

NEWSLETTER

September 2019



**Nord-Bridge
is in the 2019
Whoop Up Days
Parade**



"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	David Ng
Financial Administrator	Tracy Beauchemin
Administrative Support	Rita Paju
Program Coordinator	Ashley Kern
Member Support Coordinator	Lorri Penner
Reception Supervisor	Valerie Arkinstall
Reception Assistant	Maria Lisun
Rentals	Rita Paju
Red Seal Cook	Samantha Ajtay
Cook I	Bety Castillo
DR/Kitchen Assistant	Gail Krysak
Janitorial	Marco Escobar

ON-SITE PARTNER PROGRAMS & SERVICES

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

PROGRAMS, COMMITTEES, CONVENERS, & BOARD REPRESENTATIVES*

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

ADMIN. PROGRAMS

By-Laws/Policies Committee
Crafts Boutique
Finance Committee

Memberships
Newsletter
Newsletter Ad Sales
Nominations Committee
Seniors Helping Seniors

CARDS & BOARD GAMES

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

Duplicate Bridge
Norwegian Whist
Bid Euchre
Canasta
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
Simple Collage

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 Arkinstall/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
Gord Yauch
Donna Takeda
Vacant
Sheila Brust
Mike Bennett, Pino Zucchelli, and
Marilyn Maloff
Craig Gregory
Joe & Dianne Smith
Mike Bennett
Norene Irwin
Gord 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
Winners Bingo Volunteer
Coordinator

HEALTH & FITNESS

Keep Fit, Yoga, Somatics
Tai Chi
Gentle, Chair, Stability Yoga
Fitball/Exercise With Arthritis
Evening Pound, Zumba Gold
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/Bonnie Hammond
Karen Gordon

Rob Grisak*, Board Rep
Melanie Hillaby
Christine Curteanu
Melanie Hillaby
T. J. Dunn
Sheila Mulgrew
Jim Scott (Volunteer Trainer)
Ashley Kern

Jim Hahn*, Board Rep
Valerie Arkinstall
Chris Figenshau
Valerie Arkinstall
Vacant
Valerie Arkinstall

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
Kaye Murphy
Ben Bell
Clay Olsen
Jerry Mikusek, Dave Bergen

Marko Bosnak*, Board Rep
Valerie Arkinstall
Valerie Arkinstall
Marco Escobar

Donalda Stock*, Board Rep
Jim Hahn, Liaison,
Valerie Arkinstall, Volunteer Hours
Reporting Liaison
Hugh Gordon, Don Santa
Elaine Molyneaux

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



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



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

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

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

PRESIDENT'S REPORT

"September was the most beautiful of words,"

Alexander Theroux



The Whoop-Up Parade wasn't really a parade without Nord-Bridge

After a ten-year hiatus, Nord-Bridge returned to the Whoop-up Parade this year, with Ashley Kern and Lorri Penner coordinating the project. Fitness Instructor Melanie Hillaby assumed responsibility for the entertaining demonstration performed by the "Pound® 55+" team. Nord-Bridge artists also played important roles in the project. The water colour pieces were put together by Sandy Baceda and created by Doris Vienneau, while the wood exhibits were produced by the Nord-Bridge Wood Carving Club. And thanks to the indefatigable Clay Olsen, who served as driver. Given the enthusiastic response the float received along the parade route, I have no doubt there will be pressure on us to have a 2020 version.

The Nord-Bridge Whoop-Up Breakfast Features Food, Music, and Fun

On August 21st Lethbridge kicked off Whoop-Up Days at Nord-Bridge with the best pancake and sausage deal in the city. Thanks to the cooks, servers and entertainers who work so hard to make this a success year after year.

The 10th Annual Presidents Dinner to Focus on Builders

The 10th Annual President's Dinner, which takes place in the Multi Purpose Hall on September 17th, will celebrate the achievements of 14 presidents who contributed to the Nord-Bridge success story, beginning with founding president Roy Berlando and concluding with Past-President Pat Santa. This is a story of how a small number of enthusiastic people created an inspiring community organization. Financial support for this event comes from everyone who purchased a ticket for this evening's event. But I particularly wish to thank our corporate sponsors, **Generations** and **Edward J. Jones**.

