



NORD-BRIDGE SENIORS

NEWSLETTER

February 2021



“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

What have we been doing lately? In the words of one my neighbors, "same stuff different day" but wait-maybe there is more than that.

In March 2020 I started a journal and I now have a record of everything we have done and every person we have seen since that date. I guess if everyone did this, contact tracing would be simplified. It will be interesting to review when this is all over.

We really enjoyed visiting the light display at the Japanese gardens. Our first reservation was cancelled because of the big snowstorm on December 22nd but they quickly gave us a new slot a few days later. The lady at the Enmax ticket center was so nice and accommodating.

For New Years Eve we zoomed our family in Guelph, Ontario. After talking to the grandchildren and watching their dog race around the living room and up onto the couch, I was glad we were in our own home in Lethbridge. Later, we watched Rick Mercer's New Year countdown and managed to stay up until midnight. The weather has been so mild this year with each day without snow and freezing temperatures is one more day closer to spring. Taking down our Christmas lights was easy on January 4th, no wind.

Last year, Ingrid and I purchased electric bikes! These bikes make it possible for us to ride up big hills and against strong winds. I have rode 2,000 Kilometres since purchasing this bike and I recommend them to anyone who would like to continue their biking adventures into their 70s and 80s. With this nice weather I have been doing some of our grocery shopping on my bike as well. Then, in the Fall I built a fire pit in our back yard, this has been great for social distancing. One of our neighbors who lives alone, came over with her dog to fellowship with Ingrid and me.

We have been enjoying the lunches provided by our Nord-Bridge kitchen staff and the lunch on January 19th was great! I look forward to when we can open the dining room for guests again. February will bring us closer to getting our vaccine shots, I can hardly wait! We have much to be thankful for in Lethbridge as we look forward to spring. Keep in touch through a phone call, encourage someone as we really are all in this together. Or send someone a Valentines card and remember how much fun that was when we were kids? "Be Thankful for what you have and you'll end up having more, if you concentrate on what you don't have, you will never ever have enough" Oprah Winfrey



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.



The Alberta governments COVID-19 Restrictions are still in place. No definitive date has been given as to when the restrictions will be lifted or eased.

Nord-bridge dining room dine-in services will remain temporarily closed until restrictions are lifted.

Curbside pickup is STILL available (Monday - Friday) 9am - 2pm

call 403.329.3222 to place your order



THE Fitness 55 club will remain temporarily closed until restrictions are lifted.

COVID-19 RESOURCES

Grief Recovery Institute® link for handling Covid-19



<https://www.griefrecoverymethod.com/blog/2020/03/you-might-be-grieving-how-coronavirus-changed-your-life-and-thats-okay>

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=IwAR0qX6DiBxwF5bBFydp2qPf2WNkgBo0KctoGGa0pDJAkRdc_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

Greeting Members,

I am beginning to feel like I sound like a broken record. For the last 10 months, I have started my newsletter article with almost the same tag line "we're not sure when we will be able to open our doors fully". So it will come as no surprise that I start this months newsletter with the same type of tag line. At the time of writing this article we are still under the mandatory restriction the Alberta Government set on December 13, 2020. The restrictions that directly effected Nord-Bridge was: all restaurants / cafes are to be closed to in-person service and all fitness centres must close. Although our Dunford Diner has still been able to offer curbside pickup; business has been slow. If you're looking for a break from cooking breakfast or lunch, give Gail a call (403-329-3222) and place an order for pickup. The Dunford Diner menu is located on page 4 of this Newsletter and be sure check out the weekly and monthly food specials on our website at www.nordbridgeseniors.com



A few months ago, Nord-Bridge ran a successful online auction for items that were donated to our Under Northern Lights Gala. Members from the community had the opportunity to view our items through an online auction website and make bids on the items. This was a new venture for Nord-Bridge and was a great avenue for community members to support Nord-Bridge from a virtual standpoint. I would like to thank all our sponsors and local businesses that donated auction items. You can see a detailed list of all the sponsors and businesses that donated items on page 12 of this Newsletter. If COVID-19 restrictions hamper our 2021 Gala plans; we will look into running another online auction.

