

NEWSLETTER

MAY 2019



OUR

NEWEST

Life Members

"The Friendly Centre"

1904—13th Ave. North

Lethbridge, Alberta T1H 4W9

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

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

E-mail: friendly@nordbridgeseniors.com

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

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

BOARD OF DIRECTORS

FIRST YEAR

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
Financial Administrator
Administrative Support
Program Coordinator
Member Support Coordinator
Reception Supervisor
Reception Assistant
Rentals
Red Seal Cook
Cook I
DR/Kitchen Assistant
Janitorial

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

ON-SITE PARTNER PROGRAMS & SERVICES

National Association of Federal Retirees	Gary Drake	403-328-0801
Chinook Lifecare Assoc.	Dayna Tilleman	403-320-1170

**PROGRAMS, COMMITTEES, CONVENERS, &
BOARD REPRESENTATIVES***

(* indicates individual on Board responsible for Program Area)
(** indicates "Emeritus")

ADMIN. PROGRAMS

By-Laws/Policies
Committee
Crafts Boutique
Finance Committee

Ben Bell* (Chair), Robert Grisak
Heather Newsham
Harry Fischer* (Chair), Pat Santa,
Jim Hahn, David Ng, Frank
Deane, Mike Bennett, Robert Tarleck,
Clay Olsen, Tracy Beauchemin
Valerie Arkininstall/Maria Lisun
Rita Paju (Production & Billing)
Rita Paju
Ben Bell* (Chair)
Harry Fischer, Vicki Klassen, Bev Eaton

Memberships
Newsletter
Newsletter Ad Sales
Nominations Committee
Seniors Helping Seniors

CARDS & BOARD GAMES

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

Hugh Gordon*, Board Rep
Hans & Louise Kochan
Gord Yauch (Temporary)
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

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

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

Rob Grisak*, 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 Hahn*, Board Rep

Valerie Arkininstall
Chris Figenshaw
Valerie Arkininstall
Vacant
Valerie Arkininstall

SOCIAL ACTIVITIES

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

Helen Gepneris*, Board Rep

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

SPORTS & RECREATION

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

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

TRAVEL

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

Marko Bosnak*, Board Rep

Valerie Arkininstall
Valerie Arkininstall
Marco Escobar

VOLUNTEERISM

Building Set-up Volunteers
Diner Special Events Coordinator

Donalda Stock*, Board Rep

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

AFFILIATIONS

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

Clay Olsen*, Board Rep

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



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



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

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

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

PRESIDENT'S REPORT

"The earth laughs in flowers,"
Ralph Waldo Emerson



For the first time in history, there are more people in the world over 65 years of age than there are children under the age of 6. What will this mean for senior organizations such as Nord-Bridge? It may mean that Nord-bridge will have an opportunity to join with partners throughout our community, province and even the world in building vibrant seniors communities. Nord-Bridge is a seniors centre that gets people out of their homes so that they might be amused, informed, stimulated and sometimes even comforted.

Thanks to the Seniors Helping Seniors volunteers who are working overtime to complete tax forms prior to the national filing deadline.

May 1st Miners' Banquet continues Nord-Bridge tradition. Nord-Bridge will host the 10th Anniversary "A Tribute to Miners" Memorial Banquet. This annual banquet has been Nord-Bridge's effort to create a lasting legacy for the coal industry in Lethbridge and district.

The 2019 Northern Lights Gala was a tremendous accomplishment. I want to thank the Nord-Bridge staff and volunteers who did so much to ensure that the event staged at Nord-Bridge was a success. The Planning Committee consisted of Tracy Beauchemin, Lorri Penner, Mike Bennett, and David Ng. Committee members: Valerie Arkinstal, Maria Lisun, Rita Paju, Ashley Kern, Samantha Ajtay, Bety Castillo, Gail Krysak and Marco Escobar. Thanks to three volunteer servers from Servus Credit Union: Tammy Isherwood, Erin Bates, and Karen Quiros as well as thanks to servers Anita Hamilton, Jacinda Keedwell, Danielle Albon, and Brenda Doran. The team was rounded out by bartenders Kevin Solberg and Micaela Bolduc and kitchen helpers Lorne Bateman and Matt Sheen. For a list of major sponsors, please refer to the ad in this newsletter.

To celebrate Nord-Bridge's 40th Anniversary, we will be moving to the Coast Hotel and Conference Centre on April 25, 2020. See you at the Coast.

Planning for the Post-Retirement Future You Want! Post-retirement financial planning is vital to maintaining your lifestyle throughout your retirement years. In keeping with that goal, Jordyn Dickey, a financial advisor with Edward Jones and a Nord-Bridge supporter, will be arranging a financial planning workshop for Nord-Bridge members on June 12th. Look for more details about this important event in our June newsletter.

