

# *NEWSLETTER*



**2019**



**MYSTERY  
TRIP  
#1 OF 2019  
THE GALT MUSEUM**

***"The Friendly Centre"***

**1904—13th Ave. North**

**Lethbridge, Alberta T1H 4W9**

**Open Monday to Friday - 7:00 a.m. to 4:30 p.m.**

**Telephone 403-329-3222 Fax 403-329-8824**

**E-mail: [friendly@nordbridgeseniors.com](mailto:friendly@nordbridgeseniors.com)**

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

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

**BOARD OF DIRECTORS**

**FIRST YEAR**  
Kathy Ludwig  
Hugh Gordon

**SECOND YEAR**  
Ben Bell  
Donalda Stock  
Marko Bosnak

**THIRD YEAR**  
Robert Grisak  
Clay Olsen  
Kaz Tomomitsu

**ADMINISTRATIVE STAFF**

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

**ON-SITE PARTNER PROGRAMS & SERVICES**

National Association of Federal Retirees	Gary Drake	403-328-0801
Chinook Lifecare Assoc.	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  
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 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**

Elaine Molyneaux  
Doug Youngren  
Jo-Ann Adams  
Elaine Molyneaux  
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  
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



Alberta Association of Seniors Centres

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

"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade."

Charles Dickens



Welcome to the 58 new Nord-Bridge members who joined us in January. Please make them feel welcome.

Over the last several weeks I have been thinking about the accelerating pace of technological change. It is unlikely that any generation of seniors has lived through the changes you have. The first cell phones weighed as much as a lunch bucket, if you remember what that was. And the Tandy 40 was the leading edge of computer technology in its day. And how many of us have dusty DVD players in the basement that we haven't used since Blockbuster shut down?

And it goes on. I learned this week that Nike is introducing an app to tie your shoes. We have become so accustomed to how technology is changing our lives that we nonchalantly accept the introduction of autonomous vans that can cook pizzas on-route so that they arrive at our doors oven-fresh.

But when we learn that Artificial Intelligence is about to change the medical care we receive, we pay attention. Daphne Koller, a Stanford University computer scientist, recently told a CNN audience that future computer technology may do a better job than doctors at diagnosing diseases, analyzing genetic risk factors, and predicting future health issues. Is there anything that is safe from AI?

The worst kept secret in North Lethbridge is the incredible job that Samantha Ajtay and her crew do in the Dunford Dinner. Two recent examples are the Valentines Luncheon and the Chinese New Year Luncheon. Well done, crew! And that includes the many volunteers who assisted in the kitchen and dining room. We couldn't undertake these popular events without your support.

**Thanks to the Medicine Shoppe, Lethbridge Hearing Centre, and Christian Salmon Generations Funeral Home for supporting "Old Favourites # 7" at the Yates Memorial on April 16, 17, 18 at 7:30 p.m. The proceeds go to Nord-Bridge.** Tickets are available at the Enmax, the Yates or by phone at 403-329-7328. Take advantage of a 10% discount with the purchase of 10 or more tickets.

**Meet your friends at Nord-Bridge's Annual General Meeting on Wednesday, March 6, at 9:30 a.m. Music, free coffee and great conversation will be available. And, most importantly, you will have an opportunity to meet your newly acclaimed Board of Directors.**

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

*"Think of tomorrow. The past can't be mended."*  
Confucius, *Analytics*, 6<sup>th</sup> century BC

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

Jane Fisher  
Susan Joncas  
Yvonne Wilson  
Cheryl Proc  
Eileen Peta  
Jerry Arnold  
Julaine Coyne  
Ella Jauerneck  
Donald Dempsey  
Annette Johansen  
Gordon Davy  
Julie Sarich  
Judy Baumann  
Kent Yamasaki  
Gwynne Scott

Peter Jastrau  
Agnes Brouwer  
Charles Beaton  
Marilyn Gordon  
Elinor Mellish  
Anonymous (8)



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](http://www.shaw.ca/internet/wifi/) 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

<b>Monthly</b>		
Outreach Committee	First Monday (Sept-June)	9:30 a.m.
Directors Meeting	Second Wednesday	9:00 a.m.
Finance Committee	Last Wed. (Feb, May, Sept, Nov)	9:30 a.m.
<b>Annually</b>		
Annual General Mtg.	First Wed. of March	9:30 a.m.
General Member Mtg.	First Wed. of November	9:30 a.m.

### GO SENIORS SOCIETY

<b>Regular Board Meetings</b>		
Feb., April, June, Oct.	Third Tuesday	9:00 a.m.
<b>Annually</b>		
Annual General Meeting	First Tuesday of April	9:00 a.m.



