

NEWSLETTER

OCTOBER 2019



. Back Row L. to R. Kemi - Mandy - Tayla - Sarah - Abdul - Jen.
Front Row L. to R. Lexi - Janelle - Kayla-Marie - Tola.

Hello Nord-Bridge Seniors Centre! We are the Bachelor of Nursing After Degree students from the University of Lethbridge and you will see us around until the end of November. We are going to be teaching various health topics throughout the fall. We are looking forward to our Health Fair on November 28, 2019 from 9:30 a.m. to 12:00 noon. Please feel free to invite your family and friends to this fun event. Our goal is to help educate and improve wellness of the members of the Nord-Bridge Seniors Centre. We have many educational posters and presentations planned for the members throughout the fall, so watch for the dates and times.

Health Tip: Get immunized! The influenza vaccination season is coming up and we want you to stay healthy. The influenza vaccine can reduce the likelihood of getting the flu by 40-60%, so get your Flu Shot!

“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

Duplicate Bridge
Norwegian Whist
Bid Euchre
Canasta
Hand & Foot

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

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

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
Donna Gallant

**NEW MEMBERSHIPS \$73.00
MEMBERSHIP RENEWALS \$50.00**

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

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 Arkininstall
Chris Figenshau
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
Vacant
Dianne Reid
Vacant
Lorna Vandervalk
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.



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

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

PRESIDENT'S REPORT

"Hope is a waking dream."

Aristotle

Nord-Bridge President Visits Culver City Seniors Centre

The 30th anniversary of the Lethbridge/Culver City Twin City Agreement provided your president with an opportunity to tour the Culver City Senior Citizens Center at no cost to Nord-Bridge. Studying how other communities meet the changing needs of an expanding senior's population potentially provides an opportunity to view our own community's programs in a different light. I believe this may be the case here.

Culver City takes pride in its reputation as "The Heart of Screenland." That isn't by accident. Its founder, a realtor named Harry Culver, created Culver City by joining two Mexican ranches for the stated purpose of building a community to meet the needs of the growing film industry. But Culver City today is much different from the community Harry Culver founded 100 years ago. To begin with, it is a much older community. The latest census indicates that 15.5% of the population is 65 years or older, which is close to the Lethbridge figure of 16.34%.

There is one remarkable demographic about Culver City. While the latest census indicates there are 40,000 citizens in the city, when the studios and research centres open in the morning, the population swells to about 150,000. Notwithstanding that statistic, the Culver City Council takes seriously the needs of its senior citizens, as demonstrated by its strong support for the Culver City Seniors Center, which has 5,000 members. The membership may be explained in part by the fact seniors are eligible to join the centre at age 50. Another consideration may be the heavily-subsidized membership fee of \$15. And still another might be that the center is open seven-days a week. Saturday afternoon the center provides a dance and Sunday afternoon, a movie.

The programming provided by the two centres are more similar than one might expect. Both centres seek to promote the physical, emotional, artistic, and financial well-being of their members.

One area where the two centres have taken divergent paths is food services. While Nord-Bridge offers an extensive kitchen operation, beginning with breakfast at 7:00 a.m., the Culver City centre offers a limited menu based on meals prepared off-site

Thanks to the many members who participated in the 10th President's Dinner on September 17. A key part of the evening was a celebration of the important contributions of our first sixteen presidents, beginning with our founding president, Roy Berlando, and concluding with the sixteenth, Pat Santa. Thanks to the staff and volunteers who ensured the success of this event. And thanks, as well, to the many members who volunteer day-after-day.

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



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

Karin Brown
Trilby Kozak
Connie Barendregt
Jake Barendregt
Gilbert Dumont
Edith Tanne
Patricia Filteau
Ann Crawford
Shelley Schmidt
Doreen Stotyn
Marie Wilson
Bart Wilson
Cathy Hodgen
Ingrid Sage

Shirley Bedard
Myrna McMillan
John McMillan
Allan Peck
Judy Chervinski
Millie Buck
Anonymous (4)



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



Election Day
October 21st



Advanced Polls
October 11, 12, 13, 14

403.380.2411

RachaelHarder.ca

Authorized by the Chief Agent of Rachael Harder, info@nordbridge.com or 403.380.2411

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

MARK IT ON YOUR CALENDAR!

ANNUAL CRAFT & BAKE SALE

SATURDAY, OCTOBER 26th, 2019

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

Multi-Purpose Hall, 1904 13 Ave. N.

LORRI'S CORNER

If you don't read any other articles I write for the rest of the year, please read this one. You may not think you are doing this, but there may be a good chance you are. Are you asking what? What am I doing??



BULLYING

Bullying usually conjures images of mean spirited children cornering another child in a hallway or on the playground, but bullying is **NOT** limited to children. Bullying is a concern across all age groups, including seniors.

While we may have an idea of what bullying is; we may not fully recognize all the behaviours that are also considered to be bullying. It is my intention to shine a bit of light on bullying so we can look at how we treat each other at Nord-Bridge and elsewhere.

