

NEWSLETTER

NOVEMBER
2019



REMEMBRANCE DAY

...LEST WE FORGET...

MONDAY, NOVEMBER 11th, 2019

"The Friendly Centre"
1904—13th Ave. North
Lethbridge, Alberta T1H 4W9
Open Monday to Friday - 7:00 a.m. to 4:30 p.m.
Telephone 403-329-3222 Fax 403-329-8824
E-mail: friendly@nordbridgeseniors.com

**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 Arkininstall
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

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
Vacant
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 Molyneux
Doug Youngren
Vacant
Elaine Molyneux
Karen Hooper
Sandy Nowell
Della Howg

Kathy Ludwig*, Board Rep

Diana Neal
Susie Joncas
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 Molyneux

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



"October extinguished itself in a rush of howling winds and driving rain and November arrived, cold as frozen iron, with hard frosts every morning and icy drafts that bit at exposed hands and faces."

Harry Potter and The Order of the Phoenix

Nord-Bridge Honours Veterans

As we turn the calendar to November, Nord-Bridge is already well into the strong rhythm of its fall activities. But in the midst of this activity, we take a moment to reflect on the sacrifices of the brave Canadians, many from Lethbridge, who risked their lives in two World Wars and in U.N-sanctioned conflicts so that we might live in peace. The eleventh hour of the eleventh day of the eleventh month has a special meaning to everyone in the Nord-Bridge community.

Alberta Advocate for Seniors Meets with Nord-Bridge Seniors

On October 24 Dr. Sheree Kwong See, Alberta's Seniors Advocate, visited Nord-Bridge to meet with Lethbridge seniors to learn about the priorities they are dealing with in their daily lives. The issues raised included rising living expenses, concerns about medical services for seniors and associated costs, difficulties in transitioning from home ownership to senior citizen apartments and assisted-living facilities, and loneliness. Rather than a package of solutions, Dr. Kwong came to the meeting with an open mind and a request for information that will enable her to frame recommendations for the Government of Alberta. Thanks to the Nord-Bridge members who took the time to provide their thoughts and recommendations.

Seniors and the Environment

Six months ago, no one had heard of a sixteen-year-old Swedish teenager named Greta Thunberg. Today, however, even seniors are impressed with her spirited advocacy for the environment. She crossed the Atlantic in a solar-powered boat, addressed the United Nations, and garnered as much media attention as Donald Trump. Is that possible? The environmental threats Thunberg rails about are now so glaringly obvious that seniors can no longer ignore them. A recent *Globe and Mail* editorial noted that three-quarters of the land on earth has been altered by human activity, as has 66% of our marine environment, while 85% of our wetlands have disappeared. While seniors may escape the full impact of environmental degradation by virtue of our age, that is not the legacy we anticipated leaving our children and grandchildren.

North Lethbridge Schools Celebrate Cultural Diversity

As a senior centre committed to cultural sharing and tolerance, Nord-Bridge wishes to congratulate the students and teachers of five Northside schools for bringing our community together through a multi-cultural festival, "The Festival of Northern Lights." On Friday, October 4th students from Wilson Middle School, Park Meadows, Senator Buchanan and Galbraith Elementary Schools met at Winston Churchill to celebrate cultural diversity. Churchill student Isabel Crown started thinking about the festival when she realized how diverse North Lethbridge is. With the help of teacher Yvette Lowen, she began exploring how she might use food, dance, and music to bring people together. One of the special features of the festival was that it engaged musicians, singers, and dancers from five Northside schools. In addition to Churchill, the festival included performers from Wilson Middle School, Park Meadows Elementary School, Senator Buchanan Elementary School and Westminster Elementary School. Well done, students!

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

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

Claudine Crook
W. John Crook
Connie Hubka
John Carter
Diana Carter
Jean Rapuano
Marino Rapuano
Carol Schile
Wayne Schile
Harry Mueller

Suzanne Dunn
David Rown
Garry Beattie



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.

THANK
You



RACHAEL HARDER
MEMBER OF PARLIAMENT

RACHAELHARDER.CA 403.320.0070 @RACHAELHARDERMP

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

ATTENTION NORD-BRIDGE MEMBERS
Please join us for the
General Members Meeting
Wednesday, November 6, 2019
at 9:30 a.m.
In the Multi-Purpose Hall

LORRI'S CORNER



Have you ever said something you later regretted saying? Have you ever had words spoken to you that you wished had not been said?