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and Cremation Services

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- \* Evergreen's Budget Conscious Pricing

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*We lessen the expense  
Not the care*

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### **SOCIAL ACTIVITIES** by Elaine Molyneux

Our **Valentines Luncheon** was a smashing success with 144 hungry patrons taking part in a delicious luncheon of Chicken Cordon Bleu, mashed potatoes, gravy, veggies and an angel food cake dessert topped with a chocolate heart. Presiding was our Board President, Bob Tarleck and the talented Yvonne Nelson on the piano. Special guest for the event was Maria Fitzpatrick MLA East. The lucky winner of two tickets to the Old Favourites show was Elaine Lamb. The winner of the Firestone gift card and chocolates was Marina Vannatta and the winners of the beautiful bouquets and chocolates were three Nord-Bridge members. Thanks go out to Samantha, her kitchen staff and all of the volunteers who worked so hard to make it all happen. Great Job!

## LORRI'S CORNER

Recently I heard of a really interesting item that immediately caught my attention! As everyone knows by now, I do a lot of grief work on all types of losses, so my interest was piqued about this re-discovery! Read on...

Many years ago I had heard of weighted blankets and how they were benefitting children with Autism and related sensory concerns. I saw an advertisement online about them and wondered if they may be something that could be helpful to the people I work with. I researched and discovered that these blankets could also be beneficial to the senior population. I found out that some of the conditions/struggles they have been shown to be effective for include anxiety, insomnia, Parkinson's, and Alzheimer's, along with many other conditions.

Weighted blankets are not like the blankets we are familiar with at home, these blankets weigh between 4 and 20+ pounds. They work by providing pressure, called 'Deep Touch Pressure' (DTP for short) on the person and can be described as feeling like being hugged, and most of us know how a hug can often make us feel better when we are struggling. The blankets are safest when they are custom made and are based on the size of the person who will be using it.

While I was reading everything I could on these blankets, I also found research stating that they can be very soothing and calming to people who are grieving! Fear can be a common and normal emotional response to loss. This could be a fear of the unknown and unfamiliar, and the fear of adapting to a dramatic change in all of our habits, behaviors, and feelings. This fear can create an avalanche, which can overtake and overwhelm us and can lead to feelings of anxiety.

My next thought immediately went to trying to figure out a way to have a blanket in my office for those times when someone may need a little extra.

*And then I discovered weighted lap pads!* Since I love sewing, I decided I was going to construct a few and now have 2 in my office for people to try should they wish. I am excited to be able to offer this as a way to provide that little extra to those I help in my role as Member Support at Nord-Bridge.

If anyone is interested in learning what I have discovered and the possible benefits about these or would like to come for a chat and try one, let me know.

As always, if you are struggling,

**My March Schedule:** stop in.

March 2019				
M	T	W	Th	F
				1
4	5	6	7	
	12		14	15
18	19	20	21	22
	26	27	28	29

Just a reminder that the next grief recovery group started on February 28<sup>th</sup> and there are still a few spots available. The program is a facilitated program that is 8 weeks long and is not a drop in support group. Please talk to me or register at the front desk.

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





# FRAUD & YOU!



Are you prepared?

Have you been taken advantage of?

Do you know how to protect yourself?

We want to help!!

**THURSDAY, APRIL 4, 2019 AT 11:15 AM**

**West Community Room –**

**Nordbridge Seniors Centre- 1904 13 Ave. N. Lethbridge**

**\*Door Prizes to be won!!**

**Sign up today!**

**PROFIT SHARE – DOES YOUR BANK PAY YOU TO DO YOUR BANKING?**

**2829 26 Ave N, Lethbridge AB T1H 5P4**

## "HERE TO SERVE"



**RACHAEL HARDER**  
LETHBRIDGE ALBERTA MP

403.320.0070

@RACHAELHARDERMP

RACHAELHARDER.CA



## EXECUTIVE DIRECTOR'S REPORT

Greetings Members;



Depending on when you are reading this months Newsletter, a friendly reminder to all members of the Association's 2019 Annual General Meeting on Wednesday, March 6th at 9:30 am in the Multi-Purpose Room. We have four candidates that have let their names stand for the four vacant board of directors appointments. These four candidates will be introduced at the Annual General Meeting and will be highlighted in next months Newsletter. I encourage all members to attend the AGM to hear financial and performance reports for calendar year 2018.

