

## **NORD-BRIDGE SENIORS**

# NEWSLETTER

# OCTOBER 2018

















# 9th Annual President's Dinner & Auction







"The Friendly Centre"
1904—13th Ave. North
Lethbridge, Alberta T1H 4W9

Open Monday to Friday - 7:00 a.m. to 4:30 p.m. Telephone 403-329-3222 Fax 403-329-8824 E-mail: friendly@nordbridgeseniors.com

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

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

#### **BOARD OF DIRECTORS**

SECOND YEAR THIRD YEAR FIRST YEAR Kathy Ludwig Hugh Gordon Robert Grisak Ben Bell Donalda Stock Clay Olsen Kaz Tomomitsu Jim Edwards Marko Bosnak

#### **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

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

#### **ON-SITE PARTNER PROGRAMS & SERVICES**

National Association Gary Drake 403-328-0801 of Federal Retirees Chinook Lifecare Assoc. Jane-Anne J. 403-320-1170

PROGRAMS, COMMITTEES, CONVENERS, & BOARD REPRESENTATIVES\* (\* indicates individual on Board responsible for Program Area) (\*\* indicates "Emeritus")

**Janitorial** 

ADMIN. PROGRAMS By-Laws/Policies Committee Crafts Boutique Finance Committee

Memberships Newsletter<sup>'</sup> 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
Dita Dairy (Production & Billing) 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

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 1st, 2018 New Member Pro-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+ 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 Harry Fischer, Sheila Brust Economic Development Lethbridge Pat Santa

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

Jim Edwards\*, Board Rep Valerie Arkinstall Lydia Prokop/Chris Figenshau 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 Clav 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



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

#### Seniors Report Higher Life Satisfaction

"Seniors report higher life satisfaction than other age groups, according to a recent Statistics Canada report. Previously, it was believed that this applied only to Nord-Bridge seniors.



#### **Board Congratulates Federal Government on Creation of First Seniors Ministry**

The federal government's appointment of a Minister of Seniors is good news for members of Nord -Bridge and in fact for all Canadian seniors. The newly-created ministry should enable the federal government to respond more quickly to pressing seniors' issues and to build strategic partnerships with provincial and municipal governments with this goal in mind.

At its September 12<sup>th</sup> meeting, your Board of Directors passed a unanimous resolution to congratulate Filomena Tassi on becoming Canada's first Minister of Seniors. Now our task will be to measure the progress of her ministry and offer constructive suggestions.

Nord-Bridge Board Presents Funding Request to City's Finance Committee

On September 10<sup>th</sup> your president presented Nord-Bridge's three-year funding request to the city's Finance Committee. The request was for an increase from \$75,000 to \$100,00 in 2019 to cover pressing maintenance issues. The request called for further increases of 5% for 2020 (\$105,000) and 2021 (\$116,705.50). These urgent requests are to meet pressing maintenance, safety and health issues.

Failure to obtain these increases will have serious consequences. The projected annual deficits without the increased funding would be \$34,568 in 2018; **\$83,126** in 2019; **\$118,238** in 2020 and **\$127,921** in 2021.

Thanks to the many volunteers who made the 9<sup>th</sup> Annual President's Dinner and Auction a success!

Welcome to our newest commercial tenant, Direct Dental Hygiene.

It is with great regret that I note the passing on August 17 of an extraordinary supporter of Nord-Bridge and of southern Alberta, Frank Joseph Toth.

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

#### NOTICE TO NORD-BRIDGE MEMBERS

Please mark your calendars for Wednesday, November 7th, 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.

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

\_\_\_\_\_\_



**Faye Dores** Joanne Nemeth Frances Evernden Elizabeth Stahl Anolda Wells Sandy Wilson Allan Shields Gord Yauch Donna Yauch Teri Lazaruk Heather Beck Betty Dingreville Linda DeWitt Patricia McLeod

Linda Graf Marie Hooge Jospehine Kroeker Greg Hamilton | Brenda Husler Michelle Enns Marcy Forbes Robert Fenton ■ Sylvia MacMillan | Shirley Hall Earl Hall Jeff Sarich Barry Schmidt Debra McColman Allan Domier | Anonymous (7)

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:

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

Any questions? Please call 1-888-472-2222 or visit http://www.shaw.ca/internet/wifi/.