This year's dinner will feature roast beef prepared by Samantha Ajtay and her crew, classy piano stylings of Anne Pauls, elegant bar service by Don Santa and Billy McTighe, and a wine pull organized by George Berg.

California Dream'in

Next month's newsletter will feature a brief report on your President's visit to our twin city, Culver City, California. It will include a report on how our twin city meets a wide range of needs of its senior citizens. Culver City Mayor Meghan Sahli-Wells has kindly scheduled meetings for me with City and community leaders responsible for providing services to seniors. There just isn't time to get this report into this month's Newsletter. Look for it in the October newsletter.

Welcome to our new members! I hope to welcome you in person. And welcome to fitness instructor Sheila Mulgrew!

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

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

Carol Hawthorne
Shirley Zeh
Henry Scott
Helen Scott
Val Gregor
Debbie Thomas
Mary Ackerman
Michael Merrit
Norma Martens
Calvin Biem
Fran Gaskell
Anonymous (2)



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.

RE-ELECT

Rachael HARDER



RachaelHarder.ca

403.380.2411

Authorised by the Official Agent of Rachael Harder, 4880 48th Street, Lethbridge, Alberta, Canada, T1K 1S1

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

LORRI'S CORNER

Where have all the flowers gone? Or maybe it should be... where did summer go????? I am shocked that September has arrived so quickly.

First off, I want to thank all those who helped Ashley and myself with the float this year for the parade! Whether you "poofed" the pompoms, donated the cardboard, helped decorate, let us use your truck and trailer or shop, built us a stand for the tree, lent us a sparkly new generator, helped with cutting, painting or cleaning up, rode or walked or just encouraged us, thank you! This is a huge undertaking and I have an entirely different understanding of parades now! We had so many great comments on the float and it was truly a Nord-Bridge team effort!

On September 6th, the next Grief Recovery group will be starting and there are only a few spots left for this 8 week life changing program. People, all of us, can experience over 43 different losses in life and those losses can affect our health and wellbeing. You can register at the front desk, the cost is \$150 and includes the manual and all materials. If you have any questions, please call me, stop by or email me. I hope to walk with you on this journey, it is truly a gift you give yourself.

On September 16, at 9 am, Dr. Daren Heyland will be presenting at Nord-Bridge in the West Community Room. He has developed a guide that will help you understand medical treatments and will help you in deciding what YOUR wishes are for your care. See the ad on page 14 of this newsletter for more details. Sign up will be required to attend but there is no cost.

So now the news that I am really excited to share! On July 21 at 2:33 a.m., my newest grandbaby arrived! Grace Anne weighed in at a sturdy 8 pounds 11 ounces! She is such a calm baby who loves to snuggle! This brings the grandbaby count for me to 7 – 6 princesses and 1 prince! Until next month, take care of yourself, and your neighbour, be a little kinder and if you see someone with-

out a smile, give them one of yours, it could be the only smile they see!

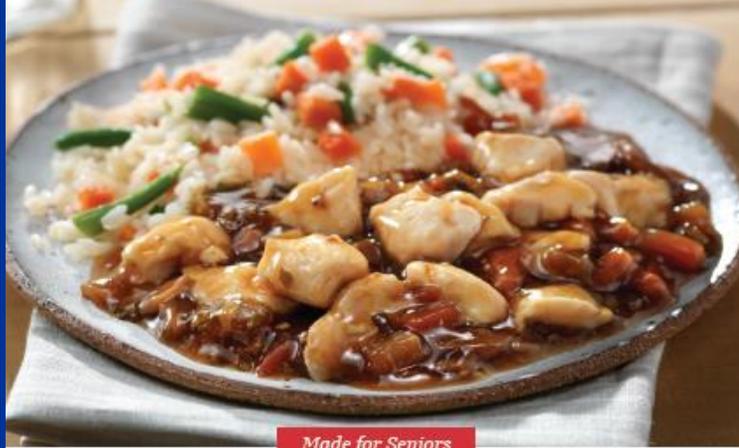
My September Schedule:

September 2019				
M	T	W	T	F
	3	4	5	6
9	10	11	12	13
16	17	18	19	
23	24	25	26	27
30				



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

*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

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1 (844) 431-2800
HeartToHomeMeals.ca



*Some conditions may apply.

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.**



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.