The definition of bullying is: "intentional repetitive aggressive behaviour involving an imbalance of power" (Hazelden Foundation, 2008). Bullying is further defined as a distinctive pattern of harming or humiliating others. Both men and women can be bullies but how they participate can look much different. This is a gender based observation of style but men and women can and do utilize both. Women tend to use a more passive aggressive behavior like excluding someone, murmuring behind someone's back etc. Men tend to be more outwardly aggressive with insulting remarks, name calling and in extreme cases to physical assault.

Bullying can include snubbing, cruel treatment and abuse of power. It also includes spreading rumours and using negative nonverbal body language such as mimicking and offensive gestures and rudeness.

People who are bullies share some common characteristics according to research. They seek to control others and feel powerful when this control happens. Their behaviour continues because they are reinforced by making others feel threatened, fearful or hurt. They strive to create conflict between people and have difficulties tolerating differences in people.

The impact of bullying affects us all. No one wants to be afraid to attend a program or event. Often people are afraid to attend and feel anxious worrying whether the bully will be there and sometimes they choose to stay away. Frequently the victims keep the bullying to themselves because they are embarrassed, or scared of further bullying. So how do we stop bullying? First by being aware what bullying is and looking at how we interact with others. We are the first place to stop bullying: if you recognize yourself as doing any of the above things, please stop. Next, watch what is going on around you. Do you see interactions where you feel uneasy or sad at how someone is being

My October Schedule:

October 2019				
M	T	W	T	F
	1	2	3	4
7	8	9	10	
	15	16	17	18
	22	23	24	25
28	29	30	31	

treated? If so, please speak to one of the staff members here and we will handle it.

Nord-Bridge is a caring community, where members must feel safe and welcome; and we want ensure this happens, for ALL members. Nord-bridge is proud to be "The Friendly Centre" so let's all do our part to keep it friendly.



Lorri Penner, BSW, RSW
Member Support Coordinator

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.**

EUCHRE REPORT *Gord Yauch, Convener*

We are averaging 24 people every week. Please tell your friends so that we can build that average up. The more the merrier.

BOUTIQUE NEWS - ATTENTION CONSIGNEES!

We will be accepting winter items on October 18th and Christmas crafts on November 8, 2019. Heather & Jo-ann

Bridge News Over the summer, bridge sessions have been well-attended and we are in the middle of the tournament season. **Important:** We will be hosting our own **Contract Bridge Tournament at Nord-Bridge on October 19th. Register by Oct. 10th.** Let's show those players from other cities what good hosts we can be! Our Contract Bridge sessions on Mondays and Fridays continue to be popular, usually drawing 4 or 5 tables with the occasional "phantom" (missing) player - so new and occasional players are encouraged to look in to see whether they are needed! We always give a friendly welcome to "beginners". Duplicate Bridge sessions are held every Thursday in the Diner Annex. We usually have two tables, but would love to have more players! **Message to our Contract Bridge players:** Give 'Duplicate' a try. You'll be surprised at how well you can score!

*Delicious pot roast...
no pots required!*



Made for Seniors

Enjoy the fall meals you love without all the work.

Our slow-cooked Traditional Pot Roast falls apart with a fork. The best part? All you have to do is heat and enjoy! Browse our complete menu for over 200 more delicious fully-prepared meals, soups and desserts.

Delivered frozen | Delivered FREE* | No subscription

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



*Some conditions may apply.

EXECUTIVE DIRECTOR'S REPORT

Greeting Members,

October looks to be a busy month on the provincial and federal political scene.

Federally, eligible voters will head to the polls on Monday, October 21 to elect members of the House of Commons to the 43rd Canadian Parliament. At the time of writing this article four candidates officially declared their candidacy for the Lethbridge constituency, while two other candidates have unofficially let their names stand for nominations. Similar to previous Municipal, Provincial and Federal elections; Nord-Bridge has dedicated an elections table beside the TV viewing area for candidates' election literature. The six candidates seeking election represent the following parties: New Democrat, Liberal, Conservative, People's Party, Christian Heritage and the Green Party. Please ensure you have educated yourself on each candidate and their parties platform. **Nord-Bridge has been designated as an Advance Polling station on Oct 11th (Friday), Oct 12 (Saturday), Oct 13 (Sunday) and Oct 14 (Monday).** Nord-Bridge is also a polling station on Election Day for residents of certain polls. Please check your voter registration card to verify the location of your polling station.

Provincially, the UCP government plans to table its first budget on October 24th. What does this mean for seniors and what can we expect? Premier Kenney, has said the province's debt is currently sitting at \$62.7 billion; and goes on to say the fiscal plan is not to reduce health or education budgets but rather to find savings within those departments. Nord-Bridge will keep a close eye on the breakdown of the budget when it is released and advise the membership on any areas of concern for seniors.

A friendly reminder to all members that our General Membership Meeting is scheduled for **Wednesday, November 6th at 9:30 am in the Multi-Purpose Hall.**

Ten years ago, we opened the doors to the Fitness 55 Club.

