



NORD-BRIDGE SENIORS

NEWSLETTER



Hello
December
2020

"The Friendly Centre"

1904—13th Ave. North

Lethbridge, Alberta T1H 4W9

Open Monday to Friday - 9:00 a.m. to 3:00 p.m. (Temporary Hours)

Telephone 403-329-3222 Fax 403-329-8824

E-mail: friendly@nordbridgeseniors.com

PRESIDENT'S REPORT

In November we remembered those brave souls who have served our country in war. We must never forget their sacrifice.



Now, a new war is upon us and we must not forget those who fight on the front lines of this pandemic. Every day our healthcare workers risk their lives on the front lines. Essential workers in the food industry and service sector keep this country functioning. The staff here at Nord-Bridge come to work everyday to plan and to implement programs for all of us. The board of directors continue to meet each month to approve the plans they are making. To all of them, I say thank you.

We who are retired can stay home and limit our contacts. It is lonely but it is not forever. There is a light at the end of the tunnel in the promise of a vaccine.

In the words of Helen Keller "Faith is the strength by which a shattered world shall emerge into the light." Christmas is coming! It will be different this year, but its message of God sending the world a savior still brings hope!

On behalf of the board of directors I wish you all a very Merry Christmas and a safe holiday season!



**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

OPEN

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/>

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EXECUTIVE DIRECTOR'S REPORT



Greetings Members,

Like many of you, I spent most of November with my fingers crossed when the province announced further COVID-19 restrictions and regulations on November 13th and 24th. Its unfortunate that our provincial numbers continued to climb and further restrictions needed to be put in place; however Nord-Bridge is so thankful that we can continue operating (limited) for the time being. We are very fortunate to have the logistics in place to transition our fitness programs seamlessly to virtual programming sessions. Fitness programs such as Yoga, Keep Fit, Zumba Gold and Active Pound classes are all now virtual. Although we know this is not what many of our members signed up for; we are happy that we are able to still provide these fitness classes to registered participants. Our Dunford Diner will continue to operate for dine in (with a reservation) and pick up. We have removed two additional tables to allow greater physical distancing for dining room guests.

Its hard to believe this year is finally drawing to a close. It has been a roller coaster of ups, downs, sharp abrupt turns and at times backwards progress. I know I have written numerous times about my tremendous staff in previous newsletters but I would be remiss to not highlight them one more time in 2020. I can't tell you how many members have stopped me in the dining room or called me to let me know what a fabulous job all the staff are doing here. I need to echo all those positive comments to everyone; the staff have truly stepped up and picked up additional job duties / roles and most importantly supported each other in their job roles. Our team has triumphantly rose above most of the challenges that COVID-19 has thrown at us. With that said, Nord-Bridge usually only closes for a few days during the Christmas break. This year; we have decided to close at noon on Thursday, December 24th and re-open on Monday, January 4th. This much deserved time off will allow staff to rest and relax with their family.

Merry Christmas and Happy New Year!

David Ng

Executive Director



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
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Lethbridge, AB T1H 4W9
chinooklifecare@gmail.com

Chinook LifeCare is actively seeking new Board Members

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HeartToHomeMeals.ca

*Some conditions may apply.



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 |



SOUP & SANDWICH

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

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 |

| | |
|---------------------------|--------|
| 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 |

BEVERAGES



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 |



BURGERS

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

FRIES

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

SALAD

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

DESSERTS

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

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

WISHING YOU AND YOUR FAMILY A VERY



RACHAEL HARDER
LETHBRIDGE ALBERTA MP

@RachaelHarderMP

 403-320-0070

www.RachaelHarder.ca
Rachael.Harder@parl.gc.ca



NORD-BRIDGE
SENIORS CENTRE

**FITNESS
55 CLUB**

NOW OPEN

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

BOOK YOUR APPOINTMENT TODAY BY CALLING 403-329-3222 AND ASK FOR ASHLEY.



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.**

As we come into the holidays the world clearly looks different than a year ago. Just sending some fun facts to brighten the season

What happens in December! Daily Holidays, Special and Wacky Days:

December 1: Eat a Red Apple Day; World Aids Awareness Day

December 2: National Fritters Day

December 3: Advent begins; date varies; National Roof over Your Head Day

December 4: Santa's' List Day – we hope you are on the “Nice” list; Wear Brown Shoes Day

December 5: Bathtub Party Day; Repeal Day – The 21st Amendment ends Prohibition

December 6: Bartender Appreciation Day – in Europe; St. Nicholas Day; Mitten Tree Day; Put on your own Shoes Day

December 7: International Civil Aviation Day; Letter Writing Day; National Cotton Candy Day – would you like some fairy floss? Pearl Harbor Day

