

NEWSLETTER

JULY

2019

Seniors Week 2019 - BBQ Picnic At Pavan Park



More
Pictures
inside

"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, Yoga, Somatics
Tai Chi
Gentle, Chair, Stability Yoga
Fitball/Exercise With Arthritis
Evening Pound, Zumba Gold
Fitness 55 Club
Meditation

Rob Grisak*, Board Rep

Melanie Hillaby
Christine Curteanu
Melanie Hillaby
T. J. Dunn
Sheila Mulgrew
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
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

"Keep your face to the sunshine and you cannot see the shadows."

Hellen Keller



New Seniors Minister Visits Nord-Bridge

On June 4th Nord-Bridge welcomed the Honourable Josephine Pon, the recently appointed Alberta Minister of Seniors and Housing, to our Seniors Week breakfast. Building relationships with key government officials with responsibilities for senior services is a core goal for your Board. Newly-elected Lethbridge East MLA, Nathan Neudorf and Lethbridge Member of Parliament, Rachel Harder, both attended our Father's Day pie auction, as did former Lethbridge East MLA, Maria Fitzpatrick. The auction has been an annual financial success story for Nord-Bridge. Many thanks to all who bought pies, especially Dave Green. Thanks as well to our creative kitchen staff and our tireless volunteers.

People Who Make Things Happen at Nord-Bridge

People make a difference at Nord-Bridge. Program Coordinator Ashley Kern, for example, has worked hard to expand our fitness, social, and wellness programs. Thanks to Bill McTighe and Reg Prawdzik for supervising the bar at various events. Thanks to Woody Neely and Billy McTighe for helping out at the Alzheimer's Fund raising event and for assisting at many Nord-Bridge events as well. Thanks to Helen Gepneris for chairing the important Go-Friendly Committee. Thanks to all those who helped organize the Elder Abuse Sock-Hop and the always popular Canada Day Barbecue.

At Nord-Bridge Summer is for Planning

During the summer months the pace is understandably a little slower at Nord-Bridge, thereby allowing us to undertake in-depth planning for next fall's activities. And that planning has already begun. One committee will meet in early July to finalize plans for the President's Dinner and Auction scheduled for mid-September. The summer respite will also allow us to review our growing recreation, crafts, and personal support programs. We will also consider how we might fine tune our funding requests to the City of Lethbridge. Moreover, given the unique status of Nord-Bridge as a member-owned Centre built on a private sector model, we will of course be considering how we might more effectively liaise with municipal, provincial and federal officials responsible for working with seniors. And you thought summer was a season for relaxation. Happy summer, everyone! And don't forget to drop in over the summer months for card games, fitness classes, craft activities, tasty lunches, and great conversations.

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

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

Helena Roche
John Roche
Daniel Braun
Mike Jarvis
Janet Jarvis
Bob Boschman
Marg Boyd
Pat Erickson
Mary Smith
Anonymous (1)



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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RACHAEL HARDER
MEMBER OF PARLIAMENT

SUMMER EVENTS CALENDAR

- | | | |
|--|---|---|
| July 6th at 11:00am
Coaldale Candy Parade | August 10th at 11:00am
Coalhurst Miners' Days Parade | August 19th from 7:00-10:00am
Rachael Harder Pancake Breakfast |
| July 20th at 11:00am
Nobleford Parade | August 17th at 11:00am
Jamboree Days Parade | August 20th at 10:00am
Whoop Up Days Parade |

255 8TH ST S, LETHBRIDGE 403.320.0070 RACHAELHARDER.CA



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

The Four stages of Life

1. You believe in Santa Claus.
2. You don't believe in Santa Claus
3. You are Santa Claus
4. You look like Santa Claus



Excerpt from "A Time to Laugh" website



LORRI'S CORNER



Summer is finally here! I don't know about you but it sure felt like it took its sweet time to arrive! June was a very busy month with Seniors Week and also World Elder Abuse Awareness Day (WEEAD). Elder Abuse is more common than we realize and to bring awareness to this very real and disturbing occurrence is so important. Thank you to all who came to the WEEAD Sock Hop, showed some dance moves and had fun! If you are concerned about the safety of a senior and suspect there may be some form of abuse happening, I encourage you to call Joanne, the LEARN Case Manager at 403-394-0306, your name will never be shared to anyone. If you would like information about LEARN, I have brochures and Joanne is here monthly. *Please* don't turn a blind eye if you see something, please make the call and report it.