Of course you have, all of us have had this experience. We have no control over what others say to us. But we have plenty of control over what we say to them. Our words can build up or tear down, encourage or deflate. What we say can heal or harm.

Before you speak, consider the acronym

T-H-A-N-K-S

T = True

We begin with the word true. Is what you're about to say true? If not, it's better to remain silent. How do you know it's true? If you're merely quoting what you heard, "_____ told me they will be in late tomorrow." You're not predicting their arrival time or that they will be late or not, you simply are stating they will be late. So this is true. Gossip and rumors thrive on inaccurate information. If you know it's not true, don't say it.

H = Helpful

Speaking what is true is not enough, we also want to speak what is helpful. We want things to be better because of what we said, words that help rather than hinder. We can speak words that are helpful by being encouraging, offering a sincere compliment, showing appreciation and being thankful.

A = Affirming

Being affirming is speaking with other people in such a way that you treat them as a human being worthy of respect. You speak to them like they matter, not just to you, but to all people. Some suggestions for being affirming include making eye contact, being polite and respectful, and speaking to them like you care about them. All of us want to believe and feel that we matter in some way.

N = Necessary

When is something necessary to say? When is it helpful? When is it harmful? Sometimes it is very clear; if someone is preparing to drive home when they've had too much to drink, speak directly to them and tell them that it's not safe to drive home.

Sometimes however, we choose to speak words that are unnecessary and also *harmful*. Criticism is one example and it's easy to criticize. The bottom line is to ask yourself before you speak, "Is this necessary?" This question will often provide the best answer. If it's necessary, go ahead and say it. If it's not, keep it to yourself where it belongs.

K = Kind

Kind words are polite words that convey respect. Kind words build up rather than tear down and make another person's day or journey a bit easier. Kind words are free to speak. It takes just a little bit of effort to say something kind rather than something critical, harsh, mean, or cruel. Kind words are charitable, considerate, courteous, and friendly. A kind word from a stranger can literally make a person's day. Be the person who offers the kind word.

S = Sincere

Sincerity is similar to honesty, but it's not identical. To be sincere is to speak what is genuine. Sincerity and kindness makes the world a friendlier place.

Be careful with your words. Once they are said, they can only be forgiven, never forgotten.

Edited from the article by Samuel Rodenhizer August 9, 2019

A few reminders: Danielle Davids from Alberta Seniors will be at Nord-Bridge in the Annex on November 1 at 10am. Please attend to learn about programs that may be available to you.

My November Schedule:

November 2019				
M	T	W	T	F
				1
4	5	6	7	
	12	13	14	15
18	19	20	21	22
25	26	27	28	

November 7 from 9:30-11 am Joanne Blinco from LEARN and Cst. Goodrich from the Lethbridge Police Service will be in the Centre for Family Violence Prevention Month. They will have information and be available to answer any questions about family violence.

Until next month, be kind to others, give someone a smile, it may be the only one they get.

Lorri Penner, BSW, RSW
Member Support Coordinator

EUCHRE REPORT *Gord Yauch, Convener*

Easy to learn, Understandable how much fun it can be, Challenging to a point, Happy place is where it is played, Refreshingly fun and Enjoyable. Put it all together and it spells EUCHRE played every Wednesday in the Dunford Diner Annex. Please come and join in on the fun and laughs.

BOUTIQUE NEWS: Attention CONSIGNEES!

We will be accepting Christmas crafts starting on November 8, 2019. Heather

ATTENTION NEW MEMBERS

Come have your picture taken for the Members Photo Gallery

10:00 a.m. to 11:30 a.m.

1:00 p.m. to 2:00 p.m.

Friday, November 8th

Friday, December 13th

In the Library



*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.

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HeartToHomeMeals.ca



*Some conditions may apply.

EXECUTIVE DIRECTOR'S REPORT



Greeting Members,

Growing up in a small southern Alberta town I was fortunate to be surrounded by many veterans of the World Wars.

They shared many stories of the war and of the brave men and women who lived

it. One those veterans (named Jack)

lived across the street from me; was a Staff Sergeant for the First Special Service Force. Jack shared stories of many heroic combats as well as many brave battles that were lost. I am so thankful for hearing those stories at a young age as it gave me a greater appreciation for those men and women who served to protect us and our freedoms.

Last month, I highlighted the local Federal election; this month, I congratulate Rachael Harder (Conservative Party) on being re-elected as MP in Lethbridge. Nord-Bridge would like to welcome Rachael on Friday, November 22nd from 11:00 am - 1:00 pm. Please join us for a complimentary piece of cake and meet Rachael.

