

NEWSLETTER

AUGUST 2019

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2019 SEA'N'OARS TEAM: AL MARTIN, ANITA HAMILTON, CHRIS MILLION, CLAUDE PRESSE, DAN PERRY, ELAINE FREDRICKSON, HEATHER DOYLE, JOAN KENDALL, JOHN JOHNSON, LORITA JENZEN, PAT HODD, PAT PRESSE, TERRY WALSH, BILL HALMA, MARIA FITZPATRICK, JUNE PERREAULT, EILEEN SAWATZKY (TEAM MANAGER), LAURA STEWART (COACH/DRUMMER), JIM MANZARA (STEER) AND CHERIS SAMUELS-MURDOCH (TRAINER/PADDLER)



"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
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.



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
15th OF THE MONTH**

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

PRESIDENT'S REPORT

What to look forward to this month?

"International Beer Day"
First Friday in August!
"National Simplify Your Life Week" first week in August!
"National Senior Citizens' Day" August 21!



Don't miss the 10th Annual President's Dinner, Tuesday, September 17th. Sponsored by Generations and Edward J Jones: Making Sense of Investing Roast Beef Dinner prepared by Samantha's Crew Classy Dinner music by Anne Pauls Great door prizes selected by Donald Stock Introduction of past presidents Bar Sales featuring Don Santa and Billy McTighe Wine pull by George Berg Tickets only \$20

Recording Artist, Makoto Sakurada, Entertained Nord-Bridge Lunch Crowd

International recording star and composer entertained the Nord-Bridge lunch crowd in the Dunford Diner on July 17th. Sakurada was in Lethbridge to perform at the Yates on July 16 for a 30th anniversary concert for the Lethbridge Twinning Society.

Nord-Bridge Visits the land of The Wizard of Oz

Between August 23rd and 28th your president will be joining the Lethbridge Twinning Society's 30th anniversary visit to Culver City, California. I will be taking samples of Nord-Bridge promotional materials to share with Culver City officials. Culver City Mayor Meghan Sahli-Wells is providing introductions to officials with responsibilities in the seniors sector, such as Community Services Director Corey Larkin.

The Wizard of Oz connection? The Wizard of Oz is one of the many films produced in Culver City, which is at the heart of the film industry.

I will also be taking greetings to Mayor Sahli-Wells on behalf of the Kainai Chieftains.

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

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

Barbara Doyle
Valerie Hiuser
Ron Hiuser
Elsa Proctor
Linda Nordquist
Anthony Purves
Lillian Chadwick
Ron Voth



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.
Annually		
Annual General Meeting	First Tuesday of April	9:00 a.m.



RACHAEL HARDER
MEMBER OF PARLIAMENT

FREE BREAKFAST

Monday, August 19th from 7:00am - 10:00am
255 8th St S, Lethbridge

Let me treat you and your family to western hospitality at my 4th Annual Free Pancake Breakfast with live music and fun for all ages!



RACHAELHARDER.CA 403.320.0070 @RACHAELHARDERMP

LORRI'S CORNER

Petal Power: 10 Surprising Benefits of Gardening

1. Looking after plants gives us a sense of responsibility and purpose. Sometimes our life can feel like it lacks purpose and tending plants can bring a purpose to our day!
2. Gardening allows us all to be nurturers. It doesn't matter what age we are or if we are male or female, gardening emphasizes that we are all nurturers. Horticulture is a great equalizer: plants don't give a fig who is tending them and can help boost our self-esteem and wellbeing.
3. Gardening keeps us connected to other living things. Gardening can act as a gentle reminder to us that we are not the centre of the universe. Self-absorption can contribute to depression, and focusing on the great outdoors – even in the pared-down form of a patio – can encourage us to be more aware.
4. Gardening helps us relax and let go. For many, the peacefulness associated with gardening comes not from its social aspect, but the opposite; it enables us to escape from other people. *'Flowers are restful to look at. They have no emotions or conflict,'* said Freud. Tending to plants allows us to tap into the care-free part of ourselves with no deadlines, mortgage or annoying colleagues to worry about.
5. Working in nature releases happy hormones. To say that gardening encourages us to exercise and spend time outdoors might seem a statement of the obvious, but what is good for the body is also good for the mind. When we exercise levels of serotonin and dopamine (hormones that make us feel good) rise and the level of cortisol (a hormone associated with stress), is lowered.
6. Being surrounded by plants and flowers reminds us to live in the present moment. When we let go of ruminating on the past or worrying about the future and instead focus on the here and now, anxiety lessens. One of the best ways to calm the anxious mind and lift mood is to become more 'present'. Next time you're in a garden, pause for a few moments and allow yourself to be aware of your senses. *Listen. Touch. Smell. See.* Just a short time experiencing the fullness of nature like this can be very healing.
7. No matter our age, gardening is an excellent way to boost physical activity. It can help strengthen bones, muscles, and joints and improve our ability to do daily activities. Gardening can also prevent falls among older adults by improving balance. Unlike many everyday activities that only involve the arms, gardening uses the whole body as we move around digging, planting, weeding, and watering.
8. Some aspects of gardening allow us to vent anger and aggression... Clearly horticulture is not all sweetness and light: nature has its dark side too. In a similar vein, some of the therapeutic power of gardening is that it allows us to unleash our anger and aggression as well as providing an opportunity to nurture. Why beat pillows with a baseball bat or yell at the cat when you have a hedge to hack or weeds to pull!
9. Can also allow us to feel in control. When we feel overwhelmed, and gardening can be a good way of gaining a sense of control. Trying to control other people is often unproductive, you're more likely to succeed in controlling your beds and borders, which can make gardening a particularly satisfying experience.
10. Last but not least, gardening is easy. When it comes to growing things, for all its power of healing, the world of plants can feel intimidating to an outsider. If you're new to gardening you may well be anxious you won't have 'green fingers' and starting small is key. You don't need garden the size of a meadow to enjoy horticulture. Just one hanging basket or few pots along a window ledge can lift the spirits whenever you look at them!



