

# NEWSLETTER

# JUNE 2019



MOTHER'S  
DAY  
LUNCHEON  
MAY 2019



***"The Friendly Centre"***

**1904—13th Ave. North**

**Lethbridge, Alberta T1H 4W9**

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

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

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

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

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

**BOARD OF DIRECTORS**

**FIRST YEAR**

Helen Gepneris  
Clay Olsen  
Jim Hahn

**SECOND YEAR**

Robert Grisak  
Hugh Gordon  
Kathy Ludwig

**THIRD YEAR**

Donalda Stock  
Marko Bosnak  
Ben Bell

**ADMINISTRATIVE STAFF**

Executive Director  
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

Memberships  
Newsletter  
Newsletter Ad Sales  
Nominations Committee  
Seniors Helping Seniors

**CARDS & BOARD GAMES**

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

Duplicate Bridge  
Norwegian Whist  
Bid Euchre  
Hand & Foot

**EDUCATION**

Acrylic Painting  
Paper Tole  
Wood Carving  
Beginner Watercolor  
Watercolor Club  
Krafters Koffee Klub  
Quilters Group  
Nord-Bridge Card Crafters  
Library  
Mind Joggers

Looking for Winter Shadows and Painting Water Scenes With Watercolour

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

**Hugh Gordon\*, Board Rep**  
Hans & Louise Kochan  
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

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

Donna Gallant

**FUNDRAISING**

**GAMING**

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

**HEALTH & FITNESS**

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

**OUTREACH**

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

**SOCIAL ACTIVITIES**

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

**SPORTS & RECREATION**

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

**TRAVEL**

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

**VOLUNTEERISM**

Building Set-up Volunteers  
Diner Special Events Coordinator

**AFFILIATIONS**

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

**Pat Santa\* (Chair), Pat Santa\*,  
Board Rep, Donalda Stock, Jim  
Hahn, Lorri Penner**

**Pat Santa\*, Board Rep**

Mike Bennett  
Frances Wallace  
Helen Gepneris, Pat Santa  
Judith Beasley  
Vacant

**Rob Grisak\*, Board Rep**

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

**Jim Hahn\*, Board Rep**

Valerie Arkininstall  
Chris Figenshaw  
Valerie Arkininstall  
Vacant  
Valerie Arkininstall

**Helen Gepneris\*, Board Rep**

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

**Kathy Ludwig\*, Board Rep**

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

**Marko Bosnak\*, Board Rep**

Valerie Arkininstall  
Valerie Arkininstall  
Marco Escobar

**Donalda Stock\*, Board Rep**

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

**Clay Olsen\*, Board Rep**

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

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



Alberta Association of Seniors Centres

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

**NEWSLETTER SUBMISSIONS MUST BE RECEIVED BY THE 15<sup>th</sup> OF THE MONTH**

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

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



## PRESIDENT'S REPORT

"Rough winds do shake the darling buds of May. And summer's leaf hath all too short a date."  
William Shakespeare



Those of us consigned to writing monthly columns, are sometimes troubled by the question, "Is anyone reading this?" The best way to resolve this question, I have learned, is to make a mistake. Even a very small one! Last month, in the wake of another successful Northern Lights Gala, I advised that next April 25th we would be moving to the Coast Hotel and Convention Centre. Of course, I meant the Gala would be moving, not the Monday morning jam sessions, the card games, Fitness 55 and all of our other programs. Even the Coast was anxious about having to accommodate floor curling and the crowds expecting great prices on Samantha's noon-hour specials.

The point of all this? On April 25, 2020 you are invited to the Coast for a Northern Lights Gala that will celebrate our 40<sup>th</sup> anniversary in style. For everything else, continue to come to 1904—13<sup>th</sup> Avenue North.

### Planning for the Post-Retirement Future You Want!

Post-retirement financial planning is vital to maintaining your lifestyle throughout an active retirement. As today's seniors are living longer, more active lives, it is important to develop a financial plan for that future. With that in mind, Jordyn Dickey, financial advisor with Edward Jones and a Nord-Bridge supporter, will be presenting a financial planning workshop for Nord-Bridge members on June 12<sup>th</sup> beginning at 10:00a.m. in **the Dunford Diner Annex**. Tea, coffee, and cookies will be provided. Members may register at the table beside the Front Reception Desk.

### Nord-Bridge Receives Community Foundation Grant

Nord-Bridge was one of thirty-seven non-profit organizations to receive grants from the Community Foundation of Lethbridge and Southwestern Alberta. Nord-Bridge's \$5,000 grant will enable us to replace badly-worn boardroom chairs. As a member-owned centre, every donation is appreciated.

### Richard and Deborah Popovich bring their energy and music to Nord-Bridge on June 4<sup>th</sup>

Tickets are available at the Nord-Bridge office for the Richard and Deborah Popovich show, which takes the stage in the Nord-Bridge Multi-Purpose Hall at 1:30 p.m. June 4<sup>th</sup>. Tickets are \$25.00

### Nord-Bridge Barbecue

Our always-popular spring barbecue will revert to Pavan Park this year on Thursday, June 6<sup>th</sup>, at the Pavan Picnic shelter from 11 a.m. until 2 p.m. Tickets may be obtained from our office.