Last month I attended the second session of the Community Social Development (CSD) Strategic Planning Workshop. The CSD committee reported back some of their key findings. From the data they reviewed they found the senior population grew by 19%, the number of seniors using the food banks has significantly grown over the past 2 years by 58%, while all other demographics have seen decrease in use. The CSD collected 1,950 questionnaire responses from the community and seniors was one of the key populations identified. With these findings its reassuring to know the City of Lethbridge will keep senior issues on the forefront as they move forward with their strategic planning.

Last month, on a Sunday afternoon (minus -27 degrees) we had the misfortune of having a pipe freeze and burst in our maintenance room behind the kitchen. We were very fortunate that Marco was here cleaning and spotted it immediately. We were able to contact a plumber within the hour to isolate the leak; and minimize the water damage to just the immediate area. Had Marco, not been here

we could have suffered damage to our new carpeting in the dining room and kitchen and Multi-Purpose Hall flooring. We have since added an additional heat supply to that room and are keeping the interior door to the room open to allow heat to flow through. Thank you Marco, for your quick action in response to this incident



*David Ng*

Executive Director

## SOUTHERN OPTICAL LTD.

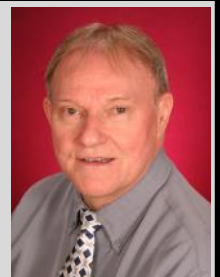
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## ADVANTAGE HEARING CENTRE

406-6<sup>th</sup> St. South Lethbridge, Alberta

### Nord-Bridge Complimentary Hearing Evaluations

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

Book your appointment  
at the front desk!

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## From the Desk of Val

**TOP OF THE MORNIN' TO YOU ALL** as March is the celebration of St. Patrick's day on March 17<sup>th</sup>. On Monday, March 18<sup>th</sup> when you sign in at the Front Reception Desk or at the back southwest entrance, you have a chance to win a LUCKY PRIZE to be announced at 2 p.m. You must have your name on the sheet either at the Front Reception Desk or at the back south west entrance to win an Irish prize. Here at the reception desk, we have been busy doing renewals and new memberships. Did you forget to pay your 2019 fee? This is just a friendly reminder as you must be a paid up member to participate in our recreational activities.



A few important dates to mark in your calendar:

**Monday March 11<sup>th</sup>:** 10 a.m. – 11:30 a.m. Sid Lewis will be taking member photos. Sign up at the Front Reception Desk.

**March 15<sup>th</sup>:** Our St. Patrick's Day luncheon. There are no tickets for this event, just show up wearing your green for good food and live entertainment by John King and Celtic Routes.

**March 15<sup>th</sup>:** We are going to Raymond for a dinner theatre with supper first and then the live show of "The Little Mermaid"

**March 18<sup>th</sup>:** Outreach Program – An Irish fling with Karen's Karaoke. For our many new members, this is a good chance to see this program and the fun we have.

**March 28<sup>th</sup>:** A trip to Medicine Hat for a tour of the Medalta Clay Pottery factory and Chinook Greenhouse

**March 23:** There are 40 people who have signed up for the matinee show; "Come From Away" a true story. I am really looking forward to attending this as I have heard many positive remarks about it.

I am looking for new people for our 6<sup>th</sup> annual Cranbrook – St. Eugene Golf and Gambling fun 3 day trip with an optional trip to visit the Kimberley Mine Train Tour on May 26 through the 28<sup>th</sup>. We have an amazing time so help me FILL UP THE BUS. DON'T HESITATE – JUST SIGN UP NOW.

It has been a cold February and there has been a lot of sickness around keeping a lot of our members close to home. Just a little reminder, please let Val or Maria know so we can get a card out to help cheer someone up. I would like to thank members who keep in touch with our members living on their own. Those visits or phone calls are a special gift knowing that someone cares.

Happy St. Patrick's day and May Irish eyes  
be smiling on you!

*Val*

## LTH Life Time Highs www.lifetimehighs.club Cathymunro@lifetimehighs.club 587-223-0203 ~ 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)

No Winners in February 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

Olai Egeland \$327.00 (February)

Next Draw March 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

Feb. 4 Ann Pauls \$37 / Back Table Bandits \$37  
Feb. 11 Ann Pauls \$36 / Jim Hahn \$36  
Feb. 18 CENTRE CLOSED FOR FAMILY DAY  
Feb. 25 Jim Hahn \$44 / Back Table Bandits \$44

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

### Friday Dunford Diner Lunchtime Entertainment

March 1 Karen's Entertainment  
March 8 Rick Wadham  
March 15 John King & Celtic Routes  
March 22 Don & Vicky  
March 29 Elaine Unger-Pengily