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

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

Vicki Demers
Margaret Ventress
Michael Kennedy
Charlotte Asplund
Gayle Frost
Marge Fisher
Colleen Bates
Sandra Hunt
Sandy Wittig
Lorne Wittig

Shirley Charters
Caterina Pederson
Wayne Soenen
Olga Soenen
Penny Ewashen
Kate Lindsay
Rod Wyton
Kathie Carlson
Brad Ellingson
Arlene Keller
Anonymous (6)



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



FOR SHAW SUBSCRIBERS: We are pleased to announce that our building is equipped with **Shaw) Go Wi-Fi**. To connect at Nord-Bridge:

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

Any questions? [Please call 1-888-472-2222](tel:1-888-472-2222) or visit <http://www.shaw.ca/internet/wifi/>.

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



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

User ID: FriendlyCentre
Password: myfriendlycentre
(Shaw Cable subscribers see above)



NORD-BRIDGE MEETINGS REMINDER

Monthly

Outreach Committee	First Monday (Sept-June)	9:30 a.m.
Directors Meeting	Second Wednesday	9:00 a.m.
Finance Committee	Last Wed. (Feb, May, Sept, Nov)	9:30 a.m.

Annually

Annual General Mtg.	First Wed. of March	9:30 a.m.
General Member Mtg.	First Wed. of November	9:30 a.m.

GO SENIORS SOCIETY

Regular Board Meetings

Feb., April, June, Oct.	Third Tuesday	9:00 a.m.
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Annually

Annual General Meeting	First Tuesday of April	9:00 a.m.
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COMMUNITY BUILDERS AWARDS NOW ACCEPTING NOMINATIONS

Do you know someone who goes above and beyond
to make a difference in our community?



The deadline to nominate is June 7th.

RachaelHarder.ca

403.320.0070

ACCOMPANY You

**Provides Freedom and
Transportation for Seniors**

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

Call Sharon
to schedule your appointment
403-380-9072
slmstein@outlook.com



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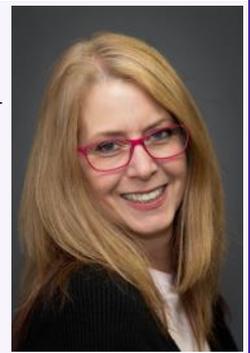
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- Fences
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- Trenching
- Yard Cleanup
- Material Hauling / Placement
- Hardscaping

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LORRI'S CORNER



Every morning, I pour myself a coffee and settle in to read the newspaper as the sun is coming up. Before I open the first page, I am filled with the hope of an amazing day! Then I start to read and my heart falls. Crimes, fires, people doing horrible things to other people and so much more... my mood shifts to a feeling of hopelessness and wonder of how society has gotten to this place. I feel my shoulders slump down, my heart hurts and it would be so easy to close the blinds and hide out in the safety of my home.

The reality is most of us can't just hide away from the world, some need to go to work, some have children to care for and for some, staying at home and isolating, especially for seniors, is very unhealthy. So what can we do when the world gets us down?

Mark Twain had a piece of wisdom: "The human race has only one really effective weapon and that is laughter"

In this article written by [Retire at Home](#), they say that the more laughter that seniors can bring into their lives, the better. They list the following ways that laughter can improve our lives! (especially #5!)

1. Laughter **lowers blood pressure**. Seniors are at a higher risk of having high blood pressure, and laughter helps to balance or lower blood pressure by increasing vascular blood flow. This is because laughter revives blood circulation and increases oxygenation of the blood, hence becoming a powerful tool in fighting heart illnesses.
2. Laughter helps seniors induce a **workout to the diaphragm and abdominal parts of the body**. Through this workout, the parts become more active and operate to their optimum levels. Other parts that experience a workout are back muscles, the legs and the respiratory system.
3. **Pain is more manageable** when a person laughs. Even though laughter may not directly heal a particular pain, it helps in managing the painful experience by distracting the brain from the pain.
4. Laughter **energizes body organs**. This is done by suppressing hormones that bring about stress. The process of laughing reactivates the brain and the lungs.
5. Laughter helps seniors **cope with life issues**. Many seniors find difficulty in accepting the many changes that occur around them (and within them), and they often wish life would remain the way it has always been. Physical limitations, loneliness, and the loss of friends are common examples of situations that can lead a senior to feel depressed. Laughter can help seniors control their reaction to events that they can no longer control.
6. Laughter helps in **reducing aggression**. Some seniors facing a limited ability to move or communicate can become aggressive. Inducing laughter lowers the level of aggression by creating a friendly environment.
7. Laughter is a major **booster of the immune system**. What laughter

does is improve the circulation of both blood and oxygen, as mentioned above. By so doing, the intake of oxygen decreases stress by counteracting it with positive emotions. Eventually, immunological responses are given a boost, which helps to keep a senior healthy. When I think about laughter, this quote makes me laugh "I am thankful for laughter, except when milk comes out of my nose. ~Woody Allen If you find yourself struggling to laugh, please stop in for a chat.

My MaySchedule:

May 2019				
M	T	W	Th	F
		1	2	3
6	7	8	9	10
13	14	15	16	
	21	22	23	24
	28	29	30	31

Lorri Penner, BSW, RSW
Member Support Coordinator

A HUGE
NORD-BRIDGE THANK YOU
GOES OUT TO

TOLLESTRUP Construction Inc.