### Walk for Alzheimer's

Nord-Bridge members are invited to join the IG Wealth Management Walk for Alzheimer's on Saturday, June 15 at Nicholas Sheran Park, 245 McMaster Blvd. West. Registration is online or in person. Registration: 10:00 a.m. Walk begins at 11:00 a.m. with barbecue to follow. Registration is \$20 per walker or \$15 for on-line registration, children under 12, free. Visit [walkforalzheimer's.ca](http://walkforalzheimer's.ca), or contact Shari Remus at [sremus@alzheimer.ab.ca](mailto:sremus@alzheimer.ab.ca)

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

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

Frank Wilkinson  
Shirley Budau  
Lise Souliere  
Gary Anderson  
Paul Johnson  
Glen Schick  
Helena Roche  
John Roche  
Anonymous (1)



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

**A BIG THANK YOU to the Nord-Bridge Music Makers for their contributions to the Centre over the course of the year.**



Available here.

**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.



**NORD-BRIDGE SENIORS CENTRE**

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

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



NORD-BRIDGE MEETINGS REMINDER			
<b>Monthly</b>			
Outreach Committee	First Monday (Sept-June)		9:30 a.m.
Directors Meeting	Second Wednesday		9:00 a.m.
Finance Committee	Last Wed. (Feb, May, Sept, Nov)		9:30 a.m.
<b>Annually</b>			
Annual General Mtg.	First Wed. of March		9:30 a.m.
General Member Mtg.	First Wed. of November		9:30 a.m.
<b>GO SENIORS SOCIETY</b>			
<b>Regular Board Meetings</b>			
Feb., April, June, Oct.	Third Tuesday		9:00 a.m.
<b>Annually</b>			
Annual General Meeting	First Tuesday of April		9:00 a.m.



**RACHAEL HARDER**  
MEMBER OF PARLIAMENT

**HAPPY CANADA DAY!**

I look forward to celebrating Canada Day at Henderson Lake again this year. I hope you and your family will stop by, say hello and enjoy some free cotton candy!

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](mailto:slmstein@outlook.com)



A big Texas **Thank You** to the Tuesday afternoon card players. Your donation to the **GO SENIORS Society of Southern Alberta** is greatly appreciated!

*Much Obligated*

## LORRI'S CORNER



It is that time of year where door to door sales people are out in full force. They arrive using high-pressure sales tactics convincing you to buy something you don't want or need, or they talk you into renovations or work on your home. They can resort to scare tactics making you believe your safety could be in jeopardy.

If a sales person shows up at your door or phones, ask yourself the following 3 questions:

1. Is what they are selling an item or appliance you feel needs to be replaced, repaired or something you need to own?
2. Prior to them showing up or phoning had you considered or been checking into the costs related to this?
3. Have you sought out a reputable business in the city regarding the product or service?

These questions, while not a guarantee, will give you time to think about what they are selling and if you do need it.

You have a right to not answer your door if you suspect it is a sales person and it isn't rude to ignore them. If you do choose to speak to them, here are a few suggestions.

- ♦ Ask for photo ID: get the name of the person and the business **BUT Remember that ID's can also be fake.**
- ♦ Ask to see their city business license
- ♦ Never share personal information (For example, an electricity or gas bill)
- ♦ If you ask a salesperson to leave, they must leave right away. *If you feel unsafe, call local police*
- ♦ Do not rely on a salesperson's opinion that your item is unsafe or should be replaced, contact another company to come inspect it.
- ♦ Local utility companies, municipalities, government agencies or regulatory organizations don't send salespeople door-to-door
- ♦ You do not have to sign a contract at that time. Limited time offers or that they are only in the area for a short period of time are **red flags**.
- ♦ Before hiring someone ask for references and check them

My personal rule – one I adhere to without exception – is that if I didn't call their company to my home for a consultation, then I am not talking to them. I will not show any of my utility bills or provide them with equipment model numbers or any other information.

My June Schedule:

June 2019				
M	T	W	Th	F
3	4	5	6	7
	11	12	13	14
		19	20	21
24	25	26	27	

**Remember – good businesses don't go door-to-door. They don't need to.**

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

Nord-Bridge Seniors Centre

SENIOR WEEK

June 3 - 7, 2019

**Monday, June 3<sup>rd</sup>**

**Jam Session - Nord-Bridge Dunford Diner**  
 9:30 a.m. - 12:30 p.m.  
 Members: Free Non-Members: \$2.00  
 Open to the public.

**Tuesday, June 4<sup>th</sup>**

**Toonie Pancake Breakfast - Nord-Bridge Dunford Diner**  
 8:30 a.m. - 10:30 a.m. \$2.00 per person  
 Open to the public.

