

# NEWSLETTER

## APRIL



President,  
Robert Tarleck



Vice President,  
George Berg

Introducing  
our  
2019 - 2020  
Executive & Board



Treasurer,  
Harry Fischer



Secretary,  
Anne Pauls



Past President,  
Pat Santa



Director,  
Ben Bell



Director,  
Marko Bosnak



Director,  
Donalda Stock



Director,  
Robert Grisak



Director,  
Hugh Gordon



Director,  
Kathy Ludwig



Director,  
Clay Olsen



Director,  
Helen Gepneris



Director,  
Jim Hahn

## 2019

*"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**

Helen Gepneris  
Clay Olsen  
Jim Hahn

**SECOND YEAR**

Robert Grisak  
Hugh Gordon  
Kathy Ludwig

**THIRD YEAR**

Donalda Stock  
Marko Bosnak  
Ben Bell

**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

Memberships  
Newsletter  
Newsletter Ad Sales  
Nominations Committee  
Seniors Helping Seniors

**CARDS & BOARD GAMES**

Contract Bridge  
Crib  
Euchre  
Military Whist  
Trump Whist  
Scrabble  
Texas Hold'em

Duplicate Bridge  
Norwegian Whist  
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

Looking for Winter Shadows and Painting Water Scenes With Watercolour

**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

**Hugh Gordon\*, 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

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

Donna Gallant

**FUNDRAISING**

**GAMING**

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

**HEALTH & FITNESS**

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

**OUTREACH**

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

**SOCIAL ACTIVITIES**

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

**SPORTS & RECREATION**

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

**TRAVEL**

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

**VOLUNTEERISM**

Building Set-up Volunteers  
Diner Special Events Coordinator

**AFFILIATIONS**

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

**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

**Rob Grisak\*, Board Rep**

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

**Jim Hahn\*, Board Rep**

Valerie Arkininstall  
Chris Figenshaw  
Valerie Arkininstall  
Vacant  
Valerie Arkininstall

**Helen Gepneris\*, Board Rep**

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

**Kathy Ludwig\*, Board Rep**

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

**Marko Bosnak\*, Board Rep**

Valerie Arkininstall  
Valerie Arkininstall  
Marco Escobar

**Donalda Stock\*, Board Rep**

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

**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.



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](http://www.nordbridgeseniors.com)  
for information, photos, video, Newsletters and more.

**NEW MEMBERSHIPS \$53.00  
MEMBERSHIP RENEWALS \$50.00**



## PRESIDENT'S REPORT

"Our spring has come at last with the soft laughter of April suns and the shadows of April showers."

Byron Caldwell



Reimagining a future for seniors. "In 12 years, nearly a quarter of Canadians are projected to be seniors." *Globe and Mail*, 9/03/19

Among the many issues tomorrow's seniors will be faced with, two come to mind: what news can they trust? And how will they receive healthcare? In some instances, the two issues will become one.

With 50 million Facebook accounts hacked in 2018, it is not surprising that seniors are sometimes confused about what they can believe. Aggressive cyber-attacks against vaccination programs have compelled medical officials in Canada and the U.S to consider whether some diseases, such as measles, once thought to have been eradicated, may be about to re-emerge.

Many of the changes in how medical services are delivered in the future are likely to involve technology. A hospital in Fremont, California provided an example of the inappropriate use of computer technology in the treatment of an elderly patient when a doctor used a robot with a video-link screen to inform the patient he would die within days. We need to ensure that technology doesn't replace the human touch in our healthcare system.

On an upbeat note, more than 70 Nord-Bridge members attended our 2019 Annual General Meeting. Thanks in large part to the efforts of Rita Paju and other members of the Nord-Bridge staff who developed a crisp, readable Annual Report on Nord-Bridge activities over the last year, the meeting was wrapped-up within an hour. Members barely had time to finish their free coffee.

While our membership numbers continue to show a healthy growth, there is concern that two long-standing revenue streams are tracking downward. Bingo revenues derived from both Winners Bingo and our own in-house bingo operation have supported Nord-Bridge programs for many years, but bingo revenues are in a multi-year decline at both centres and across Canada.

Second, this year Nord-Bridge has seen a drastic reduction in the City of Lethbridge grant to off-set rental costs for the Yates for our "Old Favorites" fund-raising concerts. Grants for the first four concerts, beginning in 2010, covered the total rental costs for the Yates. However, since 2016 the Yates rental costs have been escalating, while the civic grants have been declining sharply, from \$5,750 in 2016 to \$5,000 in 2017 and \$500 for 2019. This issue will require some adjustment on the part of Nord-Bridge.

Don't forget to purchase your tickets for "Old Favorites" (7), April 16 through 18!

And the "Under Northern Lights Gala" on April 13 is a tasteful way to support Nord-Bridge!

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

# WELCOME

## New Members

We're *very* GLAD you're here!