During the first month of operation we had 71 members sign up. Fast forward ten years; a total of 755 members have taken out a membership to utilize the amenities of the Fitness 55 Club. Currently, 406 of the 755 memberships are active memberships. **To celebrate the Fitness 55 Club's 10 year anniversary for the month of October we will be offering a \$10 discount on all renewals or new memberships.** For example, if you would like to renew or purchase a one month pass; instead of paying \$18 you would pay \$8 or if you wanted to pay for three months instead of \$54 you would pay \$44. This promotion is for current members or new members and only applicable for the month of October. This promotion is also restricted as a one-time / per individual transaction discount. Nord-Bridge's Fitness 55 Club would like to thank all of its dedicated members over the years for making our fitness centre one of the most active rooms in our facility.



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



Welcome back to all. Are you ready to get back in full gear coming to the Centre to participate in our busy fall programs, the fitness room, the recreational activities, or just coming to socialize in our friendly atmosphere?

Welcome to our new members who have signed up this past month and please mark your calendars for Friday, October 11th for our member photos. Our member photographer, Sid Lewis will be here to take photos from 10:00 a.m. until 11:30 a.m. and then again from 1:00 p.m. until 2:00 p.m. We will have a sign up sheet at the Front Reception Desk so that our photographer can be prepared.

I welcome Jane Ainsley to the Front Reception Desk. Her friendly smile is what it takes to work at this very busy station. She will be working Thursday's from Noon until 3:00 p.m.

Our trips have been popular. There are only two Mystery Trips left and they sell out very quickly. Some trips that had been suggested were very hard to fill. Please remember to give us feedback on any trips and how we might be able to improve them. We would appreciate more suggestions for destinations. Maria and I are here with a listening ear. Good news to report! The Out and About & Coffee too outings to Wal-Mart have increased in numbers. It's an excellent program for those needing transportation to purchase those small everyday items.

In closing, my childhood dreams to see Disneyland has been fulfilled and it was fun! I enjoyed the sunny weather and best of all I got pictures with most of the Disney characters. I personally thank Jeff Sarich for arranging this trip as it was affordable and amazing! My next adventure that Jeff will be arranging will be my Las Vegas fling next May 2020! Stay happy and stay fit as winter is coming! Mark your calendars for our **ANNUAL CRAFT & BAKE SALE, Saturday, October 26th**. There will be new craft vendors so come and start your Christmas shopping.

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 587-223-0203 cathymunro@lifetimehighs.club ~ Traveling Together ~

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
Bonnors Ferry, Id	Feb 2 - 5, 2020	Super Bowl Action	\$385 pp/dbl
Moose Jaw, Sk	Mar. 1 - 4, 2020	Temple Gardens, Spa, Casino	\$425 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.

Free Info China Session: 347 Coulee Creek Crt S Lethbridge

Saturday Sept. 21st, 2019 10:00 am - Noon

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)

Earl Hall \$190.00 September 16, 2019
Harry Fischer \$59.00 September 19, 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

Sumi Tomiyama \$395.00 on September 27, 2019
Next Draw October 25, 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

Sept. 9 Randy Butterwick \$46 / Cheryl Lane \$46
Sept. 16 Dallas Sleightholm \$46/Nick Brambhorst \$46
Sept. 23 Nick Brambhorst \$34/Elizabeth Cook \$34

Thanks Jammers, Volunteers and Patrons. Thanks also to Pat Santa for selling tickets at Monday Jams.



NORD-BRIDGE BUILDING FUND RECENT DONORS

Steve Prokop \$500; Mathilde Reichel \$1,000; Music Makers \$55

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2019 through September 20, 2019: **\$15,371**



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 **\$ 2,152,336**

Still needed by N-B Fundraising **\$ 347,664**

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 Lunch Features

- Oct. 4 Oktoberfest buffet: Bratwurst, warm German potato salad, pork roast, Sauerbraten & more. Beer available (extra cost). One plate per person. **\$ 9.00** (No menu service. Soup & Salad available)
- Oct. 11 Thanksgiving Luncheon, Turkey with all the fixins'. Tickets at Front Reception Desk **\$13.00**
- Oct. 18 Liver and Onions with mashed potatoes, veggies and gravy **\$ 7.50**
- Oct. 25 Omlete Bar. Make your own omelette with hash-browns and toast. Mimosas (extra charge) **\$ 7.50**

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

Friday Dunford Diner Lunchtime Entertainment

- Oct. 4 Alice Tinordi
 - Oct. 11 Thanksgiving Luncheon
Yvonne Nelson
 - Oct. 18 John King /Celtic Routes
 - Oct. 25 Floyd Sillito
- Schedule Subject to Change





OCTOBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>9:30 Beginner Watercolour 10:00/11:00 Clogging 10:00 Music Makers 10:00 Coffee, Tea & You 11:00 Adapted Aerobic Keep Fit 12:45 Canasta 1:00 Texas Hold'em 1:00 L-SKIP 1:30 SCRABBLE 5:15 Evening Pound® with Sheila 6:15 Beginners Line Dance 7:00 Advanced Line Dance</p>	<p>2 8:30 Breakfast Buffet</p> <p>8:45 Zumba Gold 9:00 Guided Meditation 9:45 Seated Pound® 55+ 10:00 Carpet Bowling 10:00 Paper Tole (South View Room) 10:45 WINNERS BINGO 11:15 Line Dancing 1:00 Beginner Ballroom Dancing 1:00 Darts 1:00 Euchre 1:00 Quilt/Craft 3:00 Advantage Hearing By appointment 7:00 Table Tennis</p>	<p>3</p> <p>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 (Diner Annex) 1:00 Trump Whist 1:00 Woodcarving 1:00 Duplicate Bridge 1:15 Floor Shuffleboard</p>	<p>4</p> <p>9:00 Paper Tole 9:00 Stability Yoga 10:00 Carpet Bowling 10:15 Chair Yoga 11:00</p> <p>Oktoberfest Buffet</p> <p>1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib</p>
<p>7</p> <p>9:00 Gentle Yoga 9:30 Jammers 9:30 Outreach Meeting 10:00 Floor Curling 10:00 Simple Collage 10:15 Chair Yoga/Somatics 11:15 Beginners Tai Chi for Health, Balance & Wellness 1:00 Darts 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 6:30 Bid Euchre</p>	<p>8 9:00 LAWYER by appointment</p> <p>9:30 Beginner Watercolour 10:00/11:00 Clogging 10:00 Music Makers 10:00 Coffee, Tea & You 11:00 Adapted Aerobic Keep Fit 10:45 WINNERS BINGO 12:45 Canasta 1:00 Texas Hold'em 1:00 L-SKIP 1:30 SCRABBLE 5:15 Evening Pound® with Sheila 6:15 Beginners Line Dance 7:00 Advanced Line Dance</p>	<p>9 8:45 Zumba Gold 9:00 Guided Meditation 9:45 Seated Pound® 55+ 9:45 Out & About + coffee 700 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><small>*Beginner Ballroom Dancing cancelled today</small></p>	<p>10</p> <p>9:00 Card Crafters 9:00 Floor Curling 9:30 Mind Joggers 10:00 Floor Somatics 11:00 Combo Keep Fit 11:00 Nursing Students Presentation (West Community Room) 12:00 Active Pound® 55+ 1:00 Acrylic Painting 1:00 Hand & Foot (Diner Annex) 1:00 Trump Whist 1:00 Woodcarving 1:00 Duplicate Bridge 1:15 Floor Shuffleboard</p>	<p>11</p> <p>7:30 Advanced Polls (West Community Room) 9:00 Paper Tole 9:30 SAIM (Boardroom) 10:00 Carpet Bowling 11:30</p> <p><i>Thanksgiving Luncheon</i></p> <p>1:00 In-House Bingo 1:00 Crib</p> <p><small>*Stability Yoga, Chair Yoga and Contract Bridge cancelled today</small></p>

14
**CLOSED FOR
THANKSGIVING**



15
9:00 REIKI RELAXATION
 9:30 Beginner Watercolour
 10:00/11:00 Clogging
 10:00 Music Makers (out)
 10:00 Coffee, Tea & You
 11:00 Adapted Aerobic Keep Fit
10:45 WINNERS BINGO
 12:45 Canasta
 1:00 Texas Hold'em
1:00 L-SKIP
 1:30 **SCRABBLE**
 5:15 Evening Pound® with Sheila
 6:15 Beginners Line Dance
 7:00 Advanced Line Dance

16
 8:45 Zumba Gold
 9:00 Guided Meditation
 9:45 Seated Pound® 55+
 10:00 Carpet Bowling
 10:00 Paper Tole (South View Room)
10:00 LEARN (Boardroom)
10:30 FOOT DOCTOR (Craft Room)
10:45 WINNERS BINGO
 11:15 Line Dancing
 1:00 Beginner Ballroom Dancing
 1:00 Darts
 1:00 Euchre
 1:00 Quilt/Kraft
6:00 Paint & Sip
 7:00 Table Tennis

17
**Nursing Students
Presentation (Hallway)**
 9:00 Card Crafters
 9:00 Floor Curling
 9:30 Mind Joggers
 10:00 Floor Somatics
 11:00 Combo Keep Fit
10:00 Lethbridge Hearing (Library)
 12:00 Active Pound® 55+
 1:00 Acrylic Painting
 1:00 Hand & Foot (Diner Annex)
 1:00 Trump Whist
 1:00 Woodcarving
 1:00 Duplicate Bridge

18
 9:00 Stability Yoga
 9:00 Paper Tole
**9:30 Nursing Students
Presentation (Diner Annex)**
 10:00 Carpet Bowling
 10:15 Chair Yoga
1:00 In-House Bingo
 1:00 Contract Bridge
 1:00 Crib



