

NEWSLETTER

March

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

Greetings everyone! Please be advised that we have moved our Annual General Membership Meeting to April 7, 2021 at 9:30 AM. We hope that by that time we will be able to gather in the Multi-Purpose Hall and not have to restrict numbers.



It has been over a year since we learned that a Pandemic was on its way. Little did we know how it would affect us all this much. I was reading about the pandemic of 1918-20 and was surprised to find the similarities in the two pandemics. Reaction to the severity of the situation was slow. Does that sound familiar? There were three waves to the pandemic, the second wave was the worst. A major difference in the pandemic 100 years ago was that most deaths occurred among those Canadians between the ages of 20 and 40 year olds.

If our leaders had read Pierre Berton's 2001 book, "Marching as to War", they might have learned how to better react to a pandemic. The Lethbridge situation is described in the Volume 4 edition of the "Alberta In the 20th Century" series available in our Nord-Bridge library.

The dining room is now open as I write this note, please phone ahead for a reservation. Take out orders are also available.

Ingrid and I have been bundling up and walking along the top of the coulees. It makes us feel so much better if we can get out for a little exercise every day and enjoy the sunshine!

Until we can meet in person, keep well, keep your distance, and keep phoning people. The Vaccines are coming!

"Attitude is a little thing that makes a big difference." -Winston Churchill

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

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=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



Greeting Members,

Last month I had mentioned that we would monitor indoor gathering restrictions prior to our Annual General Membership Meeting scheduled for Wednesday, March 3, 2021. On February 8th the Government of Alberta started STEP 1 of their 4 Step "Path Forward" of easing public health measures based on a hospitalization benchmark. Moving between the steps occurs at least three weeks apart (ie. STEP 1 – February 8, 2021, STEP 2 – March 1, 2021, STEP 3 – March 22, 2021 and STEP 4 – April 12, 2021). Thus at the February 10th Nord-Bridge Board of Directors meeting, a motion was passed to move our **Annual General Meeting to Wednesday, April 7th 2021 at 9:30 am (Multi-Purpose Hall – Nord-Bridge Seniors Centre, 1904 13 Ave N)**. By April 7th the province should be into STEP 3 of their easing of restrictions; thus allowing indoor gatherings (with CCOVID-19 restrictions). Please see the notice for the rescheduled AGM date notice on page 4.

Last month, Alberta Health Services and the Government of Alberta opened an online COVID-19 Immunization booking tool for seniors over the age of 75. I attempted to help my parents book their appointments online; however I encountered a frustrating technical process where the online booking site was inundated with other Albertans trying to do the same thing. Please exercise patience with this online booking tool and only continue to get your information from trusted sources such as AHS and the Alberta Government. A telephone scam is circulating around the province about COVID-19 vaccines. The scammers call Albertans over the age of 75 and tell them they can book their COVID-19 vaccine for a fee. Alberta's Chief Medical Officer of Health Dr. Deena Hinshaw advises Albertans that the vaccine is free of charge and neither AHS nor any community provided will ever ask for payment for the vaccine. If you receive one of these calls please hang up immediately.

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

Virtual Music Concert & Open Mics!

Fridays at 7pm (concerts)

Saturdays at 3pm (open mic)

Alternating weeks

Everyone welcome! Just go to the website below to register for & join the session!



<https://wel.gametime.net/cne/public/list>

Be a performer or an audience member!



NOTICE TO MEMBERS

ANNUAL GENERAL MEETING

RESCHEDULED

DUE TO COVID-19 SOCIAL GATHERING RESTRICTIONS, OUR AGM SCHEDULED FOR MARCH 3, 2021, HAS BEEN POSTPONED UNTIL

WEDNESDAY, APRIL 7, 2021
9:30 AM, MULTI-PURPOSE HALL

BY RESCHEDULING THE AGM, IT IS ANTICIPATED THAT PUBLIC HEALTH MEASURES WILL BE EASED - AS PER THE ALBERTA GOVERNMENTS 4 STEP PATH FORWARD BENCHMARK.