December 8: International Children's Day – Second Sunday in December; National Brownie Day; Take it in the Ear Day

December 9: Christmas Card Day; National Pastry Day

December 10: Human Rights Day

December 11: National Noodle Ring Day

December 12: National Ding-a-Ling Day; Poinsettia Day

December 13: Ice Cream Day; Violin Day

December 14: International Monkey Day; National Bouillabaisse Day; Roast Chestnuts Day

December 15: Bill of Rights Day; National Lemon Cupcake Day

December 16: National Chocolate Covered Anything Day

December 17: National Maple Syrup Day

December 18: Bake Cookies Day; National Roast Suckling Pig Day

December 19: Look for an Evergreen Day; Oatmeal Muffin Day

December 20: Go Caroling Day

December 21: Crossword Puzzle Day; Forefather's Day; Humbug Day; Look on the Bright Side Day; National Flashlight Day

December 22: Chanukah - date varies; National Date Nut Bread Day - or September 8!?!; Winter Solstice – the shortest day of the year, date varies

December 23: Festivus – for the rest of us; Roots Day

December 24: National Chocolate Day; National Egg Nog Day

December 25: Christmas Day; National Pumpkin Pie Day

December 26: Boxing Day

December 27: Make Cut Out Snowflakes Day; National Fruitcake Day

December 28: Card Playing Day

December 29: Pepper Pot Day

December 30: Bacon Day; National Bicarbonate of Soda Day

December 31: Make Up Your Mind Day; New Year's Eve



Enjoy December and Wishing everyone a very happy holiday.

In closing as always, if you, or someone you know is experiencing elder abuse, please give me Joanne a call. When it comes to Elder Abuse, silence is not an option. The Lethbridge Elder Abuse Response Network (LEARN) is a collaboration of human service organizations working together to educate and support seniors at risk or experiencing abuse.

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We want to say
THANK YOU

For the donations of Christmas
Trees and Decorations!

Towards our Winter Wonderland!

*Connie French
*Sharon McDermid
*Shirley Trefan
*Val Arkinstall
*Richard Shelton
*Lori Noble
*Gail Krysak
*Sarah Pederson
*Jean Adam
*Pat Irwin
*Valerie Hill
*Elta Buckman
*Kim Irwin
*Joan Pisko
*Karina Mak
*Jan Perry
*Gord Vaselenak
*Linda Christenson
*Faye Ward
*Wendy Pietron
*Mary Leach
*Jack & Mary Simmons
*Katie Skylar Nelson
*Tracy Johnson

*Rob Price
*Kathy Gill
*Jane Ann Johnston
*Johanna Prichard
*Heather Bursaw
*Judy Cartwright
*Jean Robin
*Anonymous
*Judy Workman
*Les & Betty Scornard
*Roy Ermiter
*Carol Moxham
*Wally & Joyce Ellingson
*Megan Groves
*Ken Ball
*Jennie Feher
*Dale Mather
*Amanda Hirsche
*Randy Neufeld
*Christine Dormuth
*Roger Fetting
*Aubrey Easthope
*Moir a Warnock



From the Desk of Val

HO! HO! HO! The festive season is soon upon us and wow it has been quite the year. It was different watching the Remembrance Day celebrations but Christmas will be another different get together. I always said that Christmas is special watching the kids gather around the Christmas tree opening up their presents and seeing all their smiles and chuckles. However, we have to remember to stay safe, sanitize our hands often, and practice social distance even in the home. We will all miss the hugs from family and friends as Christmas is a time to give and receive and enjoy a good time on Santa's special day, on December 25.



For myself, I have told myself to stay positive and as I have listened to the Mental Health speaker on Zoom telling us to exercise, get sufficient sleep, and eat healthy to avoid any times of stress. Christmas can be a very sad time as we think of those whom we have lost. We must look at the precious memories of those we have spent time with. It is those happy years that come back to us and tears will come which is okay.

Thank you for all you who have paid your 2021 membership as your support truly helps your Friendly Centre.

In closing, we have all gone through this pandemic together and WE WILL COME OUT EVEN STRONGER TOGETHER IN THE NEW YEAR. May Lovely Happy Times Decorate Your Holiday Season with Warm Special Memories that will brighten your NEW YEAR.

Your friendly, *Val*

LORRI'S CORNER

Well here we are, December 2020.

Christmas is upon us and the centre is adorned with 45 beautiful Christmas trees! When you wander the halls gazing at the sparkling lights, decorations and trees,



for a brief precious moment, one can forget that we are still dealing with Covid 19.

Then slowly your awareness returns and you realize the halls are empty except for a few people who have made reservations for the dining room and of course the staff. I feel the emotions rising up into my throat and the tears start to pool in my eyes. Again.

