

NEWSLETTER

November 2020

Remembrance Day

11 NOVEMBER

In Flanders Fields

poem by Lieutenant Colonel John McCrae, 3 May 1915

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

lest we forget

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Lethbridge, Alberta T1H 4W9

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PRESIDENT'S REPORT



Ingrid and I have enjoyed reading "The Splendid and the Vile" by Eric Lawson. A saga of Churchill, Family, and defiance during the Blitz. It is a compelling portrait of leadership in time of crisis. It has been great to read other good books too. The British people were wonderfully resilient. In spite of being under curfew and having bombs dropped on them every night, they went about their business as best they could. My parents survived the pandemic of 1918-19, the depression, and WWII. As a baby boomer in Canada, it has been predominantly peaceful for my 73 years! I guess its our turn to step up and do our best for our community during this pandemic.

Eight months seems a long time to be in this situation during COVID-19, but this will not last forever. Only death lasts forever!

We can all make a difference with a kind word, a thoughtful gesture, or a friendly phone call. Last month we celebrated Thanksgiving which gave me the opportunity to think about all I have to be grateful for – Ingrid and I hiked in the mountains, had a wiener roast, and virtually talked to our grandchildren in Ontario through FaceTime! This is the first time in years that we have not been able to visit, but we are going to try to stay healthy so we can go next year!

A big thank you goes out to the nine individuals who worked the casino on October 9th and 10th. Mike Bennett (organizer), Gloria and Bill Deptuch, Pat and Don Santa, Dianne and Joe Smith, Gordon Vaselenak, and Pat Waddle. Remember wash your hands, keep your circles small, and wear a mask. Now I have two things to remember, my car keys and my mask, where did you say they were again?

**George Berg,
Acting Board President**

Please follow us on our **Facebook** page, **Twitter** or on our website **www.nordbridgeseniors.com** for the most up to date information.

**WE ARE NOW
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**Dunford Diner - Dine-In *Limited Seating
Monday - Friday 9am - 2pm
To reserve a table call 403-329-3222**

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COVID-19 RESOURCES



Grief Recovery Institute® link for handling Covid-19

<https://www.griefrecoverymethod.com/blog/2020/03/you-might->

Eldercare Edmonton has partnered with Caregivers Alberta to support caregivers during COVID-19. If you go to their page, you will be able to register through EventBrite under the register tab. There is no cost for this.

https://www.eldercareedmonton.ca/?fbclid=IwAR0qX6DiBxwF5bBFydpX2qPf2WNkgBo0KctoGGa0pDJAKRdc_E2akCz2RhM

Caregivers Alberta also has a You Tube channel with a variety of online resources for Caregivers.

<https://www.youtube.com/user/ABcaregivers/featured>

If you are on Facebook, Caregivers Alberta has a Facebook page you can access for resources that can help you during this time. Look for the Community Caregiver Group on this page to connect with other caregivers.

<https://www.facebook.com/CaregiversAB/>

DUNFORD DINER MENU

BREAKFAST



2 Eggs, *Meat, Hash Browns, Coffee	\$7.00
Spanish Omelette, Hash Browns, Coffee.....	\$6.00
Ham & Cheese Omelette, Coffee	\$6.00
Small Full Breakfast.....	\$5.00
Burrito.....	\$5.00
Pancakes or French Toast.....	\$5.00
2 Eggs and Toast.....	\$3.75
1 Egg and Toast.....	\$3.25
Toast.....	\$2.00

FISH / CHICKEN

Fish and Chips (2 pieces)	\$8.50
Fish and Chips (1 piece).....	\$6.50
Chicken Fingers & Fries.....	\$6.50

SANDWICHES - HOT

Grilled Bacon, Tomato & Cheese.....	\$5.50
Bacon Lettuce Tomato.....	\$5.25
Denver (2 egg).....	\$5.00
Grilled Ham & Cheese.....	\$4.75
Grilled Cheese.....	\$3.75
Toasted Tomato Sandwich.....	\$3.75

BURGERS

Deluxe Hot Hamburger & Fries.....	\$7.50
Hot Hamburger & Fries.....	\$6.75
Mushroom Swiss or Chicken.....	\$5.75
Hamburger.....	\$5.00

SALAD

Chef Salad.....	\$6.50
Chicken Caesar Salad.....	\$6.00
Garden Salad.....	\$5.00
Caesar Salad & Garlic Toast.....	\$5.00

SOUP & SANDWICH



Soup and Sandwich	\$6.50
Soup.....	\$3.75
Sandwich.....	\$3.25

BEVERAGES

Coffee.....	\$1.00
Tea.....	\$1.00
Hot Chocolate.....	\$1.00
Pop.....	\$1.50
Juice (canned).....	\$1.50
Juice Box.....	\$1.00
Bottled Water.....	\$1.00
Milk (White or Choc).....	\$1.00