Anita Yates  
Val Louwerse  
David Miller  
Charlene Furman  
Alice Todd  
Clifford Helm  
Ev Hughes  
Erin Bates  
Julia Lefeuve  
William Lefeuve



Dwaine Kjos  
Susan Newman  
Sylvia Wilkinson  
Rose Anderegg  
Jacquie McLean  
Pat Kennedy  
Kathy McCarthy  
Rob Caya  
Nancy Saunders  
Jacqueline Demchuk

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

**ATTENTION MEMBERS: TUESDAY, APRIL 16TH, 2019**  
the following classes will be cancelled due to the Alberta Elections Regular Polling Place in the Multi-Purpose Hall:  
Seated Somatics, Seated Pound, Keep Fit (a.m. and p.m.)  
and evening Line Dancing.



**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

#### 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.

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

7:30 PM

YATES MEMORIAL THEATRE



## ACCOMPANY You

Provides Freedom and  
Transportation for Seniors

- Medical Appointments
- Visiting Friends
- Recreational Outings
- Shopping
- Curb to Door Assistance
- Grocery Shopping
- Banking and Paying Bills
- Genuine Companionship
- Lethbridge to Calgary Service
- Accompanied Appointments

**Call Sharon**

to schedule your appointment

403-380-9072

slmstein@outlook.com



## EVERGREEN

Funeral Home  
and Cremation Services

403-329-4934

Give us a call regarding ...

- \* Affordable Pre-arrangement Options
- \* Evergreen's Budget Conscious Pricing

*Because Cost  
Is An Option*

*We lessen the expense  
Not the care*

A Division of the Caring Group Corp.

## LORRI'S CORNER

Caring for loved ones can be one of the most meaningful, uplifting acts we do, it can also be physically exhausting and emotionally draining, especially if you're juggling it with a job or other responsibilities. Older caregivers have a higher risk of significant health problems, such as high cholesterol, high blood pressure, depression, overweight, and earlier death due to the prolonged stress and the demands of caregiving. The risks associated with caregiving can affect both men and women. Being Selfish Benefits Your Loved Ones



Often, caregivers are so dedicated to caring for their loved one, the thought of taking time for themselves to rest or have fun makes them feel selfish. Sound familiar? Caring for yourself is the most important—and often the most forgotten—thing you can do as a caregiver. It is crucial that you give yourself permission to care for yourself **every day**, when you are caring for a loved one (it is a good practice to care for yourself even if you aren't a caregiver. Caring for yourself daily is the only way you are going to be able to care for your loved ones in the long run.

Here are some ways you can take care of yourself daily:

**Take Regular Breaks.** During the day, be sure to take 20-30 minute breaks at least once or twice. If you are caring for someone that needs 24-hour care, plan for someone to relieve you of your duties. Whatever time off you give yourself, be sure to stay away and do something you enjoy – read, take a nap or a bath, or go to a movie.

**Get Some Exercise.** Aim for 20-30 minutes of exercise at least three times per week. Nord-Bridge has many amazing exercise programs you can attend. Do you feel your health won't allow an exercise program? Nord-Bridge also offers Tai Chi, yoga and line dancing.

**Eat A Balanced Diet:** Eating whole, nutritious food is one of the best ways to maintain your health and energy. Samantha, Bety and Gail prepare healthy nutritious meals daily in the Dunford Diner. You will feel the difference in your body immediately when you have a bowl of home-made soup, or vegetables and protein. If you find one meal you particularly enjoy, order an extra 1 or 2 to freeze. That way, you have some quick meals on hand for when you really feel too tired to make the extra effort to cook.

**Don't Neglect Your Own Health.** Many caregivers neglect their health and end up getting sick or injured. If you feel you are run-down or catching a virus, it's best to rest. See your family doctor as required to ensure you are the healthiest you can be.

**Let Love Flow.** Most of us believe that our mind is in control, but it is our hearts. Take some time to quiet your mind, sit still and breathe deeply. Ashley offers a guided meditation class where you can learn to calm yourself when feeling overwhelmed by your responsibilities as a caregiver.

**Indulge Yourself:** Sometimes we need to remind ourselves that we deserve a special treat! Going for a pedicure or massage, a special dinner or show with friends can allow you to feel joy again. Just a reminder that the "Old Favorites" show and also Nord-Bridge's "Under Northern Lights" Gala are happening in April and will allow you a break that you need and deserve!

**Get Enough Sleep.** As a caregiver, you may feel exhausted at the end of the day and yet can't seem to sleep. 7-9 hours each night – is necessary for you to take care of yourself and necessary for the quality of care you give your loved one. Naps can be an important part of your day too.

**Stay Connected with Friends.** Caregivers can isolate themselves from their friends, either due to the demands or from exhaustion. It is important to stay connected to friends who support you. Having a support network improves your outlook and your health.

**Laugh Often.** It's important to hang onto your sense of humor when your days can be intense. Read something funny or watch a funny movie. Social media is great for getting some daily humor, watching

My April Schedule:

April 2019				
M	T	W	Th	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	
		24	25	26
29	30			

funny videos of cute animals doing funny things which are easily found and can help lift your mood!