Over the last 8 weeks I have been facilitating the COMPASS for the Caregiver program to some incredible caregivers! I was surprised to learn that caregivers save the government over 25 BILLION dollars ANNUALLY in unpaid labour. Most of us are, have been, or will be a caregiver at some point and the hours and days are long, can be a challenge and also very lonely. If you know a caregiver, let them know you see them, offer to give them a hand with a chore or even something to give them a small break; this is a gift that can change their day. If you are a caregiver and are interested in taking this program, I am making an interest list for a fall COMPASS group. I will need at least 5 people to run the group, so tell caregivers you know also.

A few weeks ago a very special lady in my life died and although she was nearly 95, I was still saddened by her death. She cried tears of joy at my wedding, watched my babies when their siblings were being born and loved us all unconditionally. Sadly, due to her declining health and my increasing busyness with work, I wasn't able to spend as much time with her as I wanted. Some of you have attended the Grief Recovery Program I offer here and know that sometimes memories can sustain us as we mourn and grieve our losses. I am personally grateful for the Grief Recovery Program which has allowed me to learn how to navigate the losses in my life past and present. I will be offering another 8 week group in September and encourage you to consider attending. There are over 43 losses in life that we can experience, and this program works for all kinds of loss. We were never taught how to lose someone or something. If you want more information about the 43 losses or the program, please come see me.

Finally, at some point this month, although my schedule outside my doors says I should be here, I won't be. My youngest daughter is having her second baby in July and this Nana has been told I need to be there. How can I say no? I am so excited to meet grandbaby #7! If I am not here and you are faced with an issue that requires immediate help, email me at

My July Schedule:

lpenner@nordbridgeseniors.com and I will get back to you as soon as I can. Until next month, enjoy the sun, take care of yourself and your neighbour and smile at a stranger. Yours may be the only smile they see.

July 2019				
M	T	W	Th	F
	2	3	4	5
8	9	10	11	12
15	16	17	18	
22	23	24	25	26
	30	31		

Lorri Penner, BSW, RSW
Member Support Coordinator



**Tax
Volunteers
Luncheon**

Thank you
To the
Seniors
Helping
Seniors
Tax
Team
Who
Processed
Over
1,500
Taxes
From
March 1
To
April 30
2019



Happenings at Nord-Bridge

**LETHBRIDGE WHOOP UP TOONIE PANCAKE
BREAKFAST**

**\$2 includes pancakes, sausages, coffee and juice
Wednesday, August 21st, 2019**

8:00 a.m. - 1 1:00 a.m.

LIVE ENTERTAINMENT

Everyone Welcome!

**THIS IS NOT CHRISTMAS IN JULY
IT'S ST. PATRICK'S DAY IN AUGUST**

Celtic Routes with Multi-Media Experience

Dancing and Snack

Wednesday, August 21st 2019

Licensed
Event

7:00 p.m. - 9:30 p.m..

Tickets \$20

Members &
Invited Guests

EXECUTIVE DIRECTOR'S REPORT

Greetings Members,
Last month during Seniors Week (June 4th) Nord-Bridge had the honour of welcoming the new Minister of Seniors and Housing the Honourable Josephine Pon. Minister Pon, visited Nord-Bridge during our pancake breakfast and met with members in the dining room. Nord-Bridge President Bob Tarleck and I had the privilege of tour-



ing Minister Pon and showcasing our great seniors centre. We were able to highlight the challenges we face and successes we have accomplished. I was also invited to attend a community stakeholders meeting with Minister Pon later that morning. Minister Pon, was able to hear about the challenges and opportunities seniors and their caregivers

in Lethbridge are facing. Issues from housing to social services for seniors were discussed. Of note, Minister Pon mentioned active seniors who are healthy save money on health care. This bodes well for all the programs and activities Nord-Bridge provides to seniors that encompass a social, healthy and active lifestyle.

I would like to extend a thank you to the Rocky Mountain Cloggers Association for their \$1,600 donation to Nord-Bridge. The Rocky Mountain Cloggers donation comes as they wind down their organization. Thank you for entertaining and providing clogging instruction to the Southern Alberta community over the years.