This year has been so hard for all of us. We each have had so many losses, too numerous to list them all. Birthday celebrations and family gatherings for me are two of the losses I feel the deepest. I have missed 7 birthday parties and these hurt my heart the most because they are the birthdays of my grandbabies. I was at most of the

births and had never missed a birthday party.... Until 2020.

2020 is like the Grinch... Stink, Stank, Stunk.

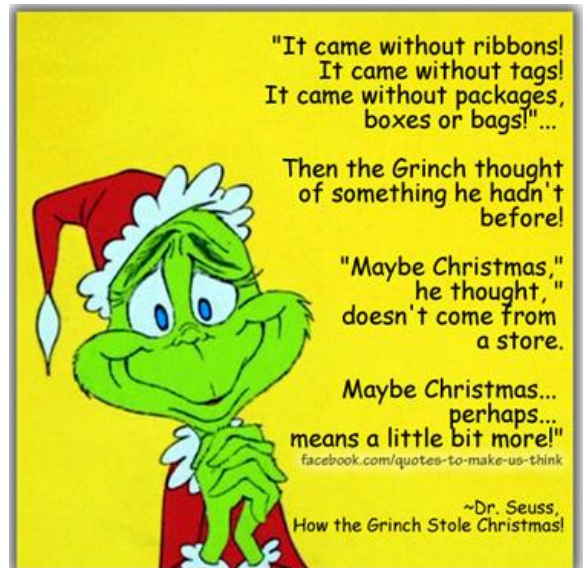
Then I force myself to pause and reflect on the other parts of this year and my heart feels lifted a bit. I spent so much precious time with my little old dog Riley on the patio I built this spring. Those who know me, know the love I have for that fur guy! We spent sunny moments having morning coffee and chilly evenings snuggled together around the propane fire pit! My yard was the most manicured it has ever been and I was surprised the big magazines were not pounding on my door to do a feature on it!

There were also FaceTime's and phone calls with my grandbabies chatting about everything, sharing the moon in the night sky, the travels they took me on showing me things in their rooms, in yards, climbing mountains and even their chickens. The videos I received of horse riding lessons, ballet class by ZOOM from home and messy faces, I watch repeatedly and for a moment I feel like I am there!

The lesson of 2020 for me has been a deeper appreciation of family and life in general. I used to take so many things for granted: The visits with my family, the BBQ's in the yard and hugs. I really think I miss hugs the most.

I want to wish each of you a very Merry Christmas. It will likely look much different from Christmas' past for sure but I hope that you will create memories to hold close to your heart as we end this most crazy year.

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 available to support you during this crazy time.



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

Lorri Penner,
BSW, RSW, Member Support Coordinator

Pictures from our
Winter Wonderland



Thank you to everyone that made this possible including the volunteers, staff, and the generous donations from the community!

THANK YOU

to our

Wonderful Staff

for organizing the Winter
Wonderland!!



**Happy Holidays and Warmest
Wishes for 2021!**

Attention:

WE WILL BE

CLOSED

THE AFTERNOON OF
DEC. 24 - JAN. 4



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LIVE



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

Wonton Soup with Homemade Pot Stickers

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

DEC 21

1100AM MST Via ZOOM



CONTACT ASHLEY @ 403-329-3222

@nordbridgecooksvirtual

Limited spots available

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What an interesting time we had last month. We finished the month with our FIRST EVER virtual Winter Wonderland Walk Through on Facebook LIVE on November 30th. Of course, this event was supposed to be in person, but with the recent restrictions on social gatherings, we were unable to do this. Hopefully next year we can do the same but in person. Thank you to everyone who donated their holiday trees and decorations, without you, our event would not have looked the same! I also wanted to thank the staff and volunteers for the countless hours getting this organized and ready. Most of the Christmas decorations are still up from this event, so if you want to book a reservation in the dining room, feel free to enjoy the sights as you walk through.

This month, we are hosting another drive-by Christmas themed luncheon for two days of pick up or delivery. The first being on Wednesday, December 16th and the second being on Friday, December 18th from 11:00 am- 1:00 pm. You MUST call 403-329-3222 to pre-order ahead, while quantities last. Dine-In will NOT be available these days. Please note: no more than 10 meals per order.

Special events and programs coming up include another Virtual Cooking class with yours truly via ZOOM on Monday, December 21st at 11:00 am. We will be cooking wonton soup and homemade pot stickers all for the small fee of \$15.00 which includes all ingredients pre-portioned and delivered to your door! You do not need to be a member to join but you do need to be 55+. Call me for the zoom info if you are interested. Then, Nord-Bridge will be closed the afternoon of December 24th until January 4th so if are you booking times in the gym or dining room, we are closed during this time for some much deserved relaxation for our staff.