AND



Wendy's
FOR THE DONATION
OF ALL OF THE
MEN'S WORLD CURLING
CHAMPIONSHIP TICKETS

DID YOU KNOW?

Any pre-arrangement can be transferred to Cornerstone Funeral Home at no cost.

Pre-planned wishes can change over time, including the funeral home at which they were initially made.

All pre-arrangements are easily transferable and can be done before or after a death occurs.

Talk to one of our professionals today.

"Honoured to Serve"

CORNERSTONE FUNERAL HOME

403-381-7777 (24/7)

2800 Mayor Magrath Drive South
Lethbridge, Alberta T1K 7B1

CornerstoneFuneralHome.com

'Like' us on Facebook!
facebook.com/CornerstoneFH



EXECUTIVE DIRECTOR'S REPORT

Greetings Members,



Last month the political scene in Alberta changed after the provincial election on April 16th. In Lethbridge we welcome Nathan Neudorf (UCP) who won the MLA seat for Lethbridge East. We also congratulate Shannon Phillips (NDP) on being re-elected as the Lethbridge West MLA. We look forward to building a relationship with each MLA to advocate senior related issues that impact Nord-Bridge members and older adults in the community.

I would like to express my thanks to former Lethbridge East MLA Maria Fitzpatrick. Maria was elected in the 2015 election; during her four year tenure Maria was an excellent ambassador for senior related issues in southern Alberta, and brought forth and addressed many issues and topics concerning Nord-Bridge members and older adults in the Lethbridge East constituency. Maria, not only advocated for seniors issues provincially in Edmonton, she also arranged for ministers to visit Nord-Bridge which allowed us to voice our concerns and showcase our Centre. Ministers who visited Nord-Bridge were: Seniors and Housing, Municipal Affairs, Service Alberta, Finance and Community and Social Services. Maria, also facilitated an invitation for Nord-Bridge's former Executive Director (Randy Smith) to attend a pre-budget stakeholder consultation in 2016. This provided Nord-Bridge with great insight as to where the provincial budget would be heading in the next 2 - 3 years and the budget trends and pressures that Alberta was facing. Maria was a visible fixture here at Nord-Bridge during her scheduled monthly visits (twice a month) where she sat down with the membership and listened to any concerns they may have. Aside from the political advocacy, Maria has also been a member of Nord-Bridge and contributing to our many special events. I would like to thank Maria for all her tireless work for Lethbridge East residents and for being a voice for seniors and sharing Nord-Bridge's profile with the decision makers in the Province.

Another income tax season has concluded and at the time of writing this article I am very pleased to report our team of 14 volunteers have assisted 1,445 individuals file their personal income taxes. Amazing work from this team of volunteers! April was an incredibly productive month for Nord-Bridge's community fund-raisers. We hosted our 2nd annual Under Northern Lights Gala on April 13th and it was an impressive success! This year we added 11 live auction items that were auctioned off by auctioneer Joe Perlich (Perlich Bros. Auction). The evening was capped off with live dueling pianos from local artists Cal Toth and Anna McBryan. From April 16, 17 and 18th, Jim Hahn and his crew of volunteers hosted three nights of Old Favorites (7) a music and comedy revue at the Yates Memorial Theatre. The three shows were near sellouts (478 seats) on all three nights! A standing ovation to Jim Hahn for all of his coordination of this fundraiser. Jim, dedicates many hours to this fund-raising project that raises some great funds from our members and the community.

David Ng

Executive Director



Prosthetics - Orthotics - Bracing

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Lethbridge, AB
Tel: (403) 381-9501
Fax: (403) 381-4541
www.adaptivetech.com

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



From the Desk of Val



'April showers bring May flowers' is a saying that is often repeated but we haven't had too much rain to get those early flowers out in our gardens. I am looking forward to getting out and enjoying the walking paths, doing the necessary yard clean up, and then preparing my small front garden. This past month I enjoyed the World Curling held at the Enmax. Watching good competition showed my true Canada colors cheering on Team Canada. The last game was a bit disappointing be we were proud to get the silver medal. Curling and Hockey are my favourite sports. I am now cheering on my #1 NHL team-Toronto Maple Leafs and hopefully we might have a Canadian team to win the Stanley Cup. Presently, only the Leafs are the only Canadian team still playing. GO CANADA GO!

Life at the Centre continues to be busy signing up new members. A warm friendly welcome to all. Don't forget to mark your calendars for Monday, May 13th; 10-11:30 to have your photo taken by our Membership photographer, Sid Lewis. Have you ever thought of getting a name tag to wear with pride when you are here at the Centre. Ask us at the reception desk and we can order you one for just \$6.50.

We have some great summer trips in the planning stages. Please tell us if you are interested as we will be happy to place your name down here at the front reception desk.

In closing, our Go Friendly bus has been very busy and many thanks to our driver, Dave Slovak for his courtesy, patience and friendly smile. Please remember to call in to confirm your ride and if you cancel, you must remember to let us know when you need the bus again. Enjoy the outside environment in walking, doing yard clean up and all those chores on your TO DO LIST. Just getting out in the fresh air is healthy living.