EXECUTIVE DIRECTOR'S REPORT

Greetings Members,

The Fall Program session is upon us which means we will see many familiar faces coming through the doors again. I also look forward to meeting all the new faces as well. Each fall programming session many new members join to participate in the various array of classes, activities and programs that Ashley our Program Coordinator has scheduled. For all of our members if you see an unfamiliar face in the program or activity you are in, join me in giving them a "Friendly" Nord-Bridge welcome. Ashley will be introducing a lot of new programs this fall that will for sure be of interest to our membership and new potential members. If I didn't have two left feet, I would consider taking the Beginners Ballroom Dancing! Or if I had an ounce of artistic talent I would consider the Paint and Sip Nite... I guess I could always just attend the 'Sip' portion of the class 😊.



I would like to extend a big thank you to Ashley and Lorri for spearheading Nord-Bridge's first Whoop Up Days parade float entry. Staff members Ashley, Lorri, and Tracy along with Nord-Bridge member Dianne L. spent a full day decorating the truck and flat deck trailer with thousands of colorful pompoms that were meticulously fluffed by some volunteers and our very own Krafters Koffee Klub and Quilters Group. We have received great comments about our parade float. Thanks again to all those



involved. (Truck and Trailer courtesy of Melanie and Kevin Hillaby) Finally, last month one of our staff had the misfortune of having her vehicle broken into twice in our staff parking lot. On both occasions



the thief was only able to steal some loose change and some other non-valuable items. This serves as a great reminder to lock your vehicle at all times and avoid leaving valuables inside your vehicle where passerby's can see them. Also, as mentioned in my Newsletter article a few months ago, please do not leave your valuables unattended inside Nord-Bridge.

What you see.



What a thief sees.



DON'T LET YOUR VALUABLES BECOME A QUICK PAYDAY

David Ng
Executive Director



Prosthetics - Orthotics - Bracing

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

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



From the Desk of Val



The summer is going too quickly and I am dreaming of more summery days for September. As I write my friendly article we have wrapped up our annual Whoop Up breakfast and I must say those pancakes were yummy. Also I extend a big thank you to Lorri and Ashley for their many hours in putting a beautiful Nord-Bridge float in the Whoop Up parade. It has been a few years since our last appearance. The last time we made an appearance was when David, our fearless leader began at Nord-Bridge as the program director. For me, my part was making the colourful plastic flowers. Toward the end I delegated a team to come in and they had a blast making them. Thanks to all for pitching in and doing an amazing job. I actually called it the "new therapy program", good for our aging hands. (Ha, Ha!)

Our busy fall programs are about to start and everyone is getting back from their summer activities to start their fall recreational activities and getting back to the gym to keep active and fit. At the reception desk, we will be ready to welcome you with our friendly smiles. We are pro-rating new members, \$73.00 which works out to \$23 for the remainder of this year plus \$50 for 2020. Just a friendly reminder please let us know of any changes to your address, phone number, next of kin so we can update our records. Welcome back all volunteers after your time of rest and relaxation. For those who would like to volunteer, please leave your name with us so we can get you involved in our Friendly Centre. In closing, I would like to thank Cheryl Hodgson for her many years of excellent work at the Front Reception Desk. She has decided to cut down her role but will continue helping out at the monthly Outreach programs. I welcome Jane Ainsley who will fill in on Thursday afternoons from noon until 3:00 p.m.

In closing, Maria and myself will be organizing travel outings for 2020 and we need your input. We have just three more Mystery Trips left. The deadline for our first annual trip to Edmonton to River Cree Casino is September 27th and we need more interest. The cost of \$220 double occupancy, includes accommodation at the River Cree Casino for a chance of winning the jackpot and for those who enjoy shopping a shuttle bus to the West Edmonton Mall to start your Christmas shopping. Keep alert, stay fit, and remember the coffee pot is always on to meet new friends at our Friendly Centre. 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.