21 & 28*
7:30 ELECTION DAY POLLS (21st)
 9:00 Gentle Yoga
 9:30 Jammers
 10:00 Simple Collage
 * 9:30 Practicing Happiness
***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
***1:30 OUTREACH**
***6:30 Bid Euchre**

22 & 29*
*** 9:30 Beginner Watercolour**
 10:00/11:00 Clogging
 10:00 Music Makers
 10:00 Coffee, Tea & You
 11:00 Adapted Aerobic Keep Fit
10:45 WINNERS BINGO
 12:45 Canasta
 1:00 Texas Hold'em
1:00 L-SKIP
 1:30 **SCRABBLE**
 5:15 Evening Pound® with Sheila
 6:15 Beginners Line Dance
 7:00 Advanced Line Dance

23* & 30
 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 Lethbridge College Students Massage**
10:45 WINNERS BINGO
 11:15 Line Dancing
 1:00 Beginner Ballroom Dancing
 1:00 Darts
 1:00 Euchre
 1:00 Quilt/Kraft
 7:00 Table Tennis

24 & 31
 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 (Diner Annex)
 1:00 Trump Whist
 1:00 Woodcarving
 1:00 Duplicate Bridge
 1:15 Floor Shuffleboard

25
**Nursing Students
Presentation (Hallway)**
 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



**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 OCTOBER 14TH FOR THANKSGIVING DAY**
- **JOANNE BLINCO OF LEARN (Elder Abuse Network) THIRD WEDNESDAY OF EVERY MONTH, 10-NOON, IN THE BOARDROOM (NBW LOCATION) NO MEETING IN OCTOBER**
- **SHOPPING TRIPS TO WALMART: WEDNESDAY, October 9th and 23rd, 2019**
- **WINNERS BINGO: Oct. 2, 8, 9, 15, 16, 22, 23, 29, & 30, 2019**
- **FOOT DOCTOR: DR. SCHOW NOW AT 10:30 AM. FUTURE DATES: OCTOBER 16, 2019 and DECEMBER 11, 2019 (NOW \$15) NEW ROOM! CRAFT ROOM**



WINNERS



Two blocks west of the casino on Crowsnest Trail

EVERY THURSDAY IS SENIORS DAY!

Half Price On All Regular and Gold Cards



Every Wednesday
**HALF PRICE
REGULAR CARDS**

Friday Nights
FREE \$500 GAME
Sunday Afternoons
FREE \$200 GAME

Call the Hotline: 403-327-7454
or Email: winners_bingo@telus.net



Martin Brothers
Funeral Chapels Ltd.

*The greatest gift
you can leave behind
is the gift of being prepared.*

For more information please call 403.328.2361
or visit our website www.mbfunerals.com



Now accepting VISA, MASTERCARD & INTERAC
TRANSACTIONS AT OUR RECEPTION DESK & DUNFORD DINER

Programmer's Report by Ashley Kern

October will be a busy and a cooler month as we roll into fall. We have a few fall themed special events happening this month including Friday, October 4 which is Oktoberfest from 11:00 a.m. to 1:00 p.m. Our Thanksgiving Luncheon is the week after on Friday, October 11 at 11:30 a.m. Please get your tickets at the Front Reception Desk for this luncheon - \$13.00 per person. Then, on Saturday, October 26 at 9:00 a.m. until 2:00 p.m. is our Craft and Bake Sale. Come on down and enjoy the delicious home baked goods and amazing crafts! Everyone is welcome! Fall also means our Annual In-House Tournament for various programs such as Floor Curling, Carpet Bowling, Pool, etc., so watch out for posters with dates soon!



You have probably noticed the Federal Election Campaign signs up around the city. Of course the Federal Election is on Monday, October 21, and as such we will be hosting the advanced polling stations as well as the Election Day polling stations! Advanced polls are: Friday, October 11 from 7:30 a.m. - 7:30 p.m. in the West Community Room. **No Stability Yoga, Chair Yoga, or Contract Bridge this day.** Election Day polling station is Monday, October 21 from 7:30 a.m. - 7:30 p.m. in the Multi-Purpose Hall. **No Floor Curling, Darts, or Bid Euchre.**

Student Massages continue on: Friday, October 11 from 9:30 a.m. - 11:30 a.m. in the Board Room as well as Wednesday, October 23 from 10:00 a.m. - 12:00 p.m. in the Craft Room. These are mini massages for the neck and shoulders and gives the students great experience. You do need to be a member to attend, so please come out and support them! Speaking of students, you may have noticed the University of Lethbridge Nursing Students here at Nord-Bridge. They have enjoyed the first part of their community health practicum experience joining in various recreation programs and getting to know our members. They are here until the end of November every Thursday and Friday and will have a few health presentations, so watch for posters!