**Richard & Deborah Popovich**  
 Multi-Purpose Hall of Nord-Bridge Seniors Centre  
 1:30 p.m. Multi-Media Variety Show  
 \$25.00 per person, Open to public contact 403-329-3222 ask for Val



**Wednesday, June 5<sup>th</sup>**

**Monthly Breakfast Buffet - Dunford Diner**  
 This event is open to all from 8:30 a.m. - 10:30 a.m. Cost is \$8.00.

**Friday, June 7<sup>th</sup>**

**Friday Bingo - Multi-Purpose Hall**  
 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 (18+). There will be prizes as well.  
 1:00 pm - 3:00 pm

**Nord-Bridge Jammers Dance - Multi-Purpose Hall.**  
 Evening Jam Session from 6:30 p.m. - 10:00 p.m.  
 Tickets are \$5.00 - At the Door  
 (Includes cookies, coffee and juice)



**EXECUTIVE DIRECTOR'S REPORT**

Greetings Members,  
 June not only marks the half way point for 2019; but also a good checkpoint to see where we sit leading up to the year end. I am very pleased to report to our membership a few highlights from our first six months of 2019. In terms of membership numbers we have (at the time of writing this article) 1,319 paid for 2019. That is 108 members away from surpassing our 2018 membership count. If you haven't already done so, bring a friend or neighbor to Nord-Bridge for a coffee and show them what a "Friendly" place we have here. Even if they don't purchase a membership; at least they will have been introduced to Nord-Bridge for a future date. A few months ago, I mentioned in my report that our Dunford Diner was the best kept secret in Lethbridge. Well numbers don't lie; food sales are already up \$7,500 year to date from 2018. Our liver and onions and veal cutlet lunch specials seem to draw the crowds (last month we served over 90 liver and onions over the lunch hour). I know liver and onions is not everyone's cup of tea, however, 90+ plates served sure demonstrates its popularity. I've heard comments from community members saying they mark it each month in their calendar for our liver and veal days. \*Note: liver and onions day in June is the 21st. Fitness 55 Club and general programming revenues are also well ahead of last years figures by \$1,000 and \$9,000 respectively. The Fitness 55 Club has seen over a dozen new members join over the last month; which would account for the \$1,000 increase from the 2018 figures. A \$9,000 jump in general programming can be directly related to the additional programs Ashley has planned and implemented. Ashley has done a fantastic job implementing new programs that attract new and current members' programming needs. Great Job Ashley!



Last month (May 9th) Board President Bob Tarleck and myself were invited to the Community Foundation of Lethbridge and Southwestern Alberta Spring 2019 Community Priorities Grant celebrations. Nord-Bridge's grant application for boardroom chair replacements was successful. The Community Foundation granted \$5,000 to our boardroom chair replacement project. The current boardroom chairs were over 18 years old and showing signs of their age. Nord-Bridge expresses our appreciation to the Community Foundation for the grant.



Pictured:  
 Community  
 Priorities Grants  
 Committee  
 Member Anne  
 Stevick and  
 Nord-Bridge  
 Board President  
 Bob Tarleck

Photo courtesy of Kurt Roy, Kurt's Kustom Photography

*David Ng*  
 Executive Director

**Popovich Show**

June 4th  
 2019  
 at  
 1:30 p.m.

Tickets  
 \$25.00  
 Each

Tickets  
 at  
 the  
 Front  
 Reception  
 Desk

**CLASSIC HITS & COMEDY**  
 with Richard & Deborah Popovich

**Multimedia Experience**  
 Exhilarating Variety Show!  
 Dynamic Motion Backgrounds, Stills and Videos

TUES, JUNE 4, 2019 | NORD-BRIDGE CENTRE  
 DOORS OPEN AT 1 PM | SHOW AT 1:30 PM  
 TICKETS \$25 EACH | INCLUDES REFRESHMENTS  
 TICKETS AT NORD-BRIDGE CENTRE 403-329-3222



Prosthetics - Orthotics - Bracing

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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 flies as the month of May arrived and I am now another year older. I also celebrated days of remembrance as it has been 3 years since losing my mother. I believe in the saying "gone but not forgotten" as we all can share many remembrances of our loved ones. I think spring is finally here with programs winding down we find ourselves busy cleaning up our yards and getting ready to plant our flower and vegetable gardens.

Here at the friendly reception desk we are still signing up new members. I wish to extend a friendly welcome to our new members. When trips go out these days, it is nice to see new faces on board so I am hoping you are finding our outings great at getting you out and about. We have some new trips coming this summer and into the fall season and thank you to those that have put their names down for the trips Maria and myself have come up with.

Thank you to all the committed volunteers who have worked so hard. This will be a time for all to rest, relax, and enjoy things you are interested in doing. Starting June 11<sup>th</sup>, the reception volunteers will be on a 10 a.m. to 2 p.m. shift with only one volunteer helping us out each day for the summer. The Outreach program will resume in September but there is a planning meeting for fall ideas so please mark your calendars for Monday, June 10<sup>th</sup> at 9:30 a.m. See you in the boardroom.

We have lots of interesting Seniors Week activities planned followed by our annual fun Pie Auction which is on Friday, June 14<sup>th</sup> in conjunction with our Father's Day luncheon. Donations of homemade fresh pies are needed. Please label your pie including the ingredients and bring them in either the day before or by 10 a.m. on Friday, the 14<sup>th</sup>. This is a fun fundraiser and proceeds will go towards Outreach programming.

I will be away from my desk from May 27<sup>th</sup> until June 3<sup>rd</sup> taking some R&R myself so in my absence, friendly, hardworking Maria will be here full time.

**LASTLY, A REMINDER FOR ALL OUR GO FRIENDLY BUS RIDERS, IF YOU DON'T NEED THE BUS THIS SUMMER, PLEASE TELL US AND REMEMBER TO PHONE BACK IN BEFORE THE FALL PROGRAMS START.**

*Val*

## ADVANTAGE HEARING CENTRE

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

### Nord-Bridge Complimentary Hearing Evaluations

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

Book your appointment at the front desk!