**Watch for Signs of Burnout.** Many caregivers delay asking for help and support because they feel that they should be able to care for their loved ones on their own. Everyone needs help and support.

I am currently taking names for the next COMPASS for the Caregiver group which is an 8-week facilitated program. I am available for a chat if you want more information or just need a few minutes to talk.

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

## SOCIAL ACTIVITIES by Elaine Molyneux

### In House Awards Luncheon

The luncheon was held on Friday, March 8th. This event is a culmination of our tournaments which are conducted and finished in November and December. Our MCs were Ashley Kern and Clay Olsen who presented 65 medals in 11 categories. In addition to individual medals the Gold medal winners were presented with an in-house trophy.

A catered lunch of roast beef, mashed potatoes served by our dedicated volunteers was enjoyed by 65 diners. Thank you volunteers for all your help. I would like to add another winner who deserves a gold medal for all of her hard work over many years, Eva Deringer. Thank you Eva.

### St. Patrick's Day Celebration

We had a full house at our Annual St. Patrick's Day celebration. Lunch with beer and Irish pub food was shared by all. The Celtic Routes played some great Irish music. We had around 110 people attend this popular event. Winners of the St. Patrick's Day prizes were Alice Strickland—Celtic Routes CD Judy Beasley—Dental Hygiene Basket John King of Celtic Routes also handed out other CDs to the crowd.

Thank you all for your support of the Centre.



Leprechaun Spotted

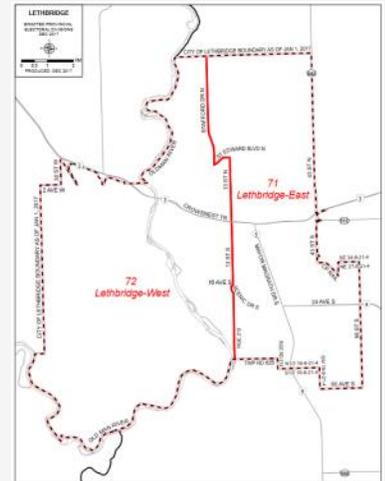
## EXECUTIVE DIRECTOR'S REPORT

Greetings Members;

This month's Newsletter cover will have some familiar faces. I am very pleased to welcome back Board Directors; Clay Olsen, and Robert Grisack to the Board. Both Clay and Robert completed one full three year term and were eligible to run for a second term (Robert will fill the two year Board of Director term left vacant by former Director Jim Edwards.) Also, welcome back to former President - Jim Hahn. After sitting out the required one year, Jim has again offered his leadership to our Board. Finally, we welcome back to our Board of Directors Helen Gepneris. Helen, previously sat on the Nord-Bridge Board from 2009 - 2013. Helen, is a welcome addition to the Board; along with the other three directors who all bring enthusiasm and experience to our Board. A sincere thank you to Kaz Tomomitsu who completed his three year term on the Board. Nord-Bridge greatly appreciated your support and years of service. Last month the 2019 Federal Budget was released and there are some positives for low-income seniors. The Federal government plans to spend \$1.8 billion over the next four years to enhance the Guaranteed Income Supplement for working low-income seniors to keep more of what they earn in their pockets. The New Horizons for Seniors Program supports projects that improve the quality of life for vulnerable seniors in Canada and creates opportunities for seniors to be active in their communities. The New Horizons for Seniors will receive an added boost of an additional \$100 million over five years (\$20 million per year ongoing). Nord-Bridge recently applied for the New Horizons grant in 2017 to assist with the Carpet Replacement (\$25,000).



On Tuesday, April 16th Albertans will head to the polls to elect a government that will run the province for the next four years. In Lethbridge, there will be many polling places for registered residents (18+) to elect a Member of the Legislative Assembly (MLA) to represent the electoral division you reside in (East or West). Nord-Bridge has been booked to be a regular polling place for Tuesday, April 16. At the time of printing this Newsletter, Elections Alberta had not yet confirmed which polls will be here at Nord-Bridge. Please check with Elections Alberta ([www.elections.ab.ca](http://www.elections.ab.ca)) to confirm where you will vote. \*Please note all programs and activities in the Multi-Purpose Hall on this day will be cancelled. For information on candidates both East and West, we have an information table located by the TV area that will be reserved for any candidates print material.



For many years, members have inquired where they can lock up their bicycle if they choose to ride here to Nord-Bridge. I am happy to report with the welding expertise of Bosnak Welding, we have a brand new bike rack. The bike rack is located at the south-west doors.

David Ng  
Executive Director

# "HERE TO SERVE"



RACHAEL HARDER  
LETHBRIDGE ALBERTA MP

403.320.0070

@RACHAELHARDERMP

RACHAELHARDER.CA





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Fax: (403) 381-4541  
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When life knocks you down,  
don't quit...ADAPTI!