On another note, we are still looking for more participants for our NEW Paint and Sip Nite at 6:00 p.m. on Wednesday, October 16! This is a brand new program we are trying out at Nord-Bridge which is great for anyone 18+. You do not need to have any previous experience painting. The cost is \$40.00 for members and non members, this does not include alcohol. As well, Donna Gallant's Simple Collage class that started just last week, but you can still sign up. The cost is \$50.00 for members and the supply list will be given when registering. We are also having a NEW pop-up evening walking program inside in the Multi-Purpose Hall with Rita and Tracy. Since it is starting to get cooler, this is a nice space to get some exercise and socialize! Starts at 4:30 pm on October 17th! Ask me if you have any questions! Please note: Foot Care is in the Craft Room instead of the South View Room from now on starting Wednesday, October 16 at 10:30 am.

Until next month, stay happy and healthy!



Ashley



CONDOLENCES TO

...Chris Figenshau on the loss of her husband Clark; the Primachuk family on the loss of Rose; Bety Castilo and family on the loss of her father-in-law; the Kochan family on the loss of a sister-in-law and to the family of Angela Fischer on her passing...

GET WELL & HEALTH WISHES TO

...Mel Wiebe, who is recovering from surgery; Liz Hunka who is now home; Lila Charles who has had a health set back; Dan Deringer, who is recovering from surgery; Dale McNeely who is in palliative care...



EVERGREEN

Funeral Home
and Cremation Services

403-329-4934

Give us a call regarding ...

- * Affordable Pre-arrangement Options
- * Evergreen's Budget Conscious Pricing

*Because Cost
Is An Option*

*We lessen the expense
Not the care*

A Division of the Caring Group Corp.

Lethbridge HEARING CENTRE

Call 403-320-6000 to make your personal complimentary consultation today!

- Locally owned & family operated
- University educated
- Full hearing evaluations
- AADL, DVA & WCB Vendor
- Digital hearing devices
- Repairs & adjustments on all makes/models
- Devices for all budgets & lifestyles
- Conveniently located with free parking



NBC HIS 403.320.6000
www.lethbridgehearing.ca

120, 2037 Mayor Magrath Dr. S. Lethbridge, AB
Candice Elliott-Boldt, BC-HIS Jake Boldt, BC-HIS
Registered Hearing Aid Practitioners



Chinook LifeCare
Association

CHINOOK LIFECARE

Helping you live independently at home

Chinook LifeCare Association is southern Alberta's personal emergency response system.

- local non profit, helping keep costs down to help seniors
- money stays locally in southern Alberta
- local office open 5 days a week
- providing in home service and installation, for you and your family's peace of mind
- local personal service technicians with over 10 years experience
- 24-hour monitoring, 365 days a year



Chinook LifeCare Association
403-320-1170 Toll Free 1-855-320-1170
Located within Nord-Bridge Senior Centre
#8, 1904 - 13th Avenue North
Lethbridge, AB T1H 4W9
chinooklifecare@gmail.com

Chinook LifeCare is actively seeking new Board Members

Nord-Bridge Celebrates Oktoberfest

Join us on Friday, October 4th as we
celebrate Oktoberfest 11:00 am – 1:00 pm

\$9.00 Buffet (one plate per person): Bratwurst, Sauerbraten, Sauerkraut, Pork Roast, German Potato Salad, and more!
No regular lunch menu, Sandwich/Soup Combo available

LIVE MUSIC by Alice Tinordi 11:00 am - 12:30 pm

This event is for Nord-Bridge Members and Invited Guests



Where Has Summer Gone?

Where has summer gone?
Seems like only yesterday she was here
The sun was bright and the days were long
Now bits of orange and gold decorate the trees
And there is a little chill in the breeze
The birds are flocking for their southerly flight
And the temperature drops during the night
The kids are all looking forward to Halloween
When ghosts and goblins will be seen
Soon white snowflakes blanket the ground
As they drift through the air with nary a sound
But let us not despair
For in a few months summer returns
warm and fair

Doreen Taylor
Mind Joggers



L-SKIP FUN AT NORD-BRIDGE ON SEPTEMBER 24TH, 2019

*Continuing to Care
Through the Generations.*

703 - 13 Street North
Lethbridge, AB
403-382-3601

Christensen Salmon

GENERATIONS

Funeral Home & Cremation Services

A Division of The Caring Group Corp.

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. **(No meeting in October)**

What I wanted to write about this month is how much I appreciate the new learning that I am accumulating and how much I have gained in hearing about older adults' lives and experiences. The following article helps to explain how learning is gained over the years.

What is Crystallized Intelligence? - Tagged by Cattell as Gc crystallized intelligence is expertise resulting from the lifelong process of learning and skill accumulation. It covers capacities that a person has acquired through knowledge and expertise. To summarize, crystallized intelligence is a lifetime's worth of information, amassed through schooling and everyday activities. It is the things that you 'know'. It also covers the application of such information and developed skills to problem solving. Crystallized intelligence develops during the childhood and adolescent years. Although stellar improvement is seen during periods, the peak age of crystallized intelligence remains to be unknown. While crystallized intelligence is a collection of an individual's lifelong learning process, it can be modified and altered as well. Every new thing that a person learns can be added to crystallized intelligence. A person can add, deduce or enhance the knowledge in his or her head as deems fit.

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.**



SOUTHERN OPTICAL LTD.