Donations of all kinds are important to Nord-Bridge. Member donations to our Building Fund largely contributed to the ability to pay for Nord-Bridge in 12 short years (2001 - 2012). If you're able to donate, please make a donation at the Front Reception Desk. Charitable tax receipts are available for donation amounts of \$25 or more. Building fund donations allow Nord-Bridge to meet the required 50/50 matching funds for Municipal, Provincial and Federal grants. Priority Building Fund issues are replacement of the 16 aging HVAC units and upgrading our fitness equipment. Your donations are recognized in our monthly Newsletter as well as our Building Fund Donor board located in the hallway outside of the Dunford Diner.

David Ng

Executive Director



Prosthetics - Orthotics - Bracing

#20, 320 41 St S
Lethbridge, AB
Tel: (403) 381-9501
Fax: (403) 381-4541
www.adaptivetechnologies.ca

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



From the Desk of Val

How time is flying by as we all are thinking about the lazy, hazy days of summer. Life continues to move on at the Friendly Centre as we had a busy June with Seniors Week activities. Thanks to Ashley for organizing a fun week. Thanks for another great Pie Auction fundraiser. It was a success raising \$2,530.00. My thanks to the members who took time to make phone calls, to Judy Cartwright, Susan Faust, and Jim Edwards for making sure all pies were wrapped and labeled for the auction. Thanks always to Dean Oseen and Dick Indenbosch, his helper, in auctioning off 75 scrumptious pies. Thanks also to Maria Lisun and Helen Gepneris for collecting the money. Many thanks to Dayna our Chinook Life Care tenant who made seven amazing pies. This fundraiser is always a fun time so mark your calendars for next June. Proceeds will go toward Outreach programming which gets seniors who are alone in their own homes or in senior facilities out in a friendly environment once a month.



At the Front Reception Desk, we are down to a slower pace. The summer months allow us time to do housekeeping chores. The Centre remains open Monday – Friday; 8:30 a.m. – 4:30 p.m. for coffee, lunch and chit chat with good friends. Continue to stay fit and alert as our recreational activities are here for you. We welcome everyone and your guests visiting you this summer as the coffee pot is always on!

We welcome Getaway Vacations who were here during the Seniors Week Pancake Breakfast. We look forward to working with them so leave your name for destinations for example: Moose Jaw/Spa/Casino/ Cappone Tunnels etc. hopefully in April 2020.

In closing we have many travel outings to enjoy in the summer months so check out the travel board and follow up in the Newsletter for trips you want to sign up for. Just getting out and hopping on our bus is worth it because it is fun and enjoyable. Also just a little reminder for all Go Friendly bus riders, if you cancel the bus for the summer months, please remember to call in when you want to start taking the bus again in the fall.



Enjoy July relaxing on your patio with a cool drink and stop by to say hi if you are not travelling. Keep HEALTHY, BE SAFE and STAY FIT. Cheers

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.

Call us today for your complete denture care needs



Giving you something to smile about!

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(403) 327-7244 • Toll Free 1-877-467-2251

LH Life Time Highs		www.lifetimehighs.club	
LH Time Highs Corp.		587-223-0203	
cathymunro@lifetimehighs.club		~ Traveling Together ~	
Moose Jaw, SK	Sept 16 - 19, 2019, Sights, Shopping & More	\$475 pp/dbl	
Winnipeg, Mb	Aug 11 - Aug 17, 2019, Casino Package	\$820 pp/dbl	
	Aug 11 - Aug 17, 2019, Adventurer Package incl Casino	\$1015 pp/dbl	
Deadwood, SD	Sept 29 - Oct 5, 2019, No rules, no regrets	\$665 pp/dbl	
Coeur D'Alene, ID	Oct 25 - 28, 2019, w 2 days Spokane Shopping	\$415 pp/dbl	
	Dec 1 4, 2019, Spokane Shopping & Xmas Light Cruise	\$415 pp/dbl	
Edmonton, Ab	Jan 19 - 21, 2019, River Cree and West Ed. Mall	\$285 pp/dbl	
Bonnars Ferry, Id	Feb 2 - 5, 2019, Super Bowl Action	\$385 pp/dbl	
Yellow Stone	Jun 21 - 27, 2019, Old Faithful, Sightseeing	\$ Call	
China	April 6-23, 2020 Shanghai, Beijing, 18 days	\$5300 pp / dbl	
All Inclusive - Airfare, visa, tips included Shanghai, Beijing, Great Wall, Tiananmen Square, 4 day/luxury Yangze River Cruise Ship with Outboard Cabins & Balconies, Bullet Train, Panda Research Center, Silk, Pearl and Jade Factories with shopping, Western or Chinese Cuisine Options and More			
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)