DESSERTS

Chocolate Bar.....	\$1.00
Squares.....	\$1.00
Fresh Fruit.....	\$1.00

ADD-ONS

Ham or Bacon or Sausage	\$3.00
Sweet Potato Fries or Onion Rings.....	\$2.25
Salad.....	\$2.00
Hash Browns.....	\$1.50
Cheese or Egg.....	\$0.75
Gravy or Sour Cream or Salsa or Dill Dip.....	\$0.50



FRIES

Poutine.....	\$5.00
Fries.....	\$4.00
Onion Rings or Sweet Potato Fries.....	\$4.00
Fries - Side.....	\$2.00

All menu items available for pick-up or delivery. Call 403-329-3222 to order.



Christmas Trays & Pies

Cookie Tray 8" \$10.00
(3 dozen assorted cookies)

Dessert Tray 8" \$15.00
(approx. 15 - 20 pieces)

Tart Tray 8" \$15.00
(approx. 12 tarts)

Pies	5"	8"
Pumpkin, Apple, Cherry	\$4.00	\$8.00
Raisin	\$5.00	\$9.00
Mincemeat	\$6.00	\$12.50

Orders can be placed between November 2nd - 30th by calling 403.329.3222
Pick Up Dates: Fridays, December 4, 11 & 18



FITNESS 55 CLUB

NOW OPEN

MONDAY-FRIDAY 9:00 AM - 2:45 PM FOR 1 HOUR 15 MIN. RESERVATIONS ONLY.

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the Pie Store Fund Raiser

The Pie Store is a small pie factory located in Lethbridge, Alberta. You may have purchased our products at our local Farmers Market, or perhaps you have purchased our pies from other Fund Raisers.

Our meat pies are perfect for lunches or an easy meal anytime. They are loaded with real, wholesome ingredients.

All of our pies come frozen, unbaked complete with easy baking instructions.



MEAT PIES		
Cheeseburger	Single 4"	\$ 5.50
	Family 9"	\$19.00
Chicken Pot Pie	Single 4"	\$ 5.50
	Family 9"	\$19.00
Chili Pot Pie <small>(mild heat)</small>	Single 4"	\$ 5.50
	Family 9"	\$19.00
Steak & Mushroom Pie	Single 4"	\$ 5.50
	Family 9"	\$19.00
Steak & Veggie	Single 4"	\$ 5.50
	Family 9"	\$19.00
Turkey Pot Pie	Single 4"	\$ 5.50
	Family 9"	\$19.00

GLUTEN FRIENDLY

Chicken Pot	Single 4"	\$6.50
Cheeseburger	Single 4"	\$6.50
Shepherds Pie	Serves 1-2	\$7.00
	Serves 3-4	\$14.00

Please note that our 'gluten friendly' products do not have gluten added to them, but are made in our facility which contains wheat products, and may have traces of gluten in them.



PHOTO CONTEST

WATCH OUT ON OUR FACEBOOK PAGE FOR MONTHLY PHOTO SHARING CONTESTS FOR A CHANCE TO WIN A \$25 GIFT CARD TO ANYTHING AT NORD-BRIDGE!

WIN IN THREE STEPS:



WINNERS WILL BE ANNOUNCED MONTHLY!

NEXT POST WILL BE:

MONDAY, NOVEMBER 9

GOOD LUCK!



First Round: Tuesday, Nov 10 (Cut off to order)
Second Round: Tuesday, Nov 24 (Cut off to order)

My name is **Joanne Blinco**. I am the Case Manager of **LEARN - Lethbridge Elder Abuse Response Network**. If you, or someone you know is experiencing elder abuse, please give me a call at **403-394-0306** When it comes to Elder Abuse, **silence is not an option**.



November is Family Violence Prevention month

Family violence can happen to anyone, regardless of their age, ethnicity, education, sexual orientation or gender. Family violence includes elder abuse. It happens to couples who are dating and to those who are married or living together this is intimate domestic violence.

No one should live in fear for their life and safety, nor suffer alone as a survivor.

Find information and resources by calling the 24-hour Family Violence Info Line at 403 310-1818, toll-free, or visit endfamilyviolence.alberta.ca.