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



**Annually** 

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

**User ID: FriendlyCentre** Password: myfriendlycentre

Annual General Meeting First Tuesday of April

(Shaw Cable subscribers see above)

NORD-BRIDG	E 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 Meetin	igs	
Feb., April, June, Oct.	Second Tuesday	9:00 a.m.

9:00 a.m.



# THANKSGIVING LUNCHEON

GET YOUR TICKET TODAY

FRIDAY, OCTOBER 5, 2018

Time: 11:30 a.m.

Tickets available at the Front Reception Desk

# SOUTHERN OPTICAL LTD.

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# LORRI'S CORNER

I cannot believe it is October already. I still feel like it should be June ..... But school is back in for the kids and the leaves are falling off the trees so there is no denying it actually isn't June.



I have been seeing so many of you and I am grateful you are willing to take a chance and come speak with me about things that you need assistance with or even just a listening ear. My promise to you is that I will do my best to help you always. You may have noticed on my doors there is a new sign posted. I am saddened it had to come to this, but my commitment to confidentiality and being fully present to each person I help is something I am not willing to compromise. Having 2 doors, it is easy for people to think of it being a short cut but it is NOT. If the doors are open and I am in here with someone or on the phone, please respect their privacy. If the doors are closed and my schedule, (which is posted below and also outside each door), shows I am here, I am assisting someone and therefore busy. If you need to see me, stop at the front desk and let them know and I will contact you as soon as I am free. You can also call to make an appointment and I will give you my full attention, just as I give to the other people I see. I am asking that if you haven't read the sign, please do so and I ask you to be respectful.

This month I have a few different events going on that I hope everyone will attend.

In the Multi-Purpose Hall on Wednesday October 24, from 1-4 pm, I will be hosting a Housing Fair. This is your opportunity to come speak with the various seniors housing providers in Lethbridge and have your specific questions answered. Whether you are considering a move or downsizing in the near future or further down the road, being informed about your options makes the decision and transition much easier. This is open to all, not only Nord-Bridge members so please let your family know too! There is no cost for this and I may even have coffee and cookies!!

On Wednesday, October 31, starting at 10 am in the Annex, Danielle Burger from Alberta Seniors and Housing will be here to tell you about the Seniors Financial Assistance program and answer your questions. If you are wanting to attend, please stop in and let me know to ensure Danielle brings enough information for all. Please tell your family

My October schedule is:

October 2018				
М	Т	W	Th	F
1	2	3	4	
	9	10	11	12
15	16	17	18	
22	23	24	25	
	30	31		

and friends and invite them to attend as well. As always, I am here to assist you.

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



#### **BOUTIQUE NE**

Winter Items will be accepted on October 5, 2018. Christmas Crafts will be accepted on November 21, 2018. Thank you to all who donated plastic bags to the Boutique. Heather Newsham

MPRESS 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		
<u>5"</u>	<u>8"</u>	
\$4.00	\$8.00	
\$3.50	\$7.00	
\$3.50	\$7.00	
\$4.00	\$8.00	
\$5.50	\$12.50	
	5" \$4.00 \$3.50 \$3.50	

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

茶茶茶茶茶茶茶茶茶茶茶茶茶茶茶茶茶







@RACHAELHARDERMP RACHAELHARDER.CA 403.320.0070

**EXECUTIVE DIRECTOR'S REPORT** 

Greetings Members,

Our city is closing in on reaching 100,000 residents. The most recent 2018 Lethbridge Census Report shows a total population of 99,769. From the total population 27,489 are over the age of 55; that's 28% of the city's population and will most



likely rise in future years as the final wave of the baby boom generation closes in on age 55 (Baby Boomers 1946 - 1965). As this population group rises in our city it is imperative that our Centre continues to be a key contributor of senior services in the city. The City of Leth-bridge recently held public sessions on spending priorities for their four-year operating budget. The operating budget pays for: police, fire, electric, parks, transit, water and sewer, streets, snow removal, library, arenas and pools. A few of our board members attended these sessions to advocate for the growing number of seniors and services for seniors that Nord-Bridge provides. Direct senior services are not listed as a budget priority service, however there is still time to voice the province and the importance of senior services to the your priorities and the importance of senior services to the city through online based surveys and feedback at <a href="https://getinvolvedlethbridge.ca/2019-2022-operating">https://getinvolvedlethbridge.ca/2019-2022-operating</a> budget. If you would like to complete this survey and the online feedback ask Val or Maria at the Front Reception Desk and they will assist you through this process.