## From the Desk of Val



Has SPRING finally arrived? Hopefully brighter sunny days are on their way after that long cold February. It's time to get into our closets to get our spring wardrobe ready and our walking shoes out too. I am ready! With the warmer weather coming it is time to think of TRAVEL. We have some exciting travel listed below. **Please let us know if you are interested in any of these trips so that bookings can be made for your enjoyment.**

1. Heritage Park – Tuesday, July 23, 2019
2. Calgary Stampede – Seniors Day – Tuesday, July 9, 2019
3. Calgary Inglewood Bird Sanctuary or Glenbow Museum – Thursday, August 29, 2019
4. Summer Picnic Lunch –Lundbreck Falls or Gold Spring Park – Wednesday, July 31, 2019
5. Fall Stettler Train Trip/Drumheller Tyrrell Museum – overnight trip – Late September
6. Edmonton River Cree Casino trip (2 nights/3 days) with a side trip to the West Edmonton Mall for pre-Christmas shopping – Early October
7. Rosebud Dinner Theatre – A Christmas Story. Thursday, November 7, 2019
8. Canmore Chocolate Factory tour.

Watch closely for our upcoming mystery trips monthly so sign up at the Reception Desk with your payment. A friendly reminder – **If you cancel any trips we need replacements otherwise we cannot give refunds due to advance payment of admission, tours, bus etc.**

In closing, congratulations to Judy Beasley who won the St. Patrick's Day door prize for signing in at the Front Reception Desk. Remember to always sign in at the Front Reception Desk or the back South West Entrance when you come to the Centre. You don't have to sign out when you leave. Judy Beasley is our Winners Bingo coordinator which is the Centre's main fundraiser and SHE NEEDS VOLUNTEERS for Tuesdays and Wednesdays. It entails either selling tickets or helping in the office for approximately 5 hours. If you are interested, please leave your name with Val or Maria.

Stay fit and stay connected!

*Val*

## ADVANTAGE HEARING CENTRE

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

### Nord-Bridge Complimentary Hearing Evaluations

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

Book your appointment at the front desk!

403-320-5051



Brad Lindsay, BC-HIS  
Registered Hearing Aid Practitioner

Eat anything you want... anytime, anywhere...

with the help of implant supported dentures.

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

Bonnars Ferry, ID	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 Shopping and Theater, <i>10 seats left</i>	\$229 pp/dbl
Polson-Kalispell, Mt	May 27 - 30, 2019, Sights, Shopping & More	\$475 pp/dbl
Winnipeg, Mb	August 11 - 17, 2019 Players Package	\$820 pp/dbl
	Adventure Package w VIP Folklorama, City Tour, Cdn Mint Tour Hermetic Code Tour, Forks Market, VIP Horse Race Buffet Dinner	\$1015 pp/dbl
Deadwood, SD	Sept 29 - Oct 5, 2019, No rules, no regrets	\$665 pp/dbl

China April 6 - 23, 2020 Shanghai, Beijing, 18 days \$5300 pp / dbl

All Inclusive - Airfare, visa, Shanghai, Beijing, Great Wall, Tiananmen Square, Yangze River Cruise and More  
Free Info Session May 11, @ Nord-Bridge 1:00 pm, RSVP to Cathymunro@lifetimehighs.club / 587 223 0203

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)

**Edna Foster \$450.50 February 28**

## 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

**Betty Maciura \$322 on March 22, 2019**

Next Draw April 26th, 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

- Mar. 4 Gail Krysak \$39 / Kaz Tomomitsu \$39  
 Mar. 11 Doreen Smid \$40 / Margaret Breuer \$40  
 Mar. 18 Anne Pauls \$41 / Alvin Witt \$41  
 Mar. 25 Gordon Vaselenak \$34 / Sandy Fischer \$34

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

### Friday Dunford Diner Lunchtime Entertainment

**April 5 Alice Tinordi**

**April 12 Ray Sauer**

**April 19 GOOD FRIDAY (CLOSED)**

**April 26 Dean & John**



Schedule Subject to Change



## NORD-BRIDGE BUILDING FUND RECENT DONORS

Nord-Bridge Music Makers \$50; Lethbridge Police Veteran's Assoc. \$100

## NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2019 through March 22, 2019: **\$5,062**



### 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 \$ 2,148,476**

Still needed by N-B Fundraising **\$ 351,524**

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

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Breakfast & Grill Items 7:00 a.m. to 2:00 p.m.

Daily lunch specials 11 a.m. to 2 p.m. *plus ...*

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## Friday Lunch Features \$7.50

- Apr. 5 Roast Beef, mashed potatoes, veggies and gravy
- Apr. 12 Spring Lunch Special: Turkey, stuffing, mashed potatoes, veggies and gravy
- Apr. 19 **CLOSED - GOOD FRIDAY**
- Apr. 26 Liver and Onions, mashed potatoes, veggies and gravy