Wanting to get your COVID-19 vaccination? In conjunction with Alberta Health, AHS rolled out the COVID-19 vaccine starting February 24 to all individuals born in 1946 or earlier. Alberta can book an appointment to receive the vaccine through the AHS online booking tool, which can be found on the AHS website at ahs.ca/covidvaccine or call Health Link at 811.

DUNFORD DINER MENU



Breakfast

| | | | |
|--|------|--|------|
| Full Breakfast 2 Eggs, Bacon or Sausage or Ham, Hashbrowns, Toast & Coffee | 7.00 | Fried Bacon Egg Sandwich | 5.75 |
| Eggs Benedict Toasted English Muffin, Poached Eggs, Ham, Hollandaise Sauce & Hashbrowns. Half Order \$5.00 | 7.00 | Small Full Breakfast One Egg, Bacon or Sausage or Ham, Hashbrowns, One Toast & Coffee | 5.00 |
| Bacon Temptation Omelette Topped with sliced Tomatoes, Hashbrowns, Toast & Coffee | 7.00 | Breakfast Burrito Sausage, Peppers, Mushroom, Green Onions, Cheese | 5.00 |
| Spinach Omelette Spinach, Mushroom, Green Onions, Peppers, Cheese, Hashbrowns, Toast & Coffee | 7.00 | Pancakes | 5.00 |
| Spanish Omelette Peppers, Green Onions, Ham, Mushroom, Cheese with Hashbrowns, Toast & Coffee | 7.00 | French Toast | 5.00 |
| Ham and Cheese Omelette With Hashbrowns, Toast & Coffee | 6.25 | Waffles | 5.00 |
| | | Egg Muffin Sandwich Toasted Egg Muffin with Bacon or Ham or Sausage | 4.25 |
| | | Add Ham or Bacon or Sausage | 3.00 |

Lunch

| | | | |
|--|------|---|-------------------------------|
| Philly Cheesesteak Sandwich Sliced Steak with Peppers, Onions on a Hoagie Bun with French Fries | 8.00 | Fish and Chips | 2 Pieces 8.50 1 Piece 6.50 |
| Rueben Sandwich Corned Beef, Swiss Cheese Sauerkraut on Rye Bread | 6.00 | Bacon, Tomato & Cheese Grilled | 5.50 |
| Deluxe Hot Hamburger & Fries | 7.50 | BLT | 5.25 |
| Hot Hamburger & Fries | 6.75 | Denver Sandwich | 5.00 |
| Aloha Burger Cheese, Pineapple slice, BBQ sauce, Lettuce, Tomato, Mayo | 6.00 | Grilled Ham & Cheese | 4.75 |
| Mushroom Swiss Burger Chicken or Beef | 5.75 | Grilled Cheese | 3.75 |
| Hamburger add Cheese \$.75 | 5.00 | Chicken Fingers & Fries | 6.50 |
| | | Chicken Caesar Wrap | 5.50 |
| | | Chicken Quesadillas with Salsa & Sour Cream | 6.00 |

Salad

| | |
|---|------|
| Chef Salad | 6.50 |
| Chicken Caesar | 6.00 |
| Taco Salad Add Refried Beans \$1.00 | 6.25 |
| Caesar Salad With Garlic Toast | 5.00 |
| Garden Salad | 5.00 |

Fries

| | |
|--|--------------------------|
| Poutine | 5.00 |
| Fries | Small 2.00 Large 4.00 |
| Onion Rings | 4.00 |
| Loaded Fries Bacon, Cheese, Green Onions | 5.00 |
| Sweet Potato Fries | 4.00 |

Soup & Sandwich

| | |
|----------------------------|------|
| Soup & Sandwich | 6.50 |
| Soup | 3.75 |
| Sandwich | 3.25 |



Dunford Diner Hours
Monday - Friday
9:00 am - 2:00 pm

All Menu Items Available for
Pick-Up. To order call
403.329.3222



WILL BE CLOSED ON

**Good Friday & Easter
Monday**

APRIL 2ND & 5TH

**HAVE A GREAT LONG
WEEKEND EVERYONE!**



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 think Mother Nature has decided to remind us we are in winter in Southern Alberta with the past -30 temperatures!