Val's New Ride

Stay fit and stay connected!

Val

ADVANTAGE HEARING CENTRE

406-6th St. South Lethbridge, Alberta

Nord-Bridge Complimentary Hearing Evaluations

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

Book your appointment at the front desk!

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

Polson-Kalispell, Mt	May 27 - 30, 2019, Sights, Shopping & More	\$475 pp/dbl
Bonnars Ferry, ID	June 23 - 26, 2019 "your home away from home"	\$380 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 information Session For China Address: Nord-Bridge 1904 - 13th Avenue North
Your chance to ask questions & more May 11th 1:00 noon to 3:00 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)

Lois Cicman \$334.00, March 26
Willie Holz \$80.25 April 2
Carol Milne \$18.25 April 3

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

Lloyd Kanewischer \$376 on April 26, 2019

Next Draw May 24th, 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

Apr. 1 Betty Alexander \$43 / Ed Zacher \$43
Apr. 8 Kathy Terry \$40 / Ben Kempenar \$40
Apr. 15 Marcie Price \$40 / Ann Pauls \$40
Apr. 22 **CLOSED—EASTER MONDAY**
Apr. 29 Sheila Urban \$44 / Kathy Terry \$44

Thanks Jammers, Volunteers and Patrons.
Thanks also to Helen Gepneris for selling tickets at Monday Jams.

Friday Dunford Diner Lunchtime Entertainment

May 3 **Cinco De Mayo** - Jill
May 10 **Yvonne Nelson**
May 17 **Rick Wadham**
May 24 **Bryan Bradfield**
May 31 **Elaine Unger-Pengilly**



Schedule Subject to Change



NORD-BRIDGE BUILDING FUND RECENT DONORS

Nord-Bridge Music Makers \$25; Anonymous \$100

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2019 through April 26, 2019: **\$6,818.00**



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** \$ 2,148,601

Still needed by N-B Fundraising \$ 351,399

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

May 3	Cinco de Mayo—Mexican Buffet—No Menu Service, Licensed Event \$10
May 10	Mothers Day Luncheon - Ticketed Event \$13
May 17	Liver and Onions, mashed potatoes, veggies and gravy \$7.50
May 24	Veal Cutlet with mashed potatoes, veggies and gravy \$7.50
May 31	Spaghetti and Meatballs with garlic toast and salad \$7.50

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

*PLEASE NOTE: THE GRILL IS CLOSED DURING SPECIAL EVENTS

MAY

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">MOTHERS DAY LUNCHEON</p> <p style="text-align: center;">FRIDAY, MAY 10, 2019 @ 11:30 A.M.</p> <p style="text-align: center;">COST: \$13.00 PER PERSON</p> <p style="text-align: center;">Menu: Roasted Chicken with Mashed Potatoes, Veggies, Salad and Special Dessert</p> <p style="text-align: center;">TICKETS AT THE FRONT RECEPTION DESK</p> <p style="text-align: center;">Live Entertainment</p> <p style="text-align: center;">Every Woman present receives a flower</p>		<p>1 8:30 Breakfast Buffet 8:45 Active Pound 9:00 Guided Meditation 10:00 Carpet Bowling 10:00 LEARN (Elder Abuse Network) 10:15 Paper Tole 10:30 FOOT DOCTOR 10:45 WINNERS BINGO 11:15 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Advantage Hearing By appointment 5:30 MINERS BANQUET</p> <p><small>*Table Tennis is cancelled today</small></p>	<p>2 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 12:30 Hand & Foot 1:00 Acrylic Painting 1:00 Woodcarving 1:00 Trump Whist 1:00 Duplicate Bridge 1:00 Floor Shuffleboard 5:30 Zumba</p>	<p>3 9:00 Stability Yoga 9:00 Paper Tole 10:00 Carpet Bowling 10:15 Chair Yoga 11:00</p> <p style="text-align: center;"> Mexican Lunch Buffet 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p>
<p>6 9:00 Gentle Yoga 9:30 Jammers 9:30 Outreach Meeting 10:00 Floor Curling 10:00 Painting Water Scenes with Watercolour 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 6:30 Bid Euchre</p>	<p>7 9:00 Seated Somatics (MPH) 9:30 Beginner Watercolour 10:00 Seated Pound (MPH) 10:00/11:00 Clogging 10:00 Coffee Tea & You 10:00 Music Makers 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)</p>	<p>8 8:45 Active Pound 9:00 Guided Meditation 9:45 Out & About + coffee TOO 10:00 Coffee With a Constable 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</p>	<p>9 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 & Foot 1:00 Woodcarving 1:00 Trump Whist 1:00 Duplicate Bridge 1:00 Floor Shuffleboard</p> <p><small>*Zumba is cancelled today</small></p>	<p>10 9:00 Stability Yoga 9:00 Paper Tole 10:00 Carpet Bowling 10:15 Chair Yoga</p> <p style="text-align: center;"> 11:30 Mother's Day Luncheon</p> <p>1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p>