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

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



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p>9:00 Gentle Yoga            9:30 Outreach Meeting (Boardroom)            9:30 Jammers            10:00 Floor Curling            10:00 Painting Water Scenes with Watercolour            10:15 Chair Yoga            11:15 Tai Chi for Health, Balance &amp; Relaxation            1:00 Darts            1:00 Contract Bridge            1:00 Military Whist            1:00 Woodcarving            6:30 Bid Euchre</p>	<p><b>2</b></p> <p>9:00 Seated Somatics (MPH)            10:00 Seated Pound (MPH)            10:00/11:00 Clogging            10:00 Coffee Tea &amp; You            10:00 Music Makers            11:00 Keep Fit Combo            12:45 Canasta            1:00 Texas Hold'em            1:00 Norwegian Whist            1:30 <b>SCRABBLE</b>            1:30 Keep Fit Combo            7:00 Line Dancing (MPH)</p>	<p><b>3</b></p> <p>8:30 Breakfast Buffet            8:45 Active Pound            9:00 Guided Meditation            10:00 Carpet Bowling            10:00 MM @ Gardenview  <b>10:00 LEARN</b> (Elder Abuse Network)            10:15 Paper Tole  <b>10:45 WINNERS BINGO</b>            11:15 Line Dancing            1:00 Darts/Euchre            1:00 Quilt/Kraft            3:00 Fitball  <b>3:00 Advantage Hearing</b> By appointment            7:00 Table Tennis</p>	<p><b>4</b></p> <p>9:00 Floor Curling            9:00 Seated Somatics (WCR)            9:00 Card Crafters            9:30 Mind Joggers            10:00 Seated Pound (WCR)            11:00 Keep Fit Combo  <b>11:15 SERVUS CREDIT UNION: FRAUD &amp; YOU</b>            12:30 Hand &amp; 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><b>5</b></p> <p>9:00 Stability Yoga            9:00 Paper Tole            10:00 Carpet Bowling            10:15 Chair Yoga  <b>1:00 In-House Bingo</b>            1:00 Contract Bridge            1:00 Crib</p> 
<p><b>8</b></p> <p>9:00 Gentle Yoga            9:30 Jammers            10:00 Floor Curling            10:00 Painting Water Scenes with Watercolour            10:15 Chair Yoga            11:15 Tai Chi for Health, Balance &amp; Relaxation            1:00 Darts            1:00 Contract Bridge            1:00 Military Whist            1:00 Woodcarving            6:30 Bid Euchre</p>	<p><b>9</b></p> <p><b>9:00 Legal Consults</b> By Appointment            9:00 Seated Somatics (MPH)            10:00 Seated Pound (MPH)            10:00/11:00 Clogging            10:00 Coffee Tea &amp; You            10:00 Music Makers  <b>10:45 WINNERS BINGO</b>            11:00 Keep Fit Combo            12:45 Canasta            1:00 Texas Hold'em            1:00 Norwegian Whist            1:30 <b>SCRABBLE</b>            1:30 Keep Fit Combo            7:00 Line Dancing (MPH)</p>	<p><b>10</b></p> <p>8:45 Active Pound            9:00 Guided Meditation  <b>9:45 Out &amp; About + coffee TOO</b>  <b>10:00 Coffee With a Constable</b>            10:00 Carpet Bowling            10:00 MM @ Gardenview            10:15 Paper Tole  <b>10:45 WINNERS BINGO</b>            11:15 Line Dancing            1:00 Darts/Euchre            1:00 Quilt/Kraft            7:00 Table Tennis</p>	<p><b>11</b></p> <p>9:00 Seated Somatics (WCR)            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 &amp; 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><b>12</b></p> <p>9:00 Stability Yoga            9:00 Paper Tole            10:00 Carpet Bowling            10:15 Chair Yoga</p> <p><b>11:00 SPRING LUNCH SPECIAL</b></p> <p><b>1:00 In-House Bingo</b>            1:00 Contract Bridge            1:00 Crib</p> 