A new **Grief Recovery Program** will start on September 12. This is an 8 week program that will run Thursdays from 1:30 to 3:30. This is **not** a drop in group, but a structured group where you will learn the steps to heal your broken heart caused by a loss of any kind. The cost is \$150 and included all materials you will need and you can register at the front reception desk. Should you have any questions, please stop by for a chat. 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.

My August Schedule:

August 2019				
M	T	W	T	F
			1	
		7	8	
	13	14	15	16
19	20	21	22	
	27	28	29	

Lorri Penner, BSW, RSW
Member Support Coordinator

ACCOMPANY You

Provides Freedom and Transportation for Seniors

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

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



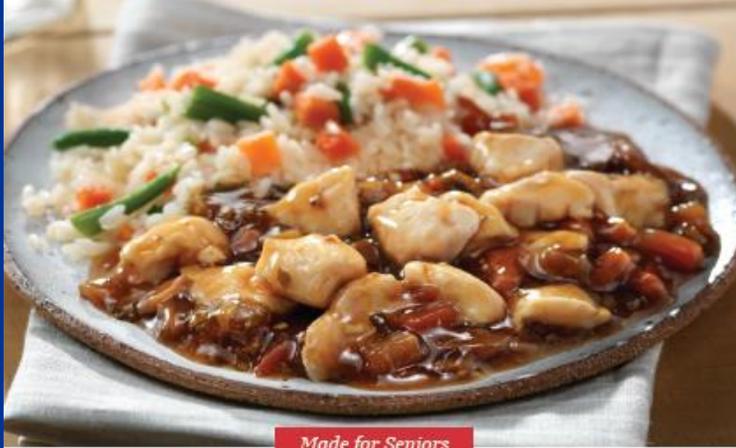
EFFECTIVE AUGUST

26TH, 2019

**New Member Pro-Rated Membership
\$73 (\$23 for 2019 \$50 for 2020)**

Existing Member 2019 Renewal \$50

*Eating well this summer
just got easier!*



Made for Seniors

Complete meals ready in minutes.

Simply heat and enjoy your favourite meals and leave the cooking to us this summer! Browse our Menu of more than 200 chef-created meals, soups and desserts - all delivered frozen to your door. What could be easier?

FREE delivery* | No subscription | Delivered frozen

Get your **FREE** Menu
1 (844) 431-2800
HeartToHomeMeals.ca



*Some conditions may apply.



Nord-Bridge Senior Centre
1904 13 Ave. North
Lethbridge, Alberta
Phone: 329-3222

FALL PROGRAM 2019



EXECUTIVE DIRECTOR'S REPORT

Greetings Members,
As I write this month's article I am comfortably sitting in our air conditioned office. A quick glance at the weather forecast for the first few weeks of August show temperatures reaching highs of 30 degrees Celsius. A friendly reminder to stay hydrated throughout the day and if you don't have air conditioning be sure to stop into Nord-Bridge to cool off.