As the months continue on we are still offering all of our fitness, art, and meditation classes online via ZOOM, hoping that soon enough we can open our doors for in person fitness classes once again.

Moving forward we will be starting the next couple sessions of fitness classes including Mind to Body Somatics, Chair and Gentle Yoga, Keep Fit, POUND, and Zumba GOLD around the second week of March depending on the fitness class. Participants can register for these classes any time starting Monday, March 1st or after. We now have online registration on our website at www.nordbridgeseniors.com or you can call 403-329-3222. Please keep in mind, you will need to have your 2021 memberships paid or you will not receive the membership discount on a program. Also when registering online, make sure you DO NOT create a new account. Instead, please use your e-mail that Nord-Bridge would have on file and it will automatically recognize you as a member in our system. [If COVID-19 restrictions loosen and we are able to transition from online to in person fitness classes, we will send out a mass e-mail to all of our current members and fitness participants to let them know what the next steps will be.](#)

A few special events this month include the ever-popular virtual cooking class with yours truly, as we cook Chicken Burritos together over ZOOM. This will be on Friday, March 22nd at 11:15 am for the cost of \$20.00 which includes pre-portioned ingredients, delivered directly to your door. Please call Nord-Bridge to register and get a ZOOM invite to hold your spot as this class will fill up quickly! Then we will also be hosting a virtual music session with Celtic Roots in spirit of St. Patrick's Day! Please go to page 11 for more information. And lastly, on Wednesday, March 24 at 10:00 am we have a guest speaker from The Canadian Mental Health Association and the Recovery College talking about free 1-hour information sessions on everything from "Stressing Less" to "Building Better Boundaries." This is an information packed session you do not want to miss! Best of all, everyone is welcome to join via Zoom! For more information please go to page 11.

As you probably heard last month, we were able to re-open our dining room with a brand new menu! We have also had a great response from our weekly Tuesday lunch specials for curbside pick up. We will continue on this month with these lunch specials and remember you can order online through www.nordbridgeseniors.com or call 403-329-3222 no sooner than a week prior to the

special. On Friday, March 26th we will have a Easter themed Drive By Luncheon for \$11.00 for pick up or delivery only. Pre-order starting March 15th while quantities last by calling Nord-Bridge!

Our Community Volunteer Income tax program has started up again this year looking a lot different from the last few years. We will not be taking any appointments and instead clients will be able to drop off their taxes with all tax information including their contact info in an envelope. Please find more information on page 6.

Until next month, stay happy and healthy!



Ashley

VIRTUAL TAX DROP OFFS:

Please note: when using the mail slot to drop off taxes, verbal consent is required by phone. Therefore, please make sure to have a current phone number attached in an envelope or taxes **WILL NOT be e-filed.**



Lethbridge HEARING CENTRE

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NBC HIS 403.320.6000
www.lethbridgehearing.ca

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From the Desk of Val



February has been cold but I am glad our Dunford Diner doors are open once again for our members and community. It is so nice to see all your friendly faces, it makes my days that much better.