Mimi Edwards \$159.00, May 29, 2019

MONTHLY 50/50 TOONIE DRAW

Nord-Bridge holds a "Monthly 50/50 Toonie Draw" on the third or fourth Friday of each month. Members do not have to be present to win. The Nord-Bridge share of proceeds is dedicated to Programming.

TO PLAY:

1. Fill out an envelope at the draw desk in the Dunford Diner.
2. Drop \$2.00 into the envelope and deposit it into the Draw Box.
3. Come out to lunch on "draw day" to see if you are the winner. The more times you enter, the more chances you have of winning!



RECENT WINNERS

Paul Johnson \$344.00 on May 24, 2019

Next Draw July 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

- June 3 John Herbison \$36 / Anonymous \$36
(Donated Back)
- June 10 Earl Hall \$37 / Vic Winters \$37
- June 17 Karen Trainer \$33 / Betty Alexander \$33
- June 24 Kaye Ek \$37 / Anonymus \$39
(Donated Back)

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

Seniors Week BBQ Picnic 50/50 Winners

John Johnson \$100 / Bill Geddes \$100

Excerpts from "A Time to Laugh" website:

Reporters interviewing a 104 year old woman: "And what do you think is the best thing about being 104? The reporter asked. She simply replied, "No peer pressure."

The Senility Prayer: Grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference.



NORD-BRIDGE BUILDING FUND RECENT DONORS

Frank Deane \$200 Connie French \$100

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2019 through June 21, 2019: **\$9,845**



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 \$ 2,148,956

Still needed by N-B Fundraising \$ 351,044

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 \$7.50 Lunch Features

- July 5 Chimichanga with rice and refried beans
- July 12 Steak Fajita with rice and salad
- July 19 Liver and Onions with mashed potatoes, gravy and veggies
- July 26 Cabbage Rolls with mashed potatoes and salad

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

JULY



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 CENTRE CLOSED</p>  <p>Happy Canada Day</p>	<p>2</p> <p>8:30 Golf (Evergreen - members only) 9:00 Combo Pound 55+ 10:00 Gentle Yoga 11:15 Chair Yoga/Somatics 12:45 Canasta 1:00 Texas Hold'em 1:00 Norwegian Whist 1:30 SCRABBLE 3:00 Exercise with Arthritis 5:15 Evening Pound with Sheila</p> <p>2:00 Bocce Ball at Norbridge Lions Park</p>	<p>3</p> <p>8:30 Breakfast Buffet 10:00 Carpet Bowling 10:45 WINNERS BINGO 1:00 Darts 1:00 Euchre 1:00 Quilt/Kraft 3:00 Advantage Hearing By appointment (Bdrm) 3:00 Fitball 7:00 Table Tennis</p>	<p>4</p> <p>8:30 Golf (Evergreen - members only) 9:00 Floor Curling 1:00 Hand & Foot (Diner Annex) 1:00 Duplicate Bridge 1:00 Trump Whist 1:00 Woodcarving</p> 	<p>5</p> <p>10:00 Intro to iPads & Tablets 10:00 Carpet Bowling 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p> 
<p>8</p> <p>10:00 Floor Curling 1:00 Darts 1:00 Contract Bridge 1:00 Military Whist 1:00 Woodcarving 6:30 Bid Euchre</p> 	<p>9</p> <p>8:30 Golf (Evergreen - members only) 9:00 Combo Pound 55+ 10:00 Gentle Yoga 11:15 Chair Yoga/Somatics 10:45 WINNERS BINGO 12:45 Canasta 1:00 Texas Hold'em 1:00 Norwegian Whist 1:30 SCRABBLE 5:15 Evening Pound with Sheila</p> <p>2:00 Bocce Ball at Norbridge Lions Park</p>	<p>10</p> <p>9:45 Out & About + after TOO 10:00 Coffee With a Constable 10:00 Carpet Bowling 10:45 WINNERS BINGO 1:00 Darts 1:00 Euchre 1:00 Quilt/Kraft 7:00 Table Tennis</p> 	<p>11</p> <p>8:30 Golf (Evergreen - members only) 9:00 Floor Curling 1:00 Hand & Foot (Diner Annex) 1:00 Woodcarving 1:00 Trump Whist 1:00 Duplicate Bridge</p> 	<p>12</p> <p>10:00 Carpet Bowling 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p> 