Local numbers

YWCA 24 hour Crisis Line: 403-320-1881 or 1 866 296-0447

Domestic Violence Action Team (DVAT): 403-381-3900

Chinook sexual assault center 403 694-1094

Distress Line of Southern Alberta: Lethbridge 403 327-7905 or 1-888-787-2880

In closing as always, if you, or someone you know is experiencing elder abuse, please give me, Joanne, a call, **403 394-0306** (private line). When it comes to Elder Abuse, silence is not an option. Or I can be reached on line at

learn@lethseniors.com or

<http://lethseniors.com/support-services/learn-lethbridge-elder-abuse-response-network/>

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@RachaelHarderMP

From the Desk of Val

LEST WE FORGET! Yes, it is November and Remembrance Day, month eight of COVID-19. I have precious memories of Remembrance Day, one that I remember distinctly is when I was involved with Girl Guides, we would go to the Pavilion every year and march in with the youth groups. We were able to lay wreaths in honor of our veterans and seeing these girls youngest to oldest laying a wreath, was heart warming. In the past, Nord-Bridge also was a part of the wreath laying ceremony.

My father was a Veteran and I especially remember a time that we went on the Greyhound bus to visit his cousin in Abbotsford and then travelling to a place call Chemainus on Vancouver Island. Years ago, my father came to this place to board a ship and off to WWII he went. To see him jump out of the car and see the ocean and reminisce about these times, was a memory I will forever treasure. He was very proud to be a veteran. Wearing his medals with a poppy each year, was an honor for him.

This year, we will not see the young cadets out to give us poppies, poppy boxes will be sent out to a few businesses. We have one at the front door should you wish to get a poppy. You could also get poppies or to donate please contact General Stewart # 4 Legion (403-327- 6644). November 11, (eleventh day of the eleventh month at the eleventh hour) stop and take a minute to remember our Veterans.

This year, as in past years when the weather has been cold, I will enjoy the Ottawa ceremony on T.V. from home. In closing, seeing people in the diner has made my days happier. Don't forget you can make reservations for just coffee as well. I also have enjoyed talking to the members on the phone and it has been nice to keep in touch. Lastly, just a friendly reminder to please pay your 2021 membership fees by either paying over the phone using credit card, by e-transfer, or drop off a cheque.

Your friendly, *Val*



LORRI'S CORNER



Well here we are... 8 months in and who could have guessed... we are all still somewhat sane!!!! As crazy as this year has been so far, daily I am amazed by some acts of kindness I have witnessed around me and this month I want to share a few with you.

First off and I know I have mentioned these before in past articles but they need to be mentioned again. To the people that sewed and provided cloth face masks for me to give out to those seniors who needed them, thank you. I sew and I know that while masks aren't really difficult to sew, they take time to measure, cut out and then make. So far I have given out close to 100 cloth masks to seniors and others in the community and everyone has been so grateful.

Next, early on in the pandemic, hand sanitizer was as rare as toilet paper to find in stores. Knowing that there are times when we don't have access to soap and water, hand sanitizer is an acceptable alternate in this case. I reached out to **Heaven Hill Distilling Canada**, formerly known as Black Velvet Distilleries and they provided me with 4 cases of hand sanitizer that I was able to share. I was also provided with little knit/crocheted sanitizer pouches with sanitizer from the **Stitch It Forward Society** to give to members and again, so very appreciated!

There is a guy known as **Bam Bam** in the city who has spent countless hours helping anyone who required it and continues to 8 months later. He generously provided me with ten 3D printed ear savers which have been a true gift to people with hearing aids because mask ear loops can pull them right out!

A few weeks ago, Maria and I were tasked with turkey shopping for our Thanksgiving luncheon. Off we went to **Ken's No Frills** on the north side to speak with the meat manager. We first talked to **Tony** and then to **Ken**, who is the owner, and we could have been knocked over by a feather when they donated all the turkeys to Nord-Bridge!!!! We were hoping for maybe 2 or 3 being donated, not 30!!!! Tony told us that since COVID-19, he hasn't been able to visit his mom and this is a way he can make Thanksgiving special for people like his mom! Since kindness is so important to pass around, if you are in **Ken's No Frills**, thank them for the turkey donation to Nord-Bridge please!

During the turkey dinner drive by, I dressed up like a turkey, there were so many kind people that offered a genuine thank you to us for holding these luncheons and making them fun. Can I let you in on a little secret? These luncheons are as much for us as they are for you. As a small staff of 9 in a building that 8 months ago was a flurry of activity to a building that filled with an eerie silence, we also struggled. No one knew how to do a pandemic, none of us had any experience with this. I recall the first few weeks looking at my coworkers and seeing faces with a look of uncertainty and fear. Every time the phone rang, my heart would sink knowing it was going to be someone asking if we were open yet and knowing that the answer was "no we aren't" and not knowing when that would change.

What happened during this time though, was something that may never have happened had COVID-19 not reared its ugly head. In my 6 years here, I have always felt supported and part of the team, but this was different. As a staff, we came together. We worked collectively daily to figure out how to deal with this pandemic, keep our precious members safe and we learned how to keep us healthy, not just physically but emotionally. So the drive by luncheons are also for us. They allow us that time to laugh and be silly, to see the faces of those we miss so much and at the end of the day are left with a feeling of a job well done. So thank you to all who support our drive by luncheons, we really need them!