We even have a brand new menu to choose from! Make a quick call to us to reserve a table, or if you are in the area, stop by and we will see if there is a spot for you. I want to thank all our members for keeping their memberships up to date and continuing to support the "friendly centre". If you know of members who are lonely or are ill, let me know, so a cheery card can be sent to them. May Irish eyes be with you all. This month, my dream is that this shamrock will bring you LUCK. BE HAPPY as there are brighter days ahead. Your friendly, *Val*



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

SCSP Seniors Community Services Partnership

NEED HELP? 403-320-2222 or 403-329-3222

TAX RETURN ASSISTANCE

LSCO & Nord-Bridge Senior Centre will be offering free assistance with simple tax returns with an income threshold of \$35,000 (single) and \$45,000 (couple). **No age limit!**

PHONE OR DROP-OFF INCOME TAX PROGRAM

Assistance available to those who meet the following criteria:

- ① simple tax returns only
- ① **OPEN TO ANYONE WHO MEETS INCOME THRESHOLD**
- ① consent, SIN and tax details will be collected over the phone to avoid the need for face to face contact
- ① income threshold single - \$35,000 couple - \$45,000

LSCO: Phone & drop off completion. Call 403-320-2222.

Nord-Bridge: Phone & modified Virtual Tax drop offs only. No appointments allowed. Call 403-329-3222.

CALL TO DROP OFF INCOME TAXES AT:

LSCO 403-320-2222 or Nord-Bridge Seniors Centre 403-329-3222

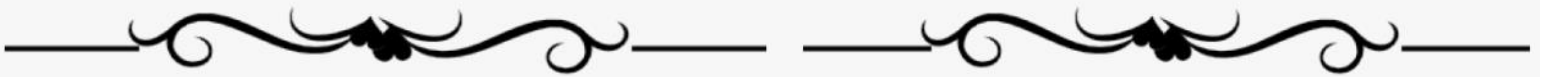
A collaboration between:

Canadian Mental Health Association, Lethbridge Family Services, Lethbridge Housing Authority, Lethbridge Senior Citizens Organization, Nord-Bridge Seniors Centre and Volunteer Lethbridge





These two sisters, Emery and Raeligh Westhora, have always loved creating and giving Valentines cards to Seniors. These sisters are both home schooled and this year they thought they would drop off 45 Valentines Day cards for our members when they came in to eat a meal in our Dining Room! Thank you so much, our members really enjoyed these!



Visits with:
Arlo
A.K.A. David's new puppy!

LORRI'S CORNER

March! In like a lion, out like a lamb! I sure hope it comes in like a lamb and leaves like a beautiful spring day! I'm itching to get into my garden and yard! This month my article is going to be a bit different because sometimes you find something that says it all, so why re do it. I found this and put on my fridge as a reminder that during this ongoing and seemingly never-ending pandemic, it is okay.



We are okay.



I am now accepting names for the next Grief Recovery group that will start this month. This program is for the over 40 losses we can experience in life and talk about lots of loss for all of us: loss of how life used to be, loss of connections with family and friends to name a few. Please call or email Nord-Bridge to get your name on the list or for more information

Should you require facemasks or face shields, please let me know as I recently received a generous donation from the United Way. I also have limited kids face shields and kids mask/shield combo (only in pink) should you have a little person in your life.

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

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

Mind to Body Somatics

With Melanie Hillaby, certified fitness instructor

Improve your daily functional movements through conscious mind & body awareness. Great for those with MS, Stroke Recovery, Chronic Pain, Migraines and much more.



Members \$40 Non Members \$60
Begins: Monday, March 15 - May 10 at 10:00 am
Location: ZOOM video platform

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.



CONTEST TIME!

Members: make sure you keep an eye out for the total number of leprechauns hiding in the newsletter for a chance to WIN a \$25.00 gift card to the Dunford Diner at Nord-Bridge! Call 403-329-3222 for your total number no later than March 24th!

THANK YOU SO MUCH!!

- *Food items from the Interfaith Foodbank towards our themed luncheons.
- *Valentines Gift Bags from the Stitch it Forward Society of Lethbridge.
- *Masks, gloves, face shields from United Way
- *Homemade Valentines Day Cards from Emery and Raeleigh Westhora

HERE TO SERVE



RACHAEL HARDER
LETHBRIDGE ALBERTA MP

@RachaelHarderMP 403-320-0070

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

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9up \$21
Double Action &
Odd/Even \$2 each

Join us online for VBingo!
 Purchase your cards in advance at Winners Bingo then play from your house!