Schedule Subject to Change



## NORD-BRIDGE BUILDING FUND RECENT DONORS

Sandy Baceda \$20 and Robert Tarleck \$100

## NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2019 through February 22, 2019: \$3,500.00



### 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 \$ 2,148,276

Still needed by N-B Fundraising \$ 351,724

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

- Mar. 1 Pork Chops in mushroom gravy, mashed potatoes gravy and veggies.
- Mar. 8 Roast Beef with mashed potatoes, gravy and veggies
- Mar. 15 St. Patrick's Day: Pub appies, daily specials and Irish soups. Beer available at an extra cost.
- Mar. 22 Cabbage Rolls with mashed potatoes and salad
- Mar. 29 Liver and Onions with mashed potatoes, gravy and veggies

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

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

# MARCH

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

## CRA's Community Volunteer Income Tax Program

Book your appointment – Mon, Feb 25 onwards

**Program Starts Monday, Mar 4, 2019**  
Book your appointment with one of our  
volunteers for help in filing your 2018 Tax return

Donations welcome!

Run by Nord-Bridge Volunteers  
13<sup>th</sup> year in a row



- 1**  
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

**Did you know?**

**Today is:**

Employee Appreciation Day  
National Pig Day  
National Salesperson Day  
Peanut Butter Lover's Day

- 4** 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  
11:15 Tai Chi for Health, Balance  
& Relaxation  
1:00 Darts  
1:00 Contract Bridge  
1:00 Military Whist  
1:00 Woodcarving  
**2:30 L-SKIP**  
6:30 Bid Euchre

- 5** 9:15 **FREE DEMO-Seated**  
**Somatics**  
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)






- 6** 8:30 Breakfast Buffet  
**9:30 AGM**  
**10:45 WINNERS BINGO**  
1:00 Darts/Euchre  
1:00 Quilt/Kraft  
3:00 Fitball  
**3:00 Advantage Hearing**  
By appointment  
7:00 Table Tennis  
  
\*No Active Pound, Carpet  
Bowling, Line Dancing,  
Paper Tole or LEARN today

- 7** 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

- 8** 9:00 Stability Yoga  
9:00 Paper Tole  
10:15 Chair Yoga  
**11:00 IN-HOUSE**  
**TOURNAMENT**  
**LUNCHEON**  
**1:00 In-House Bingo**  
1:00 Contract Bridge  
1:00 Crib





<div>11</div> <div>NO KEEP FIT</div> <div>9:00 Gentle Yoga 9:30 Jammers 10:00 Floor Curling 10:00 Looking for Winter Shadows 10:15 Chair Yoga 11:15 Tai Chi for Health, Balance &amp; Relaxation 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts 2:30 L-SKIP 6:30 Bid Euchre</div>	<div>12</div> <div>OR POUND</div> <div>9:00 Legal Consultations By Appointment 10:00 Coffee Tea &amp; You 10:00 Music Makers 10:00/11:00 Clogging 10:45 WINNERS BINGO 12:45 Canasta 1:00 Texas Hold'em 1:00 Norwegian Whist 1:30 SCRABBLE 3:00 Exercise with Arthritis</div> <div></div>	<div>13</div> <div>CLASSES</div> <div>9:00 Guided Meditation 9:45 Out &amp; About +affix TOO 10:00 Coffee With a Constable 10:00 Carpet Bowling 10:00 MM @ Gardenvue 10:00 Lethbridge College MASSAGE 10:15 Paper Tole 10:45 WINNERS BINGO 11:15 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball 7:00 Table Tennis</div>	<div>14</div> <div>THIS</div> <div>9:00 Card Crafters 9:00 Floor Curling 9:00 H.O.M.E. (Hoarding Outreach, Management Education) PRESENTATION 9:30 Mind Joggers 12:30 Hand &amp; Foot 1:00 Acrylic Painting 1:00 Woodcarving 1:00 Floor Shuffleboard 1:00 Trump Whist 1:00 Duplicate Bridge 5:30 Zumba</div>	<div>15</div> <div>WEEK</div> <div>9:00 Stability Yoga 9:00 Paper Tole 10:00 Carpet Bowling 10:15 Chair Yoga 11:00 <div> LUNCHEON 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</div></div>					
<div>18* &amp; 25*</div> <div>9:00 Gentle Yoga 9:30 Jammers 10:00 Looking for Winter Shadows 10:00 Floor Curling 10:15 Chair Yoga 11:15 Tai Chi for Health, Balance &amp; Relaxation 1:00 OUTREACH 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge *1:00 Darts (25TH) *2:30 L-SKIP (25TH) 6:30 Bid Euchre</div>	<div>19 &amp; 26</div> <div>10:00 Coffee Tea &amp; 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 (MPH)</div>	<div>20* &amp; 27*</div> <div>8:45 Active Pound 9:00 Guided Meditation *9:45 Out &amp; About +affix TOO *10:00 LEARN (Elder Abuse Network) 10:00 Carpet Bowling 10:15 Paper Tole 10:45 WINNERS BINGO 11:15 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball 7:00 Table Tennis</div> <div></div>	<div>21* &amp; 28</div> <div>9:00 Seated 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 &amp; Foot 1:00 Floor Shuffleboard 1:00 Acrylic Painting 1:00 Woodcarving 1:00 Trump Whist 1:00 Duplicate Bridge 5:30 Zumba</div>	<div>22* &amp; 29</div> <div>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</div> <div> *TOONIE DRAW</div>					
<div>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".</div> <div><ul style="list-style-type: none"><li>LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL FIND A PHONE FRIEND FOR YOU. CALL VAL AT 403-329-3222 TO ARRANGE.</li><li>ADVANTAGE HEARING - FIRST WEDNESDAY OF THE MONTH (by appointment).</li><li>LETHBRIDGE HEARING - THIRD THURSDAY OF THE MONTH (by appointment).</li></ul></div>					<div><ul style="list-style-type: none"><li>JOANNE BLINCO OF LEARN (Elder Abuse Network) FIRST &amp; THIRD WEDNESDAY OF EVERY MONTH, 10 - NOON, IN THE SOUTH VIEW MEETING ROOM</li><li>SHOPPING TRIPS TO WALMART: WEDNESDAY, March 13and 27, 2019</li><li>WINNERS BINGO: March 6, 12, 13, 19, 20, 26 and 27, 2019</li><li>FOOT DOCTOR: DR. SCHOW NOW AT 10:30 AM. FUTURE DATES: MAY 1, 2019, JUNE 26, 2019 (NOW \$15)</li></ul></div> <div></div>				