A friendly reminder to all members that our Annual General Membership Meeting will take place on March 3, at 9:30 am in the Multi-Purpose Hall. *We will be closely monitoring indoor gathering restrictions; if restrictions still remain in place by February 17th, we will change the AGM to a virtual meeting and notices will be posted on our website, Facebook and email notices. Should an election of board of directors be required, a survey monkey link for a secret ballot will be emailed to voting members. Please stay posted for further updates.



I would like to introduce you the newest member of my family; meet "Arlo". Arlo joined the Ng family on December 29th and we have fallen in love with the little guy!



David Ng

Executive Director



CHINOOK LIFECARE

Helping you live independently at home

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

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



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

Chinook LifeCare is actively seeking new Board Members



We are taking orders for: Veal Cutlets

FRIDAY, FEB 26 @ 11AM-1PM

\$11 (Includes Dessert)
Pick Up or Delivery

*Please pre-order
starting Feb. 16 by
calling 403-329-3222

*PLEASE NOTE:
Limited quantities
available and no more
than 8 meals per
order.

WITH MASHED
POTATOES, GRAVY,
AND VEGGIES

1904 13 Ave. N. Lethbridge

Tag us on Facebook: @Nord-Bridge Seniors Centre



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.

Let's Do \$8 LUNCH
EVERY TUESDAY @ 11:30-1:00PM

NORD-BRIDGE SENIORS CENTRE

New lunch specials every Tuesday
Go to www.nordbridgeseniors.com for more details.

Pick up or delivery only. Pre-order by calling 403-329-3222 or online at www.nordbridgeseniors.com no later than the day before while quantities last.

NEW

Online ordering is now available for our Tuesday \$8 lunch specials for pick up or delivery only.

Go to www.nordbridgeseniors.com to pre-order your meal!

***While quantities last, order no later than the day before. This does not include our regular menu or monthly drive by lunches.**

I have started snowshoeing the last couple of months and love it! It is so peaceful but I think I am starting to forget what month it is now. Good thing I have to know when I am planning programs at Nord-Bridge!

Last month we had another great response from those in the community for our Liver and Onions Drive-by Luncheon on January 29th. We served around 200 meals! Every time we do these they seem to get more and more popular, having said that we will be hosting another BIG luncheon of Veal Cutlets on Friday, February 26th but please do not call in to pre-order until February 15th. Weekly lunch specials started last month and are always on Tuesdays for \$8.00, for pick up or delivery but you must pre-order no later than the day before by calling 403-329-3222 or order online at www.nordbridgeseniors.com.