Program length is approximately 2.5 hours

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VBingo Info

Remember to click subscribe and then click the bell for email notifications.

All you need is a dauber, a smart device such as a tablet, computer, smart phone, or smart tv! Any device that can connect to the internet!

Call your order in to 403-320-6588 or text 403-308-0419 and your cards will be ready for you to pick up!

All proceeds go to our 35 charities

Winners Bingo
3307 3rd Ave South Lethbridge
2 Blocks west of the Casino

Nord-Bridge Seniors Centre Presents:

ST. PATRICKS

LIVE! music with:

Celtic Routes



WEDNESDAY, MARCH 17TH
11am-12pm



Call 403-329-3222 to register & watch this virtual event from home! Irish music requests are welcome by emailing info@celticroutes.band no later than March 10th!

www.celticroutes.band

RECOVERY COLLEGE LETHBRIDGE

Recovery College Classes

- Circle of Friends
- Conversations That Matter
- Confront the Discomfort
- Shades of Disclosure
- Road to Recovery
- Rethinking Our Thoughts
- Building Better Boundaries
- Adulting 101
- 30 Min Check-Ins
- Taming Your Thoughts
- Stress Less
- Caregiver's Connection

Who should attend? Family, friends, caregivers - anyone!



March 24th, 2021
at 10:00 a.m.

Join us to learn what Recovery College Lethbridge is all about!

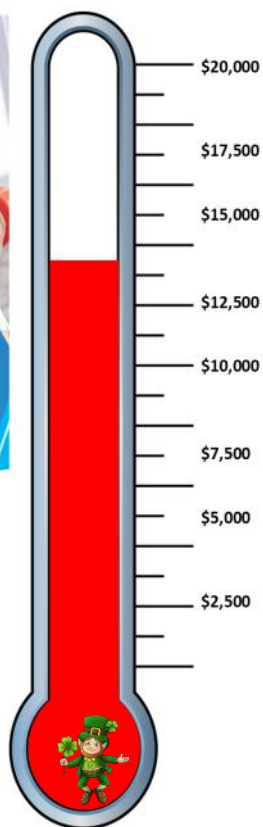
Recovery College offers 60 minute courses to help you recognize and develop your own resourcefulness and awareness in your wellness journey.

Each course has clear learning outcomes and activities allowing you to explore and build resiliency.

CANADIAN MENTAL HEALTH ASSOCIATION

recovery college
 LETHBRIDGE

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**

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

ONLINE REGISTRATION

Available NOW!



**COURSES TO
REGISTER FOR:**

- KEEP FIT (STRENGTH OR AEROBIC)
- GENTLE YOGA
- CHAIR YOGA
- ZUMBA GOLD
- ACTIVE POUND
- GUIDED MEDITATION
- MIND & BODY SOMATICS

**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

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
- * RAISIN



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



Virtual Recreation Programs

| | | |
|---|-------------------------|-----------|
| Mon Guided Meditation: | S2- Mar. 15 at 9:00 am | Fee: \$20 |
| | S3- May 10 at 9:00 am | Fee: \$20 |
| Mon Mind to Body Somatics: | S2-Mar. 15 at 10:00 am | Fee: \$40 |
| NEW Tues Gentle Somatic Yoga: | S2-Mar. 9 at 9:15 am | Fee: \$35 |
| | S3-Apr. 27 at 9:15 am | Fee: \$35 |
| Tues Keep Fit Aerobic: | S2-Mar. 9 at 10:45 am | Fee: \$25 |
| | S3-Apr. 27 at 10:45 am | Fee: \$25 |
| NEW Tues Reenergizing Chair Yoga: | S2-Mar. 9 at 12:00 pm | Fee: \$35 |
| | S3-Apr. 27 at 12:00 pm | Fee: \$35 |
| Wed Active POUND: | S2-Mar. 10 at 9:00 am | Fee: \$35 |
| | S3- May 12 at 9:00 am | Fee: \$35 |
| NEW Thurs Gentle Somatic Yoga: | S2- Mar. 11 at 9:15 am | Fee: \$35 |
| | S3- Apr. 29 at 9:15 am | Fee: \$35 |
| Thurs Keep Fit Strength & Conditioning : | S2- Mar. 11 at 10:45 am | Fee: \$25 |
| | S3- Apr. 29 at 10:45 am | Fee: \$25 |
| NEW Thurs Reenergizing Chair Yoga: | S2- Mar. 11 at 12:00 pm | Fee: \$35 |
| | S3- Apr. 29 at 12:00 pm | Fee: \$35 |
| Friday Zumba GOLD: | S2- Mar. 12 at 11:15 am | Fee: \$35 |
| | S3- May 14 at 11:15 am | Fee: \$35 |