Going into the new year, we will hit the ground running starting with our first ever online registration through our website at www.nordbridgeseniors.com. Winter 2021 registration will begin on Thursday, January 7th at 9:00 am. Members can either sign up online or call 403-329-3222. With COVID restrictions, spaces in our fitness classes will be limited especially for yoga, keep fit, etc. Anything else that is online through zoom, members will be encouraged to wait until the next day to register. Please keep an eye out in your email and on our website for a list of all fitness programs in the January edition of our newsletter, which will be released on January 4th.

One last note: make sure you are listening to 94.1 CJOC FM for the most up to date info, check out our Facebook and Twitter page, or our website at www.nordbridgeseniors.com.

Until the new year, stay happy and healthy!



Ashley

WINNERS



Two blocks west of the casino on Crowsnest Trail

EVERY THURSDAY IS SENIORS DAY!

25% off Gold and Ruby Cards



Every Wednesday is **VALUE PACK DAY** Everyone Saves

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Call the Hotline: 403-327-7454
or Email: winnersbingoeth@gmail.com



NORD-BRIDGE BUILDING FUND RECENT DONORS

Anonymous \$100; Fae Kailly \$100; Pat Waddle \$100; Valerie Arkinstall \$200; Eveline Polczer \$200; Marilyn & Barry Larsen \$50; Anonymous \$200; Mary Insley \$100; Faye Ward \$50; Judy Workman \$200; Elizabeth Miller \$100; Stan & Phyllis Kruszewski \$500; Judy Cartwright \$100; Frances Wallace \$100; Dianne Smith \$70

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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Nord-Bridge Seniors Centre Presents:

\$10 Christmas



DRIVE-BY LUNCHEON



WED, DEC 16 & FRI, DEC 18 @ 11 am -1 pm

*Enjoy a full Christmas Lunch with Turkey,
mashed potatoes, dessert and all the fixin's!*

**Pre-order for pick up or delivery ONLY by calling
403-329-3222 open to all! While quantities last.**

***No dine in available and no more than ten meals per order.**


 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)



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 an appointment. **Phone: (403)329-3222**
This free service is for Nord-Bridge members only.



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CONDOLENCES TO

.....the Mann family and the passing of Kae.
the Wendelboe family and the passing of Maurice.

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.

WINTER 2020 Nord-Bridge Seniors Centre PRESENTS NEW

ONLINE REGISTRATION

Available Jan. 7

Starting at 9:00 am MST

YOGA COMBO

ACTIVE POUND

GUIDED MEDITATION

COURSES TO REGISTER FOR:

- KEEP FIT (STRENGTH OR AEROBIC)
- YOGA COMBO
- ZUMBA GOLD
- ACTIVE POUND
- GUIDED MEDITATION

OR CALL 403-329-3222 TO REGISTER OVER THE PHONE

ENROLL ONLINE AT WWW.NORDBRIDGESENIORS.COM

FOR MORE INFORMATION CONTACT US AT 403-329-3222

Nord-Bridge Seniors
Presents

Under Northern Lights ONLINE AUCTION



When: Bidding opens Monday, November 30, Noon
Bidding closes Wednesday, December 9, 9:00pm

View Auction Items on the Nord-Bridge website by
following the auction link www.nordbridgeseniors.com

Register to bid... and make a bid to support our Seniors!



ITEMS TO BE AUCTIONED:
Coach/Kate Spade/ Michael Kors Purses, Secrid
wallets, Oakley sunglasses, Cedar furniture,
Gift Cards and more



MORE INFO:
CALL 403.329.3222



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*

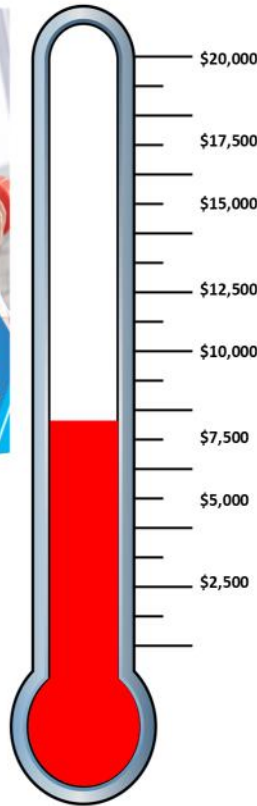
*We lessen the expense
Not the care*

A Division of the Caring Group Corp.

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!!

- *Volunteers who helped decorate for our Winter wonderland
- *Anne Pauls for being our pianist
- *Donations of Christmas Trees & Decorations from the community especially Mission Thrift Store.

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"

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>

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.