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

Moose Jaw, SK	Sept 16 - 19, 2019,	Sights, Shopping & More	\$425 pp/dbl
Deadwood, SD	Sept 29 - Oct 5, 2019,	No rules, no regrets. Sold Out	\$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
Bonnars Ferry, Id	Feb 2 - 5, 2020	Super Bowl Action	\$385 pp/dbl
Camrose, Ab	May 24 - 25, 2020,	w 2 side trips and entertainment	\$229 pp/dbl
Yellow Stone	Jun 21 - 27, 2020	Old Faithful, Sightseeing	\$1400 pp/dbl

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 **Free Info Session: 1347 Coulee Creek Crt S, Lethbridge, Sat, Sept 7th, 10:00AM - Noon**

SERVING SOUTHERN ALBERTA - Calgary, Lethbridge - Pincher Creek and MORE
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)

Kathy Ludwig \$76.25 August 1, 2019
Harry Fischer \$69.25 August 12, 2019
Lorri Penner \$157.00 August 27, 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

Trina Williams \$260.00 on August 23, 2019

Next Draw September 27, 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

Friday Dunford Diner Lunchtime Entertainment

- Sept. 6 Alice Tinordi**
Sept. 13 Elaine Unger-Pengilly
Sept. 20 Karen's Entertainment
Sept. 27 Dean & John

Schedule Subject to Change



NORD-BRIDGE BUILDING FUND RECENT DONORS

Anonymous \$75, Stan & Phyllis Kruszewski \$500, Rita McEwen \$1,000

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2019 through August 23, 2019: **\$13,618**



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 **\$ 2,150,781**

Still needed by N-B Fundraising **\$ 349,219**

WE THANK Karen Gordon 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

- Sept. 6 Veal Cutlet with mashed potatoes, veggies and gravy**
Sept. 13 Spaghetti & Meatballs with Caesar salad and garlic toast
Sept. 20 Liver and Onions with mashed potatoes, Veggies and gravy
Sept. 27 Cabbage Rolls with salad and mashed potatoes

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

*PLEASE NOTE: THE GRILL IS CLOSED DURING SPECIAL EVENTS



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 CENTRE CLOSED for LABOUR DAY</p> 	<p>3 8:30 Golf (Evergreen - members only) 10:00 Music Makers 12:45 Canasta 1:00 Texas Hold'em 1:30 SCRABBLE 5:15 FREE DEMO: Evening Pound® with Sheila</p> 	<p>4 8:30 Breakfast Buffet  8:45 FREE DEMO: Zumba Gold 9:45 FREE DEMO: Seated Pound® 55+ 10:00 Carpet Bowling 10:45 WINNERS BINGO 11:15 Line Dancing 1:00 Darts 1:00 Euchre 1:00 Quilt/Craft 3:00 Advantage Hearing By appointment 7:00 Table Tennis</p>	<p>5 8:30 Golf (Evergreen - members only) 9:00 Floor Curling 12:00 FREE DEMO: Active Pound® 55+ 1:00 Hand & Foot (Diner Annex) 1:00 Trump Whist 1:00 Woodcarving 1:00 Duplicate Bridge</p> 	<p>6 10:00 Carpet Bowling 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p> 
<p>9 9:30 Jammers 9:30 Outreach Meeting (South View Room) 10:00 Floor Curling 11:15 Beginners Tai Chi for Health, Balance & Wellness Darts 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 6:30 Bid Euchre</p> 	<p>10 8:30 Golf (Evergreen - members only) 9:30 Beginner Watercolour 10:00/11:00 Clogging 10:00 Music Makers 10:00 Coffee, Tea & You 10:45 WINNERS BINGO 12:45 Canasta 1:00 Texas Hold'em 1:30 SCRABBLE 5:15 Evening Pound® with Sheila 6:15 Beginners Line Dance 7:00 Advanced Line Dance</p>	<p>11 8:45 Zumba Gold 9:00 Guided Meditation 9:45 Seated Pound® 55+ 9:45 Out & About + coffee TOO 10:00 Carpet Bowling 10:00 Paper Tole (South View Room) 10:00 Music Makers (out) 10:00 Coffee With a Constable 10:45 WINNERS BINGO 11:15 Line Dancing 1:00 Darts 1:00 Euchre 1:00 Quilt/Kraft 7:00 Table Tennis</p>	<p>12 8:30 Golf (Evergreen - members only) 9:00 Card Crafters 9:00 Floor Curling 9:30 Mind Joggers 12:00 Active Pound® 55+ 1:00 Hand & Foot (Diner Annex) 1:00 Trump Whist 1:00 Woodcarving 1:00 Duplicate Bridge 1:15 Floor Shuffleboard</p> 	<p>13 9:00 Paper Tole 10:00 Carpet Bowling 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p> 