<p><b>15</b></p> <p>9:00 Gentle Yoga 9:30 Jammers 10:00 Floor Curling 10:00 Painting Water Scenes with Watercolour 10:15 Chair Yoga 11:15 Tai Chi for Health, Balance &amp; Relaxation 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge <b>1:15 OUTREACH</b> 6:30 Bid Euchre</p> <p><small>*Darts is cancelled today</small></p>	<p><b>16</b></p> <p><b>8:00 ELECTIONS ALBERTA REGULAR POLLING PLACE</b></p> <p>9:00 REIKI SESSIONS 10:00 Coffee Tea &amp; You 10:00 Music Makers 10:00/11:00 Clogging <b>10:45 WINNERS BINGO</b> 12:45 Canasta 1:00 Texas Hold'em 1:00 Norwegian Whist 1:30 <b>SCRABBLE</b></p> <p><small>*Seated Somatics, Seated Pound, Keep Fit and evening Line Dancing are cancelled today</small></p>	<p><b>17</b></p> <p>8:45 Active Pound <b>10:00 LEARN</b> (Elder Abuse Network) 10:00 Carpet Bowling 10:00 MM @ Gardenview 10:15 Paper Tole <b>10:45 WINNERS BINGO</b> <b>11:00 Life Member Appreciation Luncheon</b> 11:15 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft 7:00 Table Tennis</p> <p><small>*Guided Meditation is cancelled today</small></p>	<p><b>18</b></p> <p>9:00 Card Crafters 9:00 Seated Somatics (WCR) 9:00 Floor Curling 9:30 Mind Joggers <b>*10:00 Lethbridge Hearing By Appointment</b> 10:00 Seated Pound (WCR) 11:00 Keep Fit Combo 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</p>	<p><b>19</b></p> <p><b>CLOSED</b></p> <p><b>GOOD FRIDAY</b></p> 
<p><b>22* &amp; 29</b></p> <p><b>* CLOSED EASTER MONDAY</b></p> <p>9:00 Gentle Yoga 9:30 Jammers 10:00 Floor Curling 10:00 Painting Water Scenes with Watercolour 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 6:30 Bid Euchre</p>	<p><b>23 &amp; 30</b></p> <p>9:00 Seated Somatics (MPH) 9:30 Beginner Watercolour 10:00 Coffee Tea &amp; You 10:00 Seated Pound (MPH) 10:00 Music Makers 10:00/11:00 Clogging <b>10:45 WINNERS BINGO</b> 11:00 Keep Fit Combo 12:45 Canasta 1:00 Texas Hold'em 1:00 Norwegian Whist 1:30 <b>SCRABBLE</b> 1:30 Keep Fit Combo 7:00 Line Dancing (MPH)</p>	<p><b>24</b></p> <p>8:45 Active Pound <b>9:45 Out &amp; About +affa TOO</b> 10:00 Carpet Bowling 10:00 MM @ Gardenview 10:15 Paper Tole <b>10:45 WINNERS BINGO</b> 11:15 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft 7:00 Table Tennis</p> <p><small>*Guided Meditation is cancelled today</small></p> 	<p><b>25</b></p> <p>9:00 Seated Somatics (WCR) 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 &amp; 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><b>26</b></p> <p>9:00 Stability Yoga 9:00 Paper Tole 10:00 Carpet Bowling 10:15 Chair Yoga <b>1:00 In-House Bingo</b> 1:00 Contract Bridge 1:00 Crib</p>   <p><b>TOONIE DRAW</b></p>

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- LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL FIND A PHONE FRIEND FOR YOU. CALL VAL AT 403-329-3222 TO ARRANGE.**
- ALZHEIMER SOCIETY'S REP. MONICA, THIRD WEDNESDAY OF EACH MONTH AT 10 A.M. IN THE DUNFORD DINER.**
- ADVANTAGE HEARING - FIRST WEDNESDAY OF THE MONTH (by appointment).**
- LETHBRIDGE HEARING - THIRD THURSDAY OF THE MONTH (by appointment)**

**NORD-BRIDGE SENIORS CENTRE WILL BE CLOSED ON FRIDAY APRIL 19TH AND MONDAY APRIL 22ND FOR EASTER**

- 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, APRIL 10 & 24, 2019**
  - WINNERS BINGO: April 3, 9, 10, 16, 17, 23, 24 and 30, 2019**
  - FOOT DOCTOR: DR. SCHOW NOW AT 10:30 AM. FUTURE DATES: MAY 1, 2019, JUNE 26, 2019 (NOW \$15)**
- 

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## Programmer's Report by Ashley Kern

The tax season is running smoothly with the new volunteers answering phones daily. Just a reminder that if you are making an appointment, please bring all your tax documents with you. The income tax cut off is up to \$25,000 per person. Last month was busy and with the welcomed warm weather comes our outdoor programs which will soon be back in full swing including Golf and Bocce Ball in the next couple months. If you have any questions about these programs please come and talk with me.



Our annual St. Patrick's Day celebration last month was another great success with around 110 people in attendance and many good times shared by all! Thanks to Direct Dental Hygiene for the door prize as well as John King of Celtic Routes. The delicious Irish pub style food which was done by Chef Samantha and thank you to our alcohol convener, Billie McTighe for keeping everyone happy with green beer for three hours!

We have a new program that began last month called Reiki Relaxation Therapy, this is great for those who have arthritis or any other chronic pain condition. She will be in Nord-Bridge the Third Tuesday of each month for a fee of \$25.00 in the South View Room. Members do need to sign up before the session. Please find the sign up beside the front reception desk.

This month we have a few special events including Servus Credit Union's session on Fraud and how to protect yourself on Thursday, April 4 at 11:15 am. This is a great information session with door prizes and brochures. Please sign up beside the Front Reception Desk today! Friday, April 5th is National Green Shirt Day, a day dedicated to promoting organ donation awareness while honouring the "Logan Boulet Effect" of the Humboldt Broncos bus crash. Please wear a green shirt, hat or anything green or buy a Humboldt t-shirt from Save-On Foods on the north or west side. There will be brochures and green cake to get everyone talking. Watch out for more information on posters in our building. On another note, our Spring Lunch Special will be on Friday, April 12 at 11:00 a.m. Lastly, our second annual Under Northern Lights Gala will be on Saturday, April 13 starting at 6:00 p.m. in the Multi-Purpose Hall. Purchase your tickets online or at the Front Reception Desk.

