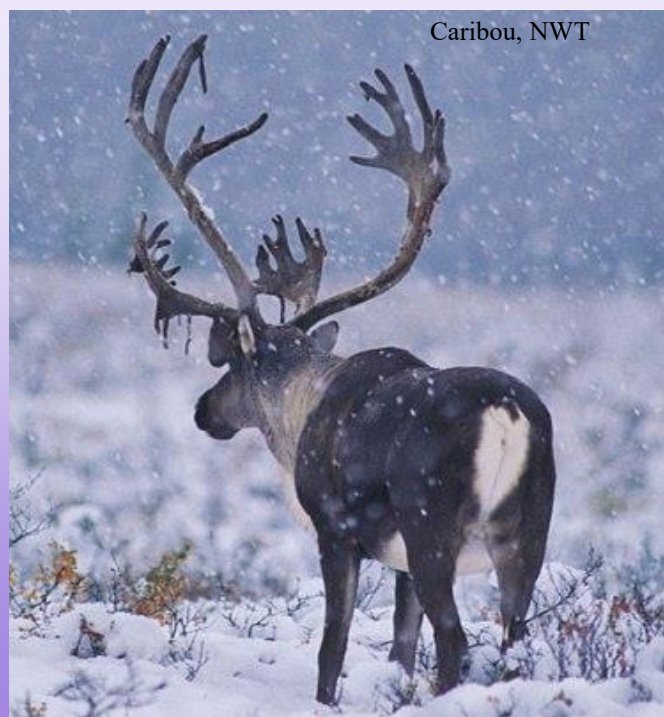


NEWSLETTER

JANUARY



Muskox, NWT



Caribou, NWT

HAPPY NEW YEAR

"The Friendly Centre"

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Lethbridge, Alberta T1H 4W9

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

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

BOARD OF DIRECTORS

FIRST YEAR

Kathy Ludwig
Hugh Gordon
Jim Edwards

SECOND YEAR

Ben Bell
Donalda Stock
Marko Bosnak

THIRD YEAR

Robert Grisak
Clay Olsen
Kaz Tomomitsu

ADMINISTRATIVE STAFF

Executive Director
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.	Dayna Tilleman	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

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
Mike Bennett

Duplicate Bridge
Norwegian Whist
Bid Euchre

EDUCATION

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

Donalda Stock*, Board Rep.
Karina Mak
Elta Buckman
Don Johnson
Denise Savard
Sandy Baceda, Erika Bosters
Jo-Ann Adams
Marilyn Martens
Pat Kincade
Patti & Jerry Schwartz
Judy Knox, Jack Simmons
Ted Sillito, Melvin Horn

Looking for Winter Shadows
and Painting Water Scenes
With Watercolour

Donna Gallant

NEW MEMBERSHIPS \$53.00
MEMBERSHIP RENEWALS \$50.00



FUNDRAISING

GAMING

Casino Coordinator
In-House Bingo Coordinator
Monday Jam Draws
Winners Bingo Rep/Co-ord
Winners Bingo Alternate

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

Pat Santa*, Board Rep

Mike Bennett
Frances Wallace
Helen Gepneris, Pat Santa
Judith Beasley
Vacant

HEALTH & FITNESS

Keep Fit, Active/Seated Pound 55+
Tai Chi
Gentle, Chair, Stability Yoga
Fitball/Exercise With Arthritis
Zumba
Fitness 55 Club
Meditation

Marko Bosnak*, Board Rep

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

OUTREACH

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

Jim Edwards*, Board Rep

Valerie Arkinstall
Chris Figenshaw
Valerie Arkinstall
Vacant
Valerie Arkinstall

SOCIAL ACTIVITIES

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

Kathy Ludwig*, Board Rep

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

SPORTS & RECREATION

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

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

TRAVEL

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

George Berg*, Board Rep

Valerie Arkinstall
Valerie Arkinstall
Marco Escobar

VOLUNTEERISM

Building Set-up Volunteers
Diner Special Events Coordinator

**Vacant (Chair), Hugh Gordon*
Board Rep**, Jim Hahn, Liaison,
Valerie Arkinstall, Volunteer Hours
Reporting Liaison
Vacant
Eva Deringer

AFFILIATIONS

Alberta 55 Plus—Zone 1
Alberta Assoc. of Senior Centres
Go Seniors Society
Health Education Presentations
Age Friendly Lethbridge
N-B Income Tax Program
Economic Development Lethbridge

Clay Olsen*, Board Rep

Mike Bennett, Clay Olsen
David Ng, Tracy Beauchemin
Helen Gepneris
Ashley Kern (and Alberta Health)
Lorri Penner
Harry Fischer, Sheila Brust
Pat Santa



Some programs & services are
partially funded by the joint



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

**NEWSLETTER SUBMISSIONS MUST BE RECEIVED BY THE
15th OF THE MONTH**

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

PRESIDENT'S REPORT

Janus, the Roman god who gave his name to the first month of our calendar, is known as the god who looks in two directions, past and future. And so do we as we begin a New Year.