## WINNERS



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## Programmer's Report by Ashley Kern

The tax season has begun! Pat Santa and Elaine Molyneux will be taking over for Sheila Brust, previous volunteer tax scheduler for booking appointments with our tax volunteers. Our volunteers are ready to help you file your 2018 personal income taxes so stop by the desk located in the main corridor Monday - Friday 9:00 a.m. to 2:30 p.m. or call 403-329-3222 to book an appointment. Please make sure to have all your tax papers before you book an appointment. Under the Community Volunteer Income Tax Program parameters, our volunteers can only help with simple tax situations where you have no income, or your income comes from employment, pension, CPP, Disability, Employment Insurance, Social Assistance or RRSP's.



At Nord-Bridge, we are always hosting special events and luncheons. So far we have hosted our Valentines Luncheon with 144 guests, as well as this year's record breaking Chinese New Year buffet, which went off without a hitch with amazing Chinese cuisine and good times had by over 160 people!

Last month, LSKIP was a great success on February 25th with children ages 3-6 years old from the Lethbridge Family Centre. If you are interested, please sign up for the next sessions on Monday, March 4, 11, and 25 from 2:30 p.m. to 3:30 p.m. There will be carpet bowling, board games, and a small snack.

There has been a lot of talk in the last few months about having a technology information session on iPads, Smart TV's or Computers. So, we are pleased to offer a few information classes on iPads and Tablets with our very own Nord-Bridge member, Neil, who is experienced in teaching these classes and has three tablets of his own. This two hour four week session, will be on iPads and Tablets, so bring in your devices and he will answer all your questions! This begins Thursdays starting May 16<sup>th</sup> to June 6<sup>th</sup>. \$20.00 for members and \$40.00 for non-members. Please sign up before hand for this popular program at the Front Reception Desk, as spaces are limited. Speaking of programs, we are looking for more participants for Karina Mak's Session 2 Acrylic Painting class which begins on Thursday, March 14 at 1:00 pm. As well as session 2 for both Wednesday Active POUND 55+ and Tuesday or Thursday, Seated POUND 55+ classes which begin at the start of April. Please stop by the Front Reception Desk if you have any other questions or want to sign up!

Special events this month include: The Annual General Meeting on Wednesday, March 6 at 9:30 a.m. in the Multi-Purpose Hall, and the In-House Awards luncheon is Friday, March 8. Please note for the Awards Luncheon, Bingo will still be starting at 1:00 p.m. but there will be no Carpet Bowling. St. Patrick's Day celebration is also scheduled for March 15 at 10:00 a.m.-1:00 p.m. come out and enjoy the good company, food, and entertainment! Beer is available for purchase.