Until next month, stay  
happy and healthy!

**Ashley**



**CONDOLENCES TO...**  
 ...Norma Firth on the loss of her daughter  
 and to the family of Vern Soderquist on his  
 passing ...

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

...Angela Randa remains in St. Michael's  
 Palliative Care and Isabel Duell (LTM) is in the  
 hospital. Don Moore is at home after a short  
 stay in hospital; Buella Chervinski (LTM) also  
 now home from hospital and Pat DeBoer at  
 home after serious knee surgery ...



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## LEARN - Lethbridge Elder Abuse Response Network.

Hi! My name is **Joanne Blinco**, I am the **LEARN** Case Manager. As I work with seniors I see how so very important relationships are. In his book The Human Odyssey: Navigating the Twelve Stages of Life – Thomas Armstrong writes about the wonderful stages of life. I thought that this would be an interesting read to understand where you yourself fit in the stages of

life and where your children, grandchildren, family or friends fit and how one relates to the other:

**Pre-birth: Potential** – The child who has not yet been born could become anything – a Michelangelo, a Shakespeare, a Martin Luther King – and thus holds for all of humanity the principle of what we all may yet become in our lives.

**Birth: Hope** – When a child is born, it instills in its parents and other caregivers a sense of optimism; a sense that this new life may bring something new and special into the world. Hence, the newborn represents the sense of hope that we all nourish inside of ourselves to make the world a better place.

**Infancy (Ages 0-3): Vitality** – The infant is a vibrant and seemingly unlimited source of energy. Babies thus represent the inner dynamo of humanity, ever fueling the fires of the human life cycle with new channels of psychic power.

**Early Childhood (Ages 3-6): Playfulness** – When young children play, they recreate the world anew. They take what is and combine it with the what is possible to fashion events that have never been seen before in the history of the world. As such, they embody the principle of innovation and transformation that underlies every single creative act that has occurred in the course of civilization.

**Middle Childhood (Ages 6-8): Imagination** – In middle childhood, the sense of an inner subjective self develops for the first time, and this self is alive with images taken in from the outer world, and brought up from the depths of the unconscious. This imagination serves as a source of creative inspiration in later life for artists, writers, scientists, and anyone else who finds their days and nights enriched for having nurtured a deep inner life.

**Late Childhood (Ages 9-11): Ingenuity** – Older children have acquired a wide range of social and technical skills that enable them to come up with marvelous strategies and inventive solutions for dealing with the increasing pressures that society places on them. This principle of ingenuity lives on in that part of ourselves that ever seeks new ways to solve practical problems and cope with everyday responsibilities.

**Adolescence (Ages 12-20): Passion** – The biological event of puberty unleashes a powerful set of changes in the adolescent body that reflect themselves in a teenager's sexual, emotional, cultural, and/or spiritual passion. Adolescence passion thus represents a significant touchstone for anyone who is seeking to reconnect with their deepest inner zeal for life.

**Early Adulthood (Ages 20-35): Enterprise** – It takes enterprise for young adults to accomplish their many responsibilities, including finding a home and mate, establishing a family or circle of friends, and/or getting a good job. This principle of enterprise thus serves us at any stage of life when we need to go out into the world and make our mark.

**Midlife (Ages 35-50): Contemplation** – After many years in young adulthood of following society's scripts for creating a life, people in midlife often take a break from worldly responsibilities to reflect upon the deeper meaning of their lives, the better to forge ahead with new understanding. This element of contemplation represents an important resource that we can all draw upon to deepen and enrich our lives at any age.

**Mature Adulthood (Ages 50-80): Benevolence** – Those in mature adulthood have raised families, established themselves in their work life, and become contributors to the betterment of society through volunteerism, mentorships, and other forms of philanthropy. All of humanity benefits from their benevolence. Moreover, we all can learn from their example to give more of ourselves to others.

**Late Adulthood (Age 80+): Wisdom** – Those with long lives have acquired a rich repository of experiences that they can use to help guide others. Elders thus represent the source of wisdom that exists in each of us, helping us to avoid the mistakes of the past while reaping the benefits of life's lessons.

**Death & Dying: Life** – Those in our lives who are dying, or who have died, teach us about the value of living. They remind us not to take our lives for granted, but to live each moment of life to its fullest, and to remember that our own small lives form a part of a greater whole.

As always, if you, or someone you know is experiencing abuse, please give me a call, Joanne. When it comes to Elder Abuse, silence is not an option. (403) 394-0306 LEARN office

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**Military Whist Tournament - March 16, 2019**

We had 30 tables from several communities for the all day tournament. The winner was from Taber, second place was from Vulcan and third place was from Taber. We had two 50/50 winners from Bow Island and Taber. Thanks to all of the volunteers, Samantha, Kelton, Mike & Dianne, Billie, Dallas, Joe & Dianne Smith, Judy, Gord, Amy and Hugh. **Donna Takeda, Tournament Coordinator**

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

THINK GREEN! The Outreach program had another successful green party with first time entertainer-Karen's Karaoke. It was amazing to see the smiles as several were clapping, shaking rhythm instruments, and singing along with Karen and some were even brave to use the microphone.