Pictured from left to right: George Berg, David, Ashley, Tracy, Lorri and Ingrid Berg

Last month, myself, Tracy, Lorri, Ashley and George Berg (Board Member) attended the 2018 Grey Matters Conference in Calgary. The Conference was co-hosted by the Alberta Association of Senior Centres; which Nord-Bridge is a founding member of. This year's conference was similar to previous years with respect to the great information sessions, guest speakers, presenters and networking opportunities. 'We all walked away with resources and information that we plan to implement and introduce in future Nord-Bridge programs and services.



David Ng **Executive Director** 

#### THANK YOU

Maria Fitzpatrick for the donation to Nord-Bridge from the event You hosted here at The Friendly Centre'



# DVANTAGE

406-6th St. South Lethbridge, Alberta

# Nord-Bridge Complimentary **Hearing Evaluations**

We will offer Complimentary **Hearing Evaluations at** Nord-Bridge the First Wednesday of every month!

Book your appointment at the front desk!



403-320-5051

Brad Lindsay, BC-HIS Registered Hearing Aid Practitioner

# Nord-Bridge is having a **Housing Fair!**

October 24, 2018 1 - 4pm Multi - Purpose Hall

When it is time to consider downsizing and moving into a lodge or supported living, there are many questions. Come see what is available and speak to the people and have your specific questions answered.

There is no cost to attend



For more information contact:

Lorri Penner, BSW, RSW Member Support Coordinator lpenner@nordbridgeseniors.com Or 403-329-3222

Please bring your family and friends

# From the Desk of Val

Autumn greetings! Our hot smoky summer has come and gone and now we are into foggy, cool days. What does that tell you? Well, it looks like winter weather is just around the corner. However, life continues with a real hustle and bustle here at the Reception Desk. The fall registration was successful, new members are continually signing up, and it is good



that lapsed members are coming back. A warm friendly welcome to all! I have a few reminders:

With new staff and new members have you ever thought of purchasing your very own name tag? Just ask us here at the Reception Desk and we will order you one for only \$6.50.

New members we have a great program for you, Coffee, Tea & You every Tuesday in the Dunford Diner for some chit chat.

Do not forget to register to have your photo taken for our Members Albums—Friday, October 12th from 10:00 a.m. until 2:00

Have a look through the newsletter for upcoming trips. If you see a trip you would be interested in, come to the Reception Desk with your deposit and we will sign you up.

Have you ever thought about volunteering? We have many opportunities for you to get involved and help you to get to know our members.

We have several older members who cannot get out as much. We have a Keep in Touch program where we can link you up with a buddy to visit or have a telephone chat with.

I welcome Terri Lazurak who will be helping out on Thursday morning while Sharon Davies is off for health reasons. I want to also welcome Donna Yauch as a new relief volunteer on the Reception Desk. We are a team!



Happy Autumn and Happy Smiles

# Life Time Highs www.lifetimehighs.club

587-223-0203 Cathymunro@lifetimehighs.club ~ Traveling Together

Sept 25 - 27, 2018, Tour Extravaganza Edmonton, AB \$425 pp/dbl Sept 30 - Oct 6, 2018 2 buses - full Deadwood, SD \$665 pp/dbl \$400 pp/dbl Oct. 26 - 29, 2018 Spokane Shopping Coeur D'Alene, ID Dec. 2 - 5, 2018, Xmas Tour w Boat Cruise \$400 pp/dbl March 24 - 28, 2019 Spring Fling Break \$575 pp/dbl \$280 pp/dbl Edmonton, AB Jan 13 - 15, 2019, River Cree Feb 3 - 6, June 23 - 26, 2019 \$410 pp/dbl Bonners Ferry, ID April 23 - 26, 2019, Temple Gardens \$425 pp/dbl Moose Jaw, SK May 5 - 7, 2019 \$229 pp/dbl Camrose, AB Polson-Kalispell, MT May 27 - 30, 2019, Sights, Shopping & More \$475 pp/dbl August 11 - 17, 2019 GST Included Winnipeg, Mb \$820 pp/dbl

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 CA\$H 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:

- 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)