2018 saw the retirement of our long-time Executive Director, Randy Smith and his administrative assistant, Kathy Filkowski. It also saw long time Director of Programming, David Ng, assume the reins of Nord-Bridge. He has fashioned a new support team, including Tracy Beauchemin, Financial Administrator, Rita Paju, Administrative Support, Ashley Kern, Program Coordinator, Valerie Arkinstall, Reception Supervisor and Maria Lisun, Reception Assistant. 2018 also showcased our outstanding kitchen team: Samantha Ajtay, Bety Castillo and Gail Krysak.

The last year has seen encouraging growth in Nord-Bridge memberships. We presently have more than 1,400 paid members. Thanks to the efforts of your Board of Directors and an enthusiastic team of volunteers, we were able to offer our expanded membership a wide range of programs and activities. These included the popular Monday morning jam sessions, an expanded schedule of fitness, art and dance programs planned by Ashley Kern our Program Coordinator. The Seniors Health Fair, organized by the University of Lethbridge third year nursing students, in partnership with a number of community agencies, was wildly successful. Harry Fischer and his Seniors Helping Seniors team provided tax filing assistance to more than 1,900 people. The work of Member Support Services Coordinator Lorri Penner reminds us that caring about seniors is at the heart of what we do at Nord-Bridge.

Nord-Bridge's inaugural Under the Northern Lights Gala showcased our ability to successfully carry out a major fund-raising event. We are planning a follow up event for 2019, albeit with some changes in format. We will continue two other traditions: the President's Dinner and Miner's Banquet. Jim Hahn continues to provide strong leadership in a wide variety of fundraising initiatives including the return of Old Favorites.

A warm thanks to our employees, Board members and volunteers who made 2018 such a successful year. I know they are already hard at work to ensure that 2019 is at least as successful. Happy New Year!

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

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



Lynne Tuff
Jonathan Lloyd Kenny
Donald Cook
Jay Jacobson
Terri Mathieu
Ray Mathieu
Gloria Boelke
Brian Hale
Julia Hale
Rhonda Worrall
Kevin Worrall
Kathy Hnatiuk
Perry Stirling
Rose Stirling
Berga Moen
Alice Tizzard
Lorraine Martin
Anonymous(2)

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 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.
-------------------------	---------------	-----------

Annually

Annual General Meeting	First Tuesday of April	9:00 a.m.
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Is An Option*

*We lessen the expense
Not the care*

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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.



The Go Seniors Society
would like to thank the Tuesday afternoon card players for
their very generous \$435.00 donation

LORRI'S CORNER

Wishing each of you a very Happy New Year! I am so excited about 2019 and the many great things that it will bring! I will be offering another Grief Recovery Program early in the New Year so if you are interested in attending, please stop in and see me so I can get your name on the list. I am happy our President Bob Tarleck invited me to be a part of the Community Forum committee and know that the topics we are considering will be of great interest to you all. Stay tuned for updates! A gentle reminder for those who have had a loss recently. The holidays can be a very difficult time and often we don't know how to navigate all these changes. Everything looks so different now and we just don't know what to do. In December's newsletter I had some suggestions that may assist you and I have copies available either in my office or at the front desk, should you need help. I am also available to meet with you for a chat.



The New Year also brings a rise of the scams that seem to increase. Below is information adapted from the publication created by the **RCMP** called: **Seniors Guidebook to Safety and Security**
Fraud is the number one crime committed against older Canadians. Anyone can fall victim to a scam, but con artists often target seniors because they tend to be home during the day, they're more trusting, and they don't have friends or family nearby to intervene. Scammers are both *clever and convincing*. They use lies and threats to trick seniors into giving up hundreds and thousands of dollars. In some cases, victims have lost their life savings. Below are some of the more common scams that are around. Please remember that they may not present exactly as they are written below. Take a moment to read these and when the call comes, I hope you remember enough to be suspicious.