403-320-5051



Brad Lindsay, BC-HIS  
Registered Hearing Aid Practitioner

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

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### Life Time Highs [www.lifetimehighs.club](http://www.lifetimehighs.club) 587-223-0203 Cathymunro@lifetimehighs.club ~ Traveling Together ~

Bonnars Ferry, ID	June 23 - 26, 2019	"your home away from home"	\$380 pp/dbl
Winnipeg, Mb	August 11 - 17, 2019	Player's Package	\$820 pp/dbl
		Adventure Package: w VIP Folklorama, City Tour, Cdn Mint Tour	\$1015 pp/dbl
		Hermetic Code Tour, Forks Market, VIP Horse Race Buffet Dinner	
Moose Jaw, Sk	Sept. 16 - 19, 2019	"temple Garden Spa"	\$425 pp/dbl
Deadwood, SD	Sept 29 - Oct 5, 2019,	No rules, no regrets	\$665 pp/dbl
Coeur D'Alene, Id	Oct 25 - 28, 2019,	2 Spokane Shopping Days	\$400 pp/dbl
	Dec 1 - 4, 2019,	1 Spokane Shopping Day & the Coeur D'Alene Xmas Light Boat Tour	\$400 pp/dbl

International - China Tour 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

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)

**Helen Ruston \$490.75, May 14, 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 June 28th, 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

May 6 Judy Beasley \$37 / Sandra Fischer \$37  
 May 13 Dan Deringer \$34 / Sandra Fischer \$34  
 May 20 **CLOSED—VICTORIA DAY**  
 May 27 Rudy Grams \$39 / Fay Steves \$39

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



## NORD-BRIDGE BUILDING FUND RECENT DONORS

Nord-Bridge Music Makers \$55

## NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2019 through May 24, 2019: **\$8,380**



### 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** **\$ 2,148,656**

Still needed by N-B Fundraising **\$ 351,344**

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

- June 7 Omelette Bar & Mimosa (extra charge) with hashbrowns and toast **\$7.50**
- June 14 Father's Day Luncheon & Pie Auction - Roast beef, mashed potatoes, veggies salad & dessert Ticketed Event **\$13**
- June 21 Liver and Onions, mashed potatoes, veggies and gravy **\$7.50**
- June 28 Canada Day BBQ: Burgers **\$7.50** Hot Dog **\$6.00** Steaks **\$9.00** with baked potatoes, BBQ beans & coleslaw. Licensed event.

**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

**Friday Dunford Diner Lunchtime Entertainment**

- June 7 **Alice Tinordi**
- June 14 **Yvonne Nelson**
- June 21 **Karen's Entertainment**
- June 28 **Elaine Unger-Pengilly**

Schedule Subject to Change



# JUNE



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3 ***** SENIORS</b></p> <p>9:00 Gentle Yoga            9:30 Jammers            10:00 Floor Curling            10:15 Chair Yoga            11:15 Tai Chi for Health, Balance &amp; Relaxation            1:00 Darts            1:00 Contract Bridge            1:00 Military Whist            1:00 Woodcarving            2:45 Wilson Middle School Inter-Generational            6:30 Bid Euchre</p>	<p><b>4 ***** WEEK</b></p> <p>8:30 Toonie Pancake Breakfast            9:30 Beginner Watercolour            10:00 Tech Class            12:45 Canasta            1:00 Texas Hold'em            1:00 Norwegian Whist            1:30 <b>SCRABBLE</b>            1:30 <b>POPOVICH MULTI-MEDIA SHOW</b>            2:00 Bocce Ball at Norbridge Lions Park</p> <p><small>*Seated Pound, Keep Fit Combo and Exercise with Arthritis are cancelled today</small></p>	<p><b>5 ***** SENIORS</b></p> <p>8:30 Breakfast Buffet            8:45 Active Pound            10:00 Carpet Bowling            10:15 Paper Tole            10:45 <b>WINNERS BINGO</b>            1:00 <b>FUN DARTS TOURNAMENT</b>            1:00 Euchre            1:00 Quilt/Kraft            3:00 Advantage Hearing By appointment (Bdm)            3:00 Fitball            7:00 Table Tennis</p> <p><small>*Line Dancing cancelled today</small></p>	<p><b>6 ***** WEEK</b></p> <p>9:00 Floor Curling            9:00 Card Crafters            9:30 Mind Joggers            10:00 Seated Pound</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>GENTRE CLOSED</b>              At 11:00 a.m.              For  <b>BBQ PICNIC AT PAVAN PARK</b></p> </div> <p>5:30 Zumba</p>	<p><b>7 *****</b></p> <p>9:00 Stability Yoga            9:00 Paper Tole            10:00 Carpet Bowling            10:15 Chair Yoga            1:00 <b>In-House Bingo</b>            1:00 Contract Bridge            1:00 Crib</p> <div style="text-align: right;">  <p><b>JAMMERS DANCE</b>              6:30 pm to 10:00 pm</p> </div>
<p><b>10</b></p> <p>9:00 Gentle Yoga            9:30 Jammers            9:30 Outreach Meeting            10:00 Floor Curling            10:15 Chair Yoga            11:15 Tai Chi for Health, Balance &amp; Relaxation            1:00 Darts            1:00 Contract Bridge            1:00 Military Whist            1:00 Woodcarving            6:30 Bid Euchre</p>	<p><b>11</b></p> <p>9:30 Beginner Watercolour            10:00 Seated Pound            10:00 Tech Class            10:45 <b>WINNERS BINGO</b>            11:00 Keep Fit Combo            12:45 Canasta            1:00 Texas Hold'em            1:00 Norwegian Whist            1:30 <b>SCRABBLE</b>            1:30 Keep Fit Combo            3:00 Exercise with Arthritis</p> <p>2:00 Bocce Ball at Norbridge Lions Park</p>	<p><b>12</b></p> <p>8:45 Active Pound            9:45 <b>Out &amp; About + coffee TOO</b>            10:00 <b>Coffee With a Constable</b>            10:00 Carpet Bowling            10:00 <b>ESTATE PLANNING SEMINAR</b>            10:15 Paper Tole            10:45 <b>WINNERS BINGO</b>            11:15 Line Dancing            1:00 Darts/Euchre            1:00 Quilt/Kraft            3:00 Fitball            7:00 Table Tennis</p>	<p><b>13</b></p> <p>9:00 Floor Curling            9:00 Card Crafters            9:30 Mind Joggers            10:00 Seated Pound            * 1:00 <b>Hand &amp; Foot</b>            1:00 Woodcarving            1:00 Trump Whist            1:00 Duplicate Bridge            1:00 <b>LEARN SOCK HOP</b>            5:30 Zumba</p> <p><small>* Hand &amp; Foot moved to Dunford Diner Annex today only</small></p>	<p><b>14</b></p> <p>10:00 Carpet Bowling            10:00 Intro to iPads &amp; Tablets            11:30 <b>Fathers Day</b>  <b>LUNCHEON &amp; PIE AUCTION</b>            1:00 <b>In-House Bingo</b>            1:00 Contract Bridge</p> <p><small>*Crib cancelled today</small></p>