Muriel Nikles \$107.00 August 31

#### 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:

- 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 Susie Dyck \$144.00

Next Draw October 26th, 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

Sept 10 Jim Hahn \$49 / Jim Randa \$49

Sept 17 Jammers Cancelled

Sept 24 Dave Hoffarth \$44 / Rita Nielson \$44

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

## <u>הַתתתתתתתתתתתתתתתתתתתתתת</u>

Friday Dunford Diner Lunchtime Entertainment

Schedule Subject to Change

October 5 Yvonne Nelson

October 12 Alice

October 19 Don & Vicky

October 26 Good Timers



NORD-BRIDGE BUILDING FUND RECENT DONORS
Nord-Bridge Music Makers \$25
Mathilde Reichel \$700

#### NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2018 through September 21, 2018 : **\$16,044** 



#### 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 \$ 2,127,110

Still needed by N-B Fundraising \$ 372,890

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

Oct. 5 THANKSGIVING LUNCHEON, Turkey, mashed potatoes, veggies, stuffing, gravy and dessert \$13.00

(Tickets must be purchased by Oct. 3rd, 2018)

\*NO MENU SERVICE FOR LUNCH. SOUP/SANDWICH AVAILABLE IN SERVERY

- Oct. 12 Liver and Onions with mashed potatoes, gravy and veggies \$7.50
- Oct. 19 Cabbage Rolls with salad and mashed potatoes \$7.50
- Oct. 26 Veal Cutlet with mashed potatoes, gravy and veggies \$7.50

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

\$8.00

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



# CETCEG



Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Gentle Yoga 9:30 Jammers 0:00 Floor Curling 0:15 Chair Yoga 1:00 Darts 1:00 Bridge 1:00 Military Whist 6:30 Bid Euchre	9:30 Beginners Watercolour 10:00/11:00 Clogging 10:00 Music Makers 10:00 Coffee Tea & You 11:00 Keep Fit 12:45 Canasta 1:00 Norweigan Whist 1:00 Texas Hold'Em 1:30 SCRABBLE 2:30 Exercise with Arthritis 7:00 Line Dancing	3 8:30 Breakfast Buffet 9:00 Guided Meditation 10:00 Carpet Bowling 10:00 LEARN (Elder Abuse Network) 10:15 Paper Tole 10:45 WINNERS BINGO 11:30 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball 3:00 Advantage Hearing By Appointment	9:00 Floor Curling 9:00 Card Crafters 9:30 Mind Joggers 11:00 Keep Fit 1:00 Acrylic Painting 1:00 Woodcarving 1:00 Floor Shuffleboard 1:00 Trump Whist 1:00 Duplicate Bridge 5:30 Zumba	9:00 Stability Yoga 9:00 Paper Tole 10:00 Carpet Bowling 10:15 Chair Yoga 11:30 THANKSGIVING LUNCHEON 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib
CLOSED	9:00 Legal Consultations By Appointment 9:30 Beginners Watercolour 10:00/11:00 Clogging 10:00 Music Makers 10:00 Coffee Tea & You 10:45 WINNERS BINGO 11:00 Keep Fit 1:00 Texas Hold'em 12:45 Canasta 1:00 Norwegian Whist 1:30 SCHABBLE 2:30 Exercise with Arthritis 7:00 Line Dancing	7:00 Table Tennis  10 8:45 Active Pound 9:00 Guided Meditation 9:45 Out & About + affer TOO 10:00 Carpet Bowling 10:00 Coffee With a Constable 10:15 Paper Tole 10:45 WINNERS BINGO 11:30 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball 7:00 Table Tennis	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	9:00 Stability Yoga 9:00 Paper Tole 10:00 Carpet Bowling 10:15 Chair Yoga 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib  My favorite color is October.

15 9:00 Gentle Yoga 9:30 Jammers 10:00 Floor Curling 10:00 Watercolour & Coloured Pencil Techniques 10:15 Chair Yoga 1:00 Bridge 1:00 Military Whist 1:00 OUTREACH 6:30 Bid Euchre

16 9:30 Beginners Watercolour 10:00/11:00 Clogging 10:00 Coffee Tea & You 10:00 Music Makers 10:45 WINNERS BINGO 11:00 Keep Fit 12:45 Canasta 1:00 Texas Hold'em 1:00 Norwegian Whist

1:30 SCRABBLE

7:00 Line Dancing

2:30 Exercise with Arthritis

8:45 Active Pound 9:00 Guided Meditation 10:00 Carpet Bowling 10:00 LEARN (Elder Abuse Network) 10:15 Paper Tole 10:45 WINNERS BINGO 11:30 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball 7:00 Table Tennis