- **Grandparent scams and emergency scams:** Someone calls a senior pretending to be a grandchild in trouble – arrested, injured or stuck in another country – and in need of money. To allay suspicions, the "grandchild" gives the senior a phone number to call, and another fraudster – such as a fake doctor or lawyer – confirms the story. The "grandchild" asks the senior to send money and not to tell his or her parents.
- **Extortion scams and debt collection scams:** Scammers pretend to represent government agencies, such as the Canada Revenue Agency or Immigration, Refugees and Citizenship Canada. They demand personal information, including financial details and passwords, or payment for "back taxes" by wire transfer or with prepaid credit cards.
- **Service scams:** Fraudsters pretend to offer services such as internet, finance, energy or telecommunications services, including insurance and extended warranties. According to the RCMP, the most-reported service scams targeting Canadians are the anti-virus software scam (fake Microsoft or Windows technicians) and lower interest rate scams.
- **Prize scams:** Targets are told they've won a lottery or sweepstakes prize, but they must provide personal information, such as banking details, or send money to pay for fees or taxes. Scammers also tell "winners" to call premium phone numbers and keep them on expensive calls for as long as possible.
- **Romance and social media scams:** Scammers create fake profiles on dating websites or social media to prey on lonely seniors. They build up a relationship with the target but come up with excuses not to meet in person. Eventually, the fraudsters ask for financial help for a fake personal problem (medical issues, a sick relative, etc.).

My January schedule:

January 2019				
M	T	W	Th	F
		2	3	4
7	8	9	10	11
	15	16	17	18
21	22	23	24	25
28	29	30	31	

but come up with excuses not to meet in person. Eventually, the fraudsters ask for financial help for a fake personal problem (medical issues, a sick relative, etc.).

Charity scams: Scammers impersonate real charities in person, on the phone or online, often exploiting a real-world disaster or issue. They may use the logos and branding of real charities as part of the ruse.

If you believe you have fallen victim to a scam, **CALL AND REPORT** the incident to your local police.

Lorri Penner, BSW, RSW
Member Support Coordinator



HEALTH FAIR 2018



EXECUTIVE DIRECTOR'S REPORT

Greetings Members;

I hope everyone had a nice holiday season with family and friends. I was able to enjoy the holiday season with my family; eating way too much food and Christmas baking! As 2018 comes to a close, I am excited for all the successes that 2019 will bring to Nord-Bridge. These successes would not be possible without the dedicated team of staff here at Nord-Bridge. We have a great mix of leadership, personalities, positivity and confident staff members. It all starts at our Front Reception Desk with Valerie, Maria and their volunteers; these ladies are the friendly faces and voices that greet you each and every day. Lorri and Ashley are the go to people for all of our members programming and support service needs. Rita and Tracy are behind the scenes but they are the backbone to our administration team. Samantha, Bety, Gail and their team of volunteers are the faces that provide you that refreshing cup of coffee or scrumptious meal. Marco, what more can I say about Marco; not only does he keep the building looking great but he has also stepped into a role of assisting with program set-up and takedown. I truly appreciate the staff we have and all that they do to contribute to the successes that Nord-Bridge achieves. *I know volunteers make up a lot of our successes as well; and I don't overlook their contributions. **Last months cover of the Newsletter showed the serious side of the staff. Here's a picture of what the staff are really like...



Happy New Year everyone!

David Ng
Executive Director

"WISHING YOU
A VERY HAPPY
NEW YEAR!"



RACHAEL HARDER
LETHBRIDGE ALBERTA MP

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@RACHAELHARDERMP

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From the Desk of Val



It's time to RING OUT THE OLD YEAR and WELCOME 2019. Wow! How time flies and if you don't think we are busy please think twice as the Centre is growing with lots of new people. Recently, I was on a trip that went to Cross Iron Mills mall. Seeing the lights of Airdrie, downtown Calgary, and Spruce Meadows were spectacular with 52 other seniors on the bus, some of them for the first time. For me it is great to see people getting out and enjoying themselves. It was a long day but it was FUN. I would sincerely like to thank all the dedicated volunteers who have supported me in the travel, Outreach, and the Front Reception Desk. VOLUNTEERS truly are the backbone to a successful Centre.