<p>16 9:00 Getting the Medical Care That's Right for You 9:30 Jammers 10:00 Floor Curling 11:15 Beginners Tai Chi for Health, Balance & Wellness 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:30 OUTREACH 6:30 Bid Euchre</p> <p><small>*Darts cancelled</small></p> 	<p>17 9:00 REIKI RELAXATION 9:30 Beginner Watercolour 10:00/11:00 Clogging 10:00 Music Makers (out) 10:00 Coffee, Tea & You 10:45 WINNERS BINGO 12:45 Canasta 1:00 Texas Hold'em 1:30 SCRABBLE 5:00 PRESIDENT'S DINNER</p> <p><small>*Evening Pound® with Sheila cancelled *Beginners & Advanced Line Dancing cancelled</small></p>	<p>18 8:45 Zumba Gold 9:00 Guided Meditation 9:45 Seated Pound® 55+ 10:00 Lethbridge College Students Massage 10:00 Carpet Bowling 10:00 Paper Tole <small>(South View Room)</small> 10:00 LEARN (Boardroom) 10:45 WINNERS BINGO 11:15 Line Dancing 1:00 Darts 1:00 Euchre 1:00 Quilt/Kraft 7:00 Table Tennis</p>	<p>19 9:00 Card Crafters 9:00 Floor Curling 9:30 Mind Joggers 9:30 Cooking for One 10:00 Lethbridge Hearing (Library) 12:00 Active Pound® 55+ 1:00 Acrylic Painting 1:00 Hand & Foot <small>(Diner Annex)</small> 1:00 Trump Whist 1:00 Woodcarving 1:00 Duplicate Bridge 1:15 Floor Shuffleboard</p>	<p>20 9:00 Stability Yoga 9:00 Paper Tole 10:00 Carpet Bowling 10:15 Chair Yoga 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p> 
<p>23 & 30* 9:00 Gentle Yoga 9:30 Jammers *10:00 Simple Collage 10:00 Floor Curling 10:15 Chair Yoga/Somatics 11:15 Beginners Tai Chi for Health, Balance & Wellness 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:00 Darts 6:30 Bid Euchre</p> 	<p>24 9:30 Beginner Watercolour 9:30 Seniors Advocate Presentation 10:00 Music Makers 10:00 Coffee, Tea & You 10:45 WINNERS BINGO 11:00 Adapted Aerobic Keep Fit 12:45 Canasta 1:00 Texas Hold'em 1:00 L-SKIP 1:30 SCRABBLE 3:00 Exercise with Arthritis 5:15 Evening Pound® with Sheila 6:15 Beginners Line Dance 7:00 Advanced Line Dance</p> <p><small>*Clogging cancelled</small></p>	<p>25 8:45 Zumba Gold 9:00 Guided Meditation 9:45 Seated Pound® 55+ 9:45 Out & About + coffee TOO 10:00 Carpet Bowling 10:00 Paper Tole <small>(South View Room)</small> 10:45 WINNERS BINGO 11:15 Line Dancing 1:00 Darts 1:00 Euchre 1:00 Quilt/Kraft 3:00 Fitball 7:00 Table Tennis</p>	<p>26 9:00 Card Crafters 9:00 Floor Curling 9:30 Mind Joggers 10:00 Floor Somatics 11:00 Combo Keep Fit 12:00 Active Pound® 55+ 1:00 Acrylic Painting 1:00 Hand & Foot <small>(Diner Annex)</small> 1:00 Trump Whist 1:00 Woodcarving 1:00 Duplicate Bridge 1:15 Floor Shuffleboard</p>	<p>27 9:00 Stability Yoga 9:00 Paper Tole 9:30 SAIM (Boardroom) 10:00 Carpet Bowling 10:15 Chair Yoga 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p>  <p>*TOONIE DRAW</p>
<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".</p> <ul style="list-style-type: none"> 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) <ul style="list-style-type: none"> CENTRE CLOSED SEPTEMBER 2ND FOR LABOUR 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, September 11 and 25, 2019 WINNERS BINGO: Sept. 4, 10, 11, 17, 18, 24 & 25 2019 FOOT DOCTOR: DR. SCHOW NOW AT 10:30 AM. FUTURE DATES: OCTOBER 16, 2019 and DECEMBER 11, 2019 (NOW \$15) 				