18 9:00 Floor Curling 9:00 Card Crafters 9:30 Mind Joggers 10:00 Seated Pound 10:00 Lethbridge **Hearing By Appointment** 11:00 Keep Fit 1:00 Woodcarving 1:00 Floor Shuffleboard 1:00 Trump Whist 1:00 Duplicate Bridge

5:30 Zumba

19 9:00 Stability Yoga 9:00 Paper Tole 10:00 Carpet Bowling 10:15 Chair Yoga 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib TOONIE





22 & 29

9:00 Gentle Yoga 9:30 Jammers 10:00 Floor Curling

10:00 Watercolour & Coloured Pencil Techniques 10:15 Chair Yoga

1:00 Bridge 1:00 Military Whist

1:00 Darts 6:30 Bid Euchre



23 & 30

9:30 Beginners Watercolour 10:00/11:00 Clogging 10:00 Coffee Tea & You

10:00 Music Makers 10:45 WINNERS BINGO 11:00 Keep Fit

12:45 Canasta 1:00 Texas Hold'em

1:00 Norwegian Whist 1:30 Keep Fit Combo

1:30 SCRABBLE 2:30 Exercise with Arthritis 7:00 Line Dancing

24\* & 31

17

8:45 Active Pound 9:00 Guided Meditation 9:00 SENIORS INFO SESSION (31ST)

\* 9:45 Out & About + wffer TOO 10:00 Carpet Bowling
\*10:00 Lethbridge College
Massage Therapy Students
10:15 Paper Tole

10:45 WINNERS BINGO 11:30 Line Dancing 1:00 Darts/Euchre

1:00 Quilt/Kraft \*1:00 HOUSING FAIR 3:00 Fitball

7:00 Table Tennis No Line Dancing, Darts or Fitball on the 24th

25

9:00 Floor Curling 9:00 Card Crafters 9:30 Mind Joggers

1:00 Acrylic Painting

10:00 Seated Pound 11:00 Keep Fit

1:00 Woodcarving

1:00 Floor Shuffleboard 1:00 Trump Whist

1:00 Duplicate Bridge 1:00 Acrylic Painting

5:30 Zumba



26

9:00 Stability Yoga 9:00 Paper Tole 10:00 Carpet Bowling 9:30 SAIM-MASSAGES

10:15 Chair Yoga

1:00 In-House Bingo 1:00 Contract Bridge

1:00 Crib

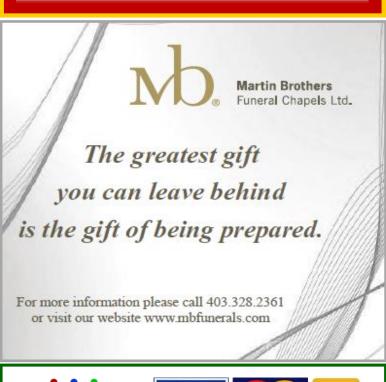


GO Friendly Shuttle door-to-door service: Call 403-329-3222 the day prior, or sooner, to book a ride. Cost is \$3.00 each way, or use your Lethbridge Transit "Breeze Card".

- LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL FIND A PHONE FRIEND FOR YOU. CALL VAL AT 403-329-3222 TO ARRANGE.
- ADVANTAGE HEARING FIRST WEDNESDAY OF THE MONTH (by appointment).
- ALZHEIMER SOCIETY'S REP. MIKAELA, THIRD WEDNESDAY OF EACH MONTH AT 10 A.M. IN THE DUNFORD DINER.
- LETHBRIDGE HEARING THIRD THURSDAY OF THE MONTH (by appointment).
- THANKSGIVING DAY—MONDAY, OCTOBER 8, 2018—CENTRE CLOSED
- JOANNE BLINCO OF LEARN (Elder Abuse Network) FIRST & THIRD WEDNESDAY OF EVERY MONTH, 10 NOON, IN THE SOUTH VIEW MEETING
- SHOPPING TRIPS TO WALMART: WEDNESDAYS, October 10 & 24, 2018
  - MYSTERY TRIP #9 Thursday, October 18, 2018
- WINNERS BINGO: October 3, 9, 10, 16, 17, 23, 24, 30, 31, 2018
- FOOT DOCTOR: DR. BOLOKOSKI NOW AT 10:30 AM. FUTURE DATES INCLUDE: NOV. 14, 2018, JAN 9, 2019