Staying with the political theme, the UCP government released their budget last month. One of the budget issues that will directly affect seniors is the \$90-million cut to the Alberta Seniors Benefits Drug Program for coverage for non-senior dependents. Please keep in mind the provincial government recognizes seniors as 65+ thus this budget cut affects coverage for the non-senior dependents such as partners and dependents under the age of 65. Another budget item affecting seniors; if you own a vehicle, renewing your registration in 2020 will increase. It will cost \$9.20 more to renew your vehicle registration (annual fee of \$84.45 increased to \$93.65). Nord-Bridge will continue to keep a close eye on any other budget items that will directly affect seniors.

Finally, last month I spoke of the Fitness 55 Club 10 year anniversary. I am very happy to report 52 members took advantage of our 10 year anniversary promotion. We also welcomed 4 new members to our Fitness room. We currently are looking into some grants that will assist us with purchasing new equipment. After 10 years of use our equipment is beginning to see some wear. The four treadmills alone have logged approximately 11,567 hours with an accumulative total of 31,805 miles travelled. According to 'Google' the circumference of the earth at the equator is 24,901 miles; our 4 treadmills have been around the world once and well on their way for the second loop. Stay tuned for a Fitness 55 Club equipment replacement campaign that will start in January 2020.

David Ng

Executive Director

Lethbridge HEARING CENTRE

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- Locally owned & family operated
- University educated
- Full hearing evaluations
- AADL, DVA & WCB Vendor
- Digital hearing devices
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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

From the Desk of Val



How time flies. By the time you get the November Newsletter, our annual craft and bake sale will have come and gone for another year. We have held the craft sale for the past eight years. A varied number of individuals have had tables to sell their wares along side our Boutique which also sells unique handmade items. This is the third year we have combined the Craft Sale with our annual bake sale organized by the Outreach committee. The bake sale has been a great fundraiser for our Outreach program. Huge thanks to a great team of volunteers who have done an amazing job. Our volunteers are the back bone to our successful growing Centre. Volunteers: a reminder that we need your hours so please ask at the Front Reception Desk for a monthly calendar to tally your hours.

At the friendly Front Reception Desk we continue to be busy giving tours of our wonderful facility and welcoming our new members. Just a friendly reminder that your 2020 membership dues will soon be due. Be an early bird and get your choice of a wall calendar or your very own Nord-Bridge pen. Renewing members kindly let us know of any changes to your address, phone number, next of kin, etc.

Maria and I would like to welcome Arlene Keller who is volunteering at the Front Reception Desk on Tuesday mornings. Arlene is very friendly, fitting in very well. We wish Debbie Morgan a speedy recovery from her health set back and thank her for greeting everyone with a smile. If you know of any members in hospital or at home needing a friendly call, please let us know. I will be updating the Keep in Touch program so I am looking for members who would like to reach out by phone to our more isolated members.

In closing, our travel program is also winding up for 2019. We are in the process of putting together more destinations so please continue to give us your suggestions. Stay alert and stay connected.

Cheers,

Val

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

with the help of implant supported dentures.

Call us today for your complete denture care needs



Giving you something to smile about!

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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

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

Coeur D'Alene, ID	Dec 1-4, 2019	Spokane Shopping & Xmas Light Cruise	\$415 pp/dbl
Edmonton, Ab	Jan 19 - 21, 2020	River Cree and West Ed. Mall	\$285 pp/dbl
Bonnars Ferry, Id	Feb 2 - 5, 2020	Super Bowl Action	\$385 pp/dbl
Moose Jaw, Sk	Mar. 1 - 4, 2020	Temple Gardens, Spa, Casino	\$425 pp/dbl
Camrose, Ab	May 24-28, 2000	Camrose Resort & Casino	\$229 pp/dbl
Yellow Stone	Jun 21 - 27, 2020	Old Faithful, Sightseeing	\$1400 pp/dbl

China April 6-23, 2020 Amazing Deal - 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, Shanghai, Beijing & More.