WE OFFER DIGITAL EYE TESTS WITH NO PUFFS OR DROPS.



**1011 - 3RD AVENUE SOUTH
LETHBRIDGE, AB T1J 0J3**

www.southernoptical.ca

**PHONE: 403-327-4145
FAX: 403-320-1181**



Rick Miller
Licensed Contact Lens Practitioner

Fred Miller
Registered Optician



Shuttle business providing a door to door service between Lethbridge and Calgary. We will take you from your front door to most places in Calgary. Medical

appointments, shopping, airport or just a family member's house. Departure times are typically between 7:00 and 9:00 am from Lethbridge. Pick up times from Calgary are usually between 12:00 and 2:30 pm. Call or text (403) 393-2899 or check us out on Facebook!

Shuttle on the Go



We offer complete quality denture care;
A result of intention, effort, and professional skill
#2 - 1718 3rd Ave S, Lethbridge AB 403-381-4142
www.lethbridgedentureclinic.com



OUTREACH REPORT Val Arkininstall, Outreach Coordinator

The school bell rang and everyone had a great time with an arithmetic test, the art class coloring a picture and a music class with Anne Pauls on the piano. The classroom was a bit rowdy with the clapping, singing, and dancing but they were amazing students. I, as Miss Crab Apple was the teacher along with the Principal, Vice Principal, the school janitor, and lunch aids were all in a happy mood. All



enjoyed the lunch bags for recess, chatter time and the teacher rang the bell to resume music sing along with Anne. The Principal, Randy Butterwick welcomed all and gave a few school rules. The participation for individuals was great coming up to spell words, sing a song, answering the math questions. Three door prizes were won by Bev, Rena, and our happy go lucky member, Janet.

Thanks to all for doing a swell job as without great volunteers, the Outreach Program would not be so successful. We have lost some of our older members and recently Isabel Duell and Clark Figenshau who were regularly attended this program. Outreach is for seniors who live alone or live in care facilities who can get out for friendship and entertainment. Monday, October 28th will be a fun Halloween party with Don Moore as our entertainer.



Please note: This is one week later.



THANKSGIVING LUNCHEON

GET YOUR TICKET TODAY

FRIDAY, OCTOBER 11, 2019

Time: 11:30 a.m.

Turkey and all the fixings

\$13 Tickets available at the Front Reception Desk

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

Have Your Home Sold By A Qualified REALTOR® Who Offers Free Home Evaluations And Looks After Your Best Interests Always!
Call Clark Paul Today

As of June 18, 2019



RE/MAX real estate - lethbridge

CLARK PAUL

403-308-6613

TRUSTWORTHY SERVICE

www.clarkpaul.com



The Medicine Shoppe® PHARMACY

3 reasons to discuss the flu with your personal pharmacist.

We can answer all your questions about the flu shot and administer it on the spot —without an appointment.
No charge flu shots available starting October 21st.



We know the flu virus can hit hard, and we're equipped with the advice you need to feel better as soon as possible.

We can recommend over-the-counter remedies for your symptoms and ensure they don't interact with your other medications.



Visit us today!

**Nord-Bridge Seniors Centre
#2, 1904 - 13 Avenue N, Lethbridge
(403) 381-0700**



Terry Toth
B.Sc Pharm
Pharmacist



Chad Baker
B.Sc Pharm
Pharmacist/
Owner



Downsizing Dilemma? Need to Move On? We Can Help...

- Sorting • Organizing
- Selling Unneeded Furnishings
- Packing • Arranging Movers
- Unpacking
- Estate Clear-outs



Call Wendy Gillett for your complimentary in-home consultation and free estimate.

403-315-1729
www.roost2roost.ca



**Free Initial Legal Consultation
Wills...Estate Planning...**
and other matters as you may require.
Nord-Bridge offers this service through



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.

JO ANN KELLY REALTOR®

sutton group – lethbridge
AN INDEPENDENT MEMBER BROKER

403-320-6411

Selling and /or Buying...
**ONE CALL
Full Service**

Over 24 Years Experience



✉ olivia@ddhygiene.ca
☎ 403-694-1346



Now at Nord-Bridge!

Free check up with a cleaning.
Direct bill to insurances. Call now to book

@
403-694-1346!

LOOKING FOR ANY DONATIONS OF YARN for an upcoming special project. Stay tuned for details and your opportunity to participate. Drop off at the Front Reception Desk.

CHRISTMAS DESSERT TRAYS AND PIES

THERE WILL BE DETAILS IN THE NOVEMBER NEWSLETTER



NORD-BRIDGE
SENIOR CITIZENS ASSOCIATION

1904 - 13 AVENUE NORTH
LETHBRIDGE, ALBERTA

Join us for Music and Dancing with the Nord-Bridge Jammers



Evening Jam

Friday, November 15th, 2019

In the Multi-Purpose Hall

Doors open at 6 p.m.

Jam Time: 7 to 10 p.m.