Now accepting VISA, MASTERCARD & INTERAC TRANSACTIONS AT OUR RECEPTION DESK & DUNFORD DINER

## Programmer's Report by Ashley Kern

Hard to believe it is October already! Last month was a busy yet fun month where we had our second Annual Fun Golf Tournament at Evergreen Golf Centre. Even though it was a chilly day, everyone still had a blast and the amount of prizes afterwards, were amazing! Closet to the pin winner was Margaret Thole. The Longest



Drives went to Kaye Murphy for the women and the men's longest drive was awarded to Bob Lemay. I want to thank our sponsors: Evergreen Golf Centre, Stafford Family Dental (a donation of \$500.00), Hall Dental, Lethbridge Home Builders Association, Galko Homes, Eva Deringer, and Unique Bird Houses and Bird Feeders. As well as our Golf Convener's, Kaye Murphy and Judy Workman.

Announcements coming up this month include the University of Lethbridge 3<sup>rd</sup> Year Nursing Student will be here until December for their Community Health Practice Experience on Mondays and Tuesdays. So please give them a warm welcome when you see them around the facility. They are eager to learn and help with strategies for members including Health Promotion, Injury and Illness Prevention, and Health Protection, this will be demonstrated in a few of their health sessions so please support them by attending these sessions.

Park Meadows Elementary Students will be at Nord-Bridge on Tuesday, October 2<sup>nd</sup> and 16<sup>th</sup> at 12:45 pm for an Intergenerational board game afternoon. We are looking for some fun senior volunteers to participate, so if you are interested please talk to Ashley.

Some of our newest programs such as Active POUND 55+, Meditation, Bid Euchre, and Water Fit at the YMCA are well under way. If you are interested in joining any of these new programs do not hesitate to ask for Ashley at the Front Reception Desk. Basic Self-Defense classes will also be offered once again by Dan Walton, Retired Lethbridge Police Service Sergeant of Savoy Six Advisor Group. This empowering 6 week class begins on Tuesday, October 2<sup>nd</sup> from 9:00 am – 10:00 am and teaches the skills of basic rights and defense options if you are attacked, and how not to be a target. Please sign up at the Front Reception Desk, if you are interested.

Special events taking place this month include the Thanksgiving Luncheon on Friday, October 5<sup>th</sup> at 11:30 am, The Housing Fair on Wednesday, October 24<sup>th</sup> from 1:00 pm- 4:00 pm, as well as our Annual Craft and Bake Sale on Saturday, October 27<sup>th</sup> from 9:00 am - 2:00 pm. Get your tickets at the Front Reception Desk today! Program Cancellations: Line Dancing, Darts and Fitball on October 24<sup>th</sup>. The 2018 Fall In-House Tournament for Carpet Bowling, Darts, Floor Curling, Pool, Table Shuffleboard, and Floor Shuffleboard, will begin in November, so watch for dates in the next couple weeks to sign up!

Until next month, stay healthy and happy!

nterac

Ashley

# **OUTREACH REPORT**Val Arkinstall, Outreach Coordinator

We are back! Recently a lively group of 123 enjoyed the fine entertainment by Don Moore and Vicky Klassen. The door prize was won by a Quest client. We have such a rowdy bunch that we had to hire an Outreach Sheriff, Bud Hodgson who has stepped down from being an M.C. In his place we welcome Randy Butterwick who will be assisting Jim Edwards who's responsible for making our guests feel welcome because we are "The Friendly Centre". There were 9 groups in attendance and we especially welcome back Coaldale Sunny South Lodge.

Your friendly Outreach program known as the SUPER SENIORS is in need of new recruits so if you enjoy seniors, enjoy a fun time, we welcome new people to join our team. Some of our long time Outreach volunteers have left to pursue other interests. We want to take this opportunity to thank them from the bottom of our hearts for all of their hard work

over the years. We also welcome all of our new volunteers! There is still room for more friendly helpers so please ask Val or come to our monthly meetings which are usually the first Monday of each month. In closing, I need your support to keep this worthwhile program busy and active for a growing Nord-Bridge Seniors Centre.