The Front Reception Desk and Dining Room cash registers recently were upgraded. The previous systems software were outdated and unfortunately no longer able to receive technical support for any future software glitches or malfunctions. The Finance Committee wanted to be proactive and have a system in place before any technical problems occurred. The new cash registers were installed last month and have already proven to be more efficient and user friendly. We are able to track a member's purchases at the Front Reception Desk and more efficiently gather reports for sales in the Dunford Diner.

The Finance Committee also approved some HVAC ductwork reconfiguration in the west end of Nord-Bridge. Before Nord-Bridge purchased this building in 2000 it was home to The Chinook Mall. The existing HVAC and ductwork were kept in tact. As Nord-Bridge grew and partitioned rooms, the ductwork was slightly altered for one HVAC unit to service multiple rooms. This satisfied the need at the time, however, the current demand is proving not to be energy efficient nor meeting the demand for heating or cooling of the rooms. The altering of ductwork in the Fitness 55 Club and Medicine Shoppe will commence in this month causing only a day or two of disruption for Fitness 55 Club members. Sorry for any inconvenience this may cause any of our members.



Happy Summer from my family to you!
(Waterton Lakes National Park - Bertha Lower Falls)

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



Where is the summer? We need more sunny days! I have enjoyed the much quieter days to re-organize as well as the necessary housekeeping chores one has to do around the office before our busy fall schedule which will soon be here. The year is slipping by fast but we all have to keep active and keep fit. I signed up for the Pound® evening class this summer and I must say it is FUN! You sure get to know how good your coordination is using your legs and arms.

Hope everyone is enjoying their rest and relaxation. The Centre remains open, Monday through Friday for breakfast, lunch, coffee and chit chat. Our card players and other recreational activities are available for everyone to try out.

My thanks to the volunteers who have committed to working with Maria and I at the Front Reception Desk this summer. My advice for August is take time for yourself. It is important to take care of YOU. I took the opportunity to look after me. It was wonderful to spend five days doing home jobs, and doing my own thing at my leisure.

I was very happy with the response to the July trips. A full bus went up to the Calgary Stampede on Seniors Day and had a fun time! Getting out and about, keeping your mind active and having fun is what we work to achieve every day here at "The Friendly Centre".

In closing, stay happy, healthy and 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!

604 - 6 Street South • Lethbridge
(403) 327-7244 • Toll Free 1-877-467-2251

Life Time Highs		www.lifetimehighs.club
LH Life Time Highs Corp.		587-223-0203
cathymunro@lifetimehighs.club		~ Traveling Together ~
Winnipeg, Mb	Aug 11 - Aug 17, 2019, Casino Package	\$820 pp/dbl
	Aug 11 - Aug 17, 2019, Adventurer Package incl. Casino	\$1015 pp/dbl
Moose Jaw, SK	Sept 16 - 19, 2019, Sights, Shopping & More	\$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 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, 2020 River Cree and West Ed. Mall	\$285 pp/dbl
Bonnars Ferry, Id	Feb 2 - 5, 2020 Super Bowl Action	\$385 pp/dbl
Yellow Stone	Jun 21 - 27, 2020 Old Faithful, Sightseeing	\$ Call
China	April 6-23, 2020 Amazing Deal for 18 days	\$5300 pp / dbl
All Inclusive - Airfare, visa, tips incl: Great Wall, Tiananmen Square, 4 day luxury Yangtze River Cruise Ship w Cabins and Balconies, Bullet Train, Panda Research Center Silk, Pearl, and Jade Factory Shopping, Ghost City, Bird's Nest Olympic Center & 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)

Dennis Briand \$759.25 July 25, 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

NovaJean Swihart \$370.00 on June 28, 2019
Doreen Jurgens \$299 on July 26, 2019

Next Draw August 23rd, 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

Monday Jam will be back at the beginning of September

ANNUAL CRAFT & BAKE SALE

SATURDAY, OCTOBER 26th, 2019

9:00 a.m. to 2:00 p.m.

LIMITED TABLES SO BOOK YOURS RIGHT AWAY

FOR YOUR HOMEMADE CRAFT ITEMS

CALL US AT (403) 329-3222

MEMBER: \$15/Table

NON-MEMBER \$25/Table

Please no garage sale items or personal baked goods because we want your baked items for the Bake Table.