15
 10:00 Floor Curling
 1:00 Darts
 1:00 Military Whist
 1:00 Woodcarving
 1:00 Contract Bridge
 6:30 Bid Euchre



16
 8:30 Golf (Evergreen - members only)
 9:00 Combo Pound 55+
 10:00 Gentle Yoga
 11:15 Chair Yoga/Somatics
10:45 WINNERS BINGO
 12:45 Canasta
 1:00 Texas Hold'em
 1:00 Norwegian Whist
 1:30 **SCRABBLE**
 5:15 Evening Pound with Sheila

2:00 Bocce Ball at Norbridge Lions Park

17
10:00 LEARN (Elder Abuse Network)
 10:00 Carpet Bowling
10:45 WINNERS BINGO
 1:00 Darts
 1:00 Euchre
 1:00 Quilt/Kraft
 7:00 Table Tennis



18
 8:30 Golf (Evergreen - members only)
 9:00 Floor Curling
10:00 Lethbridge Hearing By Appointment
 1:00 Hand & Foot (Diner Annex)
 1:00 Woodcarving
 1:00 Trump Whist
 1:00 Duplicate Bridge



19
 10:00 Carpet Bowling
1:00 In-House Bingo
 1:00 Contract Bridge
 1:00 Crib



22 & 29
 10:00 Floor Curling
 1:00 Military Whist
 1:00 Woodcarving
 1:00 Contract Bridge
 1:00 Darts
 6:30 Bid Euchre



***23 & 30**
 8:30 Golf (Evergreen - members only)
 9:00 Combo Pound 55+
***9:00 CANASTA TOURNAMENT**
 10:00 Gentle Yoga
 11:15 Chair Yoga/Somatics
10:45 WINNERS BINGO
 12:45 Canasta
 5:15 Evening Pound with Sheila

2:00 Bocce Ball at Norbridge Lions Park

* Norwegian Whist and Scrabble cancelled today
 *Evening Pound cancelled today

***24 & 31**
***9:45 Out & About + coffee 700**
***10:00 CNIB - Vision Loss Presentation**
 10:00 Carpet Bowling
10:45 WINNERS BINGO
 1:00 Darts
 1:00 Euchre
 1:00 Quilt/Kraft
 7:00 Table Tennis



25
 8:30 Golf (Evergreen - members only)
 9:00 Floor Curling
 1:00 Hand & Foot (Diner Annex)
 1:00 Woodcarving
 1:00 Trump Whist
 1:00 Duplicate Bridge



26
 10:00 Carpet Bowling
1:00 In-House Bingo
 1:00 Contract Bridge
 1:00 Crib



 ***TOONIE DRAW**

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- 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)

- CENTRE CLOSED JULY 1ST FOR CANADA DAY
- JOANNE BLINCO OF LEARN (Elder Abuse Network) THIRD WEDNESDAY OF EVERY MONTH, 10 - NOON, IN THE BOARDROOM (NEW LOCATION)
- SHOPPING TRIPS TO WALMART: WEDNESDAY, July 10 & 24, 2019
- WINNERS BINGO: July 3, 9, 10, 16, 17, 23, 24, 30 and 31, 2019
- FOOT DOCTOR: DR. SCHOW NOW AT 10:30 AM. FUTURE DATES: AUGUST 21, 2019, OCTOBER 16, 2019 (NOW \$15)



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Programmer's Report by Ashley Kern

June was quite a busy month to say the least! We had Seniors Week the first week of June and had a blast with serving around 160 members at the Annual Seniors Week BBQ Picnic down at Pavan Park. We also for the first time, had Wilson Middle School come in for an hour long games session one afternoon with our some of our members. This is always a great intergenerational program for both parties learning and interacting with each other.