<p><b>17</b></p> <p>9:30 Jammers 10:00 Floor Curling 11:15 Tai Chi for Health, Balance &amp; Relaxation 1:00 Darts 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 6:30 Bid Euchre</p> 	<p><b>18</b></p> <p><b>9:00 REIKI SESSIONS</b> 10:00 Seated Pound <b>10:45 WINNERS BINGO</b> 12:45 Canasta 1:00 Texas Hold'em 1:00 Norwegian Whist 1:30 <b>SCRABBLE</b> 3:00 Exercise with Arthritis</p> <p>2:00 Bocce Ball at Norbridge Lions Park</p> 	<p><b>19</b></p> <p><b>10:00 LEARN</b> (Elder Abuse Network) 10:00 Carpet Bowling <b>10:45 WINNERS BINGO</b> 11:15 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball 7:00 Table Tennis</p> 	<p><b>20</b></p> <p>9:00 Floor Curling 9:00 Card Crafters <b>*10:00 Lethbridge Hearing</b> By Appointment 12:30 Hand &amp; Foot 1:00 Woodcarving 1:00 Trump Whist 1:00 Duplicate Bridge 5:30 Zumba</p> 	<p><b>21</b></p> <p>10:00 Intro to iPads &amp; Tablets 10:00 Carpet Bowling <b>1:00 In-House Bingo</b> 1:00 Contract Bridge 1:00 Crib</p> 
<p><b>24</b></p> <p>9:30 Jammers 10:00 Floor Curling 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts 6:30 Bid Euchre</p> 	<p><b>25</b></p> <p><b>10:45 WINNERS BINGO</b> 12:45 Canasta 1:00 Texas Hold'em 1:00 Norwegian Whist 1:30 <b>SCRABBLE</b> 3:00 Exercise with Arthritis</p> <p>2:00 Bocce Ball at Norbridge Lions Park</p> 	<p><b>26</b></p> <p><b>9:45 Out &amp; About + coffee TOO</b> 10:00 Carpet Bowling <b>10:30 FOOT DOCTOR</b> <b>10:45 WINNERS BINGO</b> 11:15 Line Dancing 1:00 Darts/Euchre 1:00 Quilt/Kraft 3:00 Fitball 7:00 Table Tennis</p> 	<p><b>27</b></p> <p>9:00 Card Crafters 9:00 Floor Curling 12:30 Hand &amp; Foot 1:00 Woodcarving 1:00 Trump Whist 1:00 Duplicate Bridge 5:30 Zumba</p> 	<p><b>28</b></p> <p>10:00 Carpet Bowling 10:00 Intro to iPads &amp; Tablets</p> <p><b>11:00 CANADA DAY BBQ</b></p> <p><b>1:00 In-House Bingo</b> 1:00 Contract Bridge 1:00 Crib</p> <p><b>*TOONIE DRAW</b></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)**

- **JOANNE BLINCO OF LEARN (Elder Abuse Network) THIRD WEDNESDAY OF EVERY MONTH, 10 - NOON, IN THE BOARDROOM (NEW LOCATION)**
- **SHOPPING TRIPS TO WALMART: WEDNESDAY, June 12 & 26, 2019**
- **WINNERS BINGO: June 5, 11, 12, 18, 19, 25 and 26, 2019**
- **FOOT DOCTOR: DR. SCHOW NOW AT 10:30 AM. FUTURE DATES: JUNE 26, 2019, AUGUST 21, 2019, OCTOBER 16, 2019 (NOW \$15)**



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## Programmer's Report by Ashley Kern



Last month seemed to fly by as I was in Arizona for a week enjoying 35 degree weather! J As soon as I returned, I was thrown back into the routine of things with Cinco De Mayo - the Mexican themed buffet, along with our annual Mother's Day luncheon which was sold out. Every woman received a flower from Hilltop Greenhouses courtesy of Nord-Bridge.