SERVING SOUTHERN ALBERTA - Calgary, Lethbridge - Pincher Creek and MORE
Let us arrange your group tour, call with questions or 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)

Deborah Morgan \$187.00 October 10, 2019
Bev Lelievre \$107.00 October 22, 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 \$325.00 on October 25, 2019

Next Draw November 22, 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

- Oct. 7 Betty Alexander \$49 / Joan Thares \$49
Oct. 14 **CLOSED—THANKSGIVING DAY**
Oct. 21 Helen Gepneris \$42 / Randy Butterwick \$42
Oct. 28 Muriel Nikles \$36 / Victor Winters \$36

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



NORD-BRIDGE BUILDING FUND RECENT DONORS
Correction from October Newsletter: Steve Prokop-In Memory of Evelyn Heggie; Faye Ward \$50; Deborah Morgan \$100; Marion Tomiyama \$100;

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2019 through October 25, 2019: **\$17,524**



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 \$ 2,152,411
Still needed by N-B Fundraising \$ 347,589

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 \$7.50

- Nov. 1 Spaghetti & Meatballs with Caesar salad and garlic toast
- Nov. 8 Liver & Onions with mashed potatoes, veggies and gravy
- Nov. 15 Chimichanga with rice, refried beans and Pico de gallo
- Nov. 22 Cabbage Rolls with mashed potatoes and salad
- Nov. 29 Chicken Fettuccine Alfredo with Caesar salad and garlic toast

All You Can Eat Breakfast Buffet First \$9.00
Wednesday of each month 8:30 to 10:30

*PLEASE NOTE: THE GRILL IS CLOSED DURING SPECIAL EVENTS

Friday Dunford Diner Lunchtime Entertainment

- Nov. 1 Elaine Unger-Pengilly
- Nov. 8 Anns Pauls
- Nov. 15 Ray Sauer
- Nov. 22 Celtic Routes
- Nov. 29 Alice Tinordi

Schedule Subject to Change



NOVEMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

ATTENTION NORD-BRIDGE MEMBERS

We have invited Rachael Harder to Nord-Bridge on Friday, November 22nd, at 11:00 a.m. to celebrate her re-election. Please join us to congratulate Rachael and to have a piece of cake with her.



1
 9:00 Paper Tole
 9:00 Stability Yoga
10:00 SENIORS FINANCIAL ASSISTANCE PRESENTATION
 10:00 Carpet Bowling
 10:15 Chair Yoga
1:00 In-House Bingo
 1:00 Contract Bridge
 1:00 Crib

FALL BACK ONE HOUR on
 SUNDAY, NOVEMBER 3, 2019

4 **Fall In-House Tournament**
Payment Due Today
 9:00 Gentle Yoga
 9:30 Jammers
 9:30 Practicing Happiness
 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

5
 9:30 Beginner's 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
 1:30 **SCRABBLE**
 6:15 Beginners Line Dance
 7:00 Advanced Line Dance



6 **8:30 Breakfast Buffet**
 9:00 Paper Tole (South View Room)
9:30 GENERAL MEMBERS MEETING
10:45 WINNERS BINGO
 11:15 Line Dancing
 1:00 Darts
 1:00 Euchre
 1:00 Quilt/Kraft
 1:00 Beginner Ballroom Dancing
3:00 Advantage Hearing
 By appointment
 7:00 Table Tennis

*Carpet Bowling cancelled today

7 **Nursing Students Presentation (Hallway)**
FAMILY VIOLENCE PREVENTION BOOTH (Hallway)
 9:00 Card Crafters
 9:00 Floor Curling
 9:30 Mind Joggers
 10:00 Prep to Pound
 11:00 Combo Keep Fit
 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