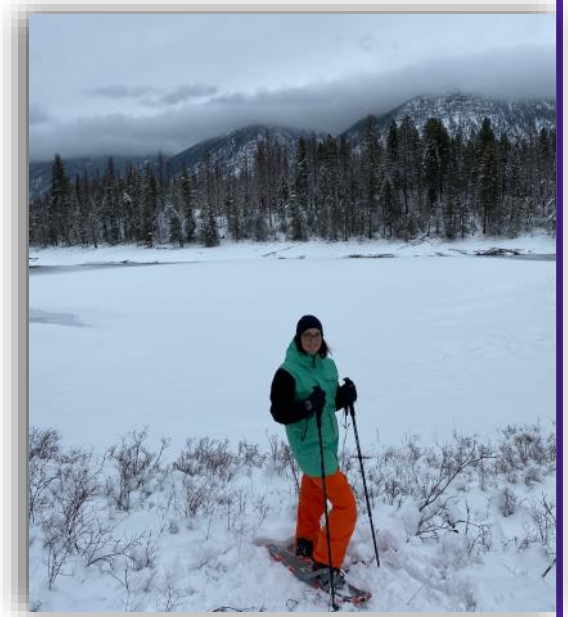


With the recent restrictions, all our recreation programs are continuing on the ZOOM video platform. Moving forward we will be continuing the next couple of sessions of fitness, mental health & wellness classes in March, so watch out in our next newsletter released on Friday, February 26th for the dates and times! These classes may or may not be in person depending on the current COVID-19 restrictions, but as always, the ZOOM option will be available. Keep in mind you can now register online for all programs not including memberships. This is on our website at www.nordbridgeseniors.com or you can call 403-329-3222. If you tried to register online last month, you may have had some issues with receiving a membership discount on your account when moving forward to payment. I apologize for this as it has now been resolved. If you decide to register online and you are a current member of Nord-Bridge, you will only have to "Login" using your e-mail on the top right hand corner of the page. Previously, I did tell our members they need to create an account and that is no longer required. Speaking of recreation programs, If you are also looking for a fun art class this month look no further than Donna Gallant's Virtual "Drawing 101: Light and Shadows" for the fee of \$50.00 In this 6-week class, participants will learn how to study the effect of light on form and is great for beginners and the seasoned artist. Ask for a supply list when registering.

We also have a few virtual guest speakers via ZOOM this month including Lethbridge Family Services talk on Internal Self-Help during these unknown times. This is open to all and will be a great information session! It will be on Tuesday, February 23 at 1:00 pm. Then on Wednesday, February 24th at 9:00 am there will be an information session on "Doing Your Taxes" and what is new for 2020. Thanks to Nicole Frandsen, Outreach Officer of the CRA who will be answering any question you may have. If interested any of these, please call Nord-Bridge and ask for myself, as I will need to e-mail the ZOOM invite for the session.

I am hopeful for the next few months as we weather this storm and we hope to get back to a "new normal" soon.

Stay happy and healthy!



Ashley 

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NEW!



LISTEN FOR NORD-BRIDGE ON

94.1 CJOC

MULTIPLE TIMES A DAY FOR CURRENT UPDATES, PROGRAMS, & SPECIAL EVENTS

MORE INFO

call 403-329-3222 or go to
www.nordbridgeseniors.com



From the Desk of Val

January has been a windy month, but with NO SNOW which is a blessing. I am thankful that I am able to go for walks at this time of year without snow and ice on the sidewalks. On my weekends, I enjoy getting out for exercise and fresh air, and maybe pick up something as I pass stores along the way. If I do stop, I get in and out quickly.

Thank you to all who have supported our centre with your 2021 membership renewal. If you have not paid your yearly membership fee, please do so by calling 403-329-3222 or we will be mailing out notices. Upon renewal, you will receive a handy stylus gadget (pictured below). It can be used on your cell phone, tablet and on public screens. I keep mine in my pocket and during my walks, I can use it without taking my gloves off. Did you see the story of a senior in Taber trying to clean up her yard by herself, after a wind storm? As she worked, a team of good Samaritans came by to help her. This was truly a good deed. Helping others is a precious kindness. Here at Nord-Bridge, I have been making my friendly calls to our members who may live alone, they are so grateful to talk to someone different as it can be very isolating and boring. As one member recently told me: "I am bored and if the restrictions do not lift soon, we may all go GOOFY." Yes, it is hard for some to cope with this, but this is where others can step in with a friendly telephone call just to say hi. As I have said many times, a cheery call always brightens someone's day.

With February known as heart month, my condolences go to all those whom have lost family members recently as well as others who have had their health decline or have been in the hospital. If there are other members whom are not well, please let me know and I will give them a friendly phone call.

Looking forward, I do wish you all a Happy Valentine's day and hope to see you all soon as I miss your happy smiles. We want all of you to come back healthy and ready to get back into your favorite activities as soon as we can offer them to you. Your friendly,

Val



LORRI'S CORNER

Ahhhhhh February the month of love, hearts, and romance! I'm not a big fan of the expectations that accompany Valentines day, but I sure love the sentiments around it! I wish every day could be filled with love and care for each other, especially during these crazy times we are still in.

This month I want to focus on loving and caring for ourselves. I have spoken to so many people who, due to the pandemic and winter, are struggling with sadness and a feelings of hopelessness. I am also feeling these things so much and was reminded of the importance of putting that proverbial oxygen mask on first before I tend to my family, my community, and the world.

I made a list of the best ways I could take care of my heart and spirit in these times and hope that some also help you.