NORD-BRIDGE BUILDING FUND RECENT DONORS

Nord-Bridge Floor Shuffleboard \$150; Robert Tarleck \$100

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2019 through July 26, 2019: **\$11,894**



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 \$ 2,149,206

Still needed by N-B Fundraising \$ 350,794

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

- August 2 Crispy fried chicken with fries and gravy
- August 9 Lasagna with Caesar salad and garlic toast
- August 16 Veal Cutlet with mashed potatoes, veggies and gravy
- August 23 Liver and Onions with mashed potatoes, veggies and gravy
- August 30 Chimichanga with rice and refried beans

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

*PLEASE NOTE: THE GRILL IS CLOSED DURING SPECIAL EVENTS



Monday	Tuesday	Wednesday	Thursday	Friday
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Nord-Brige Senior Centre
 1004 13 Ave. North
 Lethbridge, Alberta
 Phone: 329-3222

FALL PROGRAM 2019

Available August 19th



MONDAY, AUGUST 26th @ 9:30 a.m.

REGISTRATION FOR FITNESS PROGRAMS

Beginner's Tai Chi; Clogging; Zumba Gold; Pound® 55+; Evening Pound®; Exercise with Arthritis; Fitball; Chair Yoga/Somatics; Gentle Yoga; Stability Yoga; Floor Somatics; Prep to Pound® 55+; Keep Fit.

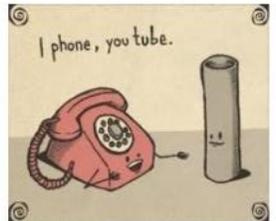
TUESDAY, AUGUST 27th, 2019 @ 9:30 a.m.

REGISTRATION FOR ARTS, CRAFTS & MEDITATION

Acrylic Painting; Donna Gallant's Simple Collage; Woodcarving; Beginner's Watercolour; Paint and Sip Nite; Paper Tole; Guided Meditation.

1

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



2

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



5

CENTRE CLOSED

Happy Heritage Day Alberta!



6

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
 1:30 **SCRABBLE**
 5:15 Evening Pound with Sheila

2:00 Bocce Ball at Norbridge Lions Park

7

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
 7:00 Table Tennis

8

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



9

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



12
 10:00 Floor Curling
 1:00 Darts
 1:00 Military Whist
 1:00 Woodcarving
 1:00 Contract Bridge
 6:30 Bid Euchre



13
 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
 1:30 **SCRABBLE**
 5:15 Evening Pound with Sheila

2:00 Bocce Ball at Norbridge Lions Park

14
9:45 Out & About +affix TOO
 10:00 Carpet Bowling
10:00 Coffee With a Constable
10:45 WINNERS BINGO
 1:00 Darts
 1:00 Euchre
 1:00 Quilt/Kraft
 7:00 Table Tennis



15
 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



16
 10:00 Carpet Bowling
1:00 In-House Bingo
 1:00 Contract Bridge
 1:00 Crib



19* & 26*
*** FALL PROGRAM BOOK AVAILABLE TODAY**
***9:30 Registration Day for Fitness Programs (26th)**
 10:00 Floor Curling
 1:00 Military Whist
 1:00 Woodcarving
 1:00 Contract Bridge
 1:00 Darts
 6:30 Bid Euchre



***20 & 27**
 8:30 Golf (Evergreen - members only)
***9:00 Combo Pound 55+**
9:30 Registration Day for Arts, Crafts & Meditation (27th)
***10:00 Gentle Yoga**
11:00 FREE Combo Yoga Demo (27th)
***11:15 Chair Yoga/Somatics**
10:45 WINNERS BINGO
 12:45 Canasta
 1:00 Texas Hold'em
 1:30 **SCRABBLE**
 5:15 Evening Pound with Sheila

2:00 Bocce Ball at Norbridge Lions Park

21 & *28
8:00 WHOOP UP PANCAKE BREAKFAST
***9:45 Out & About +affix TOO**
10:00 LEARN (Elder Abuse Network)
***10:00 Carpet Bowling**
10:30 FOOT DOCTOR
10:45 WINNERS BINGO
 1:00 Darts
 1:00 Euchre
 1:00 Quilt/Kraft
***7:00 Table Tennis**
7:00 CELTIC ROUTES
 *21st -Table Tennis & Carpet Bowling Cancelled

22 & 29
 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



MISS BEING ABLE TO SLAM MY PHONE DOWN WHEN I HANG UP ON SOMEBODY.
 VIOLENTLY PRESSING "END CALL" JUST DOESN'T DO IT FOR ME!