Moving forward, this is going to be quite a busy month as the weather begins to warm up. Of course the first week of June is Seniors Week. Please stop by the Front Reception Desk to grab a copy of the full detailed list of events happening for this week or go to our website: [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com).

Other special events happening at Nord-Bridge this month include: Lethbridge Elder Abuse Response Network - Sock Hop afternoon on Thursday, June 13 from 1:00 p.m. - 3:00 p.m. in the Multi-Purpose Hall. This is National Elder Abuse Awareness Day, so please wear purple in support of this tender topic. Everyone welcome!

Friday, June 14 is our annual Fathers Day Luncheon and Pie Auction. Please buy your tickets at the Front Reception Desk, this is a fun event for all, and all proceeds go back to Nord-Bridge's popular Outreach program. This program helps those isolated seniors in the community have a fun place to come socialize once a month and let loose with live entertainment.

Lastly, the annual Canada Day BBQ in the Dunford Diner will be from 11:00 a.m. - 1:00 p.m. Come celebrate being Canadian, have some delicious food, an alcoholic beverage, and enjoy live entertainment. You do not need tickets to attend this event, but this event is reserved for members and invited guests.

*Cancelled programs this month include: No Seated POUND®, Keep Fit, or Exercise with Arthritis on Tuesday, June 4, due to the Richard & Deb Popovich show. On Wednesday, June 5, no morning Line Dancing due to a Fun Darts Tournament. Thursday June 6th is our annual member BBQ picnic and the Centre will be closed at 11:00 am. Therefore there will be no Floor Shuffleboard, Woodcarving, Duplicate Bridge, Hand & Foot, and Trump Whist. Please note: Card Crafters and Mind Joggers will need to end by 11:00 am SHARP.*

Summer program registration is in full swing as most programs will be ending by mid June. Sign up for Melanie Hillaby's Yoga/ Somatics or POUND® 55+ classes which are all on Tuesday mornings (you can find this in the summer program guide beside the Front Reception Desk). I am also pleased to announce a new evening POUND® class taught by certified POUND® instructor, Sheila Mulgrew. This is for all ages and will start the beginning of July, so watch out for the posters of specific dates in the building soon! Please note: since this is an evening program, participants need to sign up at Nord-Bridge or call 403-329-3222 to pay over the phone ASAP.

One last note, if you have been thinking of signing up with the Nord-Bridge golfing program on Tuesdays and Thursdays, please talk to me and we can get you playing! Bocce ball will also be starting up at the Norbridge Lions Park (1502 13 Ave N.) on Tuesday, June 4 with a NEW 2:00 p.m. start time. Please sign up beside the Front Reception Desk today!

Until next month, stay happy and healthy!

**Ashley**



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**CONDOLENCES TO...**

...Betty Alexander on the loss of her sister; Connie French on the loss of her husband Rick; Family of Leo Grudniski on his passing; Alice Strickland on the passing of her husband Austin; Family of Johnny Amlin on his passing; Family of Katherine Ludwig on her passing; Family of Helen Beatty on her passing...

**GET WELL & HEALTH WISHES TO**

... Eva Deringer in hospital for hip surgery and is home; Miko Iwaasa in hospital with a broken hip; Ralph Thompson in hospital for heart surgery and is now home; Ed Parsons who is in the hospital...



Hi! My name is **Joanne Blinco**, I am the Case Manager of **LEARN - Lethbridge Elder Abuse Response Network**. I come to Nord-Bridge on the **third Wednesday of the month from 10 a.m. - Noon** to be available to talk about elder abuse. Knowledge and information can prevent abuse from happening. If you, or someone you know is experiencing elder abuse, please give me a call at **403-394-0306** or drop by at the time I am at the Centre. **When it comes to Elder Abuse, silence is not an option.**



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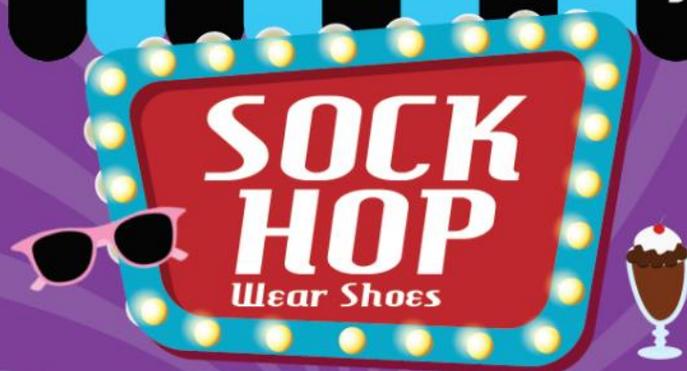
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(In the Nord-Bridge Seniors Centre)

**403-320-1170**

**World Elder Abuse Awareness Day**



Wear Purple and help raise awareness for Elder Abuse

**Thursday, JUNE 13, 2019**

1:00 pm – 3:00 pm

Light Refreshments

DJ'd by Carl Sigurdson

Location: Nord-Bridge Senior Centre  
1904 - 13th Avenue North  
403-329-3222

Brought to you by the Lethbridge Elder Abuse Response Network (LEARN)



**CALLING ALL PIE MAKERS!**

Annual Pie Auction is on Friday, June 14, 2019 and **WE NEED PIES!** Please label pies "No Nuts", "Diabetic", "Gluten Free" etc. Bring your pie in on either Thursday, June 13th or before 10:00 a.m. on Friday, June 14th Proceeds to go to the Outreach Program.