1. Stick with my normal, daily meditation practice. It is easy to lose track of time when the days blend into one another, but now more than ever I ensure I spend 20 minutes a day on my mindful meditation practice. If you have never tried meditation, Ashley offers it here by ZOOM and it is amazing. See her article or the poster on page 9 for more information.
2. Maintain contact virtually by creating a schedule. It is so easy to lose track of time with the pandemic. Last evening I had a ZOOM session with all my grandbabies and it was so wonderful! We did this the day before Christmas and had intentions to do it more often but everyone got busy and we didn't. Have a set schedule of times to check in, hang out, and even eat "dinner" together can help to restore some social structure to the day!
3. Get outdoors. Lethbridge has many awesome trails and outdoor spaces to access for walks, runs and weather permitting, bike rides and this is a gift that shouldn't be wasted. Each day I commit to getting outdoors and moving for at least an hour, and come spring, I cannot wait to walk barefoot on the grass.
4. Give myself permission to cry. I am a big believer in allowing myself to feel everything I am feeling, not only the happy things. I also know that I will inevitably feel sad, disheartened, or downright hopeless at times. I think we all can relate to this in some way. I learned a long time ago that giving myself permission to feel these emotions fully and turn towards my sorrow helps me release any pain or tension and helps me see the sun through the clouds once again.
5. Create a venting-hour. Just as some families have adopted a "happy hour," I've adopted a "venting hour." It sometimes only lasts five minutes but being that we are all stuck together in close quarters, we make sure that there is an "airing of grievances," (just like in Seinfeld's fictitious holiday, Festivus), so that nobody keeps anything inside. I found that it reduces the build-up of tension and makes sure that there is no resentment, which is possible for even the kindest amongst us. For those who live alone, if you don't have that person in your life you can vent to, get yourself a little notebook and write down those things that are hanging out and vent on the paper. After you are done, tear the paper up into small bits and toss it in the trash to signify you are done with it!
6. Limit how often and by what means I access the news and information. I have personally noticed how I feel when I watch the news or hear certain people speak, so now, I limit myself to 30 minutes of news per day on the television with a news anchor and station I trust. Otherwise, I mostly get my news online by reading articles and transcripts of press conferences. I also make sure to not watch the news before I go to bed, because it can get me all worked up, which is counterproductive.
7. Be of service to others without depleting myself. Within a few days of the start of this pandemic, I started to get emails and see posts on social media from my friends and community members who were scared about having their basic needs met—food, medicines, and other essentials. Ask yourself what skills can you bring to this moment in order to be of service? As always, it is important to recognize and hold the boundaries that are safe for you. (This is why your Self-Care Plan is so important). Offering help to others can give you meaning during this time of uncertainty. I know it has helped me stay on the side of hope, even when things seem hopeless.

At Nord-Bridge we tried to find ways to help our seniors and others in the community and one of our proudest things we started was the big drive-by luncheons! We have taken another step to help and we now offer a weekly lunch special on Tuesdays, see page 4 for more information.

8. When all else fails, ask yourself: "What do I need in this moment?" This is my default question—the one I immediately ask myself when I sense that I am not feeling right, physically or mentally. I just pause, take a long, slow deep breath and ask myself this question. In this space between, I almost always find the answer.

As always, I am available by phone or email to assist you with struggles you are facing. Should you need cloth or disposable masks, a face shield, or hand sanitizer, please contact me at 403-329-3222. I have received so many generous donations to pass on to you to keep you safe.

Please be kind to yourself and others. We don't know what the other person is going through and any kindness we can show can only make this crazy world a better place.

Until we meet again



Lorri Penner,
BSW, RSW, Member Support Coordinator

Annual General Meeting:

Tentatively in the Nord-Bridge's Multi-Purpose Hall

****COVID restrictions in place.***

Contact 403-329-3222 to reserve your spot.