Special Programs via

| | | |
|---------------------------------------|---------------------|-----------|
| Irish Jam Session with Celtic Roots | Mar. 17 @ 11:00am | Fee: FREE |
| Cooking with Ashley: Chicken Burritos | Mar. 22 at 11:15 am | Fee: \$20 |
| Recovery College Info Session | Mar. 24 at 10:00 am | Fee: FREE |

**Please find full descriptions on our website or by calling 403-329-3222. Register any time after Monday, March 1st at 9:00 am *Subject to change due to COVID restrictions.*

Program Descriptions:

Please note: there are NO classes on statutory holidays

Guided Meditation: we will be working on progressive muscle 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 the session participants will be rejuvenated, relaxed and at peace. This runs for 7 weeks.

Mind to Body Somatics: Instead of stretching muscles, Somatics is a type of movement therapy, a way of re-educating the way our brain senses and moves the muscles. The restorative sequences, called Somatic Movement, are ideal for unwinding stiffness, pain and postural imbalances, and will dramatically increase flexibility through brain-to-muscle re-education. Great for those with MS, Stroke Recovery, Chronic Pain, Migraine, and much more! This runs for 8 weeks.

Gentle Somatic Yoga: is an exploration of vinyasa movements and somatic exercises that are combined to improve health, well-being, quality of life, and personal performance. GSY incorporates slow, mindful yoga movements that raise bodily awareness to heal persistent tension-based patterns in the body. This allows us to self-correct and permanently release persistent stress-based patterns from within their body (Soma). This runs for 7 weeks.

Keep Fit Aerobic: This class is great to get your heart rate up and will increase your cardio levels. You will work through range of motion exercises and use your own body weight for resistance. This class can be done either standing or sitting. This runs for 7 weeks.



Reenergizing Chair Yoga: Chair Yoga is the term generally used to describe a gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support. Chair yoga has helped people with the symptoms of many health issues including: Hypertension (high blood pressure), anxiety, chronic fatigue syndrome, arthritis, vertigo (medical), multiple sclerosis, carpal tunnel syndrome, clinical depression, and chronic pain. Chair Yoga is one of the gentlest forms of yoga available. Complicated maneuvers and complex movements are not present in a Chair Yoga class. Within this type of yoga class, you can cover standing, seated, and prone postures. Most of these classes use the chair only, due to the difficulty of getting down or up from the floor. This runs for 7 weeks.

Active POUND®: This energizing workout combines cardio, conditioning, and strength training with Yoga and Pilates-inspired movements. Active POUND® 55+, uses 1/4lb drumsticks engineered specially for exercising. This drumming exercise works the shoulders, biceps, triceps, forearms and back. You will increase your rhythm, timing, coordination, speed, agility, and endurance. This work out is easily modifiable and appeals to all ages and abilities. If you require Rip Stix, please let us know when registering. This runs for 8 weeks. *No class April 7th

Keep Fit Strength & Conditioning : Want to tone and shape your muscles? This class is geared to develop muscular strength and endurance. Light hand weights and resistance bands will be utilized in this class .No impact functional exercises will focus on strengthening independence in daily living activities. This class can be done either standing or seated. This runs for 7 weeks.