***23 & 30**
 10:00 Carpet Bowling
1:00 In-House Bingo
 1:00 Contract Bridge
 1:00 Crib

***TOONIE DRAW**



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)**

- **CENTRE CLOSED AUGUST 5TH FOR HERITAGE 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, August 14 and 28th, 2019**
- **WINNERS BINGO: August 7, 13, 14, 20, 21, 27 and 28, 2019**
- **FOOT DOCTOR: DR. SCHOW NOW AT 10:30 AM. FUTURE DATES: AUGUST 21, 2019, OCTOBER 16, 2019 (NOW \$15)**



WINNERS



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Programmer's Report by Ashley Kern

The hot summer months are flying by! I want to start off by thanking our Dragon Boat sponsors for their support of our Nord-Bridge Sea 'N' Oars team this year, Salon Nineteen04 and The Medicine Shoppe Pharmacy. They had a few new comers on the team this year, but that didn't stop them because they had faster times as the days progressed and if it wasn't for the weather, we may have had our best time that weekend! Go team!



On another note, as it has begun to slow down here at Nord-Bridge, I have had a chance to prepare for this month's important dates and special events. Starting with the **Fall Program Booklet** which will be on our shelves, **Monday, August 19th**. You will notice there are a couple of new forms in there that you will be required to fill out and bring with you when you come in on either of the registration days. ALL NEW information, will be in the Fall Program Booklet. I am also very excited for Nord-Bridge Seniors Centre to be in the

Whoop-Up Days Parade on Tuesday, August 20th starting at 10:00 a.m.! This is the first time Nord-Bridge will have its own float in 10 years, so come down and support your favorite Senior's Centre!

Wednesday, August 21st is our annual Whoop-Up Days Toonie Pancake Breakfast starting at 8:00 a.m. - 11:00 a.m. in the Multi-Purpose Hall at Nord-Bridge. The pancake breakfast is open to the public, so come and enjoy some delicious pancakes, sausage, juice, coffee, and live entertainment by the Nord-Bridge Jammers! Celtic Routes will be performing that evening from 7:00 p.m. to 9:30 p.m., therefore, **Carpet Bowling and Table Tennis will be cancelled**. The NEW format of Fall Program Registration is now on Monday, August 26 (for all fitness programs) and Tuesday, August 27 (for Arts, Crafts, and Meditation) at 9:30 a.m. Please see me for any questions or read more information in the Fall Program Book available on **Monday, August 19th**.

I am also super excited to announce our new POUND®/Zumba® GOLD instructor, Sheila Mulgrew! She has already been teaching the evening POUND® classes on Tuesdays this summer at Nord-Bridge and will be taking over for most of Melanie Hillaby's POUND® 55+ day classes in September as well as a NEW morning Zumba® GOLD class. Please give her a warm welcome when you see her around the Centre. She has years of experience in various Zumba formats and fitness classes in general. We are glad to have her on board!



One last note, even though it is slower around Nord-Bridge this month, keep in mind we still have all of our drop-in programs going such as Carpet Bowling, Floor Curling, Darts, and Cards as well as Golf at Evergreen on Tuesday and Thursday mornings and Bocce Ball on Tuesday afternoons at 2:00 p.m. at the Nor-Bridge Lions Park! Until next month, stay happy and healthy!

Ashley



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...The family of Allyn Mills on his passing.....



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LETHBRIDGE WHOOP-UP TOONIE PANCAKE BREAKFAST

MENU

Pancakes, Sausages, Juice & Coffee



WEDNESDAY, AUGUST 21, 2019

8:00 AM TO 11:00 AM

THANK YOU

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TENTH ANNUAL PRESIDENT'S DINNER TUESDAY SEPTEMBER 17th, 2019

- ♦ Doors Open 5 p.m.
- ♦ Dinner Music by Anne Pauls
- ♦ Roast Alberta Beef Dinner 6 p.m.
 - ♦ Wine Pull
- ♦ Admission \$20/Person
 - ♦ Cash Bar
 - ♦ Door Prizes
- ♦ Program featuring Guest Speaker Belinda Crowson

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friendly@nordbridgeseniors.com

or Phone: 403-329-3222
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Tickets will be available
August 19th, 2019 at
Nord-Bridge Seniors Centre...

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Acrylic Painting's completed winter projects - A couple are displayed in the front reception display case





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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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Hi! My name is **Joanne Blinco**.



I am the Case Manager of **LEARN - Lethbridge Elder Abuse Response Network**. I will be at Nord-Bridge, in the Boardroom, on the **third Wednesday of the month from 10 a.m. until 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.**

Recording Artist Makoto Sakurada Performing At Nord-Bridge Wednesday, July 17th



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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 is in



full swing. 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 Coultts 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

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 Kern at Nord-Bridge Seniors Centre** if you would like to register.

There is a registration list at the Front Reception Desk but there is still room for more members. Please contact **Diana Neal or Ashley Kern at Nord-Bridge Seniors Centre** if you would like to register.

Thank you!



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

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WEDNESDAY, AUGUST 21, 2019

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

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