We also hosted a Sock Hop presented by the Lethbridge Elder Abuse Response Network for National Elder Abuse Awareness Day. We all had a great time dancing and appreciate everyone who came out to support this tender topic! Since we are closed on Monday, July 1st for the Canada Day holiday, we ended off June right with our Annual Canada Day BBQ, with lots of great summer food, drinks, and prizes, thanks to MP Rachel Harder, Lethbridge Twinning Society and Nord-Bridge Seniors Centre, and for everyone who came out to celebrate being Canadian.

For this month, we have most instructors taking some much deserved time off for the summer. We have the Summer Programs kicking off Tuesday, July 2 with a NEW addition to the Nord-Bridge team, Sheila Mulgrew, who is teaching an Evening POUND® class (ages 18+) starting Tuesday, July 2 at 5:15 PM, as well as a September Zumba® GOLD morning class. She will also be taking over for some of Melanie Hillaby's POUND® 55+ classes! We are excited to bring in some new blood for our popular centre! The Nord-Bridge Jammers will be taking off July and August and will return in September, thank you for your continued dedication and music variety to Nord-Bridge every Monday!

Important dates coming up include:

Our Annual Toonie Whoop-Up Pancake and Sausage Breakfast on Wednesday, August 21st from 8:00 a.m. - 11:00 a.m. in the Multi-Purpose Hall of Nord-Bridge. Cost is \$2.00 for pancakes, sausage, juice and coffee and all the fixins'! This August will also be the first time Nord-Bridge will be in the Whoop - Up Days Parade, Tuesday, August 20, so watch out for more information closer to the date!

The Fall Program Booklet will be published on **Monday, August 19** and as well our NEW two day registration on, **Monday, August 26 and Tuesday, August 27 starting at 9:30 am.** For more information please find the Summer Program beside the Front Reception Desk, or ask for me. Until then, have a great summer and stay happy and healthy!



Ashley



CONDOLENCES TO...

...Family of Ed Parsons on his passing; to the family of Helen Beatty on her passing; to Dianne Setoguchi on the passing of her husband Bob Ferris; family of Frieda Mikalson on her passing and the family of Ron Larsen on his passing...

GET WELL & HEALTH WISHES TO

...Evelyn Polczer on her surgery; Sheila Urban in the hospital; Rod Sauter who is at home; Bob Thole who is at home; Melvin Horn who is in the hospital; John Hanam for his recovery...



**Thursday
June 13th**

Thank you to the Network and the volunteers

World Elder Abuse Awareness Day



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Seniors Week 2019 - Minister Pon Visit



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Wilson Middle School was here during Seniors Week for an inter-generational program to spend time with some of our Nord-Bridge seniors



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Seniors Week 2019 - BBQ Picnic At Pavan Park



Seniors Week 2019—Fun Darts Tourney



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

How Is The Lethbridge Real Estate Market?
 Here Are A Few Quick Stats From The Lethbridge And District Association Of Realtors As Of May 31, 2019

Single Family Homes Sold in 2019 - 507+
 Single Family Homes Sold in 2018 - 486
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Upcoming **FREE** consultation dates:

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.

FORE! Golf season has



started. Join us every **Tuesday & Thursday at 8:30 a.m.** (weather permitting). We tee off at **Evergreen Golf Center, 5225 - 24 Avenue South (on the Coutts Highway)**. Green Fee is \$9.00 for nine holes. This program is for Nord-Bridge Senior Centre members only. If you would like to play, meet us at the course.

Kaye Murphy, Convener

BOCCE BALL season has started. The lines have been painted at the Norbridge Lions Park on 13 Ave. N. & 16 Street N. where they will play on **Tuesday afternoons at 2:00 p.m. starting June 4, 2019**. There is a registration list at the Front Reception Desk but there is still room for more members. Please contact **Diana Neal or Ashley Kem at Nord-Bridge Seniors Centre** if you would like to register.

Thank you!