<p>13</p> <p>9:00 Gentle Yoga 9:30 Jammers 10:00 Floor Curling 10:15 Chair Yoga 11:15 Tai Chi for Health, Balance & Relaxation 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:15 OUTREACH 6:30 Bid Euchre</p> <p><small>*Darts is cancelled today</small></p>	<p>14</p> <p>9:00 Seated Somatics (MPH) 9:30 Beginner Watercolour 10:00 Coffee Tea & You 10:00 Seated Pound (MPH) 10:00/11:00 Clogging 11:00 Keep Fit Combo 10:45 WINNERS BINGO 12:45 Canasta 1:00 Texas Hold'em 1:00 Norwegian Whist 1:30 SCRABBLE 1:30 Keep Fit Combo 3:00 Exercise with Arthritis 7:00 Line Dancing (MPH)</p>	<p>15</p> <p>8:45 Active Pound 9:00 Guided Meditation 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</p> 	<p>16</p> <p>9:00 Card Crafters 9:00 FLOOR SHUFFLEBOARD TOURNAMENT 9:30 Mind Joggers *10:00 Lethbridge Hearing By Appointment Seated Pound (WCR) 12:30 Hand & Foot 1:00 Tech Course 1:00 Woodcarving 1:00 Trump Whist 1:00 Duplicate Bridge 5:30 Zumba</p> <p><small>*Floor Curling and Keep Fit Combo are cancelled today</small></p>	<p>17</p> <p>9:00 Stability Yoga 9:00 Paper Tole 10:00 Carpet Bowling 10:15 Chair Yoga 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p> 
<p>20* & 27</p> <p>* CLOSED VICTORIA DAY</p> <p>9:00 Gentle Yoga 9:30 Jammers 10:00 Floor Curling 10:15 Chair Yoga 11:15 Tai Chi for Health, Balance & Relaxation 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts 6:30 Bid Euchre</p>	<p>21* & 28</p> <p>*9:00 REIKI SESSIONS 9:30 Beginner Watercolour 10:00 Coffee Tea & You 10:00 Seated Pound (MPH) *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)</p>	<p>22* & 29</p> <p>8:45 Active Pound *9:45 Out & About +affix TOO 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</p> 	<p>23 & 30</p> <p>9:00 Card Crafters 9:00 Floor Curling 9:30 Mind Joggers 10:00 Seated Pound (WCR) 11:00 Keep Fit Combo 12:30 Hand & Foot 1:00 Floor Shuffleboard 1:00 Tech Course 1:00 Woodcarving 1:00 Trump Whist 1:00 Duplicate Bridge 5:30 Zumba</p>	<p>24* & 31</p> <p>9:00 Stability Yoga 9:00 Paper Tole 10:00 Carpet Bowling 10:15 Chair Yoga 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p>  <p>*TOONIE DRAW</p>

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

- 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 MONDAY MAY 20TH FOR VICTORIA DAY

- 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, MAY 8 & 22, 2019**
- WINNERS BINGO: May 1, 7, 8, 14, 15, 21, 22, 28 and 29, 2019**
- FOOT DOCTOR: DR. SCHOW NOW AT 10:30 AM. FUTURE DATES: MAY 1, 2019, JUNE 26, 2019, AUGUST 21, 2019 (NOW \$15)**



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Programmer's Report by Ashley Kern



Summer is just around the corner which most of you have probably already noticed the summer program out on our shelves. There are a few new details in this program including three fitness programs offered by Melanie for the summer months. She is offering these classes on Tuesday mornings in order to keep fitness and strength throughout the summer months. Please note: registration day will now be on two [separate](#) days, Monday August 26 (Fitness only) and Tuesday, August 27 (Arts/Crafts/Meditation only) as we hope this will alleviate the pressures of waiting in line to register for programs. If you have any questions please find more information about registration day on [the back](#) on the summer program or ask me for more information.

The list of recreation programs happening this month include Tai Chi for Health, Balance, and Relaxation with Christine Curteanu starting Monday, May 6 - June 17th which is \$15.00 for members. We also will be offering a Session 2 of Exercising with Arthritis on Tuesdays as well as Fitball on Wednesdays for the first time ever starting Tuesday, May 7th and Wednesday, May 8th. This is \$28.00 for members and \$48.00 for non-members and runs for 8 weeks. Please read the updated Winter Program booklet for more information. Our newest program – Session 2 of Introduction to iPads & Androids with Neil Frandsen, is back by high demand. These beginner classes start on Friday, June 14- July 5 at 10:00 am- 12:00 pm. For more information please read the summer program guide.

The golfing program is in full swing now that the weather is nice and warm. If you are interested in playing on Tuesday and Thursdays down at Evergreen Golf Center please stop by the Front Reception desk and ask for Ashley. You do need to be a member of Nord-Bridge to play.

We also have the Miners Memorial Banquet on Wednesday, May 1st at 5:00 pm. As well as Cinco de Mayo on Friday, May 3 at 11:00am (no tickets required) and the very popular Mothers Day Luncheon on Friday, May 10 at 11:30 am. Get your tickets for these events at the Front Reception Desk today!