NORD-BRIDGE 2021 AGM & BOARD ELECTION

**Wednesday, March 3, 2021, 9:30 a.m.
Nominations Notice for Board
& Executive Positions**

At the Association's upcoming Annual General Meeting, scheduled for **March 3, 2021, 9:30 am**, the membership of Nord-Bridge will be asked to elect a new Executive. This occurs annually. Executive Officers can serve a maximum of 3 years in the same position, excepting for the Treasurer and Board Secretary, who can be elected for extended terms. In 2021 our membership will minimally elect (or re-elect) the President and Vice-President. Members will also be asked to vote on the Treasurer and Board Secretary. The By-Laws outline that [where possible] nominations for Executive positions are made from individuals who have served on the most recent Board, and have been a Director on the Board for a period of at least one year.

In addition, at least 3 Directors are elected to the Board annually. Directors on the Board are elected from members of the Society in "good standing", per By-Law Item 7.1.4. Directors can serve up to two terms of 3 years each.

If you would like to serve on the Executive or Board of Directors, please see the By-Laws in the Library or at the Front Reception Desk; or speak with a member of the Nominations Committee, chaired by Past-President Pat Santa; or with Executive Director David Ng. You might also wish to speak with a current member of the Board to learn of their duties and experiences. Nomination Forms will be available at the Reception Desk on January 4th with nominations being accepted at the Front Reception desk until 4:30pm on Monday, February 1, 2021.

*COVID-19 restrictions - Please contact Nord-Bridge to make arrangements for nomination form pick-up and drop offs.



NORD-BRIDGE
SENIOR CITIZENS ASSOCIATION

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.

SESSION 2 BEGINS
MONDAY, MAR. 15 - APR. 26
AT 9AM - 9:45AM

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 MAR. 1- 403-329-3222

LIVE



Open to all Seniors in the Community for the fee of \$20!

Pasta Bolognese

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 FRIDAY

FEB 19

11:15AM MST Via ZOOM



CONTACT ASHLEY @ 403-329-3222

@nordbridgecooksvirtual

Limited spots available

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.



WELCOME New Members! We're VERY GLAD you're here!

Theresa Hipsisley
Glenda Neufeld
Ron & Vi Montgomery
Keith Strain
Ali Berry
Myra Mackay
Jean Fortney
Bob Baraniecki
Geri Bronson



We hope you enjoy your association with Nord-Bridge "The Friendly Centre"

THANK YOU SO MUCH!!

*Masks and food items from the Interfaith Foodbank towards our themed luncheons.



*To all the community members who have continued to support Nord-Bridge's special events and fundraisers during these unknown times.

*Masks and face shields for adults and children as well as hand sanitizer from the United Way.

HERE TO SERVE



RACHAEL HARDER
LETHBRIDGE ALBERTA MP

© f @RachaelHarderMP 403-320-0070

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



MEAT, FRUIT PIE, OR CRISP FUNDRAISER

Nord-Bridge will be fundraising delicious meat and fruit pies from the Pie Store! To purchase any of the items please contact Nord-Bridge 403.329.3222 and a portion of the proceeds will go back to Nord-Bridge Seniors Centre.

Meat Pies

Chicken Pot Pie, Chili Pot Pie, Cheeseburger, Steak & Mushroom Pie, Steak & Veggie Pie, Turkey Pot Pie

*Gluten Friendly options: Chicken Pot, Cheeseburger & Shepherds Pie

Meat Pies (single) 4" \$5.50

Meat Pies (family) 9" \$19.00

Fruit Pies & Fruit Crisps

Choose from 5 Fabulous Pie Flavours: Apple, Cherry, Peach Berry, Rhubarb, & Saskatoon Berry

Fruit Pies (single) 4" \$4.50

Fruit Pies (family) 9" \$17.00

Choose from 3 Fabulous Fruit Crisp Flavours (Gluten Free):

Apple, Cherry Rhubarb, & Sakatoon

Fruit Crisps (2 serving) \$6.00

Fruit Crisps (4 serving) \$ 12.00

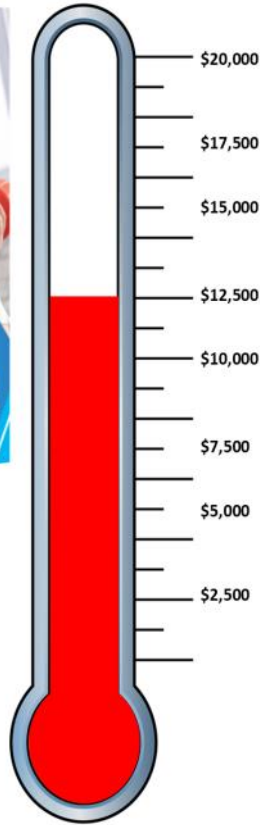


Fitness 55 Club Fundraising Goal \$20,000



DONATE TODAY!