8 **9:00 Nursing Students Presentation (Diner Annex)**
 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>11</p> <p>CLOSED FOR REMEMBRANCE DAY</p> 	<p>12</p> <p>9:00 LAWYER by appointment</p> <p>9:30 Beginner's Watercolour</p> <p>10:00/11:00 Clogging</p> <p>10:00 Music Makers (out)</p> <p>10:00 Coffee, Tea & You</p> <p>11:00 Adapted Aerobic Keep Fit</p> <p>10:45 WINNERS BINGO</p> <p>12:45 Canasta</p> <p>1:00 Texas Hold'em</p> <p>1:30 SCRABBLE</p> <p>6:15 Beginners Line Dance</p> <p>7:00 Advanced Line Dance</p> 	<p>13</p> <p>9:00 Paper Tole <small>(South View Room)</small></p> <p>9:45 Out & About + coffee TOO</p> <p>10:00 Coffee With a Constable</p> <p>10:00 Carpet Bowling</p> <p>10:00 Lethbridge College Students Massage</p> <p>10:45 WINNERS BINGO</p> <p>11:15 Line Dancing</p> <p>1:00 Darts</p> <p>1:00 Euchre</p> <p>1:00 Quilt/Kraft</p> <p>7:00 Table Tennis</p> 	<p>14</p> <p>9:00 Card Crafters</p> <p>9:00 Floor Curling</p> <p>9:30 Mind Joggers</p> <p>10:00 Prep to Pound</p> <p>11:00 Combo Keep Fit</p> <p>1:00 Acrylic Painting</p> <p>1:00 Hand & Foot <small>(Diner Annex)</small></p> <p>1:00 Trump Whist</p> <p>1:00 Woodcarving</p> <p>1:00 Duplicate Bridge</p> <p>1:15 Floor Shuffleboard</p> 	<p>15</p> <p>9:00 Stability Yoga</p> <p>9:00 Paper Tole</p> <p>10:00 Carpet Bowling</p> <p>10:15 Chair Yoga</p> <p>1:00 In-House Bingo</p> <p>1:00 Contract Bridge</p> <p>1:00 Crib</p> 
<p>18* & 25</p> <p>9:00 Gentle Yoga</p> <p>9:30 Jammers</p> <p>10:00 Simple Collage</p> <p>9:30 Practicing Happiness</p> <p>10:00 Floor Curling</p> <p>10:15 Chair Yoga/Somatics</p> <p>11:15 Beginners Tai Chi for Health, Balance & Wellness</p> <p>1:00 Darts <small>(Cancelled on 18th)</small></p> <p>1:00 Military Whist</p> <p>1:00 Woodcarving</p> <p>1:00 Contract Bridge</p> <p>* 1:30 OUTREACH</p> <p>6:30 Bid Euchre</p>	<p>19 & 26*</p> <p>9:30 Beginner's Watercolour</p> <p>10:00/11:00 Clogging</p> <p>10:00 Music Makers</p> <p>10:00 Coffee, Tea & You</p> <p>11:00 Adapted Aerobic Keep Fit</p> <p>10:45 WINNERS BINGO</p> <p>12:45 Canasta</p> <p>*1:00 Park Meadows Inter-Generational</p> <p>1:00 Texas Hold'em</p> <p>1:30 SCRABBLE</p> <p>6:15 Beginners Line Dance</p> <p>7:00 Advanced Line Dance</p> 	<p>20* & 27*</p> <p>9:00 Paper Tole <small>(South View Room)</small></p> <p>*9:45 Out & About + coffee TOO</p> <p>*10:00 LEARN (Boardroom)</p> <p>10:00 Carpet Bowling</p> <p>10:45 WINNERS BINGO</p> <p>11:15 Line Dancing</p> <p>1:00 Darts</p> <p>1:00 Euchre</p> <p>1:00 Quilt/Kraft</p> <p>7:00 Table Tennis</p> 	<p>21* & 28*</p> <p>9:00 Card Crafters</p> <p>9:00 Floor Curling <small>(Cancelled 28th)</small></p> <p>9:30 Mind Joggers</p> <p>*9:30 HEALTH FAIR</p> <p>10:00 Prep to Pound</p> <p>*10:00 Lethbridge Hearing (Library)</p> <p>*11:00 Let's Stop Ageism <small>(West Community Room)</small></p> <p>11:00 Combo Keep Fit <small>(Cancelled 28th)</small></p> <p>1:00 Acrylic Painting</p> <p>1:00 Hand & Foot <small>(Cancelled 28th)</small></p> <p>1:00 Trump Whist <small>(Cancelled 28th)</small></p> <p>1:00 Woodcarving</p> <p>1:00 Duplicate Bridge <small>(Cancelled 28th)</small></p> <p>1:15 Floor Shuffleboard</p>	<p>22* & 29*</p> <p>9:00 Stability Yoga</p> <p>9:00 Paper Tole</p> <p>*9:30 Final Nursing Students Presentation <small>(Diner Annex)</small></p> <p>*9:30 SAIM (Boardroom)</p> <p>10:00 Carpet Bowling</p> <p>10:15 Chair Yoga</p> <p>*11:00 RACHAEL HARDER in Diner</p> <p>1:00 In-House Bingo</p> <p>1:00 Contract Bridge</p> <p>1:00 Crib</p> <div style="border: 1px solid black; padding: 5px; display: inline-block;">  <p>TOONIE DRAW</p> </div>
<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 <i>Lethbridge Transit "Breeze Card"</i>.</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). 		<ul style="list-style-type: none"> LETHBRIDGE HEARING - THIRD THURSDAY OF THE MONTH (by appointment) CENTRE CLOSED NOVEMBER 11TH FOR REMEMBRANCE 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, November 13th & 27th, 2019 WINNERS BINGO: Nov. 6, 12, 13, 19, 20, 26 & 27, 2019 FOOT DOCTOR: DR. SCHOW NOW AT 10:30 AM. FUTURE DATES: DECEMBER 11, 2019 and FEBRUARY 5, 2020 (NOW \$15) NEW ROOM! CRAFT 		