Next month will also be very busy with Senior's Week the first week of June. Please keep an eye out for posters on the bulletin boards in our building regarding these special events such as The Toonie Pancake Breakfast and our annual BBQ Picnic at Pavan Park.

Class cancellations include: Wednesday, May 1st- No Table Tennis and Thursday, May 16th- No Floor Curling or Floor Shuffleboard.

Thank you and stay happy and healthy!

Ashley



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...Family of Bill Hollingsworth on his passing; family of Angela Randa on her passing and family of Dale Flitton on his passing...

GET WELL & HEALTH WISHES TO...

...Isabel Duell (LTM) who has been moved to Edmonton. Marilyn Gillies is now at home recuperating after being in hospital; Eva Ellan is at home after a short stay in hospital; Don Cook is in hospital and Kay Ek who is in hospital...



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LEARN - Lethbridge Elder Abuse

Response Network. - Joanne Blinco

I recently read an article that I would like to share, it gave me some insight and some reflective thought. I hope in reading this it can provide you with the same. "The One Thing No One Ever Says About Grieving" by Katherine Schafner, NYC-based psychotherapist, writer and speaker. Another way to say that you are grieving is that a part of you is stuck in a moment in time. Sometimes the cause of the stuckness isn't the grief itself, but the fact that you don't even recognize that you've lost something and that you need to grieve.

Grief is a word that is used interchangeably with bereavement, but grief is not exclusively about the physical death of a person. Everyone grieves differently and for different reasons Grieving is also not a linear process.

One moment you feel you've fully moved past something, the next moment it's right back in front of your face. That's because grief is insidious, imposing and demands to be felt. Even if you're able to somehow avoid it all day long, grief comes back to you in your sleep. It's laying right on your heart as you wake up. Grief doesn't say, "I've been here long enough, I think it's time for me to leave." No. Grief crowds the heart, eats up all your energy and chronically imposes upon your peace. But grief isn't some evil force that's only there to cause pain, grief is escorting up an even deeper feeling, a truth about your life, what you value and what you need. Perhaps how much you wanted something, how deeply you care about someone, how far you've come from where you were. As Mark Nepo so beautifully puts it, "The pain was necessary to know the truth, but we don't have to keep the pain alive to keep the truth alive."

People can be grieving and heartbroken about something and not even know it.

Here are some examples of events that cause grieving: The selling of your childhood home, what you always wanted but never got, a person who died, a person who is still alive but is electively absent in your life, the loss of a dream, loving someone who is self-destructive, the end of a friendship, job loss or the end of a career.

The typical route for grieving begins with denial, and that's actually a good thing.

Ultimately, your defense mechanisms are there to protect you. Denial kicks in when it would otherwise be too overwhelming to feel it all at once. Ideally, denial slowly fades away and the grief is felt. (Ideally.) More typically, you swallow your grief. It comes up in small spurts when you're not paying attention, then you numb yourself to it somehow, then it jumps up more forcefully, then you numb yourself more heavily.

That is the path of staying stuck in grief. The path loops. People lose themselves on that path.

Is there a better path? The answer is yes. But you don't have to walk it unless you choose to. Some losses are so exquisitely painful, in a way that no one else could ever fully understand, that no one would fault you for staying in the loop.

If you do choose to get out of the disorienting, dizzying loop of grief, here are 4 ways to begin:

1. UNDERSTAND - That your heart is broken, even if it's not visible to others. Keep in mind that there's no 'right way' to grieve and that grieving is not a linear process. Just because it's been 6 months, 4 years, 15 years, whatever - none of that means anything to your grief. The clock starts when you begin to recognize your grief. In other words, when you genuinely begin to address what happened (or perhaps what never happened).

2. RECOGNIZE Before you can grieve, you have to recognize that you need to grieve. Something happened, or didn't happen, that burdened you. Ironically, when you're burdened, something is given to you and taken away from you at the same time. What do you feel was taken from you? What do you feel you are burdened with? The answers to those questions help you recognize what you need to grieve.

3. TOUCH - You have to touch the loss (as well as all the anger, sadness, bitterness, resilience, compassion and any other feelings you encountered during your loss). You're in touch with your grief when you make space for the feelings your loss brought into your life. It may feel counter-intuitive to go back to the feelings that you want so desperately to let go of, but there's simply no way to move through grief without making contact with it, without fully touching it, without fully feeling it. You have to pick it up, hold it, feel the weight of it in your hands, on your heart and within your life. You have to feel the whole loss. Grief demands to be felt with an insistence that needs no sleep. You either allow yourself to encounter the feelings or you remain encased in a shell of yourself under a misguided sense of self-protection.

4. MOVE - The feeling of grief can linger for so long that you almost befriend the grief. The grief becomes oddly soothing in its familiarity and its predictability. Dealing with the grief means letting go of this familiarity and moving towards something less predictable and less familiar, which is scary.

Still, if you want to genuinely address the grief, you have to continue to move through the peripheral, familiar parts of your grief and go right into the epicenter of your grief. As the classic hero's journey goes, you have to get inside the belly of the whale. **There (and only there) you will find the door to the unpredictable pieces of life that are patiently waiting for you on the other side of your pain.**

So.... **Understand** your heart is broken. **Recognize** why it's broken.