I want to leave you with an act of extreme kindness that happened this morning. I was driving to work early for a meeting and oh boy was it icy out. I drove up to the intersection of 23rd street and 9th avenue and stopped for the light. Across the street was a gentleman trying to cross but there was so much ice he kept on falling and even tried to crawl across the street. He kept sliding backwards and finally got back onto the curb and started to walk away. I wanted to help him but knew that I wouldn't be able to help him due to his height, we both would have ended up in a catastrophic pile on the street. Next thing I noticed was a work van pulled into the middle of the intersection and stopped, blocking traffic from each direction. The driver hopped out of his van, called the gentleman back and helped him across the icy street. I sat there with tears streaming down my face at this kindness I witnessed. I can imagine the gentleman who was helped across the street was grateful and I bet the guy from the van felt so good helping him. I want to thank this unknown man driving the **Kodiak Plumbing** van for caring about another person like you did today. Thank you.

Should you be having a difficult time or feelings you don't know what to do with, please give me a call or an email. I am in the office limited hours but I am still available to support you during this crazy time. Also, if anyone is in need of hand sanitizer and/or a fabric face mask, please call the centre at 403-329-3222. We have had some very generous donations of both and want to make sure you have what you need.



~*~Until we meet again, stay safe, stay well and keep smiling!~*~

Lorri Penner,
BSW, RSW, Member Support Coordinator



Seniors Mental Health & Addictions Information Session

Thursday, November 19 at 9:30 am

LIVE

VIA



zoom

***With Guest
Speaker***

Gloria Pasmeny,
Registered Psychologist &
Clinical Supervisor of AHS
Seniors Addiction and
Mental Health Outreach



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- ✓ COVID-19 & THE EFFECTS ON MENTAL HEALTH
- ✓ COPING TECHNIQUES FOR LOVED ONES
- ✓ WHERE & WHO TO GO TO FOR HELP
- ✓ TYPES & SIGNS OF MENTAL HEALTH DISORDERS
- ✓ & MANY MORE!

**MORE INFO OR TO
REGISTER:**

CALL 403-329-3222

WWW.NORDBRIDGESENIORS.COM

Photo with Pixabay.com

WINNERS



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NORD-BRIDGE BUILDING FUND RECENT DONORS

Clay & Lorriane Olsen \$100; Stan Kosolofski \$100; Sheila Peszat \$100; Mathilde Riechel \$1,000.00; Robert Tarleck \$100; Tim & Barb Arnett \$50; Anonymous \$25; Steve Prokop \$500; Anonymous \$125; Anne Pauls \$100; Gordon Vaselenak \$100; Donna Bartz \$50; Anonymous \$20; Anonymous \$74; ducky Tarnava \$100; Phyllis Bell \$100

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2020 through March 13, 2020: **\$4,856.50**

BUILDING FUND UPDATE:

	Goal	Achieved
Total Fund-Raising Goal	\$6,248,320	
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 2020 **\$ 2,166,846**
Still needed by N-B Fundraising **\$ 333,154**



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EXECUTIVE DIRECTOR'S REPORT



Greeting Members,
Last month, I touched on the importance of membership renewals. At the time of writing this months Newsletter article our current membership count was 960 (this number does not include the 101 Life Members). Last month, we had 45 members renew and 5 new members join. While this is a positive, we are not near the membership total of 1,452 that we had at the end of 2019. I would like to thank the members who have already renewed their memberships for 2021; knowing, that most of their regular activities and social programs may or may not be starting again because of COVID-19 restrictions. This was encouraging; and showed us their commitment and belief that Nord-Bridge is truly an important community asset. Our 2021 membership budget was anticipated to be around \$74,000, so we need about 400 more seniors to renew / join in order for us to come close to reaching our proposed budget. With reduced revenues in our activities, programs, bingos, rentals and Dunford Diner food sales; we will face a challenging year. Your membership is one of the vital revenue sources that we depend on to carry out our day to day operations. This year we are providing the option of renewing your membership for 2021 by calling and paying over the phone, sending an E-transfer or a cheque. In November, we will be hosting an online auction for items that we purchased and received as donations for our Under Northern Lights Gala. We will be auctioning off these items and using the proceeds for our fundraising budget. Links to the online auction will be posted on our website and Facebook page and a link will be emailed to all our current members.

One more friendly reminder that our General Membership Meeting is scheduled for **Wednesday, November 4th at 9:30 am in the Multi-Purpose Hall**. Our General Membership requires a Quorum of 30 current paid 2020 members. To achieve this number, I would ask all members who are interested in attending, to contact Nord-Bridge and to book / reserve your seat for the General Membership meeting.