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Programmer's Report by Ashley Kern



November is a time for remembrance for those who have given their lives for our freedom. As such, we will be closed in honour of Remembrance Day on Monday, November 11. On another note: there has been some talk about what the role of conveners are for our drop-in programs and card games here at Nord-Bridge. There will be a published and laminated sheet on exactly this in the Dining Room Annex, West community Room, and Multi-Purpose Hall this month as well as a quick meeting with all conveners. Some points that will be mentioned: the conveners are responsible for setting up their program at their allotted time, due to the increased business in the dining room and out of the respect of people eating their lunches. Secondly, the con- venger is responsible for organizing and explaining the rules and making sure everyone is a member. Unless you are a non-member, you can try the drop in program a maximum of three times. Lastly, if any issues or disagreements shall arise, the con- venger will try to manage the issue before bringing it to myself or Lorri. We are a zero tolerance facility of any form of abuse whether it is verbal, physical, etc. Everyone has a right to their own opinions, but out of respect for oth- ers, we need to be friendly to everyone. Please stay tuned for a con- venger meeting in the next few weeks. This meeting will include all card and board game conveners, and all drop in activities such as floor shuffleboard, carpet bowling, darts, pool, etc.

As for new programs, you may have noticed Sheila Mulgrew teaching most of our newest POUND® classes the past couple of months. She is now on holidays and therefore Melanie will be starting up her Prep to POUND® classes, she is one popular lady, as this class is already full. If anyone drops out of this class however, we will call those on the wait list.

There will be no other POUND classes for November to De- cember but they will begin again in the New Year. Special events coming up include: the General Members Meeting on Wednesday, November 6 at 9:30 am. The Fall In House Tournament for Floor Curling, Carpet Bowling, Floor Shuffle- board, etc. are well under way. **Payment for the Fall In - House Tournament is due Monday, November 4** with a cost of \$15.00 for members. This is a flat fee no matter how many tournaments you are in. The University of Lethbridge Nursing students have been working hard to put together the Health Fair for our members and the community which will be on Thursday, November 28 from 9:30 a.m. - 12:00 p.m. Please find the write up on page 13 for more information! There will also be information sessions on various health top- ics in the next couple of weeks as well. Please ask the stu- dents when you see them around every Thursday and Friday. Park Meadows Elementary School children will be back into Nord-Bridge for another fun games afternoon with our senior members for an intergenerational program. This is on Tues- day, November 26 at 1:00 pm- please sign up beside the front reception desk.

Class cancellations: **NO Carpet Bowling** on Wednesday, No- vember 6 for the Annual Member Meeting. Thursday, Novem- ber 28 there will be **no Floor Curling, Keep Fit Combo, Dupli- cate Bridge, Trump Whist, or Hand & Foot** due to the Health Fair and the Luncheon afterwards (for the Health Fair Exhibi- tors only).

If you have any questions about any of these topics, please do not hesitate to ask for me at the Front Reception Desk. Until next month, stay happy and healthy!

Ashley



Martin Brothers Funeral Chapels

invites you to attend their annual

HOLIDAY REMEMBRANCE PROGRAM

7:00pm Tuesday, December 3, 2019

Martin Brothers Riverview Chapel, 610-4th Street South

RSVP's are not required, but please call us at 403-328-2361 if you have questions, or to arrange complimentary transportation to and from the event. *(within city limits)*

When someone has died, the holidays can be a difficult time for many people. We invite you and your family to attend a special Holiday Remembrance Program in their honour and in support of those who still live.

A presentation on coping with holiday grief will be followed by a candle lighting ceremony in memory of loved ones.

Beginning at 6:30pm, we invite you and your family to write on a snowflake the name(s) of loved ones you wish to remember.



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CONDOLENCES TO

...The family of Sheila Urban on her passing; Charlie Wakelin and family on the loss of his wife Tammy; Margareta Matthews on the loss of her husband; and the Berry family on the loss of Glen...