Program cancellations include: Wednesday, March 6- No Active POUND 55+, Carpet Bowling, or Line Dancing. March 12- 14 - No Keep Fit, Seated or Active POUND 55+ classes as Melanie is taking some much deserved time off for herself this week. There is however, still Yoga classes occurring during this week.

Thank you and stay happy and healthy!

**Ashley**





### CONDOLENCES TO...

...To the family of Garry Allison on his passing; to the family of Joyce Behrens on her passing; to the family of Norm Tolley on his passing; to the family of Inge Tope on her passing; the family of Maxine Sheen on her passing; to the family of Gord Diduck; families of Gerald Randa on his passing...

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

...Ducky Tarnarva who is at home, Lydia Prokop getting over the flu and Vera Mietchkota at home and Helen Beatty in the hospital...



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Maureen Sexsmith-West, ISA Certified Arborist,

www.ladybugarborists.co



## LEARN - Lethbridge Elder Abuse Response Network.

Hi! My name is **Joanne Blinco**, I am the **LEARN** Case Manager.

### Elder Abuse vs Frauds and Scams

Elder abuse is any action or inaction 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 is often committed by someone known to the victim, such as a family member, friend, neighbor or caregiver someone who is in a position of power, trust or authority.

Separate from Elder Abuse is frauds and scams that people experience and with March being Fraud prevention month I wanted to provide the following information;

*"Fraud has a devastating impact on individuals, families, businesses and to the Canadian economy, which is why RCMP believe that knowledge, awareness and prevention are the best methods for protection. The more you know about a scam, the less likely you are to be victimized. We want Canadians to recognize, reject and report fraud to authorities," RCMP have reported*

According to the Canadian Anti-Fraud Centre, the most common scams in Canada last year affected 11, 490 victims 2017. These included: Romance scams: Fraudsters steal photos and use dating sites and social media to lure potential victims into sending money for various reasons.

**Wire Fraud scams:** Financial industry wire fraud occurs when Canadian financial institutions and investment brokers receive fraudulent email requests from who they believe to be an existing client.

**Investments scams:** An investment scam is any solicitation (telephone, mail, email, etc.) for investments into false, deceptive or misleading investment opportunities, often referring to higher than normal or true monetary returns which consumers lose most or all of their money.

**Merchandise scams:** Involves deceptive websites selling counterfeit goods from existing retailers at discounted prices. They use the concept of a limited, one-time-only sale to attract online buyers.

**Job scams:** Fraudulent solicitation offering employment and requesting an advance fee to secure the job.

**Service scams:** Fraudulent promotion or solicitation for services.

**Extortion scams:** Any person who unlawfully obtains money, property or services from a person, entity, or institution, through coercion.

**Prize scams:** Any fraudulent solicitation advising victims they have won – or have a chance to win – a prize.

**Inheritance scams:** Consumers receive a solicitation offering or requesting assistance to transfer a large sum of money from a foreign country.

**Sale of Merchandise scams:** Involves the non-delivery of goods purchased online.

The following tips they suggest will help protect you from fraud.

Don't be fooled by the promise of a valuable prize in return for a low-cost purchase;

Be extra cautious about calls, e-mails or mailings offering international bonds or lottery tickets, a portion of a foreign dignitary's bank account, free vacations, credit repair or schemes with unlimited income potential;

Don't be afraid to hang up the phone, delete the email or close your Internet connection;

Don't purchase a product or service without carefully checking out the product, service.

Every year, thousands of Albertans fall victim to fraud. Most people don't think it could happen to them, but fraudsters use increasingly sophisticated ways to target people of all ages.

In closing as always, if you, or someone you know is experiencing elder abuse, please give me Joanne a call. When it comes to Elder Abuse, silence is not an option. 403 394-0306

<http://lethseniors.com/support-services/learn-lethbridge-elder-abuse-response-network/>