Social Activities

By Elaine Molyneux



FATHER'S DAY LUNCHEON

Pies, pies and more pies for a total of 75. What a great ending to our Father's Day Luncheon. A great big thank you to all those who donated



pies and all those who gave so generously to support our Centre and the Outreach program. Another big thank you to the hard working auctioneers, Dean



Oseen and Dick Indenbosch for picking your pockets so well. Our dignitaries were MP Rachael Harder, MLA Nathan Neudorf and Maria Fitzpatrick. Thank you for supporting us. Thank you to our hard working cooks and staff for a great roast beef dinner with all the trimmings. We are grateful to Mike Bennett for leading the prayer, Bob

Tarleck for hosting and Yvonne Nelson for the lovely music. Last but certainly not least a big thanks to our hard working servers for a job superbly done. I am wishing everyone a safe and happy summer.



Thank you for all of your support and see you in the fall.





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



TRAVEL

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

ROAD REPORT

We had a busy June with Seniors Week activities including our picnic in Pavan Park and it was fun. Thanks to our Go Friendly driver, Dave for his time in transporting members in the bus down to Pavan Park. The annual fishing trip derby to Pincher Creek did not go this year. We have gone for many years and it was disappointing not to have this trip go so we will not be planning for it next year. Mystery Trip #5 was a true mystery trip along with

a mystery bagged lunch that ended up in Granum for a tour. **There are still seats available to go to the Calgary Stampede on July 9th. Sign up at the Front Reception Desk.** The Calgary Heritage Park trip sold out very quickly. This is the first year we are offering a summer picnic out to Beauvais Lake with food supplied by Chef Samantha. Hope you've signed up!. Mystery Trip #6 is also sold out!. We welcome our new Nord-Bridge driver Ricardo Berner. Thanks also to Carefree Bus Lines and Ashley Kern for driving.

MYSTERY TRIP # 7

Thursday, August 15, 2019

Cost \$ 13 (Inc. bus & tour) Enjoy lunch at a peaceful destination and after lunch enjoy a tour of another interesting place. There's a little walking at your pace.



Thursday, August 8th - A journey up Highway 2 to Okotoks to the Saskatoon Farm for lunch and then on to the Chinook Honey Farm for a Honey Bee Tour and shop in their boutique store for tasty honey and other unique gifts. Member Cost: \$51 Non-Member Cost: \$76 (Incl. Bus & Tour). Buy your own lunch.



Grey Eagle Casino - Back by popular demand. Monday, August 26, 2019 for gambling and Bingo. Member Cost: \$40 Non-Member Cost: \$65 (Inc. luxury bus & lunch) A \$2 gratuity will be collected ahead of time. We are taking names and money now at the Front Reception Desk.

OTHER TRIPS

FALL AUTUMN COLOUR - STETTLER TRAIN

Overnight trip September 26-27th. Member Cost: \$250 (Double Occ.) or \$300 (Single Occ.) Non-Member Cost: \$275 (Double Occ.) or \$325 (Single Occ.) per person. **COST WILL INCLUDE:** Accommodation, train ride, meal on train, Royal Tyrell Dinosaur Museum admission. You will be responsible for Thursday lunch and Supper and Friday supper on the way back home. Accommodation will be in the Super 8 Hotel with a continental breakfast. Now taking names with a deposit on sign up.

THURSDAY, NOVEMBER 7th

ROSEBUD THEATRE - A CHRISTMAS STORY

Member Cost: \$110 Non-Member Cost: \$135 (Inc. Bus, Show and Meal). Now taking deposits. Final payment due October 7, 2019

We have a NEW TRAVEL COMPANY – Getaway Vacations was here at our recently held Seniors Week Pancake Breakfast and we will be taking bookings for the trips they plan. For each person we sign up – Nord-Bridge will receive back a commission fee of 5%. Sometime next April – we will look at this group to organize a MOOSE JAW SPA-CASINO TRIP. Leave us your name if you are interested.

River Cree Casino - Edmonton - October 27 to 29: MEMBER COST: \$220 (Dble Occ.) \$320 (Single Occ.) This cost includes bus and accommodation. River Cree shuttles available to West Edmonton Mall. Passengers will receive slot machine and meal vouchers. A deposit is required on sign up. Balance will be due on September 27, 2019.

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, July 10th and 24th**

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BLAST FROM THE PAST: "Report '92—The Lethbridge Herald" Booklet

Page 80

COMMUNITY REPORT '92

Nord-Bridge membership tripled

Senior centre opts to raise own funds

By TRISH BRAYNE
Of The Herald

The Nord-Bridge Senior Centre was founded in June, 1978 and incorporated as a non-profit charitable association in April 1980.