David Ng

Executive Director

Chinook LifeCare Association has moved!

We have access to the front parking lot, we are walker/wheelchair accessible!



Please call us at 403 320-1170 if you need us or visit our website at www.chinooklifecare.net

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HeartToHomeMeals.ca

*Some conditions may apply.



Programmer's Report by Ashley Kern

Before I write anything else, I wanted to send a HUGE thank you to Ken's No Frills North for donating 30 turkeys for our Thanksgiving luncheons last month! We had such a great response from all the members and seniors in the community for these dine in and pick up lunches, we were so grateful to have so many turkeys donated. Speaking of donations, we also have received quite a few more donations to our fitness centre for new fitness equipment, and we thank everyone for their continued generosity! We are now at \$7,000.00 every little bit helps! In addition, if you have not ordered any cookies, meat pies, or cinnamon buns yet through us, please give us a call!



This month, if you would like to register for any programs at Nord-Bridge such as fitness, mental health and wellness programs, etc. please call 403-329-3222.

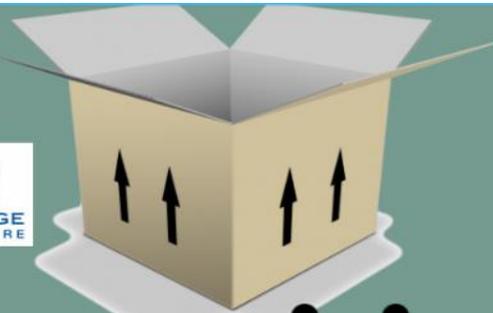
We have some special events and programs planned including The General Member Meeting on Wednesday, November 4 at 9:30 am. You must book ahead for your spot by calling Nord-Bridge. Then, session two of Guided Meditation starts on Monday, November 9th at 9:00 am via ZOOM for \$20.00. During this pandemic, this has been especially popular and much needed for senior's mental health in the community. Virtual programs have also had a great response and as such, we have lined up a few more guest speakers via the ZOOM video platform on Thursday, November 19th at 9:30 am and Friday, November 20th at 9:30 am. The first session is about Seniors Mental Health during COVID-19 with guest speaker, Gloria Pasmeny- AHS Seniors Mental Health and Addictions Clinical Supervisor. The second guest speaker is on downsizing during COVID-19 and everything that can come with this possibly stressful time with guest speaker Jody Johnson from roost2roost as well as Nord-Bridge's very own Grief Recovery Specialist, Lorri Penner. Then on Monday, November 23 is another Virtual Cooking Class in which we will be making Turkey, Apple, & Brie Sandwich with Cheesy Potato Soup starting at 11:00 am via ZOOM. The cost is \$15.00, which includes pre-portioned ingredients delivered right to your door. Near the end of November, we are excited to host a holiday themed "Stroll Through Winter Wonderland" in the main corridor of Nord-Bridge on, Monday, November 30th from 1:00 pm- 3:00 pm. \$1.00 per person or FREE admission if you bring a non-perishable item for the food bank. Come in enjoy the lights, Christmas trees, and decorations and warm up with some fresh apple cider and hot cocoa! Please keep in mind we will have COVID-19 restrictions in place and we will be screening everyone upon entry, no exceptions. For this event, we are currently looking for donations of gently used Christmas trees and decorations so if you have been thinking of cleaning out the cupboard under the stairs give us a call! If you are interested in any of these classes above (in person or virtual) please call 403-329-3222 and ask for me.

Looking forward into next month, we have a very special event planned around the holiday season so keep your ears and eyes open for that! We are also planning another Drive By Luncheon for Christmas and the dates will be announced in the December newsletter.

As always, listen for us on 94.1 CJOC FM for updates around our center as well as on our website at www.nordbridgeseniors.com, Facebook, or Twitter. You can also give us an old-fashioned friendly call and we will be happy to answer any questions you may have.

Until next month, stay happy and healthy!

Ashley



Downsizing with Jody from

roost2roost & Lorri,



Certified Grief Recovery Specialist®
The Grief Recovery Method®

Friday, November 20 at 9:30 am

Via



Topics Include:

how to prepare to downsize, what emotions can
come with this event, and many other helpful tips!

Call 403-329-3222 to register!

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November

Prostate Cancer
Awareness
Month

IN-DEY-GO

FROZEN
STICKY BUNS &
CINNAMON BUNS



Cinnamon Buns

A yummy swirl of cinnamon delight topped with delicious cream cheese icing. Makes a rich, sweet breakfast treat.