### Social Activities by Eva Deringer

The President's Dinner/Auction was held on September 18. President Bob Tarleck opened by welcoming our guests. Dean Oseen and Dick Indenbosch wittily carried out the auction. Supper was a delicious roast beef dinner followed by the musical stylings of Tom Price and the Dodge Brothers. Thank you everyone for a lovely evening!

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# CONDOLENCES WERE SENT TO...

...To the Moore family on the loss of Phyllis (Winners Bingo Volunteer), the Habdas family on the loss of Eileen, the Shanks family on the loss of George, the Toth family on the loss of Les (Galt #8 Miner), the Peters family on the loss of Lillian (Outreach and In House Bingo volunteer)

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



...In hospital: Mel Seibert and George Nemeth.

...At home Tim Arnett (surgery), Simone LeBlanc (a fall), Marilyn Marshman (broken arm), Susie Egeland (stroke) and Mary Roberts...

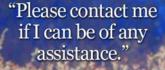
### **EUCHRE REPORT**

# Rodney Foster, Convener

September 21st marks the official first day of fall. Hope you got your garden all cleaned up, your car winterized and your furnace checked. Now is the time to join us for Euchre. We meet on Wednesdays at 1:00 p.m. to play. Lessons are at 12:30 p.m. and we play until 3:00 p.m. You are welcome to stay for coffee, tea or hot chocolate and lots of great conversation.

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

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

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### Hello Nord-Bridge Seniors Centre Members!



Vanessa Murray, Rheann Bistritzan, Alicia Nibourg, Katie Rudkevitch, Dana Jackson, Rylie Hart, Aidan Welsh, Simran Malli, Brook Paisley, Rebecca Ross, Sam Davies (Instructor: Mary Nugent)

We are third year bachelor of nursing students from the University of Lethbridge who will be working at Nord-Bridge Seniors Centre until December. We would like to thank you for the opportunity to spend the next few months with you. Our clinical group will be here Mondays and Tuesdays.

During our time here at Nord-Bridge, we will be putting on multiple presentations which are now in the planning stage. Please watch for sign-up sheets and posters. Our Annual Health Fair will be held on Tuesday, November 27, from 10 a.m. until noon. We are honored to be here and cannot wait to see what these next few months have in store!

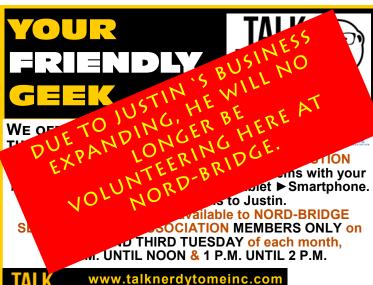








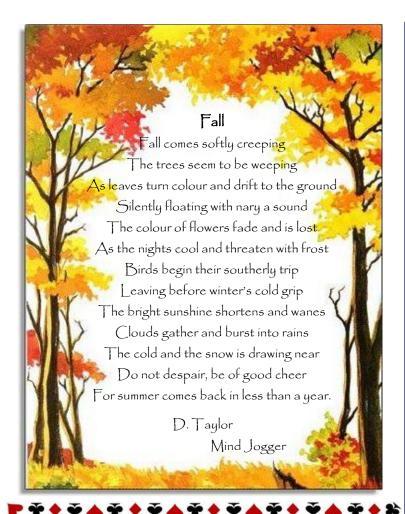




∖LK www.talk RDY <sup>©</sup>ME∗

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

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Thank you for a successful Crib Tournament here at Nord-Bridge on September 15, 2018

We had 58 teams and Samantha served a great lunch.

The winners were:

1st Nina and Florence, Lethbridge

2nd Coleen & Mickey, Taber

3rd Olai & Joe, Lethbridge

4th Marla & Olga, Lethbridge

The 50/50 was won by Marlene from Taber and

Pat Veres from Lethbridge.





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.

by on the at the times I am at the Centre.

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

# THANK YOU



JULIE, STEVEN AND TOM

UPLANDS BRANCH

FOR THE

PRESENTATION

ON

TESAS AND GICS



25 YEARS OF PERSONALIZED CARE

P

# Flu season is right around the corner.



So is your personal pharmacist.

No charge flu shots available October 15th, 2018.