WINNERS



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Programmer's Report by Ashley Kern

Well, that was a fun filled summer! The end of August was jam packed with lots of great events! Starting with the Whoop-Up Parade on Tuesday, August 20, that Nord-Bridge entered for the first time in 10 years! Everyone had a blast from the POUND® participants, to the woodcarving group! It was great to illustrate all that Nord-Bridge has to offer for recreation programs, social activities, etc. Our Annual Whoop-Up Pancake Breakfast was also on Wednesday, August 21 and we had just under 600 attendees. Thanks to all our volunteers as well as our sponsors including, The Lethbridge Hearing Center, Servus Credit Union, Savers, Makers of Krusteaz Pancake Mix, The Mad Butcher, The View at Lethbridge, and Costco! We are very grateful for all our sponsors for this event!



As we roll into September, there is still golf at Evergreen on Tuesdays and Thursdays at 8:30 a.m. until September 12th, 2019. Without the convener, this program would not be running! Regular programs are back in full swing and as such we are faced with situations of short program space turnaround. To best maximize the use of rooms, we have booked some programs back-to-back. For smooth transitions, we have allotted a minimum of 15 minutes between these classes. Please be aware of this tight scheduling, and be mindful of the turnaround time. Your courtesies in exiting in a timely manner, as well as your patience when awaiting access to a particular room, would be greatly appreciated by our instructors and members.

Fall programs are now open, so please stop by the Front Reception Desk if you have not already signed up for all the great programs at Nord-Bridge! The Fall Program Guide is on our shelves beside the Front Reception Desk. Lots of new and exciting programs include: Cooking for One at The Inter-Faith Food Bank. This is a great partnership where you can cook and socialize for a couple of hours a week and take the meals home to freeze for later. This is for members only. Paint & Sip Nite® is finally at Nord-Bridge on Wednesday, October 16 at 6:00 pm. Come down and have a glass of wine while painting a Halloween theme canvas instructed by Paint Nite Certified Instructor, Dallas Van Dyk. We are also trying out a Beginners Ballroom Dancing class at the end of this month, where you and a partner learn everything Ball Room including Fox Trot, Waltz, etc. We are also bringing in a new Zumba GOLD® class led by Sheila Mulgrew who also has been teaching evening POUND® classes! You can find more information about these new programs in the Fall Program book, or ask me for more information.

On another note, volunteers are the backbone of Nord-Bridge and its programs. Conveners of Winners Bingo are looking for more Tuesday volunteers, lunch is included and depending on experience with Winners Bingo, walking is required. Please talk to me at the Front Reception Desk, if you are interested!

A couple last notes: The Annual Fall In-House Tournament will begin in November so sharpen your skills in time for this fun tournament. Please find more information on the specific dates around Nord-Bridge next month!

The University of Lethbridge Nursing Students will be around Nord-Bridge again this year starting the middle of this month to the beginning of December, so please give them a warm welcome when you see them around the building. They are here for their community health practice experience, which includes many different education sessions throughout the fall and winter!

Until next month, stay happy and healthy!

Ashley



CONDOLENCES TO

...Carl Hawkins and his family on the loss of his son; family of Paulina Kolibar on her passing; family of Ruth Meheden on her passing; family of Charles Ruhlman on his passing; the Lambert family on the loss of Dave's father; family of Donna Wadsworth on her passing; family of Yvonne Elkin on her passing; family of Pat Chizek on the passing of her mother and family of Tom Okutake on his passing...

GET WELL & HEALTH WISHES TO

...Mathilde Reichel; Buella Chervinski; Mariam Goller who is now in the Regional Hospital; Yvonne Fawcett who is now home; Rudy Grams on his knee surgery and to Clark Figenshau who is in the hospital...



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chinooklifecare@gmail.com

Chinook LifeCare is actively seeking new Board Members



Alberta's Seniors Advocate is making a return visit to the Lethbridge area



Dr. Sheree Kwong See is serving as the province's Seniors Advocate for a term spanning September 2016 to December 2019. At the start of her appointment she visited several Alberta communities to outline the roles and responsibilities of the Office of the Seniors Advocate (OSA).