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

WINTER 2021 Nord-Bridge Seniors Centre PRESENTS **NEW**

ONLINE REGISTRATION Available NOW!



COURSES TO REGISTER FOR:

- KEEP FIT (STRENGTH OR AEROBIC)
- YOGA COMBO
- ZUMBA GOLD
- ACTIVE POUND
- GUIDED MEDITATION
- DRAWING 101: LIGHT & SHADOWS

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

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Pies, Cakes, Cookies

Order your homemade Pies, Cakes and Cookies from Nord-Bridge today.

Pies \$4.00 (5") \$8.00 (8")

- * BANANA CREAM
- * COCONUT CREAM
- * CHOCOLATE CREAM
- * APPLE
- * CHERRY
- * BLUEBERRY

Cakes \$8.00 (8" *may vary from week to week)

- * CHOCOLATE
- * PINAPPLE ZUCCHINI
- * VANILLA

Cookies by the dozen \$5.00

- * CHOCOLATE CHIP
- * OATMEAL RAISIN
- * PEANUT BUTTER

Crisp and Loaf

- * BANANA LOAF \$5.00
- * RHUBARB CRISP \$8.00

Call Nord-Bridge 403-329-3222 to order



Made with PosterMyWall.com

NORD-BRIDGE SENIORS CENTRE
WISHES TO SAY

THANK YOU TO OUR SPONSORS

FOR MAKING OUR 1ST ONLINE AUCTION
A SUCCESS!

DIAMOND SPONSOR



SAPPHIRE SPONSOR

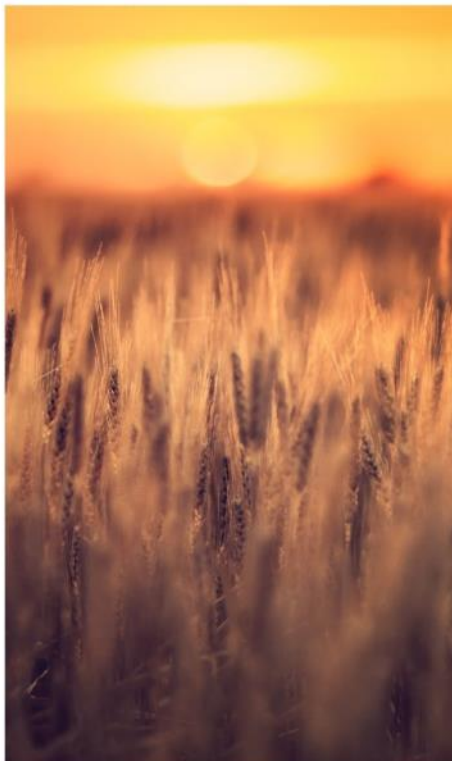


RUBY SPONSOR



DONATIONS FROM:

- * Wine Cavern
- * Lethbridge Hyundai
- * Lakeview Bakery
- * Canadian Tire South
- * Henderson Lake Golf Club
- * Kal Tire Lethbridge #615
- * Peavey Mart
- * Salon Nineteen04
- * AerialTech



Connecting to Inner Resources

Online Presentation

Join Lethbridge Family Services Outreach and Education in exploring strategies and tools to support yourself through difficult times.



February 23, 2021

1:00 - 2:15 pm



AGE: 55 +

TO REGISTER

LFS Outreach and Education: outreach@lfsfamily.ca
Nord-Bridge Seniors Centre: 403-329-3222 (ask for 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 \$aves

Friday Nights **FREE \$500 GAME**

Sunday Afternoons **FREE \$200 GAME**

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



NORD-BRIDGE BUILDING FUND RECENT DONORS

Anonymous \$100; Helen Ruston: \$100; Nova Jean Swihart \$100; Larry Rose \$100; Michael Brennan \$100; Susan Sauer \$100; Alden & Mildred Fletcher \$100; Mike & Dianne Bennett \$100; Marion Tomiyama \$100; Anne Pauls \$100; Frances Janecke \$50

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 2021

\$ 2,166,846

Still needed by N-B Fundraising

\$ 333,154



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LIMITED

Downsizing Dilemma?
Need to move on?