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## Thank You...

Nord-Bridge Seniors Centre would like to extend a thank you to **McDonald's** for providing juice at our Toonie Breakfast, held on Tuesday, June 4th and our Annual BBQ Picnic, held on Thursday, June 6th.



## OUTREACH REPORT

Val Arkinstall, Outreach Coordinator

On a sunny spring day with very few clouds there was a spring garden party held with 63 people from seven facilities, 20 amazing volunteers, and 21 walk-ins. We were entertained with great music by Vicky Klassen and Don Moore. Even though attendance was down a little it didn't matter because it was a fun afternoon. It is so great to see the smiles, clapping, and dancing from the guests in attendance. We had four beautiful pansy plants given by the Centre and four anonymous rose chocolate flowers won by Ethel, Gay, Debbie, Bev, Lorna, Diane, Dennis and Rika.



This was the last program of the winter/spring and we will be starting back up in September. I would like to say THANK YOU to all of the dedicated Outreach team. Next up is our planning meeting for the fall events. Please mark Monday, June 10<sup>th</sup> on your calendar at 9:30 a.m. We are a team and with new ideas for snacks and entertainment, we can put together a great fall Outreach program. INCREDIBLE VOLUNTEERS ARE WHO MAKE A PROGRAM

LIKE OUTREACH SO SUCCESSFUL.

The Outreach program will resume again on Monday, September 16<sup>th</sup>, 2019 at the usual start time of 1:30 p.m. NEW RECRUITS are always WELCOME



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B.Sc Pharm  
Pharmacist

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

*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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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.**

**F**ORE! 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 is ready to start. 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



**M**ay was a busy month. The volunteers worked many hours and I am appreciative of their dedication and commitment.

**May 1<sup>st</sup>**, was the 10th Miner's Banquet. The famous Dale Ketcheson played guitar during the Champagne Welcome then Jim Hahn took over as MC. The volunteer team served a delicious roast beef dinner with Belinda Crowson and Vivian Malmo giving presentations. The miners were recognized and then Doug Youngren, Jill Timlich and Floyd Sillito entertained the crowd. Congratulations to the Raffle Prize Winners: Lift Chair: Roy Hummel, Quilt: Anonymous, Titan Auto Spa: Louise Cooper and Print: Donna Farkas. Thank you to the sponsors, Shoppers HomeHealthCare, Sandy Fischer, Titan Auto Spa and Jerry Arnold.



On **May 10<sup>h</sup>** the volunteers served 144 at our **Mother's Day Luncheon**. Board President, Bob Tarleck welcomed everyone, Mike Bennett said grace and Yvonne Nelson played some lovely tunes throughout the luncheon. The guests enjoyed a lovely meal of roast chicken, stuffing, mashed potatoes and veggies along with salad and dessert. Door prizes provided by Nord-Bridge (flower baskets) were won by Mary Leach and Barb Cox. All of the ladies present received a lovely **pansy flower**, compliments of our Centre.

A special thank you to Samantha, Bety, Gail and all of the volunteer kitchen staff and last but not least our dedicated servers who work very hard to make everyone happy. Thank you.

## View From My Window



There's a little corner in my living room that is my special spot

I find myself retreating there quite a lot  
 My knitting bag sits near by with many coloured balls  
 For making toques when winter calls  
 It faces the TV and has a big window where I can see  
 A large expanse of green grass and lots of trees  
 It's really a little park bordered by a place where people walk  
 I see children going off to school  
 Or maybe for a swim in the nearby pool  
 I see old folks, young folks and many in between  
 And lots of dogs on leashes can be seen  
 A pair of crows build a nest in a near by tree  
 Tirelessly back and forth they flew  
 And slowly that dark big nest grew  
 It's so much fun to watch the goings on that happens there  
 From the comfort of my cozy easy chair

Doreen Taylor  
Nord-Bridge Mind Joggers



**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

**A**nother successful month on the road. In May we journeyed to Aspen Crossing-Mossleigh for lunch on the CPR train., a walk through the greenhouse and their superb gift shop. Mystery Trip #4 went to Coaldale with a stop at Tim Hortons for lunch then onto a greenhouse—the Reho—both for a walk through and then enjoying a tour of the

Gem Museum. Forty people journeyed to Cranbrook St. Eugene for golfing, gambling and relaxing with a side trip to Kimberley for the train tour. A good time was had by all. Thank you to our drivers this month, John Hanam, Ashley Kern, Lucy Graham, our newest driver, Ricardo Berner and of course to CareFree Bus Lines. A thank you also to Jim Cumming for driving for the Outreach program.