## Valentine's Luncheon February 8, 2019

**BIG THANKS** to  
Marquis Flowers for  
sponsoring the beautiful  
Door Prize bouquets of  
flowers!



## OUTREACH REPORT Val Arkinstall, Outreach Coordinator

Our Outreach  
M.C. Randy  
Butterwick  
welcomed all  
with this  
quote "Roses  
are red,  
fingers are  
blue, I'm

tired of winter, how about you". That is so true  
as on a very frigid winter day we had a hootin'  
good Valentines party with  
Tom Price and the Dodge  
Brothers. Lots of clapping,  
dancing, and laughter with  
Tom's favourite quotes. Here's  
one: "You  
can always

tell a Texan, but you sure can't  
tell 'em nothin'." They sang  
several hit songs, "Sweet  
Caroline", "Walk the Line" by  
Johnny Cash, Stompin Tom  
Connors - "The Hockey Song",



and Anne Murray's song;  
"Could I have this Dance". It  
was so nice to see residents  
and even the volunteers up on  
their feet. Two Valentine door  
prizes were won by an at-

tendant from (Seasons Retirement) and a Da Capo  
client. The Valentine snack with cranberry juice  
was served with a lovely Valentine for all. Tom  
Price and his band have been performing at



candle with his treat. Thanks Tom as you are  
indeed popular with us all and we certainly love  
your entertaining, especially  
your laughable quotes.

Laughter is the best medicine.  
NEXT UP is the St. Patrick's  
fun time with first time  
entertainer - Karen's Karoke



on Monday, March 18th, 2019.  
Please wear green and don't  
forget your lucky smile.  
Remember to say "Top of the  
mornin' to ya" on March 17th for  
St. Patrick's Day.



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☎ 403-694-1346

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Christensen Salmon

**GENERATIONS**

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## Mr. Valentine Go Away

So it is almost  
Valentines Day again  
I used to love it  
But that was then  
Now it just reminds me  
That I am alone  
Valentines are for pairs  
And I'm on my own  
I remember candy hearts  
And one red rose  
And being game for anything  
He did propose  
But now Valentines Day  
Just makes me sad



More lonely than usual  
And feeling bad  
So Mr. Valentine  
Can you just go away  
And we will move right on  
To Family Day  
That is a day  
I can enjoy still  
I have kids and grandkids  
Who'll make sure I will  
As I wait in the wings  
For Family Day  
Once more I will say  
Mr. Valentine, just go away

Submitted by  
Tami Gaudry  
Nord-Bridge Mind Joggers

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Is your medication treatment working for you? Our pharmacists are here to provide advice and answer questions on prescriptions, over-the-counter, and natural medications.

Speak to your pharmacist and schedule a medication review today.

**Your health. Our priority.**

***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**



HURRICANES

LAST MONTH'S  
**WINNERS**  
OF 2 HURRICANES TICKETS  
EACH WERE:

HELEN GEPNERIS AND  
PEGGY HARRISON



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**Terry Toth**  
B.Sc Pharm  
Pharmacist



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



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](http://www.Eventbrite.com)  
And at Nord-Bridge Seniors Centre



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**Upcoming FREE consultation dates:**

**Tuesday(s) March 12, 2019 and April 9, 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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outside of Cranbrook, B.C.

## COME JOIN US

**As we head over to  
the beautiful East  
Kootenays May 26th  
until the 28th, 2019.**

**The resort offers  
golf, gambling and  
we have confirmation**

**that spa appointments will be available on  
the Monday and Tuesday of our stay. Only  
\$225 double occupancy (\$335 single) for  
three days and two nights at this luxurious  
resort.**



## EUCHRE REPORT

*Rodney Foster, Convener*

Daylight Savings Time on March 10th, St. Patrick's  
Day on March 17th, first day of spring is March 20th and  
only 117 days until our in-house tournament. We play on  
Wednesdays from 1:00 p.m. until 3:00 p.m. in the Dunford  
Diner Annex. Hope to see you there.





**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

**M**ystry Trip #1 was another good time as a full bus of thirteen plus our friendly Program Coordinator, Ashley, went to Galt Museum for a great tour of the exhibits and then enjoyed a Hawaiian walk through the new Sandman Hotel tropical garden pathways. On February 20th, 2019 a full Carefree bus along with the driver

enjoyed the comedy production of "Drinking Habits 2" in Calgary at the Stage West Theatre. There were plenty of laughs and full stomachs.

#### MYSTERY TRIPS 2019

##### MYSTERY TRIP # 2

Thursday, March 7, 2019

Destination- ????????

Cost \$10 (Incl. tour and bus)

Buy your own lunch. Sign up quickly!



Friday, March 15th, 2019

#### RAYMOND DINNER THEATRE

A trip down Highway #4 to enjoy supper and the Disney production of "The Little Mermaid". There are a few seats available. Member Cost \$50 (Inc. Bus, show & Supper). Bus departs at 5:00 p.m.

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). We will be departing Nord-Bridge at 8:30 a.m. Upon arrival in Calgary, we will stop at the North Hill Shopping Mall to enjoy lunch in the food court and a walk in the mall before heading over to the Jubilee Auditorium for 2:00 p.m. E.T.R. back into Lethbridge is 7:00 p.m.