Sticky Buns

Moist and chewy buns covered with gooey caramel cinnamon coating. Make sure you have your napkins ready for this one! Goes great with coffee or a glass of milk.

\$15 for package of 8

Ready to eat... just thaw and serve
Can be thawed and refrozen
Can heat in microwave or conventional oven

IN-DEY-GO



Choose from **11** fabulous flavours!

Chocolate Chunk

Dark chocolate chunks smothered in love. Chocolate Chunk is our 'true blue' classic.

Oatmeal Coconut Chocolate Chunk

A delicious blend of oatmeal and chocolate with an IN-DEY-GO twist.

Oatmeal Raisin Spice

A perfect blend of oats and spice, spiked with plenty of plump raisins.

White Chocolate Macadamia Nut

Aloha from the Big Island! Check-full of nuts and creamy white chocolate chunks.

Dark Chocolate White Chocolate Chunk

A dark chocolate cookie with white chocolate chunks. Guaranteed to satisfy and chocolate lover's craving.

Monster Cookie

With tons of Smarties® buried inside, little monsters young and old love this cookie.

Shortbread

Light and fluffy... a delicious melt-in-your-mouth sensation.

Ginger Crinkle

Ginger and spice and everything nice. Guaranteed to put a snap in your step.

Sugar Cookie

A delectable dough - perfect for the creative cookie enthusiast to cut into shapes and decorate.

Chocolate Macaroon

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Dough stays fresh for months in the freezer



ਸਿੱਖ ਸੋਸਾਇਟੀ ਆਫ ਲੇਥਬ੍ਰਿਜ ਐਲਬਰਟਾ
SIKH SOCIETY OF LETHBRIDGE
COVID-19 RELIEF
Albertans Helping Albertans - Albertans Helping Albertans - Albertans Helping Albertans

In this time of profound stress due to global COVID-19 pandemic, many families have endured hardship via lost sources of income. The Sikh community, in every nation around the world, including Canada has come forward to help in order to fulfill one of the most basic tenants of their faith: Selfless Service to others (ਸੇਵਾ).

The Sikh Society of Lethbridge would like to extend a helping hand to families in need by providing vegetarian essential groceries. At this time we are asking for you to please contact us and provide a list of your essentials. We will do our best to procure them for you and have them delivered to your door steps. The service will be provided on a case by case, (FIRST COME FIRST SERVE) basis throughout Lethbridge. We will continue to do this as long as we can with the help of our volunteers and donations.

Contact Us **Volunteer** **Donate**

Facebook.com/SikhSocietyOfLethbridge
587-997-4597 info@sikhsocietyoflethbridge.ca
(Call Between 8 am to 8 pm)



LETHBRIDGE DENTURE CLINIC LTD

We offer complete quality Denture care; a result of intention, effort and professional skill.

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



HUCKVALE LLP
established 1906

Upcoming FREE consultation dates:
possibly Nov. 10, 2020
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.



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

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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



ACCOMPANY You

Provides Freedom and Transportation for Seniors

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

Call Sharon or Jodie
to schedule your appointment
403-380-9072 or 403-894-2484
slmstein@outlook.com



CONDOLENCES TO

.....the Mudge family and the passing of Wes.
.....the Knox family and the passing of Carol.
.....the Chervinski family and the passing of Buella.
.....the Cemulini family and passing of Rita.

Getting your flu shot looks a little different this year:

Appointments required

Call the pharmacy to book yours today. Flu shots are available starting October 19.

Self-screen for COVID-19 before coming to the pharmacy

If you have symptoms, let the pharmacy know in advance. Do not come for your flu shot if you have COVID-19 symptoms or have been in contact with someone who has.

Check with the pharmacy

for protocol prior to coming for your flu shot.

Ask your personal pharmacists for more information, as we're doing our best to keep you and the community safe.

**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

WINNERS BINGO VOLUNTEERS NEEDED!

Candidates will need to be able to count money, multi-task, and stand for longer periods of time. All training is provided. Need to be a reliable, friendly, & organized person. Previous experience an asset.

Please call 403-329-3222 and ask for Ashley if seriously interested.

3307 3RD AVE. S.