### MYSTERY TRIP # 5

Thursday, June 20, 2019  
Cost \$20 (Incl. bus and lunch) with a mystery bag (Incl. bus, tour and lunch) Bus will depart 10:45 a.m.



**SOLD OUT**

### WEDNESDAY, JUNE 19, 2019 ANNUAL FISHING DERBY

Pincher Creek Cost: \$26 (Incl. Bus) Pack up your fishing rod and bait and try your luck. Prizes awarded to the smallest, largest, and the most. Taking names and money. Payment deadline is June 12, 2019.



### MYSTERY TRIP # 6—Thurs. July 11

Cost \$40 (Incl. bus and tour). Pack your own lunch to enjoy on the destination site before tour. Bottled water provided. Drinks and Ice Cream are available on site. Bus departs 10:30 a.m. ETR 4:00 p.m.



## JULY TRIPS

**Tuesday, July 9th - Calgary Stampede SENIORS DAY.** Get out your walking shoes for stamping through the grounds most of the day. COST: \$35 (Incl. Luxury bus). Buy your own lunch. We need 38 people for this trip to go so we will need payment by July 2nd, 2019. If there is enough interest, the bus will depart at 8:00 a.m. and return approx. 8:00 p.m.

**Tuesday, July 23, 2019 - Join us for a trip to Heritage Park in Calgary for a tour with a Heritage Guide.** COST: \$80 (Incl. bus and guide) Buy your own lunch at Old Spaghetti House or at the Old Bakery. Bus will depart Centre at 8:30 a.m. and will return approx. 6:00 p.m.

**Wednesday, July 31, 2019 - Something New. Summer Picnic.** Bring along your sun hat, sunglasses etc. COST: \$25 (Incl. bus and tasty picnic lunch catered by N.B.S.C. Chef Samantha) Bus departs at 10:30 a.m. and will return at about 3:30 p.m. Sign up quickly as this trip is sure to sell out.

**SOLD OUT**

**River Cree Casino - Edmonton - October 27 to 29:** 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. Deposit 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, June 12th and 26th

**COST \$3**

**NORD-BRIDGE SENIORS WEEK TOONIE PANCAKE & SAUSAGE BREAKFAST**

CELEBRATE SENIORS' WEEK WITH YOUR FRIENDS AT NORD-BRIDGE SENIORS CENTRE ON **TUESDAY, JUNE 4 FROM 8:30 AM - 10:30 AM**

Where: Nord-Bridge Seniors Centre 1904 13 Ave N.  
Cost: \$2.00  
**EVERYONE WELCOME!**

FREE COFFEE Compliments of servus credit union  
FREE JUICE Compliments of McDonald's

\* Please note: Dining Room Menu will not be available during the Pancake Breakfast

## EUCHRE REPORT

Rodney Foster, Convener



The annual Euchre Tournament was held on May 22nd. The winners were:

- 1st Place: Dorine Roberts
- 2nd Place: Rodney Foster and
- 3rd Place: Delores Meyer

Starting in June, the key will be at the front desk should you want to play. Have a great summer and see you in September!



# CHAIR YOGA/ SOMATICS

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Hillaby for the  
summer session  
still has spots  
available.

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Ashley Kern for  
more details

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estate plan.  
Yes, you.

Save the Date

When it comes to your estate, even if you've taken no action at all, you have an estate plan. Your "default plan" may be determined by the laws of your province or territory.

Join us for our presentation *Script Your Family's Future: Why You Need an Estate Plan*. We'll discuss strategies you may want to consider when planning your estate, including:

- How your assets are distributed to your family
- Who will take care of your minor or dependent children
- Who will make medical or financial decisions for you if you can't make them yourself



**Jordyn A Dickey**  
Financial Advisor  
227 12 Street N., Unit A  
Lethbridge, AB T1H 2G3  
403-320-0614

Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice. You should consult your accountant or lawyer regarding your situation.

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**Wed. June 12, 2019  
at 10:00 a.m.**

**Nord-Bridge  
Seniors Centre  
1904 13 Ave. N.  
Lethbridge, AB**

**Coffee & Cookies  
are on us.**

[www.edwardjones.ca](http://www.edwardjones.ca)  
Member - Canadian Investor Protection Fund

**Edward Jones**  
MAKING SENSE OF INVESTING

## NORD-BRIDGE ANNUAL CANADA DAY BBQ



**When:** Friday, June 28th  
1 1:00 a.m. until 1:00 p.m.

**Where:** Nord-Bridge Senior's Centre  
1904 13 Ave.

Members and invited guests are welcome to wear red and come down to Nord-Bridge Senior's Centre to celebrate **Canada Day** and enjoy live entertainment by Elaine. Your choice of a hot dog (\$6) or a hamburger (\$7.50) or steak (\$9) served with baked potatoes and baked beans.



*\*THIS EVENT WILL BE LICENCED - ALCOHOLIC BEVERAGES AVAILABLE FOR PURCHASE.*



Thank You...  
Nord-Bridge  
Seniors Centre  
would like to  
extend a  
big thank  
you to  
Servus Credit  
Union -  
Uplands Branch  
for  
providing  
coffee at our  
Toonie  
Breakfast, held  
Tuesday, June  
4th.

