

NEWSLETTER



"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**

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

SECOND YEAR

Ben Bell
Donalda Stock
Marko Bosnak

THIRD YEAR

Robert Grisak
Clay Olsen
Kaz Tomomitsu

ADMINISTRATIVE STAFF

Executive Director David Ng
Financial Administrator Tracy Beauchemin
Administrative Support Rita Paju
Program Coordinator Ashley Kern
Member Support Coordinator Lorri Penner
Reception Supervisor Valerie Arkininstall
Reception Assistant Maria Lisun
Rentals Rita Paju
Red Seal Cook Samantha Ajtay
Cook I Bety Castillo
DR/Kitchen Assistant Gail Krysak
Janitorial Marco Escobar

ON-SITE PARTNER PROGRAMS & SERVICES

National Association of Federal Retirees Gary Drake 403-328-0801
Chinook Lifecare Assoc. 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 Arkininstall/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
Mike Bennett, Pino Zucchelli, and
Marilyn Maloff
Craig Gregory
Joe & Dianne Smith
Mike Bennett
Gordon Yauch

Duplicate Bridge
Norwegian Whist
Bid Euchre
Hand & Foot

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 Arkininstall
Chris Figenshaw
Valerie Arkininstall
Vacant
Valerie Arkininstall

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

Elaine Molyneaux
Doug Youngren
Jo-Ann Adams
Elaine Molyneaux
Karen Hooper
Sandy Nowell
Della Howg

SPORTS & RECREATION

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

Robert Grisak*, Board Rep

Diana Neal
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 Arkininstall
Valerie Arkininstall
Marco Escobar

VOLUNTEERISM

Building Set-up Volunteers
Diner Special Events Coordinator

Vacant (Chair), Hugh Gordon*

Board Rep, Jim Hahn, Liaison,
Valerie Arkininstall, Volunteer Hours
Reporting Liaison
Hugh Gordon, Don Santa
Elaine Molyneaux

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
Pat Santa



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



Alberta Association of Seniors Centres

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

Sunday, February 3rd is National Wear Red Day to raise awareness about women and heart disease.



With Lethbridge approaching the 100,000 citizen threshold, City Council recently discussed the merits of a new method of selecting councilors. Rather than selecting eight councilors on a city-wide basis, the ward system would see representatives elected to represent neighbourhoods. Calgary is one of several Alberta communities to adopt such a system. Given the long-standing under-representation of North Lethbridge on City Council, the Board thought this issue merited discussion. The Nord-Bridge Board will continue to track developments related to this issue in the coming months.

Four positions will be up for election at our Annual General Meeting on March 6th at 9:30 a.m., three first-year appointments and one two-year appointment to replace Jim Edwards, who was forced to resign because of family issues. Thank you, Jim, for your work on behalf of Nord-Bridge.

At our January Board Meeting, Events Coordinator, Jim Hahn reported that the Old Favorites (7) show will be held on April 16, 17, and 18, with no matinee this year. Jim was pleased to report our new sponsors will be The Medicine Shoppe Pharmacy (all four locations in Lethbridge), Lethbridge Hearing Centre, and Generations for this years show.

A sad farewell to Rick George.

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

Bridge Is Alive and Well at Nord-Bridge!

Mondays and Fridays at 1:00 p.m. in the West Community Room and Thursdays at 1:00 p.m. in the Dining Room Annex.

NEW PLAYERS ARE ALWAYS WELCOME!

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

Margaret Kanashiro
Louise Smith
William Smith
Thomas Cochlan
Sharon Sorenson
Christine Wright
Virginia Murdoch
Pat Farley
Gary Farley
LaVore Waddle
Rita Wagner
Fred Dorner
Hilda Oseen
Sherill Fontaine
Judy Seberg
David Bergen
Anna Twizel
Morris Soenen
Joan Molloy
Peter McCormick
Anonymous (6)

Jolayne Banack
Charlene Pisko
Sharon Morgan
Frank Bajnoczi
William Krysak Jr.
Jane Fisher
Dorreen Lehman
Stan Kuniec
Hector Carcamo
Maureen Gaetz-Faubert
Peter McLea