GENERAL MEMBERSHIP MEETING

WED, NOV 4

AT 9:30 AM IN THE MULTI-PURPOSE HALL OF NORD-BRIDGE SENIORS CENTRE (USE NORTH EAST DOORS)

QUORUM OF 30 MEMBERS REQUIRED
CALL NORD-BRIDGE TO RESERVE YOUR SEAT

CALL 403-329-3222

BIG Thank you to Ken's



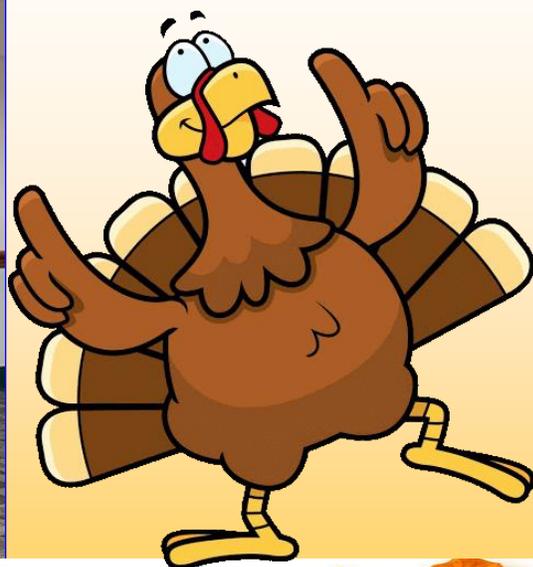
For donating turkeys for our luncheons on Oct 7, 8, & 9!



Thank you Ken De Los Reyes & Tony Mousir!



The staff sure had a blast dressing up for our Thanksgiving luncheon last month!





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.

Seniors Keep In Touch Program

Are you a senior that is feeling lonely and would like someone to Keep in Touch?
For many of us, a call from a friend once or twice a week makes a big difference in how we feel. Knowing that someone cares and is there to share stories and laugh with is comforting and meaningful in so many ways.
The Keep in Touch Program connects the people in our community with each other through a weekly telephone support system. Through Keep in Touch we can connect you with a friendly person to chat with and they can help you find resources if needed.

So how does it work:

If you are a senior that would like to receive a call each week, OR if you have a neighbor or family member whose days could be brightened simply give us a call to complete the registration. We will pair that senior with a verified volunteer for safety who will call once or twice a week. We all have stories, wisdom and interests to share!
Please encourage the seniors you know to contact us today and join Keep in Touch!

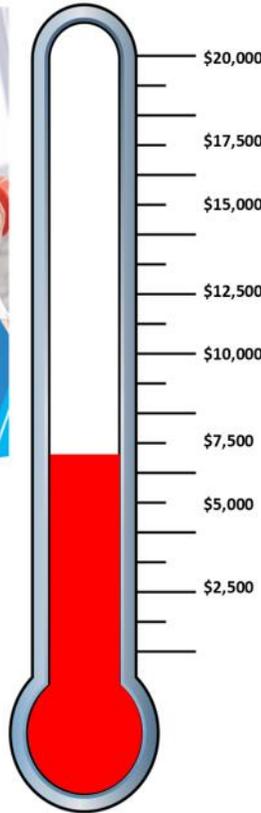
If you wish to sign up to receive calls or would like to refer a senior call Connie-Marie at Volunteer Lethbridge at 403-332-4320 or email us at HelpingHands@VolunteerLethbridge.com. Also, if you know someone who has a few hours a week to bring joy and interest to someone's life as a volunteer in the program please have them give us a call.

"The funding for the Covid-19 Seniors Response Project has been provided by the Government of Canada's New Horizons for Seniors Program"

Fitness 55 Club Fundraising Goal \$20,000



**HELP NORD-BRIDGE
RAISE \$20,000.00!
TO BUY NEW GYM
EQUIPMENT IN OUR
FITNESS CENTRE!**



For more information or to make a donation
contact Ashley or David 403-329-3222

THANK YOU SO MUCH!!

Turkeys from Ken's No Frills North,
Cloths for the fitness center from Gerry Decoste,
& Fresh vegetables from the Interfaith Foodbank.



Seniors - Keep In Touch - Registration Form

Thank you for your interest in the Keep In Touch program. This program provides you with a weekly phone call from a friendly volunteer to chat with. All volunteers are verified for safety and you can opt out of this program at any time. Please note that volunteers have basic training and are only intended as a friendly wellness chat. They can help you find access to resources if you are in need.
Once you have completed this form, send it to the email below and you will be paired with an individual from the community. If you have any questions please call 403-332-4320 or email helpinghands@volunteerlethbridge.com

First and Last Name: _____

Home Phone: _____ Cell Phone: _____

Email: _____

What Language(s) are you comfortable speaking: _____

Staff will check in with you periodically to see how the calls are going. Please circle your preferred method of contact. **Email** or **Phone**

How many calls per week would you like to receive? _____

Check the times/days of the week that you would like to receive the calls:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning (9 am - 12pm)							
Afternoon (12 - 4 pm)							
Evening (4 - 8 pm)							

Is there anything you would like us or the volunteer who will be contacting you to know before they call you?

Signature _____ Date _____

Once you have been match with a volunteer, we will connect with you to provide further information.
Thank you for reaching out. We will get through this together!