Touch the grief. **Move** towards the epicenter of your grief, as it's the only path to the other side of your pain. Please remember the grief you're experiencing is yours and you can carry it with you for as long as you like. Let go of it only when you feel ready enough and if you never feel ready that's okay. Navigating through grief is unpredictable, dangerous terrain. You don't have to do it alone. Seek out supports.

Lorri Penner at Nord-Bridge specializes in grief recovery. Make an appointment to see her. As always if you, or someone you know is experiencing abuse, please give me a call. LEARN office (403) 394-0306.



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OUTREACH REPORT

Val Arkinstall, Outreach Coordinator

It was certainly SPRINGTIME IN THE ROCKIES right here at your Friendly Centre with a Hee Haw good time with LOS GRINGOS, a very popular group that everyone



enjoys. An attendance of 84 in groups, 20 walk ins, 3 entertainers, and 17 happy-go-lucky volunteers.

It was great to see everyone who donned their favorite decorated spring hats. The program saw clapping, and dancing to the honky-tonk tunes like "The Hockey Song" by Stompin' Tom Connors,



"Folsom Prison Blues" by Johnny Cash, songs by Elvis, and many more. There were five prizes won by clients from Da Capo, Quest, Alberta Rose, West Highlands and Ability-Nike. Thanks to volunteer



Isabel Hewko whom donated her decorated hat as a prize. The Easter lily was donated by yours truly to celebrate EASTER.

Next up is our Indoor Garden Tea Party with entertainer, Vicky Klassen and friends on Monday, May 13th which will be our last one until September so mark your calendars, phone in and we will put your name down. Thanks to all the volunteers who make this program a huge success.



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ATTENTION MEMBERS

The Craft Boutique is looking for donations. If you are spring cleaning and come across yarn, fabric or craft supplies that you think you no longer need and they can use, please drop them off between 9:00 a.m. and 3:00 p.m. Monday through Friday.

Thank you.

SPRING

by Doreen Taylor

My lady spring has been delayed
Jack Frost is still the king
Along the road she's been waylaid
Our long awaited Spring
Let us hope she'll soon arrive
With breezes warm that melt the snow
Old mother earth will come alive
And things will start to grow
Come now Spring, hide your face no more
Chase away those cloudy skies
Let that glorious sunshine pour
Come forth and let your beauty fill our eyes



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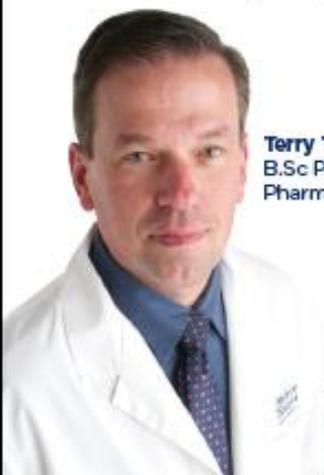
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Pharmacist



Chad Baker
B.Sc Pharm
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Owner

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

I'd like to share some recent stats with you from the beginning of 2019 to April 17. I just want to let you know the City of Lethbridge Real Estate markets is still very active and strong!

Single Family Homes Sold So Far - 302
Single Family Active Listings - 541
Single Family Average Cumulative Days On Market - 106

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EUCHRE REPORT

Rodney Foster, Convener

Our Euchre Tournament is on May 22nd from 9:00 a.m. until 3:00 p.m. I would like to thank the following vendors for their generous support: Tim Horton-Northside, London Drugs, Humpty's, Savers, Salon Ninteen04, Servus Credit Union, Sandy Toes Foot Care and The Medicine Shoppe at Nord-Bridge. Also to our President, Bob Tarleck and all the Euchre players who donated.

June, July and August the key will be at the front desk so you can play all summer.

Thank you also to Donna Takeda for doing lessons and Anne for helping to set up. Hope you all have a great summer!

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Tuesday(s) September 10, 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.

CHAIR YOGA with Melanie Hillaby - Spots still available.
Please speak with Ashley Kern for more details

Nord-Bridge Seniors Centre 2019 Seniors Week Activities

Monday, June 3rd

- Jam Session -Nord-Bridge Dunford Diner
 - o 9:30 a.m. - 12:30 p.m.
 - o This event is FREE for Members, Non-Members -\$2.00 and is open to the public.
- **Wilson Middle School- Intergenerational Program 2:30-3:30 Multi-Purpose Hall**

Tuesday, June 4th

- Toonie Pancake Breakfast- Nord-Bridge Dunford Diner
 - o 8:30 a.m. – 10:30 a.m. \$2.00 per person, Open to public
- Richard & Deborah Popovich- Multi-Purpose Hall of Nord-Bridge Seniors Centre
 - o 1:30 p.m. Multi-Media Variety Show
 - o \$25.00 per person, Open to public Contact 403-329-3222 ask for Val



Wednesday, June 5th

- Monthly Breakfast Buffet- Dunford Diner
 - o This event is open to all from 8:30 a.m. - 10:30 a.m. Cost is \$8.00.
- **Fun Darts Tournament- Multi-Purpose Hall**
 - o From 1:00 p.m. - 4:00 p.m. This event is FREE, there will also be prizes. Please sign up at the Reception Desk. For more information ask for Ashley.