Karen Danforth
Laurie Zmurchyk
Sandy Hall
Larry Rudolph
Don Crabb
Judy Vogt
Ellie Gerhardt
Mary Neufeld
Jim Fox
Brenda Fox
Pauline Bell
David Bell
Norma Butterwick
Louis Damphousse
Magda Varga
Patricia White
Astrid Gjerlaug
Louisa Wright
Nancy Beal
Jeffery Beal
Barry Banack



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](tel: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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- Lethbridge to Calgary Service
- Accompanied Appointments

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Is An Option*

*We lessen the expense
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Nord-Bridge Sea 'n' Oars

Are you interested in being a part of something empowering and want to meet new people in a fun atmosphere? Come try

Dragon Boating

for the Nord-Bridge Sea 'N' Oars in March 2019. We are in need of a few paddlers. No experience required. Training and practices are provided! If interested, please contact Ashley Kern at 403-329-3222 for more information.



LORRI'S CORNER



Most of us deal with grieving experiences on a regular basis and never realize it. While most associate grief with death, it's something that reaches far beyond that narrow focus. Grief is the normal and natural reaction to every change we experience in life. Many of those changes are so small that, while we have feelings attached to those events, we don't usually label them as grief.

We learn at a very young age to bury our emotional pain, taught by our parents, because that is what they were taught.

Think back to an early loss that made you cry, perhaps a lost toy or balloon or a beloved pet. You were probably told, "Don't feel bad" then may have been told "We will get you a new one". When you were told to not feel bad... did you feel better? Perhaps you felt a little better if the item or pet was quickly replaced, but in those first moments I am guessing you probably still felt sad.

That discounted grief you felt in those first moments helped set the stage for how you would deal with grief and loss for the rest of your life.

With the many other losses that happen in life, you've probably heard those same words many times. The message received was that showing feelings of sadness was not the right thing to do so you stuffed those feelings inside.

Comments such as these are an attempt to help by trying to offer a "logical" suggestion to make the person feel better. This offers little solace and comfort however.

Grievors have broken hearts, not broken heads.

Are you ready to learn a new way to grieve losses in your life and heal your heart from past losses? I will be offering the **8 week Grief Recovery program again starting on February 28, 2019.** This is *not* a support group, but an action based program that will show you the necessary steps to deal with your emotional pain.

Through the work over the 8 weeks, you will be able to recall the fond memories without being overwhelmed by the emotional pain. It's not about forgetting, but rather identifying the *unfinished business* in your relationship: the things that you might have wished had been different, better or more. I invite you to come chat with me about this

My February schedule: program.

February 2019				
M	T	W	Th	F
4	5	6	7	8
11	12	13	14	
	19	20	21	22
	26	27	28	1

As always, I am here to assist you with any struggles or concerns you are experiencing in your life. Stop in for a quick chat or to make an appointment.

Lorri Penner, BSW, RSW
Member Support Coordinator

VALENTINES LUNGHEON

Friday, February 8, 2019
11:30 a.m. in the Dunford Diner
Chicken Gordon Bleu with potatoes veggies and dessert.
Tickets: \$13.00 per person
(at the Front Reception Desk)



Live
Entertainment

Everyone
Welcome



COMMUNITY TOWNHALL MEETING

WEDNESDAY, FEBRUARY 13TH
7:00-8:30PM
GENERAL STEWART LEGION
324 MAYOR MAGRATH DRIVE S



RACHAELHARDER
LETHBRIDGE ALBERTA MP

403.320.0070 @RACHAELHARDERMP RACHAELHARDER.CA



EXECUTIVE DIRECTOR'S REPORT

Greetings Members;

Although it's still a month away, I would like to remind all members of our Associations Annual General Membership Meeting on March 6 at 9:30 am in the Multi-Purpose Hall. Nominations for three Directors (3 year term) are open until Tuesday, February 12th. In addition, we are seeking the nomination of one Director for a 2 year term. Nomination forms are located at the front Reception Desk; if you would like more information you can speak to any of the current Board of Directors (names of Directors are located on the inside cover of this Newsletter); or you can ask for me at the Reception Desk.



