**