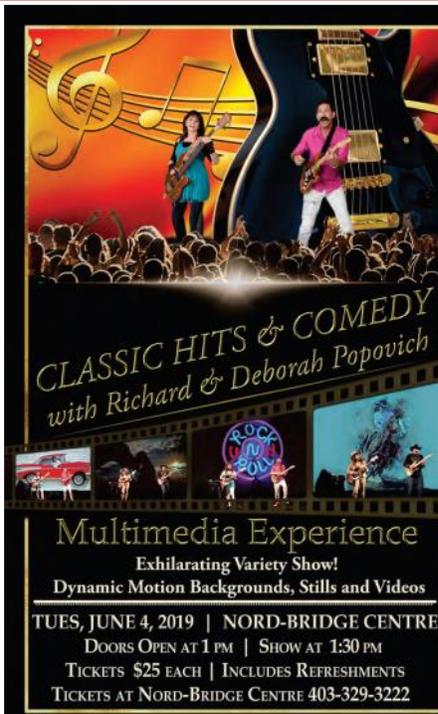


Thursday, June 6th

- Annual BBQ Picnic- John Martin Recreation Picnic Area in Pavan Park (River Bottom)
- 11:00 a.m. - 3:00 p.m. members and invited guests only. Entertainment by the Nord-Bridge Jammers.
- \$6.00 per person. Tickets Available at the Reception Desk.

Friday, June 7th

- Friday Bingo – Multi-Purpose Hall
 - o This event is open to all – please note our BINGO program is a cash bingo (licensed with Alberta Gaming) so there are costs associated to play this activity. There will be prizes as well.
 - o 1pm- 3pm
- Nord-Bridge Jammers - Multi-Purpose Hall.
 - o Evening jam session from 6:30 p.m. - 10:00 p.m. Tickets are \$5.00 each which includes cake, coffee, and juice and are available at the Door.

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TRAVEL

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

ROAD REPORT

I am pleased to report we had another successful time travelling. A small group enjoyed the Centre's fundraiser—Old Favourites (7). Mystery trip #3 destination was the Stavely museum where they were able to experience all kinds of interesting items. Our first time adventure to the Grey Eagle Casino in Calgary for gambling and playing was a huge success with 42 people travelling up to

Calgary on the luxury Carefree bus. Many thanks go out to Jim, Lucy and Carefree Bus Lines

MYSTERY TRIP # 4

Thursday, May 16, 2019

Destination- ?????????? - Cost \$10 (Incl. bus)

Bring your picnic lunch for the first stop and then on the destination. Bus will depart Centre at 10:45 a.m. and E.T.R. 3:00 p.m.



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 .

TRIPS THIS SUMMER

1. **Thursday, June 20th** - Mystery Trip #5
2. **Tuesday, July 9th** - Seniors Day - Calgary Stampede Trip. We need 12 for our smaller bus or 38 for the larger bus. We need names by June 1st.
3. **Thursday, July 11th** - Mystery Trip #6 A NEW DESTINATION
4. **Tuesday, July 23rd** - Heritage Park, Calgary
5. **Wednesday, July 31st** - A summer picnic to Lundbreck Falls
6. **Thursday, August 15th** - Mystery Trip #7
7. **Thursday, August 29th** - Glenbow Museum, Calgary

***** WE NEED NAMES AT LEAST 1 MONTH BEFORE DEPARTURE DATE SO ARRANGEMENTS CAN BE MADE. THANK YOU from Val/Maria**

Coming in the Fall – Stettler Train Trip (overnight) – September 26-27 and River Cree Casino – Edmonton; October 27-29; Rose Bud-Christmas; November 7th; Canmore Chocolate Factory – Thursday, November 28/19



COME JOIN US

COST: \$225 (DBLE. OCC.)
SINGLE OCC. - \$325. The cost will include the bus and accommodation. We are almost sold out. We are pleased that we have a few spots left. Please call for price list and you can book in advance. We have lots of golfers so hopefully tee times have been booked. Our side trip is confirmed for Monday going to Kimberley. PAYMENT is DUE NOW. Your itinerary will be available May 15th.

SOLD OUT

Tuesday, May 14th – Aspen Crossing- Mossleigh for lunch on the train and a walk about the green house and the gift shop. COST: \$225. **SOLD OUT** Buy own lunch. SORRY SOLD OUT

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, May 8th and 22nd**

COST \$3



THANK YOU MARIA FITZPATRICK AND ALBERTA'S NDP For the Generous Donation To Nord-Bridge Seniors Centre From the Ceili Fundraiser



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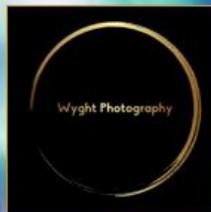
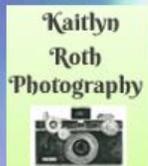
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