As I walked down the hallway last month, I noticed many new faces that have joined Nord-Bridge. I would like to welcome all new members to Nord-Bridge and remind our membership new and old (no pun intended) of some things that are happening in and around our Centre. First, it is still very important to make sure everyone signs in at the Front Reception Desk each day that you come to Nord-Bridge. These daily stats help track visits that illustrate the community social impact we make and can be used in grant applications. Secondly, for many years our members have been accustomed to leaving their personal belongings in the coat rack area; with our growing membership and heavier traffic from the community I would like to remind all members and guests not to leave any personal belongings (keys, wallets, purses, cell phones, etc...) in the coat racks in the hallway. Third, if you're a smoker please be aware you must be 4 meters away from all Nord-Bridge entrances. There are smoking ashtrays located at each entrance so please refrain from throwing cigarettes on the sidewalk.

Finally, our Dunford Diner is the best kept secret in Lethbridge. Be sure to bring friends and family in for breakfast or lunch anytime. There are not too many places where you can still get a full breakfast with a coffee for \$7.

David Ng
Executive Director

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When life knocks you down,
don't quit...ADAPT!



From the Desk of Val

ROSES ARE RED, VIOLETS ARE BLUE!

What does that tell you? Valentine's Day is just around the corner. I remember a Valentines Luncheon where an engagement took place in our dining room. Higa's Jewellery brought in the ring, and the groom got down on one knee to propose. It was so cool!



The Front Reception Desk has been busy this past month as we welcomed 58 NEW MEMBERS! That is amazing so welcome all. It is really nice to see past members who have come back which tells me that Nord-Bridge is on the friendly map when members come back to us. Just a reminder to those who haven't paid their 2019 fees, they are now due. When you sign up for our daily 50/50 draw, you are only eligible to win if you are a 2019 paid up member. Check your membership card or ask our friendly staff if you need to pay your dues. Also, our policy states that for all our recreational programs you can play as a guest two times and then you MUST SIGN UP AS A MEMBER.

For me, I have started the 2019 travel planning. There are three new trips in the planning stage so check out the Newsletter and bulletin boards for all upcoming travel. The **Mystery Trips** have started so for a good time, get on board and guaranteed you will have a super time. Please reserve your seat by putting down a deposit.

The Outreach program has some very good entertainment booked until May so any new members who do not know about this vital program, please come speak with me. I do wish Donalda Stock and Frances Wallace a speedy recovery for they are two key volunteers who I miss very much.

In closing, if we have missed taking any of you new members on a friendly tour of our facility, please ask us and enjoy a coffee on us after your tour. Our membership photographer, Sid Lewis will be back on Monday, February 11th from 10 a.m. until 11:30 a.m. so stop by the Front Reception Desk to sign up to have your picture taken.

Happy Valentines to all.

Val

ADVANTAGE HEARING CENTRE

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!

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Brad Lindsay, BC-HIS
Registered Hearing Aid Practitioner

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

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
China	April 6 - 23, 2020 Shanghai, Beijing, 18 days	Pricing TBA Soon

Stoney Nakoda Kananaskis Overnight Trips More coming in 2019 \$80 pp/dbl
Please call for dates - Price based on Calgary Departure

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

WIN CASH AT NORD-BRIDGE! DAILY 50/50 DRAW

Nord-Bridge hosts a Daily 50/50 Draw to help raise much needed funds. Half of the proceeds go to the Centre. Members may enter for other members and you do not need to be present to win.

IN ORDER TO PARTICIPATE YOU MUST:

1. Hold a current **REGULAR, ASSOCIATE** or **LIFE** Membership.
2. Cost to play is 25¢.
3. Draws are made at 12:15 p.m.
4. After the draw, members may sign in for the next day's draw.



RECENT WINNER(S)

Valerie Duguay \$203.00 January 8, 2019
Donna Yauch \$182.75 January 23, 2019

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

Barbara Gardiner \$290.00 (December)
Lynn Tuff \$315.00 (January)

Next Draw February 22nd, 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

Jan. 7 Dan Deringer \$54 / Kathy Terry \$54
Jan. 14 Lydia Prokop \$44 / Ernie Woodgate \$44
Jan. 21 Laurence Velker \$38 / Harvey Schmitt \$38
Jan. 28 Back Table Bandits \$50 / Dallas Sleightholm \$50