Zumba GOLD®: For active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. This class focuses on all elements of fitness: cardiovascular, muscular conditioning. This runs for 8 weeks.



WINNERS



Two blocks west of the casino on Crowsnest Trail

VBINGO 7 DAYS A WEEK + SUNDAY & WEDNESDAY afternoons at 1:00 pm

Join The Fun and Play in the Comfort
and Safety of your Own Home!



Watch Winners Bingo Live Stream

It is so easy! Go to www.winnersbingolive.com, click on the TV that comes up and it will take you right to where you need to be. Click on the correct date with the live red button.

You can play from your Smartphone,
tablet, Smart TV or computer.

<https://www.winnersbingolive.com/>

Phone 403-320-8069 for more details.

*Come in and play VBingo for the first time and
get a free lucky dauber. Limit one per person.*

If you want to learn how to sign on come into the hall
and we will show you exactly what to do.

Cards are on sale on Sunday and Wednesdays from
9:30 am to 12:30 pm and the game is played at 1:00 pm.

On all other days card sales are from 11 am to 6 pm and
the game is played at 6:30 pm. *Buy for a week in advance!*

Phone 403-320-6588 or text 403-308-0419
to preorder your cards and we will have them ready
for you when you get here.

3307 3rd Ave South, Lethbridge



NORD-BRIDGE BUILDING FUND RECENT DONORS

Rose Hamilton; \$50, Daniel & Eva Deringer; \$100, Murielle
Nikles; \$100, Anonymous; \$120, Len & Karen Danforth;
\$100, Anonymous; \$20, Anonymous; \$20, Colleen & Marty
Vredegoor; \$960, Anonymous; \$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 2021

\$ 2,198,133

Still needed by N-B Fundraising
\$ 301,867



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LIMITED

**Downsizing Dilemma?
Need to move on?**



New Owner/
Operator

We can help....

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



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.



*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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- 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 Rolick Family and the loss of Robert
 To the Aravena Family and the loss of Alfredo

The Medicine Shoppe[®]
PHARMACY



We will be offering the COVID vaccine when it becomes available.

Ask your personal pharmacist for more information.

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



NORD-BRIDGE
SENIORS CENTRE

Dunford Diner
WILL BE
CLOSED

By 10:30 am every Tuesday



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

Congratulations to Lois Cicman for guessing the correct amount of RED hearts in the last edition of our newsletter! The correct total was 14! She has won a gift card to Tim Hortons. Enjoy!





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.

Tues Lunch Specials

PICK-UP OR DELIVERY ONLY

From Nord-Bridge's Dunford Diner

TUES, MAR. 2

Chimichanga with refried beans, pico de gallo & a regular salad

TUES, MAR. 9

Meatloaf, mashed potatoes, & veggies

TUES, MAR. 16

Cabbage rolls, perogies, bratwurst & sauerkraut

TUES, MAR. 23

Chili with a bun & dessert

TUES, MAR. 30

Crispy chicken with fries, coleslaw, & gravy

Specials do not
include drink.

\$8!

***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"



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





Easter Drive By Lunch

FRIDAY, MARCH 26TH 11AM-1PM

EACH ORDER COMES WITH HAM & SCALLOPED POTATOES, VEGGIES, DESSERT & A DRINK. PRE-ORDER ONLY STARTING MARCH 15TH BY

\$11 CALLING 403-329-3222 WHILE QUANTITIES LAST!

1904 13 Ave. N.

*Pick up or
delivery only*

Maximum of 8 meals per order.



COVID-19 UPDATE

The Dunford Diner is now open for reservations only with COVID-19 restrictions in place.

Our Fitness 55 Club will continue to remain closed at this time

We will continue to monitor changes

**This group
will be
offered when
there are 4
participants
confirmed**



**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 in March when there are sufficient numbers

Thursday Afternoons for 8 weeks

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.



CITY OF
Lethbridge