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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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established 1906

Upcoming FREE consultation dates:
TBA
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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you can leave behind
is the gift of being prepared.*

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



Rick Miller
Licensed Contact Lens Practitioner


Fred Miller
Registered Optician

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**Provides Freedom and
Transportation for Seniors**

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- 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:

..... To the Yauch family and the loss of Gord,
..... To the LeBlanc family and the loss of Simone's
Brothers & niece,
..... To the Heinonen family and the loss of Penny



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.

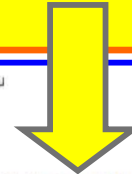
Nord-Bridge Seniors Centre
#2, 1904 - 13 Avenue N, Lethbridge
(403) 381-0700



Terry Toth
B.Sc Pharm
Pharmacist

Chad Baker
B.Sc Pharm
Pharmacist/
Owner

The tax season is fast approaching! Any question you may have, please see the ZOOM session below offered later this month!



DOING YOUR TAXES WHAT'S IN IT FOR YOU?

Participate in an online information session to find out "What's New" for 2020 filing and about the how the emergency and recovery benefits are reported on your tax return.

Nicole Frandsen, an Outreach officer from the Canada Revenue Agency, will answer questions and share information on:

- What's new for 2020? Did you work from home in 2020 due to COVID-19?
- Do you need to repay the Canada Emergency Response Benefit (CERB)? How do you do that?
- What are the new recovery benefits?
- Plus much MORE!

WHEN: Wednesday February 24th @9am

WHO: Nord-Bridge Seniors Centre

WHERE: Online Participation

REGISTER: Call 403-329-3222



**NORD-BRIDGE
SENIORS CENTRE**

Canada



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Give us a call regarding ...

- * Affordable Pre-arrangement Options
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*Because Cost
Is An Option*

*We lessen the expense
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A Division of the Caring Group Corp.

Tues Lunch Specials

PICK-UP OR DELIVERY ONLY

From Nord-Bridge's Dunford Diner

TUES, FEB. 2ND

Spaghetti & Meatballs with Garlic Toast and Caesar Salad

Specials do not include drink.

\$8!

TUES, FEB. 9TH

Chinese Food with pineapple chicken balls, ginger beef, fried rice, chow mein, and a egg roll *no substitutions or add ons*

TUES, FEB. 16TH

Pancakes & Sausages

TUES, FEB. 23RD

Beef Stew with a Bun & Dessert

"NOTICE: We will not take orders any sooner than one week prior"

TO ORDER CALL 403-329-3222 OR GO ONLINE TO WWW.NORDBRIDGESENIORS.COM



**NORD-BRIDGE
SENIORS CENTRE**

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@cmha-lethbridge.ca
Website: <http://lethbridge.cmha.ca>



COMMUNITY VOLUNTEER INCOME TAX PROGRAM

TAX TIME

STARTING MON, MAR. 1

*No appointments, drop off your tax documents at front entrance Monday-Friday from 9am-1pm

OR CALL US AT
403-329-3222 FOR
MORE INFO

1904 13 Ave. N. Lethbridge AB

Snow & Removal

LSCO

LETHBRIDGE
Senior Citizens
ORGANIZATION

Eligible individuals can access help with their snow removal. Individuals can phone to obtain an assessment for the work needing to be done. LSCO will coordinate with a contractor and obtain a price for these services. Individuals need to be receiving **Guaranteed Income Supplement** to access this service and qualify for a reduced rate.

Call Diane at 403-320-2222 ext. 30

How many *red* hearts did you count in our newsletter? Call Nord-Bridge to give us your total count for a chance to win a gift card to Tim Hortons! Deadline to call in is February 23rd. Winner announced on February 24th! Good luck!

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.



CITY OF
Lethbridge