Founders were a group of about 98 northside seniors interested in having a drop-in centre where seniors could create their own courses or take those offered by Lethbridge Community College, inexpensively.

Before it moved into the Bill Kergan Centre on 13th Street North, April 1, 1984, Nord-Bridge seniors met in various locations.

Executive director Shirley Saillian says the organization obtained funding, with the Westminster Community Association, to build the Westminster Community Hall.

"But the NBS decided they wanted their own centre and lobbied the city for room in the Bill Kergan centre," says Saillian.

"Nord-Bridge was one of the first agencies to move into this facility."

Many founding members are still involved in the centre's activities. Saillian says NBS membership, now 300 paid members, has grown over the years and rents extra space in the Bill Kergan building.

"We are working with the city to take over even more space this year," says Saillian.

Caught in the economic crunch, Nord-Bridge sees its City of Lethbridge funding cut by 50 per cent with a further 50 per cent in 1993.

"So we're going to go it alone," says Saillian.

She says the organization will continue to receive free rental of the city-owned building.

Saillian says fund raising is an ongoing issue faced by the association.

In her written brief history of the organization, Saillian says because Nord-Bridge is a local organization specifically geared to address the interests and needs of northside sen-

iors, programs and activities are "in many ways unique."

"Seniors who become members also become volunteers, providing the 'work force' under the competent direction of a board of directors, executive and executive director," says Saillian.

The centre employs a staff of three. Committees, all of which include a members of the board of directors, include social and recreation, finance, kitchen, and travel.

There are a number of educational programs offered by the NBS in conjunction with Lethbridge Community College, Canadian Mental Health Association and other agencies.

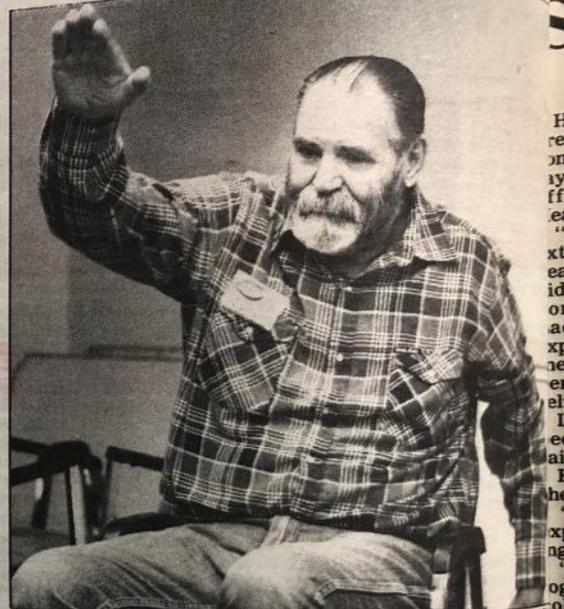
Programs, including Seniors Teaching Seniors and Elder Abuse were facilitated by the Lethbridge Public Library.

In 1990 the N3S and the Victorian Order of Nurses worked together on a Respite-Outreach and Supported Independent Living Program. The programs run three days a week and are expected to become daily this year.

Luncheons, held monthly, feature guest speakers presenting information pertinent to seniors.

Recreational programs see seniors in timbrels, floor curling, Bridge Club and Early Bird Walking Club.

There are also excursions out of town and to special events.



HERALD PHOTO BY KEVIN COO

JACK BYAN LIMBERS UP DURING EXERCISE SESSION

Classes of a leisurely nature include reflexology, jewelry making and fashion.

Among its many projects, the NBS is taking over the running of the Keep In Touch organization, run by volunteers who telephones shut-ins on a daily basis.

Nord-Bridge is open to seniors 55 and older and this spouses.

The NBS mission statement says:

- To provide and education, recreation and resource facility for seniors.
- Encourage a sense of worth and community spirit among Lethbridge seniors.
- Promote independence among the frail elderly.

Singles clubs flourishing

Lethbridge singles have a variety of choices of clubs to join.

Each offers its own programs of social activities, be it dancing, sports or just coffee and a chat.

Here are some singles clubs in the area:

- Lethbridge Singles Club — 327-2194.
- Network 1 — Terry, 381-8129
- Minus One — 320-9327 or 320-0768
- Singles Today Network — 329-8101 or 329-9323.