GET WELL & HEALTH WISHES TO

...John Kormos who was in hospital and now is at home; and Dale McNeely is in hospital...



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#2, 1904 - 13th Avenue North
Lethbridge, AB T1H 4W9
chinooklifecare@gmail.com

Chinook LifeCare is actively seeking new Board Members

MYSTERY TRIP #9 THE MILITARY MUSEUM



NB Seniors go virtual....



SOCIAL ACTIVITIES REPORT by Elaine Molyneux

The Thanksgiving luncheon was well received and the Diner was full to capacity. Thanks to our great crew in the kitchen. Turkey dinner with all the fixings and pumpkin pie was the order of the day with lovely piano music by Yvonne Nelson. Our President, Bob Tarleck blessed the food.

Several door prizes were up for draw including a few gift cards, one for Moxies which was won by Margaret Peters, one for McDonalds won by Laura Lembky and one for Starbucks. A few boxes of chocolates were also up for grabs and



the winners were June Cameron, Joyce Odland and Joyce Furukawa.

Last but certainly not least, a big thank you to all of the hard working servers who do a great job.



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Hi! My name is **Joanne Blinco**. I am the Case Manager of **LEARN - Lethbridge Elder Abuse Response Network**. I will be at Nord-Bridge, in the Boardroom, on the **third Wednesday of the month from 10 a.m. until Noon** to be available to talk about elder abuse. 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.**



OUTREACH REPORT

Val Arkininstall, Outreach Coordinator

Firstly, thank you all for the wonderful



9:15 am Fri. Oct 25th
Already a table full!

donations of baking to our annual Craft & Bake Sale held on Saturday, October 26, 2019. Thanks to the staff of Servus Credit for their assistance. It was an

other success! Total amount raised - \$1407.50 as well as monetary donations.

Welcome back Chris Figuenshau to our hospital visitation committee, however, an assistant would be very much appreciated.



On Monday, October 28 we welcomed our guests to our Halloween Spooktacular! MC Randy Butterwick welcomed our guests, and Don & Karen entertained with "toe tapping" music and many up dancing in the aisles. A very colourful snack was served by our happy go lucky staff and enjoyed by our guests. Many came in their Halloween costumes as well as our own Outreach volunteers who brightened up the day despite it being cold and snowy. Three door prizes were awarded.



Thanks to our volunteers for their amazing job as without you our Outreach Program would not be successful. We lost one of our members who enjoyed coming, Sheila Urban. Our thoughts and prayers go out to her family and friends.



The Outreach Program is for seniors who live alone or ones living in care facilities for friendship and entertainment. The theme for Monday, November 18, 2019 is Shine on Harvest Moon with the Los Gringos so book early for a good time.



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Alberta Council on Aging

Presents

LET'S STOP AGEISM

**THURSDAY NOVEMBER
21st, 2019**

11:00 a.m. to 12:30 p.m.

Nord-Bridge Seniors Centre
West Community Room
1904 13 Avenue North
Lethbridge, AB

NURSING STUDENTS UP-DATE

Hello Nord-Bridge Seniors Centre! We are enjoying our time at the Centre participating in programming and putting on presentations for everyone. A few of us learned how to play carpet bowling and floor shuffleboard. We are not very good at it but we had lots of fun! We've attended Card Crafters, Paper Tole, Woodcarving, Cooking for One and Active Pound and we appreciate the stories and lots of laughs we shared. Upcoming presentations: we have a Bladder Health poster on November 7th, 2019 and a Falls Prevention presentation on November 8th, 2019 from 9:00 a.m. to 10:00 a.m. in the Dunford Diner Annex. Be sure to join us for learning and delicious snacks!

We are looking forward to seeing you at the **Health Fair on November 28th, 2019 from 9:30 a.m. to 12:00 p.m.** We have lots of exciting vendors, door prizes and food.

Health Tip: Be careful if you are out shoveling snow, as cold weather can reduce blood flow to the heart causing chest pain (Angina). Remember to take breaks, stay warm and do not push yourself.



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



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and other matters as you may require.
Nord-Bridge offers this service through



Upcoming **FREE** consultation dates:

Tuesday(s) November 12, 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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403-694-1346!

The Open Bridge Tournament October 19th brought out 48 players for a day of Bridge, Halloween prizes a great lunch and goodies. 1st Shirley & Jeanie (Vulcan) 2nd Josef & Carol (Medicine Hat) 3rd Priscille & Joe (Lethbridge) Looking forward to next year!