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

Friday Dunford Diner Lunchtime Entertainment

Schedule Subject to Change

February 1 **Floyd Sillito**

February 8 **Yvonne Nelson**

February 15 **No entertainment**

February 22 **Country Grass**



NORD-BRIDGE BUILDING FUND RECENT DONORS

Nord-Bridge Music Makers \$50; Denise Cole \$250; Dorine Roberts \$100; Frances Wallace \$100

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2019 through January 25, 2019: **\$1,924.00**



BUILDING FUND UPDATE:

Achieved	Goal	
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	86%

**Total Contributions to our
Building Fund 1998 through 2019** **\$ 2,148,156**

Still needed by N-B Fundraising **\$ 351,844**

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

Feb. 1 **Omelette Bar with hash browns & toast \$7.50**
(Mimosas \$2.50)

Feb. 8 **Valentines Luncheon - Ticketed event. Soup and sandwiches available in the Servery.**

Feb. 15 **Chinese New Year - BUFFET \$10.00**

Feb. 22 **Liver and Onions 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

FEBRUARY



Monday	Tuesday	Wednesday	Thursday	Friday
<p>CRA's Community Volunteer Income Tax Program</p> <p>Book your appointment – Mon, Feb 25 onwards</p> <p>TIME FOR TAX</p> <p>Program Starts Monday, Mar 4, 2019</p> <p>Book your appointment with one of our volunteers for help in filing your 2018 Tax return</p> <p>Donations welcome!</p> <p>Run by Nord-Bridge Volunteers</p> <p>13th year in a row</p> 			<p>FUN FACT: Did you Know?</p>  <p>About the swimming pigs of the Bahamas in the Out Islands of the Exuma</p>	<p>1</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>4</p> <p>9:00 Gentle Yoga 9:30 Jammers 9:30 Outreach Meeting (Boardroom) 10:00 Floor Curling 10:00 Looking for Winter Shadows 10:15 Chair Yoga 11:30 Tai Chi for Health, Balance & Relaxation 1:00 Darts 1:00 Contract Bridge 1:00 Military Whist 1:00 Woodcarving 6:30 Bid Euchre</p>	<p>5</p> <p>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 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 (MPH)</p>	<p>6</p> <p>8:30 Breakfast Buffet 8:45 Active Pound 9:00 Guided Meditation 9:45 Out & About + coffee TOO 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 7:00 Table Tennis</p>	<p>7</p> <p>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 12:30 Hand & Foot 1:00 Acrylic Painting 1:00 Woodcarving 1:00 Trump Whist 1:00 Duplicate Bridge 1:00 Floor Shuffleboard 5:30 Zumba</p>	<p>8</p> <p>9:00 Stability Yoga 9:00 Paper Tole 10:00 Carpet Bowling 10:15 Chair Yoga 11:30 VALENTINES LUNGHEON</p>  <p>1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p>