Tickets Available At:

**THE DOOR
\$5.00 Each**



**Includes
Cake, Coffee
& Juice**

Golf Wrap Up was on September 12th, 2019
at Evergreen Golf Centre.
The weather was much nicer than last year and fun
was had by all!





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

Settler fall train trip and a stop at the Tyrrell Museum in Drumheller was enjoyed by a full group along with the Care Free driver. Mystery Trip #8 was a quick change of destination so a group of 12 went to the Galt Museum for a great tour. One of the passengers came back and told us she found out where she was born. Thank you Lucy and Care Free for another safe month on the road.

2020 Travel Outings: Please bring your travel suggestions for new destinations to Val or Maria 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: \$80 (Large bus) \$85 (Small bus). if there is enough interest. Tentative date: Friday, November 22nd (evening). Need 13 for small bus and 38 for large bus.

Mystery Trip #9 - Thursday October 17, 2019
Just a few seats left. This trip will be exceptional
Cost: \$6 (Inc. bus). Bus will depart at 12:30 p.m.



OTHER TRIPS

WE ARE GOING TO EDMONTON

October 27th to October 29th, 2019. Accommodation is at River Cree Casino. MEMBER COST: \$220 (Dble Occ.) \$320 (Single Occ.) This cost includes bus and accommodation. Passengers will receive slot machine and meal vouchers. River Cree shuttles will take interested people to the West Edmonton Mall. Great opportunity to do some early Christmas shopping at the West Edmonton Mall! There is room for six more couples and one single so get on board today.

MONDAY, OCTOBER 7, 2019 Grey Eagle Casino
Member Cost: \$40 (Incl. Bus) Bingo gratuity lunch cost \$2 collected on bus. Departs Centre @ 8:30 a.m. Bingo games at own cost.

MYSTERY TRIP #10 - November 21st, 2019
Cost: \$5.00

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 visit

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, October 24, 2019, Trip to the Movie Mill to watch a show of your choosing. COST: \$10 (Incl. bus & lunch). You will be given a \$5 coupon for the Dunford Diner. Then you will purchase your own movie admission which is 1/2 price for Seniors. Bus leaves at 12:30 p.m.

THURSDAY, NOVEMBER 7th, 2019
ROSEBUD THEATRE - A CHRISTMAS STORY
Member Cost: \$110 Non-Member Cost: \$135 (Inc. Bus, Show and Meal). 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, October 9th & 23rd

COST \$3



L to R Nathan Neudorf, Past Presidents: Frank Deane (2000/2003), Mike Bennett (2003/2006), Clay Olsen (2006/2009), Harry Fischer (2009/2012), Jim Hahn (2012/2015), Pat Santa (2015/2018), current President, Robert Tarleck and Belinda Crowson.

Thank you Belinda Crowson for the interesting presentation on the rich history of North Lethbridge and thank you also to Nathan Neudorf for attending the dinner. We would also like to thank those businesses that contributed the door prizes; Margaret Gillespie, Northside Liquor Store, Golf Town, Canadian Tire (North), Stafford Pharmacy, Shoppers Drug Mart (26 Ave. N.) and Donalda Stock.

SOCIAL ACTIVITIES REPORT

by Elaine Molyneux

The 10th annual President's Dinner was received with much enthusiasm by the patrons attending especially the delicious roast beef dinner. Thank you to our great kitchen staff, Samantha and crew. Thanks Gail for the great dessert. The achievements of 14 presidents were celebrated who have contributed to Nord-Bridge's success.

Many thanks to our corporate sponsors Generations and Edward Jones for their support. Thanks also to Anne Pauls' lovely music, Billy McTighe and Don Santa for the bar service and George Berg for organizing the Wine Pull. Last but certainly not least, thank you to our serving volunteers from Nord-Bridge as well as Julie, Karen and Erin from Servus Credit Union.

Country Blend featuring Evelyn Ramage, Dianne Lodge, Gordy "Crazy Fingers" Lindquist, Henry Martens, Cyn Lodge



1904-13 Avenue North
Lethbridge, Alberta
(403) 329-3222

**Farewell
Tour**
Sunday,
November 17th
at 1:30 p.m.

Tickets: \$25.00

Available at the Front Reception Desk (403) 329-3222

*Continuing to Care
Through the Generations.*

Christensen Salmon
GENERATIONS
Funeral Home & Cremation Services

703 - 13 Street North
Lethbridge, AB
403-382-3601

Community Sponsors

Lethbridge
HEARING CENTRE

SENIORS INFORMATION SESSION

WITH DANIELLE DAVIDS,
STAKEHOLDER ENGAGEMENT ADVISOR

TOPICS WILL INCLUDE:

- Alberta Seniors Benefit
- Dental and Optical Assistance for Seniors
- Special Needs Assistance for Seniors
- Seniors Home Adaptation and Repair Program
- Seniors Property Tax Deferral Program

Date: November 1, 2019
Time: 10:00 a.m. – 11:30 a.m.
Location: Nord-Bridge Seniors Centre
Dining Room Annex
Address: 1904 13 Ave. N., Lethbridge, AB

Alberta Government