This past year has been a real change for me. Two employees who I worked with a long time, retired. Then Rita, who was with me for a short time moved on to her role of Newsletter editor/Administrative Support. I warmly welcome Maria Lisun as my new assistant whom I will look forward to working with in 2019. She is amazing and knows a lot of seniors which is great. Finally, working with Ashley, our new friendly programmer has been great too for she is doing a fine job organizing programs and it is super nice to have her drive our bus.

In closing, David, our new Executive Director, has been great too as he loves to tease me. I just smile right back at him. I wish all members a very Happy New Year and may 2019 bring you good health and happiness. If you make New Year's resolutions, make two: STAY FIT AND STAY CONNECTED.

Cheers

Val



Life Time Highs

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~ Traveling Together ~

Edmonton, AB	Jan 13 - 15, 2019, River Cree + GST	\$280 pp/dbl
Coeur D'Alene, ID	March 24 - 28, 2019 Spring Fling Break	\$575 pp/dbl
Trip offers: Sightseeing, wine tasting, cultural tours		
Bonnars Ferry, ID	Feb 3 - 6, June 23 - 26, 2019	\$380 pp/dbl
Moose Jaw, SK	April 23 - 26, 2019, Temple Gardens GST included	\$425 pp/dbl
Camrose, AB	May 5 - 7, 2019 + GST	\$229 pp/dbl
Polson-Kalispell, MT	May 27 - 30, 2019, Sights, Shopping & More	\$475 pp/dbl
Winnipeg, Mb	August 11 - 17, 2019 GST Included, Call for details	\$820 pp/dbl
Deadwood, SD	Sept 29 - Oct 5, 2019	\$665 pp/dbl

Stoney Nakoda Kananaskis Overnight Trips Jan. 21 - 22, 2019 \$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 some 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)

Betty Skonnord \$434, December 13, 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

Elizabeth Robertson \$170.00

Next Draw January 25th, 2019

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

- Dec. 3 Sandy Fischer \$40 / John King \$40
Dec. 10 Gladys Rushfeldt \$45 / Harvey Schmitt \$45
Dec. 17 Back Table Bandit \$46 / Sandy Fischer \$46
Dec. 24 & Dec. 31 - Jam Sessions cancelled

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



NORD-BRIDGE BUILDING FUND RECENT DONORS

Member 30 & 31 \$100; Hildegard and Willy Holz \$100; Music Makers \$25; Della Hawg \$100; and June and Jim Greenlee \$100

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2018 through December 14, 2018: **\$21,186.00**



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

\$ 2,129,590

Still needed by N-B Fundraising

\$ 370,410

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 2:00 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

Jan. 4 Cabbage Rolls with mashed potatoes and salad

Jan. 11 Pork Chops in mushroom gravy with mashed potatoes and veggies

Jan. 18 Lasagna with Caesar salad and garlic toast

Jan. 25 Liver and Onions with mashed potatoes, gravy

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

*PLEASE NOTE: THE GRILL IS CLOSED DURING SPECIAL EVENTS

Friday Dunford Diner Lunchtime Entertainment

Schedule Subject to Change

January 4 Alice Tinordi

January 11 Ray Sauer





January 18 Dean & John

January 25 Anne Pauls



January

Monday	Tuesday	Wednesday	Thursday	Friday
 	 	2 8:30 Breakfast Buffet 10:00 Carpet Bowling 10:00 LEARN (Elder Abuse Network) 10:45 WINNERS BINGO 1:00 Euchre 3:00 Advantage Hearing <i>By Appointment</i> 7:00 Table Tennis	3 9:00 Floor Curling 9:00 Card Crafters 1:00 Woodcarving 1:00 Trump Whist 1:00 Duplicate Bridge 	4 10:00 Carpet Bowling 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib 
7 9:00 Gentle Yoga 9:30 Jammers 9:30 Outreach Meeting (Boardroom) 10:00 Floor Curling 10:15 Chair Yoga 1:00 Darts 1:00 Contract Bridge 1:00 Military Whist 6:30 Bid Euchre	8 9:00 Legal Consultations <i>By Appointment</i> 9:30 Beginner Watercolour 10:00 Seated Pound (MPH) 10:00/11:00 Clogging 10:00 Coffee Tea & You 10:00 Music Makers 11:00 Keep Fit Combo 10:45 WINNERS BINGO 12:45 Canasta 1:00 Texas Hold'em 1:00 Norwegian Whist 1:30 SCRABBLE 1:30 Keep Fit Combo 7:00 Line Dancing	9 8:45 Active Pound 9:45 Out & About + after TOO 10:00 Carpet Bowling 10:00 Coffee With a Constable 10:15 Paper Tole 10:30 FOOT DOCTOR 10:45 WINNERS BINGO 11:30 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft 7:00 Table Tennis	10 9:00 Somatics 9:00 Floor Curling 9:00 Card Crafters 9:30 Mind Joggers 10:00 Seated Pound (WCR) 11:00 Keep Fit Combo 1:00 Woodcarving 1:00 Trump Whist 1:00 Duplicate Bridge 1:00 Floor Shuffleboard 5:30 Zumba	11 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 