<p>11 9:00 Gentle Yoga 9:30 Jammers 10:00 Floor Curling 10:00 Looking for Winter Shadows 10:15 Chair Yoga 11:30 Tai Chi for Health, Balance & Relaxation 1:00 OUTREACH 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 6:30 Bid Euchre</p>	<p>12 9:00 Legal Consultations By Appointment 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 SCRAFFLE 1:30 Keep Fit Combo 3:00 Exercise with Arthritis 7:00 Line Dancing (MPH)</p>	<p>13 8:45 Active Pound 9:00 Guided Meditation 10:00 Coffee With a Constable 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>14 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 12:30 Hand & Foot 1:00 Acrylic Painting 1:00 Woodcarving 1:00 Floor Shuffleboard 1:00 Trump Whist 1:00 Duplicate Bridge 5:30 Zumba</p>	<p>15 9:00 Stability Yoga 9:00 Paper Tole 10:00 Carpet Bowling 10:15 Chair Yoga 11:00 Chinese New Year Buffet</p>  <p>1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p>	
<p>18* & 25 *CENTRE CLOSED for Family Day 9:00 Gentle Yoga 9:30 Jammers 10:00 Looking for Winter Shadows 10:00 Floor Curling 10:15 Chair Yoga 11:30 Tai Chi for Health, Balance & Relaxation 1:00 Darts 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 2:30 L-SKIP (25th) 6:30 Bid Euchre</p>	<p>19 & 26 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 SCRAFFLE 1:30 Keep Fit Combo 3:00 Exercise with Arthritis 7:00 Line Dancing (MPH)</p>	<p>20* & 27* 8:45 Active Pound 9:00 Guided Meditation *9:45 Out & About +affa TOO *10:00 LEARN (Elder Abuse Network) *10:00 Lethbridge College MASSAGE *10:30 FOOT DOCTOR 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>21* & 28 9:00 Somatics 9:00 Card Crafters 9:00 Floor Curling 9:30 Mind Joggers *10:00 Lethbridge Hearing By Appointment 10:00 Seated Pound (WCR) 11:00 Keep Fit Combo 12:30 Hand & Foot 1:00 Floor Shuffleboard 1:00 Acrylic Painting 1:00 Woodcarving 1:00 Trump Whist 1:00 Duplicate Bridge 5:30 Zumba</p>	<p>22 9:00 Stability Yoga 9:00 Paper Tole 9:30 S.A.I. Massage 10:00 Carpet Bowling 10:15 Chair Yoga 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p>  <p>*TOONIE DRAW</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"> FAMILY DAY - February 18, 2019 - 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, February 6th & 20th, 2019 WINNERS BINGO: February 6, 12, 13, 19, 20, 26 & 27, 2019 FOOT DOCTOR: DR. SCHOW NOW AT 10:30 AM. FUTURE DATES FEB 27, 2019, MAY 1, 2019, JUNE 26, 2019 

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Programmer's Report by Ashley Kern

Greetings members, and as we roll into February, there are quite a few events I would like to let you all know about.

Firstly, FREE massages by the Southern Alberta Institute of Massage will be at Nord-Bridge on Friday, February 22nd from 9:30 a.m. - 11:30 a.m. and the Lethbridge College Massage Therapy Students on Wednesday, February 27th from 10:00 a.m. - 12:00 p.m. Please come out and show your support.



As all the usual programs are back in full swing, we also have the very successful LSKIP program coming back to Nord-Bridge for another fun intergenerational program with the senior members. This FREE four week session will begin on Monday, February 25th from 2:30 p.m.- 3:30 p.m. in the Multi-Purpose Hall. The program will focus on socialization, physical activity and literacy in an effort to increase intergenerational connections. We are looking for a few more fun seniors to volunteer for this program so please sign up beside the front reception desk today! Tai Chi for Health Balance and Relaxation with Christine Curteanu starts on Monday, February 4th at a new time from 11:15 a.m. - 12:00 p.m. If you haven't already signed up for Donna Gallant's session two "Painting Water Scenes with Watercolor" starting Monday, April 1st from 10:00 a.m. - 12:00 p.m., then you are missing out! This class is great for all levels, it is only five weeks long, and works on paintings of waterfalls, waves, etc. If you are more of a beginner when it comes to painting, I suggest you try session two of Beginners Watercolor with Denise Savard. This class begins Tuesday, April 23rd from 9:30 a.m. to 11:30 a.m. and teaches how to properly use your brushes and mix color on your paper. For more information, please refer to the Winter Program Booklet beside the Front Reception desk or talk with me.

On another note, the tax season will be soon starting thanks to the many community income tax volunteers who help out every year. Appointments begin on Monday, March 4th however, you can call into Nord-Bridge before then, to book an appointment with one of our volunteers starting Monday, February 25th. Please make sure to bring in your 2018 income tax documents.

If you competed in the 2018 Fall In-House Tournament, please be advised the luncheon for this event has been scheduled for Friday, March 8th at 11:00 a.m. in the Multi-Purpose Hall. At this luncheon, we will hand out medals and trophies to all Tournament winners. If you would like to purchase additional tickets for spouses or other guests, they are available at the front reception desk.

Class cancellations for February include:
Monday, February 11th- Darts cancelled
Monday, February 18th- No programs, closed for Family Day Holiday

Until next month, stay
happy and healthy!

Ashley

EUCHRE REPORT

Rodney Foster, Convener

Just think, only fifty days until spring! Yahoo! We are still looking for anyone up for a challenge.

Yes, you can play (learn to play) Euchre after retirement. We play Wednesday at 1:00 p.m. with lessons at 12:30 p.m. Hope to see you there. Remember your Valentine this month.