**CHRISTMAS DESSERT TRAYS
AND PIES**

DESSERT TRAYS

- 8 Inch 3-5 people \$15.00
- 10 Inch 5-7 people \$18.00
- 12 Inch 7-10 people \$20.00

Trays are a random assortment.
No two platters will be the same.



COOKIE TRAY 8" \$9.00

PIES

	5"	8"
Pumpkin	\$4.00	\$8.00
Cherry	\$3.50	\$7.00
Apple	\$3.50	\$7.00
Raisin	\$4.00	\$8.00
Mincemeat	\$5.50	\$12.50

Start Ordering: Monday, November 4th
Last Date to Order: Friday, November 29th
Pick Up Dates: December 6th, 13th and 20th

NORD-BRIDGE'S FIRST



PAINT

& SIP



NITE



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

October was another successful month on the road. Mystery Trip #9 was sold out as our bus rolled out to our local Military Museum. A lot of good memories were made and the history was incredible. With fall here we don't travel too far so a small bus enjoyed going the movies at Movie Mill. Finally, our first time to Edmonton to the River Cree Casino and shopping at West Edmonton Mall

was enjoyed by a small group so we hope to try this trip again sometime. A big thanks go out to Ashley Kern, John Hanam, Lucy and Care Free Bus Lines for their safety on the roads.

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.

Mystery Trip #10 - Thursday November 21, 2019
Our final Mystery outing for 2019 is already **SOLD OUT**. Bus departs Centre at 11:30 for a popular destination. Stay tuned for 2020 Mystery Trips!!!



THURSDAY, NOVEMBER 28th, 2019

CROSS IRON MILLS Christmas Shopping Trip. Cost: \$40 Member \$65 Non Member
The bus will load at 8:15 a.m. departing at 8:30 a.m.

Return trip: the bus will depart Cross Iron Mills at 4:30 p.m. and estimated time of return to the Centre is 7:00 p.m. Payment Deadline: November 22, 2019



THURSDAY, NOVEMBER 7th, 2019

ROSEBUD THEATRE - A CHRISTMAS STORY
GOOD NEWS to report that this trip is a complete **SELL OUT—56 passengers**. Rosebud is a small town but has lots of interesting buildings to walk around. The meal is tasty and the show is always good

Coming JANUARY 2020 Stage West Dinner Theatre, Wednesday, January 15, 2020 to see the live production of **MAMA MIA**. Cost: \$100 (Member) \$125 Non-Member includes bus and show. Payment deadline is December 15, 2019

OTHER TRIPS

THURSDAY, NOVEMBER 14th - Join us for a Victorian Christmas event at the Stirling Galt Railway Park for an afternoon of entertainment and snacks. **Cost: \$35** (Member cost) includes Bus and entertainment. Bus will depart Centre at 12:30 p.m. and will return by 4:00 p.m. Payment deadline: November 8, 2019

THURSDAY, DECEMBER 5th - Canmore Chocolate Factory Tour Cost: \$50 (Member) \$75 (Non-Member). Includes bus. Buy your own lunch. Limited seats available. Payment Deadline November 26, 2019.

TUESDAY, DECEMBER 10th - Broxburn/Green Haven Cost: \$10 (Includes Bus) This outing will be an afternoon outing. Treat yourself to pie and tea at own cost. Bus departs Centre at 12:30 p.m. and returns at 2:45 p.m. Green Haven's Christmas Garden display is worth the trip as well as unique gifts for someone on your list.



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, November 13th & 27th**

COST \$3

HEALTH FAIR



Nord-Bridge Seniors Centre
Multi - Purpose Hall
1904 - 13th Avenue North

Thursday, November 28, 2019

9:30 am – 12:00 pm

Seniors Health & Screening Resources
& Services * Door Prizes

* Refreshments

Presented by

University of Lethbridge
Nursing Students

University of
Lethbridge



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

COUNTRY Blend



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



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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

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HEARING CENTRE



CHRISTMAS LUNCHEON

Friday, December 6, 2019
Tickets will be on sale starting November 6, 2019
TIME: 11:30 a.m.
SEATING STARTS AT 11:00 a.m.

LIVE ENTERTAINMENT

Menu: Turkey, Cranberry Sauce, Mashed Potatoes, Gravy, Stuffing, Veggies, Salad, Buns and Dessert

COST: \$13 per Ticket

Take out tickets only available for purchase at the Front Reception Desk
\$13 - Pick up at 1:00 p.m.