**Thursday, March 28, 2019** SOMETHING NEW AND UNIQUE. Join us for a road trip to Medalta Potteries in Medicine Hat and then the Chinook Green House to see how they start pruning trees. Cost: \$50 (Inc. Bus and two tours) Payment Deadline: March 15, 2019

**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. Spa appointments available Monday and Tuesday. A deposit is expected upon sign up and the BALANCE IS DUE BY April 26, 2019. Only 15 spots left!**

**JOIN NORD-BRIDGE SENIORS CENTRE  
AND CAREFREE EXPRESS LTD.  
FOR A FUN DAY TO CALGARY'S**

**GREY EAGLE  
RESORT & CASINO**

**WHEN:** Monday, April 29, 2019

**COST:** \$40 - Members  
\$65 - Non-Members

Cost includes Bus and Complimentary Soup and Sandwich (\$2 gratuity at own cost)

The luxury Carefree bus will leave Nord-Bridge Seniors Centre (1904 13 Ave. N. with no fee parking available) at 8:30 a.m. Estimated time of return is 6:00 p.m.

Bingo Games are at Noon, 1:00 p.m. and 2:00 p.m.

Slot Machine Play is from 1:00 p.m. until 3:15 p.m.

Please call the Front Reception Desk (403-329-3222) for any questions you may have. Hurry and book your seat as soon as possible. They are going quickly.

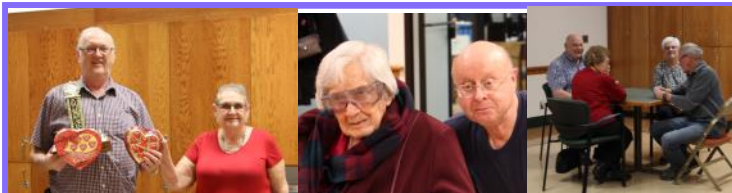
### WHAT'S COMING FOR APRIL /MAY

1. Nord-Bridge Senior Centre Fundraiser: Local New West Theatre Group at the Yates for "Old Favourites #7". Wednesday April 17th (evening) Cost \$42 (Incl. bus and show) Our bus will depart the Centre at 6:15 p.m. If you require a home pick up, let Val or Maria know.
2. **Mystery Trip #3** - Thursday, April 25th, 2019. Another road trip adventure. Cost \$28 which includes bus and tour. Buy your own lunch.
3. Coming in May: Another new trip. Fort Calgary Tour. Thursday, May 23, 2019. Cost: \$65 which includes bus and tour admission. Now taking names.



**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, March 13th and 27th

**COST  
\$3**



On February 15, 2019 5 tables of contract bridge players were vying for the Nord-Bridge In House Trophy and Valentines prizes. After six rounds and a great deal of laughter and fun:

First Place: Janet and Chris Bice  
 Second Place: Rita Cemulini and Joe Smith  
 Third Place: Louise and Hans Kochan

## PRESENTATION

H.O.M.E. (Hoarding Outreach Management & Education) Case Manager Candice Fisher will be here on **THURSDAY, MARCH 14, 2019 AT 9:00 A.M. in the West Community Room** to speak about:

- \* Role of Case Manager
- \* Who sits on the HOME Committee
- \* Mandate of Case Manager and HOME committee members
- \* What constitutes Hoarding - or is it just clutter
- \* Hoarding or Squalor - the difference

Come join us for coffee and a sweet and gain insight to HOME and the difference it is making in Lethbridge..

**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**

**Lethbridge**  **Christensen Seligson**  
 HEARING CENTRE **GENERATIONS**  
 Parent Abuse & Criminal Services



## RE-ELECT Maria Fitzpatrick

for Lethbridge East

Maria Fitzpatrick is the Alberta NDP Candidate in Lethbridge-East and a member and supporter of Nord-Bridge Seniors Centre.

Contact her team at  
 (403) 320-6159  
 Or stop in at 640 13th St. N.

**Rachel NOTLEY**



**\*THIS EVENT IS FOR NORD-BRIDGE MEMBERS and INVITED GUESTS**

**NORD-BRIDGE SENIORS CENTRE**

**ST. PATRICK'S DAY**

**March 15th, 2019**  
**10 am - 1 pm**  
**Dunford Diner**

- \* LIVE IRISH music performed by Celtic Routes
- \* BEER!
- \* Irish Food Specials
- \* Prizes

**Everyone is IRISH on St. Patrick's day**