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(In the Nord-Bridge Seniors Centre)

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The Playgoers of Lethbridge present



Where's Oscar?

Adaptation by Tom Gillespie (After Magnire). Directed by Rob Berezay

February 20 - 23, 2019 | Show Starts @ 7:30pm

Sterndale Bennett Theatre | 1002 4th Avenue South

Tickets:

\$22 in advance | \$25 at the door

Advance tickets can be purchased online at www.enmaxcentre.ca or in person at the ENMAX Centre or Yates Memorial Theatre Also purchase by phoning the Ticket Centre at (403) 329-7328

For more information about Playgoers of Lethbridge or to join find us on Facebook or contact Casa at 403.327.2272

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CONDOLENCES WERE SENT TO...

...To the family of Margaret Gazarek on her passing; to the family of Wilma Vervoort on her passing; the family of Kay Larsen on her passing; the friends and family of Rick George on his passing and to Nadine and LaVerne Hamabata on the passing of their mother.

GET WELL & HEALTH WISHES WERE SENT TO...



...Get well wishes sent to Frances Wallace who is at home and doing well; to Linda Christianson who is at home and feeling better.

LEARN - Lethbridge Elder Abuse Response Network.



Hi! My name is **Joanne Blinco**, I am the **LEARN** Case Manager which I started in June of 2016.

I wanted to share with you a bit of my background and who I am. I was born and raised in the farming community of Humboldt Saskatchewan. My husband Jeff and I then moved to

Lethbridge where we raised our three boys who also have made Lethbridge their home. We are blessed to have two wonderful grandchildren.

My work history has been with the provincial government in the Children and Family Services Ministry. I have had the opportunity to do family support, intakes, investigation and case management in all communities in southern Alberta. I have had a very rewarding career thus far. However, I was feeling that I wanted to explore another passion and that was to work and learn with seniors. My door is always open to support those who unfortunately might be in the following defined positions;

Elder abuse is any action or inaction by self or others that jeopardizes the health or well being of an older adult. Elder abuse can take several forms including financial, emotional, physical, sexual, medication and neglect, with more than one type of abuse often occurring at the same time. Elder abuse can include the infliction of physical injury, restraint, financial exploitation, threats, ridicule, insult or humiliation, withholding medication, unwanted touching or sexual contact, forced isolation (physical or social), or forced change in living arrangements. It may also include neglect, which is defined as the refusal or failure to care for an older person. This could include abandonment, withholding or not providing food, healthcare, companionship or assistance.

Any senior can become a victim of elder abuse regardless of gender, race, ethnicity, income or education. Like other types of family violence, the dynamics of elder abuse are complex. Elder abuse is often committed by someone known to the victim, such as a family member, friend, neighbor or caregiver. Abusers can also include any individual in a position of power, trust or authority. If you, or someone you know is experiencing abuse, please give me a call. When it comes to Elder Abuse, silence is not an option. I can be reached at **403 394-0306**.

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

f MariaFitzpatrickAB



✉ olivia@ddhygiene.ca

☎ 403-694-1346

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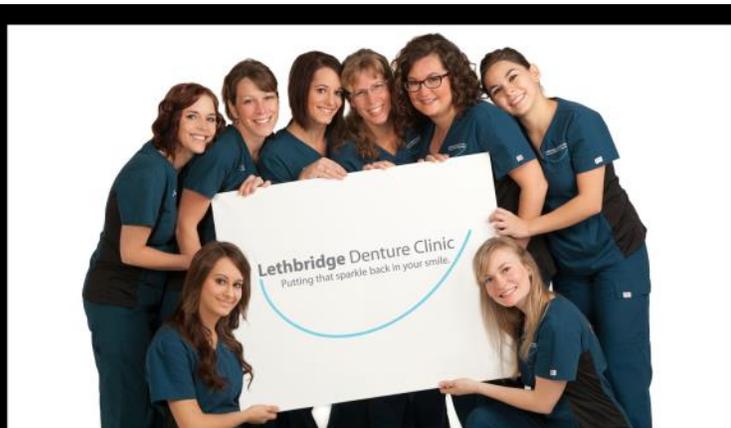
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OUTREACH REPORT

Val Arkinstall, Outreach Coordinator

On a cool, slushy day we had a Scottish fling with



John King and his Celtic friends playing Scottish music. There were 70 in groups, 26 walk-ins, 4 lively entertainers, and 18 friendly volunteers dancing, clapping and having a good time. We even had visitors from Newfoundland and Nova Scotia which John dedicated a special song to. It was cool to see people come dressed in their tartan colors and the Scottish flag on each table. Our theme was "BRING ON THE SCOTCH" so our friendly hosts served a special juice with carrot cake and grapes.