<p>14</p> <p>9:00 Gentle Yoga 9:30 Jammers 10:00 Floor Curling 10:15 Chair Yoga 1:00 Darts 1:00 Military Whist 1:00 Contract Bridge 6:30 Bid Euchre</p> 	<p>15</p> <p>9:30 Beginner Watercolour 10:00 Coffee Tea & You 10:00 Seated Pound (MPH) 10:00 Music Makers 10:00/11:00 Clogging 10:45 WINNERS BINGO 11:00 Keep Fit Combo 12:45 Canasta 1:00 Texas Hold'em 1:00 Norwegian Whist 1:30 SCRABBLE 1:30 Keep Fit Combo 7:00 Line Dancing</p>	<p>16</p> <p>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 7:00 Table Tennis</p>	<p>17 9:00 Somatics 9:00 Card Crafters 9:00 Floor Curling 9:30 Mind Joggers 10:00 Seated Pound (WCR) 10:00 Lethbridge Hearing By Appointment 11:00 Keep Fit Combo 1:00 Acrylic Painting 1:00 Woodcarving 1:00 Floor Shuffleboard 1:00 Trump Whist 1:00 Duplicate Bridge 5:30 Zumba</p>	<p>18</p> <p>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</p> 	
<p>21* & 28</p> <p>9:00 Gentle Yoga 9:30 Jammers 10:00 Looking for Winter Shadows (starts 28th) 10:00 Floor Curling 10:15 Chair Yoga 11:15 SERVUS CREDIT UNION TFSA ACCOUNTS AND YOU (28th) *1:00 OUTREACH 1:00 Darts (cancelled 21st) 1:00 Military Whist 1:00 Contract Bridge 6:30 Bid Euchre</p>	<p>22 & 29</p> <p>9:30 Beginner Watercolour 10:00 Coffee Tea & You 10:00 Seated Pound (MPH) 10:00 Music Makers 10:00/11:00 Clogging 10:45 WINNERS BINGO 11:00 Keep Fit Combo 12:45 Canasta 1:00 Texas Hold'em 1:00 Norwegian Whist 1:30 SCRABBLE 1:30 Keep Fit Combo 3:00 Exercise with Arthritis 7:00 Line Dancing</p>	<p>23 & 30*</p> <p>8:45 Active Pound 9:00 Guided Meditation 9:45 Out & About +after TDO (23RD) *10:00 Lethbridge College MASSAGE 10:00 Carpet Bowling 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</p>	<p>24 & 31</p> <p>9:00 Somatics 9:00 Card Crafters 9:00 Floor Curling 9:30 Mind Joggers 10:00 Seated Pound (WCR) 11:00 Keep Fit Combo 1:00 Floor Shuffleboard 1:00 Acrylic Painting 1:00 Woodcarving 1:00 Trump Whist 1:00 Duplicate Bridge 5:30 Zumba</p>	<p>25</p> <p>9:00 Stability Yoga 9:00 Paper Tole 9:30 SAIM MESSAGE 10:00 Carpet Bowling 10:15 Chair Yoga 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p> 	
<p>Go Friendly Shuttle door-to-door service: Call 403-329-3222 the day prior, or sooner, to book a ride. Cost is \$3.00 each way, or use your Lethbridge Transit "Breeze Card".</p> <ul style="list-style-type: none"> LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL FIND A PHONE FRIEND FOR YOU. CALL VAL AT 403-329-3222 TO ARRANGE. ADVANTAGE HEARING - FIRST WEDNESDAY OF THE MONTH (by appointment). LETHBRIDGE HEARING - THIRD THURSDAY OF THE MONTH (by appointment). 					<ul style="list-style-type: none"> NEW YEARS DAY January 1st - CENTRE CLOSED JOANNE BLINCO OF LEARN (Elder Abuse Network) FIRST & THIRD WEDNESDAY OF EVERY MONTH, 10 - NOON, IN THE SOUTH VIEW MEETING ROOM SHOPPING TRIPS TO WALMART: WEDNESDAY, January 9th & 23rd WINNERS BINGO: January 2, 8, 9, 15, 16, 22, 23, 29, 30 FOOT DOCTOR: DR. BOLOKOSKI NOW AT 10:30 AM. FUTURE DATES JAN 9, 2019, FEB 27, 2019, MAY 1, 2019 