The OSA's role is to provide resolution support to senior Albertans and their families (individual advocacy); and through this work to identify and analyse issues; and to make recommendations to government for improvements to programs and services (issues advocacy).

With Dr. Kwong See's current term almost complete, she is returning to our area to provide a report to the community about the OSA's advocacy work and to seek input from the community on the future directions of the OSA. Input received will inform recommendations to the Minister about the OSA. Everyone is invited to come and hear what the OSA has done to help Albertans and to give input on future directions.

For more information

Phone 1-844-644-0682 (Toll Free)
Email seniors.advocate@gov.ab.ca
Visit www.seniorsadvocate.alberta.ca

Date: Tuesday September 24, 2019

Time: 9:30 AM - 11:00 AM

Location: Nord-Bridge Seniors Centre
1904 - 13th Avenue North, Lethbridge
T1H 4W9

EUCHRE REPORT

*Gord Yauch,
Convener*

Here it is September already. Hope everyone had a great summer. Thanks to our regulars that came in over the summer many bringing guests, some even from California.

A few changes have been made. When we have a 3 table now the 9's are taken out and only 3 hands are dealt. You will only sit at the 3 table for 2 games.

Come join us on Wednesday afternoons Our goal is to have lots of fun.

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Curling Starts October 1st, 1:00 p.m.
Register Online or in Person at the Club

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Curl Two afternoons each week either
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Curl in all four squares or choose which squares you
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- 2nd Square November 12 to December 13
- 3rd Square January 7 to February 7th
- 4th Square February 18 to March 20, 2020

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NOTICE TO NORD-BRIDGE MEMBERS - Mark your calendars for
Wednesday, November 6, 2019 for the General Members Meeting
in the Multi Purpose Hall starting at 9:30 a.m.

**FOCUS GROUP PARTICIPANTS
WANTED FOR THE DESIGN OF A
PROPOSED SENIOR APARTMENT**

SEPTEMBER 4, 5, 6
1:30 PM - 3:30 PM



**Nord-Bridge
Seniors Centre
1904 - 13 Ave N
Lethbridge**

**Please RSVP:
780.707.3324**

Terry Collier, MSc. and Associates are holding several focus groups in the Lethbridge area in early September. We believe in building community and strengthening relationships by including potential residents in our process of determining the design and amenities for a potential senior's apartment building.

Prior to building in a community, we hold a minimum of three focus groups with 12-15 local seniors. Using a PowerPoint presentation and questionnaire, we solicit their opinions on what is needed for housing in their community.

Food and refreshments are provided. At this point, no personal information is gathered; ensuring the highest quality feedback.

Focus group participants are asked to rank in order of importance services such as an emergency call program, available daily food service, housekeeping, flat linen services, and transportation. Preferences in building and suite finishes are also requested. An introduction to a more affordable supportive living model is offered, that addresses the changing needs and attitudes of today's seniors.

Terry Collier facilitates these focus group sessions. Terry's first exposure to seniors was implementing desktop computers for administrative duties, for a chain of senior's properties in Southern California in 1985. Terry became interested in seniors research while doing his master's degree, where he studied seniors' consumer behaviour, at Chapman University in Orange California. In the early 90's he moved to Canada to work for a senior's developer in the marketing division. His primary responsibilities were

to support the developer's marketing efforts with research on seniors' buying behaviors (consumer behaviour).

Terry was a faculty member and lecturer at Medicine Hat College, Grande Prairie College and Red Deer College, during which time he facilitated the development of a seniors supportive living property in each community - The Wellington in Medicine Hat, The Gardens at Emerald Park in Grande Prairie and Three Robins Active Living Community in Red Deer.

Terry is a partner at EFG Architects and supports his firm's architectural efforts focusing on seniors housing including supportive living facilities. He continues to do focus groups and research to support new design in seniors housing to meet the changing lifestyle needs of seniors.

To participate in an upcoming focus group for a potential senior's apartment building in the Lethbridge area, September 4-6, 2019, please phone Trudy McAuley at (780) 707-3324.



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

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
 Single Family Average Sold Price \$325,048
 Up Almost \$6000 From 2018

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 B.Sc Pharm
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Upcoming FREE consultation dates:

Tuesday(s) October 8, 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.