Special door prizes were won by a Nord-Bridge member, Lorna Thomson, an Ability Resource client, and a Quest client. Many thanks to John King who donated one of their own CDs.

A warm welcome to first time members coming to enjoy such a good time as this program is such a fun time for all just getting out in a new environment and meeting others.



What's up next for the Outreach program? Back by popular demand we will have Tom Price here on Monday, February 11th for a Valentines party theme. Wear red and remember to book early as this program will

SELL OUT QUICKLY. Please also note that this program is one week earlier.

Happy Valentines to all from the Outreach Committee!





**ATTENTION
FOR ANYONE SIGNED UP FOR THE
FOOT DOCTOR.**

**DR. SHCOW WILL NOW BE TAKING
\$15.00**

EFFECTIVE: MARCH 1, 2019

*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, University of Lethbridge, 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**



**LAST MONTH'S
WINNERS
OF 2 HURRICANES TICKETS
EACH WERE:
CLAY OLSEN & KATHY LUDWIG**



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Terry Toth
B.Sc Pharm
Pharmacist

Chad Baker
B.Sc Pharm
Pharmacist/
Owner

UNDER
NORTHERN LIGHTS
GALA



2019

Champagne Hospitality Welcome
Cash Bar
Music by Cal Toth - Dueling Pianos
Silent Auction
Live Auction
Roast Beef Dinner

Nord-Bridge Seniors Centre, 1904 - 13 Avenue North
Saturday, April 13, 2019 at 6 p.m. - Semi-Formal Attire
\$80 Per Person (plus fees) - Table of 8 \$560

Silent Auction and Live Auctions will feature beautiful
designer purses and special items for men

Tickets will be available for purchase through www.Eventbrite.com
And at Nord-Bridge Seniors Centre



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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) 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.

THE PONY

By Jack Simmons - Mind Joggers

When I was a small little cowboy lad,
I received a cool gift from my old Dad,
A short little Shetland by the name of Billy,
When riding he didn't like roads flat or hilly



I used to ride him in circles out by the barn,
I was a tough cowboy hero in spinning my yarn,
We'd circle around and then circle again,
As we chased bad guys across the great plain

If you tried to leave the barn yard he'd falter
Unless you led him out away by his halter,
Then he would reluctantly follow me along,
Sometimes I would try to whistle a song



Once we had walked out a great little trek,
I would loop my arm around his mane covered neck,
I'd slide on his back with his rear facing the yard,
Turn him around slowly and ride him back hard

He would accelerate at blinding speed,
His gait was real rough but oh what a steed,
His brain concentrated on his greatest need,
A manger in his stall stuffed with fresh feed



In the winter my sisters and I would go out to play,
Hooking up old Billy to toboggan or sleigh,
Leading him across fields white with snow,
Then turn him around and racing home he would go.

It came to an end one cold and wet March day,
Under a large old maple tree down he did lay,
To manger or fay or to cowboy games he could not rise,
He was up in the Heavens when the sun lit the skies.





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

HAPPY NEW YEAR! January was a quiet travel month as only a local Movie Mill outing was planned for the happy movie gang who enjoyed their outing. Thank you to Lucy for her commitment in driving our bus along with the two Walmart Shopping shopping trips.

MYSTERY TRIPS 2019



MYSTERY TRIP # 1

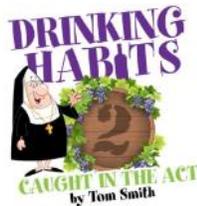
Thursday, February 14, 2019

Destination-Somewhere spectacular to visit.