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Programmer's Report by Ashley Kern

Happy New Year everyone and as we welcome in the 2019 year, there are quite a few new programs starting up the second week of January. These new programs include: Meditation, lead by myself on Wednesday mornings, Active and Seated POUND 55+ on Tuesday, Wednesday, and Thursday mornings, as well as Donna Gallant's Session one- *Looking for Winter Shadows*- Watercolor painting which begins on Monday, January 28th. Donna's second session will be *Painting Water Scenes with Watercolor* starting on Monday, April 1st.



Somatics is also being offered by Melanie Hillaby, starting Thursday, January 10th at 9:00 am; this is great to improve your daily functional movements as well as connecting the body and mind through movement and meditation.

If you want to sign up for any of these new and exciting classes and want more information, please refer to our Winter Program 2019 Booklet beside the Front Reception Desk and register today. You have probably also noticed we have changed the format of the very popular Keep Fit class offered by Melanie Hillaby. Due to the increasing demand and limited space, we will be offering three separate combination classes on Tuesday mornings and afternoons and a Thursday morning class. These separate classes will involve both Adapted Aerobics (toning, conditioning, increased agility and balance) and Strength and Flexibility. Please note each class is now a separate fee of \$25.00 and will no longer be a two for one deal of Tuesdays and Thursdays. If you have any further questions, don't hesitate to talk to me!

Lastly, we will be offering FREE massages courtesy of the Lethbridge College Massage Therapy students on Wednesday, January 30th from 10:00 a.m. – 12:00 p.m. in the Craft Room. As well as the Southern Alberta Institute of Massage on Friday, January 25th from 9:30 a.m. – 11:30 a.m. in the South View Room. These massages are for **members only**. Stay Happy and Healthy!

Ashley



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EUCHRE REPORT

Rodney Foster, Convener

Hope everyone had a great Christmas and New Year. Now you can start your New Years resolutions: learn a new game called Euchre; sign up for Euchre lessons at 12:30 p.m.; and play Euchre from 1:00 p.m. until 3:00 p.m. every Wednesday.

Hope to see you there.



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Here is a 'sampling' of what you may
have missed if you didn't order one of Gail's awesome dessert platters.



**CONDOLENCES WERE
SENT TO...**

...To Wilma Lambert and family
on the loss of her mother; to Marko Bosnak
and family on the loss of his mother; to the
family of Angela Slezina on her passing and to the
family of Leona Bergout on her passing...

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



...In hospital: John Rodger and Jim Tyrer
in St. Michaels; Sonny Vannata will be
having surgery shortly; Muriel Nikles has had her hip
surgery and is at home recuperating; George Nemeth
is in his new home, Cedar Creek facility and Sheila Ur-
ban is at home. We miss your lovely smile Sheila!....

**Looking for Winter Shadows
with Donna Gallant**

(Beginner/Intermediate)

Begins: Monday, January 28 - March 25

See Winter 2019 Program Booklet for further information

In this class we will be studying winter shadows. Winter has long shadows due to the low sun, so it's a great way to study the contours of our landscapes. Students may work in any water medium they wish, however we will start off with drawings to get our values right. And if they wish, they can venture further with a water soluble painting medium. Students should have some experience and knowledge in their chosen painting medium but if they wish to just work in a drawing medium only this will be acceptable too. This class is for all levels because we are going to study light on form.



Nord-Bridge members can make an appointment at the Reception desk to meet with Maria here at the Centre on the 2nd & 4th Friday of each month between 9:30 am & 10:30 am.

Maria Fitzpatrick

MLA, Lethbridge East

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

www.MariaFitzpatrick.AlbertaNDPcaucus.ca

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OUTREACH REPORT

Val Arkinstall, Outreach Coordinator

On a windy day with hardly any snow, we had a dazzling HO HO HO day! Attendance of 101 included volunteers, groups, walk-ins, and our very talented Nord-Bridge Seniors Music Makers who were FABULOUS! Everyone came dressed in red even the jolly elves made their appearance.