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









# THANK YOU

GENERATIONS our main sponsor for the 9th Annual President's Dinner AND TO

All of the businesses and individuals that contributed items for the live auction:

Copy Express, Edward Jones, Hair Care Company, Hanka Campbell, Kal Tire, Lethbridge Bulls, Castrol Premium Lube Express & Auto Repair, Mad Butcher, McFadden Motors, Shoppers Home Health, Taco Time, GNH Salon/Spa, Bob Tarleck, Luigi's North, Wolseley Canada, Carline Muffler Switzer Auto, Neudorf Plumbing, Saucy Ladies, Lethbridge Fasteners, Grower Direct, Northside Liquor Store, Cornerstone Funeral Home, Sandy Fischer, Clay Olsen, Mike & Diane Bennett, Donalda Stock, Mike Stefancsik, HDT Contracting and our anonymous donators.



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and other matters as you may require. Nord-Bridge offers this service through

ALLAN DENBOK, B.Mgt., J.D.



**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.



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

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### NORD-BRIDGE SENIORS FITNESS 55 CLUB

Nord-Bridge membership, plus a user fee is applicable.

> **Annual Pass Monthly Pass** 20 Visit Pass \$25

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

Meet with Jim Scott, Personal Trainer Wednesday mornings, for safe training tips and motivational goal setting advice.



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

eptember was another successful month travelling on the Nord-Bridge bus as well as the Carefree Bus Lines bus. We had to cancel the fall fishing trip due to lack of interest. On a bright sunny day, 41 horse jumping enthusiasts journeyed to Spruce Meadows with Carefree Bus Lines with their first female driver Dee. All reported a good time and I saw the pictures to prove it. Finally, a full bus of 13 travelled out for Mystery Trip #8 to Crowsnest Pass and Frank Slide Interpretive Centre enjoying their

mystery bagged lunch as well as a tour of the Centre.

Thank you to Lucy, Jim and Carefree Bus Lines for their time and commitment to Nord-Bridge Seniors Centre.

<u>NOTE</u> 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. Payment for Cross Iron Mills Light and Shopping Trip on Wednesday, December 12th is due one month prior to departure date.

## MYSTERY TRIPS 2018

Trip #9: Thursday, October 18, 2018
COST: \$20 (includes bus and tour).
There are still seats available. Bus will
depart Centre at 12:30 p.m. and will return at 3:00
p.m. Guaranteed to be a unique and different trip!
Payment Deadline—October 11th, 2018

Thursday October 4th Calgary Zoo PANDA visit Member Cost: \$65 (Inc. Bus, Admission into the Zoo) Bus will depart the Centre at 9:30 a.m. The itineraries are ready. There is at least two hours of walking at your own pace at the zoo. Buy your own lunch. If you own a walker you can bring it along. The Panda bears are so cute! Sign up right away to go see them.











Wednesday, October 31/18 — Circus du Soleil CORTEO - local performance at the Enmax. Our bus is SOLD OUT and will depart Centre at 6:15 p.m. and return back to Centre. There will be no pick ups from homes and/or take homes. This is Halloween night so please drive carefully.



# **UPCOMING FALL/WINTER TRIPS**

Thursday, November 8th CHRISTMAS ROSEBUD trip. Sherlock Holmes and the Christmas Carol. Member Cost: \$110. Cost includes luxury bus, show and meal. Payment Deadline—October 17th

#### Thursday, November 22nd The FINAL

**MYSTERY TRIP** for 2018. Cost: \$10 (Includes Bus) Buy lunch at the destination and after lunch a second destination stop?

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 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. Watch for costs out in December.

EW! OUT & ABOUT+coffee τοο 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, October 10 & 24.

Cost \$3

#### NORD-BRIDGE SENIORS CENTRE

#### **ANNUAL CRAFT & BAKE SALE**



Saturday, October 27, 2018 9 A.M.— 2 P.M Use North East Door 1904 - 13 Ave. N.



#### **25 Fantastic Craft Vendors**

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**OUTREACH BAKE SALE** 

# **EVERYONE WELCOME**

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# SENIORS INFORMATION SESSION

#### TOPICS WILL INCLUDE:

Alberta Seniors Benefit
Dental and Optical Assistance for Seniors
Special Needs Assistance for Seniors
Seniors Home Adaptation and Repair Program
Seniors Property Tax Deferral Program

#### Find out about the changes for 2018

Date: October 31, 2018 Time: 10:00 am Location: Nord-Bridge Annex

There will be time for questions after Please contact Lorri to confirm your attendance





# **Mystery Trip #7**

August 16, 2018
Picnic Lunch at Park Lake and then to the
Picture Butte Museum