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**GETTING THE MEDICAL CARE
THAT'S RIGHT FOR YOU**

**IN ORDER TO KEEP YOU
TICKING, WE NEED TO KNOW
WHAT MAKES
YOU TICK?**

DATE: Monday, September 16th, 2019

TIME: 9:00 a.m. to 10:45 a.m.

WHERE: Nord-Bridge Seniors Centre
1904 13 Ave. N.
West Community Room



Join Dr. Daren Heyland, Critical Care Physician and Professor of Medicine from Queen's University who will provide information on the Plan Well guide, which is a new tool to help you learn about medical treatments and prepare you for decision making during a serious illness, by helping you communicate important values and preferences. Get the medical care that's right for you or your loved one. Dr. Heyland is an expert in communication and decision making as it relates to serious illness. He is the developer of the Plan Well Guide and will explain how to use the Guide and why planning care in advance is so important. Check out this new tool at www.planwellguide.com.

September is Grandparents Month



2019



2015

Above is **Autumn** with **Grandparents Pat and Yutie Urano**. They took in our Annual Whoop-Up Toonie Pancake Breakfast in August of 2015 and now again in 2019. It's nice to see that traditions are built with grandparents and their grandchildren here at Nord-Bridge. Take time to hang out with the younger versions of you as often as you can.



**THANK
YOU**



JULIE, JESSICA, STACEY AND ERIN FROM
SERVUS CREDIT UNION - UPLANDS BRANCH
FOR HELPING US AT THE WHOOP UP
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TRAVEL

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

ROAD REPORT

August was another successful travel month. Our small bus went to the Saskatoon Barry Farm and Chinook Honey Farm where the travelers learned all about honey bees. Mystery Trip #7 was a trip out to Park Lake for a picnic lunch followed by an interesting bird tour at the Helen Schuler Nature Centre.

2020 Travel Outings: Please bring your travel suggestions for new destinations to Maria or Val for the small and larger buses. Is there interest in a **Moose Jaws Spa/Casino & Tunnels tour for April 2020?** Stop by and let us know.

SOMETHING NEW Taking names for going to FOREMOST DINNER THEATRE IN November to see the romantic comedy "Till Beth Do Us Part". Leave your name at the Front Reception Desk. COST: T.B.A. if there is enough interest. Tentative date: Friday, November 22nd (evening).

Mystery Trip #8 - Thursday September 12, 2019 Is now confirmed. This destination will be unique and different with some walking at your leisure. Cost: \$5 (Inc. bus) Buy your own lunch at this destination. Bus will depart at 11:00 a.m. Seats limited.



OTHER TRIPS

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. We need more interest for this trip. It's the first time to this Edmonton destination. Get on board! It will be FUN!

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.



MYSTERY TRIP #9 - October Date TBA

MONDAY, OCTOBER 7, 2019 Grey Eagle Casino (Incl. Bus) Bingo gratuity lunch cost \$2 collected on bus. Departs Centre @ 8:30 a.m. Bingo games at own cost. Deadline: Sept. 30/19

MYSTERY TRIP #10 - November 21st, 2019 Cost: TBA

THURSDAY, NOVEMBER 14th - Galt Railway Museum - Victorian Christmas Cost: TBA

THURSDAY, DECEMBER 5th - Canmore Chocolate Factory Tour Cost: \$50 (Member) \$75 (Non-Member)

TUESDAY, DECEMBER 10th - Broxburn/Green Haven

Coming JANUARY 2020 Stage West Dinner Theatre, Wed. January 15 to see the live production of **MAMA MIA**. Cost T.B.A. - Leave your name at the Front Desk if interested.

Thursday, September 19, 2019, Local Movie Mill to watch a show of your choosing. COST: \$10 (Incl. bus & lunch). You will be given a \$5 coupon to buy lunch in the Dunford Diner. Then you will purchase your own movie admission which is 1/2 price for Seniors.

THURSDAY, NOVEMBER 7th, 2019 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. If you cancel you must find your own replacement.



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, September 11th & 25th

COST \$3

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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Tickets will be available
 August 19th, 2019 at
 Nord-Bridge Seniors Centre...

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Members & Invited Guests