With the singing of Jingle Bells,

SANTA CLAUS arrived leaving his reindeer and sleigh on the roof. A jolly elf helped Santa handing out oranges to everyone. THANKS SANTA! We had 12 special gifts and they were won by guests in attendance. Cheers



to all my dedicated volunteers as you have supported me well this year. In 2019

we will meet again on Monday, January 21st with entertainer John King and his talented Scottish music as we celebrate Robbie

Burns Day. Your Outreach program needs volunteers to lend a hand. Qualifications are having fun reaching out to the community and socializing with seniors living in our care facilities and ones living alone. Contact Val for more



information about the Outreach program or just show up at our monthly meeting. The next meeting will be Monday, January 7th at 9:30 a.m.

Cheers and Happy New Year to all. May 2019 bring good health and smiles to all.

THANK YOU

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**For the 3 sets of tickets to the New West Theatre production of "Hit Parade".
Congratulations to Mary L., Kari M. and Eva E. for winning the tickets.**



Inter-Faith Food Bank picking up the tree decorated by volunteers and donated decorations from our members

AVOID A TUMBLE: WALK LIKE A PENGUIN

- Bend slightly and walk flat footed
- Point your feet out slightly like a penguin
- Keep your centre of gravity over your feet as much as possible
- Watch where you are stepping
- Take shorter, shuffle-like steps
- Keep your arms at your sides (not in your pockets!)
- Concentrate on keeping your balance
- Go S-L-O-W-L-Y



***It gives me great pleasure to support the
Nord-Bridge Senior Citizens Association.***

How's The Lethbridge Real Estate Market?

Recently rising interest rates, new mortgage rules (the income stress test) and the inability of our government to get our oil to market, have created new challenges for home purchasers and sellers. But the news isn't all bad, the Lethbridge real estate market is continuing to do well despite these obstacles. Large employers like the Agriculture Sector, U of L, Lethbridge College, Chinook Regional Hospital, and many more are ensuring the continued influx of people to our great community. That goes a long way to preventing large price fluctuations. Having said that, there still have been changes. To find out more, please feel free to give me a call. I'd love to chat, answer questions and learn from your experiences.



*Free-No Commitment Home Evaluations

Monthly Free Draws

Each month we will make 2 draws for 2 Free Hurricane Tickets. Just make sure to put your name into the draw box.



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Terry Toth
B.Sc Pharm
Pharmacist



Chad Baker
B.Sc Pharm
Pharmacist/
Owner

Social Activities by Eva Deringer

The annual Nord-Bridge Christmas Luncheon was again a success. Our Board President Bob Tarleck was in charge of the M.C. duties and greeted 144 guests for a traditional turkey dinner with all the trimmings along with a figgy cake dessert. Mike Bennett was in charge of grace and our treasured volunteers served all of this up along with Samantha and the kitchen staff. Thank you to Rachel Harder, MP, Maria Fitzpatrick MLA East, Direct Dental Hygiene and Nord-Bridge for the wonderful door prizes that were provided. Congratulations go out to all of the prize winners.



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**

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Upcoming FREE consultation dates:

Tuesday(s) December 11, 2018 & January 8, 2019
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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SPECIAL TRAVEL PRESENTATION

February 13, 2019
at 6:00 p.m.
Southminster United Church
1011 - 4th Avenue S.
Lethbridge, AB



Passion Play 2020

Register on this link for the free
information session

<https://gateway.gocollette.com/flyer/65768-22>



Join us as we set out
to explore the world



Baker Family Christmas Concert

December 5, 2018
Dunford Diner Annex



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



TRAVEL

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

ROAD REPORT

December saw a successful road trip to Cross Iron Mills mall with over fifty people on the Carefree bus. It was a hoot shopping and seeing the lights of Calgary and Spruce Meadows. Our small bus outings this month made its way to the Movie Mill as well as Broxburn/Green Haven Nurseries. Thank you very

much to Carefree Bus Lines, Lucy, George and Ashley for their driver safety.

MYSTERY TRIPS 2019

MYSTERY TRIP #1 will be in February as it is just in the planning stages right now. The destination will be confirmed in January so watch for a poster soon with further details.



THURSDAY, JANUARY 17, 2019 MOVIE MILL

outing, Cost \$10.00 includes bus & \$5 lunch coupon for the dining room. The bus will roll out to watch a new and interesting show which will be 1/2 price at your own cost.

Wednesday, February 20th, 2019 STAGE WEST DINNER THEATRE, Calgary. Comedy: "DRINKING HABITS 2". Member Cost \$100 (Includes bus, show and meal) Please come book your trip for this fun outing at the Front Reception Desk.