Laughter and seeing all of the happy faces is so uplifting. Everyone having a good time. We had six green prizes won by Park Meadows Village, West Highlands facility, Quest, and three NordBridge members.

I assure you all that I will definitely have Karen back. Everyone showed real interest in participating. There were a few facilities not with us but our attendance was still 107 including 7 groups, 17 walk-ins, 18 amazing volunteers, and 2 entertainers. After Karen finished playing, Bryan Bradfield played fine music on his steel guitar. Many thanks to Karen and to Bryan for doing such a swell job.

**What's Next?** Monday, April 15<sup>th</sup> will be our annual Spring Hat party. It's time to get your favourite hat out of your closet and dust it off as SPRING IS FINALLY HERE. Welcome aboard new volunteers; Mary Berrevoets, and Maureen Gaetz-Faubert. Once again to all volunteers:  
**THANK YOU FOR ALL OF YOUR SUPPORT!**





**NORD-BRIDGE SENIORS CENTRE**

**A Tribute to Miners Memorial Banquet 10th Anniversary Multi-Purpose Hall**

**MEMBERS and INVITED GUESTS**

Wednesday, May 1, 2019  
Nord-Bridge Centre  
1904 13 Avenue North

"Best of the Best" of 10 Banquets  
5:30 p.m. - Champagne Welcome  
Guitar by Dale Ketchson  
6:00 p.m. - Roast Beef Banquet  
7:00 p.m. Presentations:  
Galt #8 Mine  
Miners Life Stories  
Miners Raffle Draw

**TICKETS AVAILABLE at NORD-BRIDGE SENIORS CENTRE (403) 329-3222 \$25 each Everyone Welcome!**

**CASH BAR**

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

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## EUCHRE REPORT

Rodney Foster, Convener

Welcome to Spring! I can't wait to get into the garden. April showers bring May flowers and more people out for Euchre. We now have nine tables of four players which equals thirty-six players! We play at 1:00 o'clock on Wednesdays afternoons. Come on out for a fun time!

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Contact the Nord-Bridge Reception Desk to schedule an appointment. Phone: (403)329-3222

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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.



**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**.



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

## ROAD REPORT

**M**ystery Trip #2 was a great outing as a full bus journeyed to the Crystal Springs Cheese Factory where they enjoyed lunch and saw how curds produce homemade cheese. The annual trip to Raymond was enjoyed by another full bus enjoying supper and the musical, The Little Mermaid. Then our bus took our movie watchers to the Movie Mill. Finally a large group of 40 went to

Calgary to see the true story; Come From Away, a Broadway musical which was simply amazing. Thanks to Jim, Ashley, Lucy, George and to Carefree for another month of fun and good times. We travelled on the small bus to Medicine Hat for a tour of the Medalta Pottery Factory along with a greenhouse tour.

**PLEASE NOTE:** For all NEW MEMBERS, BROCHURES ARE OUT FOR NAGEL TOURS AND LIFE TIME HIGHS. If you book one of their tours, please call them direct when booking and tell them you are a Nord-Bridge member. We receive a commission for each member who signs up

**N.B.S.C. FUNDRAISER** – New West at the Yates “**Old Favourites**” (7) show; **Wednesday, April 17<sup>th</sup>** (evening) **COST: \$42 (INC. BUS & SHOW)**. Our bus will depart the Centre at 6:15 p.m. **NOTE:** This trip is for members who require transportation.

## WHAT'S COMING FOR APRIL /MAY

### MYSTERY TRIPS 2019



**MYSTERY TRIP # 3**  
**Thursday, April 25th, 2019**  
**Destination- ????????**  
**Cost \$28 (Incl. tour and bus)**  
**Buy your own lunch. Sign up quickly!**



## 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.**

Beautiful St. Eugene Resort at the foot of the Rockies just outside of Cranbrook, B.C.

**Beautiful St. Eugene Resort at the foot of the Rockies just outside of Cranbrook, B.C.**



1. Coming in May: Another new trip. Fort Calgary Tour. Thursday, May 23, 2019. Cost: \$65 which includes bus and tour admission.
2. Tuesday, May 14, 2019 - Aspen Crossing Mossleigh for lunch on the train and a walk about through the greenhouse and gift shop. Cost: \$35 (includes bus only). Buy your own lunch. Limited seats are available so act now!
3. **MYSTERY TRIP # 4** Thursday, May 16th, Cost: \$10 (Inc. bus) Buy own lunch.



**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, April 10th and 24th**

**COST \$3**



**L-SKIP INTER-GENERATIONAL PROGRAM HERE AT NORD-BRIDGE**

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

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.

Authorized by Alberta's NDP-[RachelNotley.ca](http://RachelNotley.ca)

Rachel  
**NOTLEY**



## FRAUD & YOU!

 servus credit union™

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