Agency Referred By: _____


Phone: (403) 332-4320
Email: HelpingHands@VolunteerLethbridge.com
Website: www.volunteerlethbridge.com


Phone: (403) 329-4775
Email: admin@cmhalethbridge.ca
Website: <http://lethbridge.cmha.ca>

Nord-Bridge Seniors Centre Presents:

Stroll Through Winter Wonderland

**MONDAY,
NOVEMBER 30th**

1pm - 3PM

1904 13 Ave. N. Lethbridge

**\$1.00 per person or free
with a non-perishable
food item (donated to the
food bank)**

- * FRESH APPLE CIDER
- * HOT CHOCOLATE
- * CHRISTMAS MUSIC & DECOR
- * COME ENJOY THE
FESTIVITIES AND SOCIALIZE!
- * EVERYONE WELCOME!

****COVID-19 RESTRICTIONS IN PLACE****

CALL ASHLEY OR LORRI FOR
MORE INFORMATION:
403-329-3222

WANT TO DONATE YOUR GENTLY USED CHRISTMAS TREE OR
DECORATIONS? LET US KNOW AND WE WOULD BE HAPPY TO USE

IT AS PART OF OUR WINTER WONDERLAND!

Made with PosterMyWall.com

**Due to
overwhelming
demand, this
second group
will be offered**



**Are you or someone you love
suffering from a broken heart?**

Is it due to a death, divorce or another major loss?
If so you might feel sad, distracted or confused.

YOU ARE NOT ALONE

The Grief Recovery 8 week program will give you the tools you need to
heal your broken heart and feel complete again.

What is The Grief Recovery Method 8 Week program?

This interactive program will be a safe place to examine what you've
been taught about loss, to explore your beliefs about grief and will
guide you in completing a set of actions that will enable you to move
forward in your life with hope. Once equipped with these tools you
will be able to work through other losses that you may have
experienced in your past.

**New group starting
October 29 to December 17, 2020 (Thursdays)
1:30-3:30pm
Nord-Bridge Senior Center
1904- 13 Avenue North, Lethbridge, Alberta
Cost: \$150 Contact: 403-329-3222 to register**



Face Covering Required

A person must wear a face covering at all times while in an indoor, enclosed or substantially enclosed public place or in a public vehicle.

City of Lethbridge Bylaw 6239



Exceptions include children under two years of age, or persons with an underlying medical condition or disability which inhibits their ability to wear a face covering.

Visit lethbridge.ca/covid19 for more information.



FALL

PROGRAM

Nov-Dec

Tuesday Yoga Combo- Nov 10-Dec 22 (9:15 am - 10:15 am)
 Tuesday Keep Fit Aerobic- Nov 10 (10:45 am) in-person class is FULL*
 Wednesday Active POUND- Nov 18 - Dec 23 (9:00 am- 10:00 am)
 Thursday Yoga Combo- Nov 5- Dec 17 (9:15 am - 10:15 am)
 Thursday Keep Fit Strength- Nov 5 (10:45 am) in-person class is FULL*
 Friday Zumba GOLD- Nov 6- Dec 18 (11: 15 am- 12:00 pm)

LIVE ONLINE ZOOM CLASSES OFFERED AS WELL FOR MOST EXERCISE CLASSES. REGISTER BY CALLING 403-329-3222 TODAY!

LIVE



Open to all Seniors in the Community for a small fee of \$15.00!

Turkey, Apple, & Brie Sandwich with Cheesy Potato Soup

COOKING CLASS

Explore ways to cook healthy, delicious food with fresh, seasonal produce. All ingredients are pre-portioned & dropped off at your door step!

LIVE ON MONDAY

NOV 23

1100AM MST Via ZOOM



CONTACT ASHLEY @ 403-329-3222

@nordbridgecooksvirtual

*Limited spots available, call to hold your spot any time after September 1st.

MEDITATION

With Ashley Via
ZOOM

WE WILL BE WORKING ON PROGRESSIVE RELAXATION, GUIDED IMAGERY, AND MINDFULNESS. NEW COMERS ARE WELCOME, NO EXPERIENCE REQUIRED. THE CLASS WILL BE DONE SEATED IN A CHAIR FOR 45 MINUTES AND BY THE END OF THIS SESSION YOU WILL BE REJUVENATED, RELAXED, AND AT PEACE.

MONDAY, NOV. 9 - DEC. 21
AT 9AM - 945AM

MEMBERS: \$20
NON-MEMBERS: \$40

THIS CLASS WILL BE DONE OVER ZOOM VIDEO CONFERENCE. WHEN REGISTERED WILL GET MEETING ID AND PASSWORD

CALL TO REGISTER ANY TIME AFTER OCTOBER 27TH- 403-329-3222