Saturday, March 23, 2018 - "COME FROM AWAY"
A true story coming to the Jubilee Auditorium in Calgary. Cost : \$150 (includes bus and show). There are seats still available. **PAYMENT DEADLINE is February 22, 2019. Come book your spot as seats are going quickly**

6th Annual Cranbrook/St. Eugene is booked for May 26—28, 2019. Cost: \$225 (Double Occupancy) \$335 (Single Occupancy). The cost will include the bus and accommodation. Side Trip possibly to the Kimberley Mine Tour. Any other suggestions for the side trip are welcome A deposit is expected upon sign up and the FULL BALANCE IS DUE BY April 26, 2019.

Please bring your SUGGESTIONS FOR OUR 2019 TRAVEL PROGRAM IN TO VAL OR MARIA. We want your destination on the NBSC map!

UPCOMING TRIPS

PROPOSED TRIP IN THE PLANNING STAGE

Friday, March 15, 2019 – Raymond Dinner Theatre to see Disney's The Little Mermaid. COST: T.B.A in February.

OTHER TRIPS IN THE PLANNING STAGE

Monday, April 29/19– Grey Eagle Casino for Bingo & Gambling as Mondays are "SENIORS DAY". Watch for costs soon.

Proposed Trips for 2019

1. Medicine Hat Medalta Clay Pottery tour/shopping or gambling
2. Honey Chinook Farm – Okotoks/
3. Writing on Stone Provincial Park
4. Heritage Park – Calgary
5. Canmore Chocolate Factory
6. ROSE BUD CHRISTMAS SHOW – A Christmas Story
7. River Cree Edmonton Casino – October (3 days/2 nights)
8. Mossleigh Aspen Crossing

We are open for YOUR SUGGESTIONS SO COME IN AND TALK TO Val or Maria as we want to try to go to your favourite destinations. **FOR ALL TRIPS—MONEY MUST BE PUT DOWN UPON SIGN UP. Always ask us at the Front Reception Desk for a written receipt with the departure date.**

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, January 9th & 23rd

COST \$3

SAVE THE DATE



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KNOW ABOUT TFSA'S

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NORD-BRIDGE 2019 AGM & BOARD ELECTION

Wednesday, March 6, 2019, 9:30 a.m.
**Nominations Notice for Board
& Executive Positions**

At the Association's **upcoming Annual General Meeting**, scheduled for **March 6, 2019, 9:30 am**, the membership of Nord-Bridge will be asked to elect a new Executive. This occurs annually. Executive Officers can serve a maximum of 3 years in the same position, excepting for the Treasurer and Board Secretary, who can be elected for extended terms. In 2019 our membership will minimally elect (or re-elect) the President and Vice-President. Members will also be asked to vote on the Treasurer and Board Secretary. The By-Laws outline that [where possible] nominations for Executive positions are made from individuals who have served on the most recent Board, and have been a Director on the Board for a period of at least one year.

In addition, at least 3 Directors are elected to the Board annually. Directors on the Board are elected from members of the Society in "good standing", per By-Law Item 7.1.4. Directors can serve up to two terms of 3 years each.



If you would like to serve on the Executive or Board of Directors, please see the By-Laws in the Library or at the Front Reception Desk; or speak with a member of the Nominations Committee, chaired by Past-President Pat Santa; or with Executive Director David Ng. You might also wish to speak with a current member of the Board to learn of their duties and experiences. We are announcing the AGM and Election now to give all members a chance to contemplate over the holidays this governance opportunity. Nomination Forms will be available at the Reception Desk on January 7 with nominations being accepted at the Front Desk until **4:30 pm on Tuesday, February 12 2019.**

From Lethbridge, For Lethbridge!



Robin JAMES

United Conservative Party
Nomination Candidate

LETHBRIDGE - EAST

ROBIN is a local entrepreneur, small business owner and the CAO of Lethbridge Housing Authority. She is socially conscience and fiscally responsible. She understands the importance of help up, not handing out.

📞 403-360-6685

✉️ robin@mylethbridgeeast.ca



SAVE ANOTHER DATE
FEBRUARY 8, 2019 FOR THE
VALENTINE'S DAY LUNCHEON

Tickets will be available starting
January 8, 2019



MYSTERY TRIP No. 10

November 22nd, 2018

Tea & Scones at Heather Belle's