Cost \$10 (Incl. tour and bus)

Enjoy lunch at your own cost in the Dunford Diner and bus will depart the Centre at 12:30 p.m. E.T.R. 3 p.m. Sign up quickly!

Wednesday, February 20th, 2019 .
STAGE WEST DINNER THEATRE,
A Comedy: "DRINKING HABITS 2".
Member Cost \$100 (Includes bus,
show and meal) There are still a
few seats available. This trip will
go so please stop by the Front
Reception Desk to pay the balance.



UPCOMING TRIPS



Friday, March 15, 2019 – Raymond Dinner Theatre to see Disney's The Little Mermaid. **COST: \$50** (includes bus, show and dinner at Raymond Seniors Centre)

Saturday, March 23, 2018
A Broadway Musical - a
true story of the small
town that welcomed the
world. Jubilee Auditorium
in Calgary. Cost : \$150 (includes bus and show).
PAYMENT DEADLINE is February 22, 2019. Come
book your spot as seats are going very quickly.



SOMETHING NEW!
Monday, April 29, 2019 we are heading up to Calgary to the **GREY EAGLE CASINO** . Join us for some Bingo/Slot Machine fun. **Cost: \$40.00 (Member Cost)** includes bus as well as soup and sandwich.



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.**

Proposed Trips for 2019

- 1. Thursday, March 7th - Mystery Trip #2,** Cost \$10 Includes bus. Buy your own lunch
- 2. Thursday, March 28th - Medicine Hat:** Tour of Medalta Clay Pottery and Green House near Medalta **Cost: \$50 (Inc. bus and two tours)**
- 3. Thursday, April 11th - Mystery Trip #3 Cost: T.B.A.**
- 4. N.B.S.C. Fundraiser—Local New West Theatre Group "Old Favorites #7" Wednesday April 17th (evening) Cost: \$42 (Inc. Bus & Show)** If there is enough interest we will also go **Thursday, April 18th** at same cost. Pick ups will be at 6:00 p.m.
- 5. Thursday, May 9th, - Mystery Trip #4 Cost: T.B.A.**
- 6. Thursday May 23rd - Fort Calgary**

STAY TUNED. The March Newsletter will have trips that are being planned for June, July and August. Thanks to members who have put in their favorite destinations. We aim to please because we are the 'Friendly Centre'.



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, February 6th and 20th**

COST \$3

Nord-Bridge Centre & Medicine Shoppe Pharmacy
Presents...



"Old Favourites" (7)

50's, 60's & 70's Music
and Comedy Revue
Starring...



Jeff Carlson



Jordana Kohn



Andre Royer



Erica Hunt



Greg Paskuski



Scott Carpenter



Kelly Roberts



Arlene Bedster

Tickets \$35

10% Discount (Purchase of 10 or more tickets)

Tickets available at the Enmax, Yates or call 403.329.7328

Proceeds go to the Nord-Bridge Centre

April 16, 17 & 18, 2019
YATES MEMORIAL THEATRE



TICKETS GO ON SALE FRIDAY, FEBRUARY 1, 2019 AT THE ENMAX OR YATES TICKET OFFICES, ON LINE OR CALL (403) 329-SEAT. A 10% DISCOUNT APPLIES TO PURCHASES OF 10 OR MORE TICKETS.



Great turn out for SERVUS CREDIT UNION'S TAX FREE SAVINGS ACCOUNTS AND YOU on January 28, 2019



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 a.m.**, 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 Ben Bell; 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 this governance opportunity. Nomination Forms will be available at the Reception Desk from January 7th on with nominations being accepted at the Front Desk until **4:30 p.m. on Wednesday, February 13 2019.**

Chinese New Year Buffet

Friday, February 15th 11 am - 12:30 pm

*Beer available for purchase
**Please note: THE GRILL IS CLOSED DURING THIS EVENT

\$10.00

NORD-BRIDGE SENIORS CENTRE

1904 - 13 AVENUE NORTH



IN-HOUSE BINGO

EVERY FRIDAY AFTERNOON (EXCEPT HOLIDAYS)

- Bonanza Pre-call 1:00 pm
- Games Start 1:30 pm
- Regular Book - \$5.00
- 3 Extra Games - \$1.00 each

Everyone (18 and over) welcome!
COME FOR LUNCH, STAY FOR BINGO!