

# April 2021



**NORD-BRIDGE**  
SENIORS CENTRE



[www.nordbridgeseniors.com](http://www.nordbridgeseniors.com)

## PRESIDENT'S REPORT



One year ago we were put under a lockdown for this Pandemic. I remember being excited by the announcement, like when they announce there is a big storm coming. Little did I know how life changing this all would be. There have been some positive results

though, like appreciation for friends, opportunities to serve those stuck at home, learning to cook new dishes, how to bake bread, and a time to reflect on how important family relations are. We have also walked further each day than ever before.

I am disappointed we haven't visited our granddaughters in Guelph, Ontario for 18 months. The oldest one turned 14 on March 16th, but thankfully we have visited on FaceTime a lot. Technology has kept us informed and in touch. ZOOM has been great for meeting virtually but I look forward to seeing everyone in person soon.

We received our vaccinations on March 15th. I haven't been this excited about something since I got my drivers licence in 1963! When they announced that those over 75 were eligible to get the shots, I thought- darn this is the first time since 1967 that I have been underage.

Hopefully everyone who wants a shot will receive theirs by summer and things will get back to normal. I think it will be a new normal for all of us as we have learned how precious life is, and how we need to appreciate everyday, for today is really the only day we have.

I look forward to seeing our members back at Nord-Bridge soon and being able to participate in all the activities our members are interested in. Be sure to attend our Annual Meeting on May 5, 2021 at 9:30 AM.

*"I shall pass this way but once; any good that I can do or any kindness I can show to any human being; let me do it now," Etienne de Grellet*



Some programs and services are partially funded by the joint Provincial and City FCSS Program.

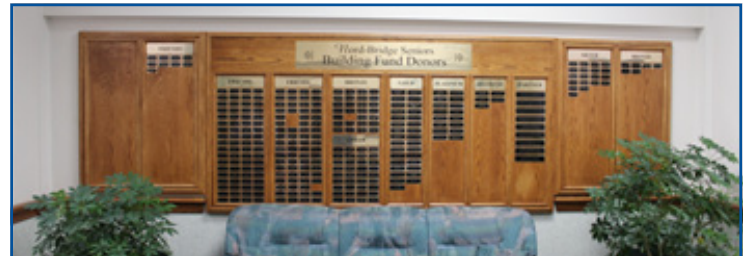


Alberta Association of Seniors Centres®

Nord-Bridge is a proud Member of the Alberta Association of Seniors Centres.



**NORD-BRIDGE**  
SENIORS CENTRE



## BUILDING FUND DONATIONS

Anonymous	\$50
Audry Nishikawa	\$200
Susan Faust	\$60
Doreen Smid	\$100
Anonymous	\$25
Robert Campbell	\$50
Sharon Van Den Hengel	\$100
Walter & Sandy Nowell	\$220

## 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 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

## EXECUTIVE DIRECTOR'S REPORT

Greeting Members,

I'm sorry to report that the Alberta Government's announcement on March 22nd did not ease any restrictions that would allow us to host our Annual General Membership Meeting (AGM) on April 7, 2021 in our Multi-Purpose Hall. This is unfortunate for a couple of reasons; one it means our Provincial COVID-19 numbers are still increasing / high and two, we are further delayed in opening our facility to accommodate social programs and meetings such as our AGM. Our board has decided to postpone the AGM one more time to May 5, 2021 at 9:30 am in the Multi-Purpose Hall at Nord-Bridge. Should restrictions still be in place and not allow us to host the event in person; a virtual meeting will be made available to any members wishing to attend. One way or another the meeting will go ahead on May 5th. I thank you for your patience and understanding, if any members have any questions or concerns please contact me. For the most current up to date information check our website and social media posts; also check your emails as we will also send out communication notices to members as well.

I would like to take the opportunity to thank our three departing Board of Directors: Kathy Ludwig, Hugh Gordon and Robert Grisak. Kathy has been a long time volunteer of Nord-Bridge in our kitchen and Bridge card playing program. Hugh has volunteered in and around Nord-Bridge helping with setup and take down, food deliveries

and also with our Winners Bingo. Rob served two consecutive three year terms on our Board and volunteers with deliveries. Thank you for all your time and dedication to Nord-Bridge and its members. With the departure of three Board members; we will welcome three new Board members next month at our AGM. I will formally introduce the new Directors next month in my Newsletter article.

Did you happen to notice anything different with this month's Newsletter design? Last summer our one staff (Rita Paju) who was responsible for the monthly Newsletter moved back home to Ontario. Her departure left big shoes to fill for our monthly Newsletter production and because of all the unknowns of how long COVID-19 would impact us; we were unable to hire a replacement. So for the past 6 months Ashley and Maria stepped in to produce the monthly Newsletter off the side of their desk. Maria and Ashley did a fantastic job over the last few months; but it was just adding too much to their workload. Hence, why we contracted out our monthly Newsletter design to a local company (Altis MSP) that also handles our website design. We're looking forward to working with Peter at Altis MSP and excited for the new refreshed design.

*David*



## NORD-BRIDGE SENIOR CENTRE "THE FRIENDLY CENTRE"

1904—13th Ave. North  
Lethbridge, Alberta T1H 4W9

Telephone 403-329-3222  
Fax 403-329-8824  
E-mail: [friendly@nordbridgeseniors.com](mailto:friendly@nordbridgeseniors.com)

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

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Visit [nordbridgeseniors.com](http://nordbridgeseniors.com) for  
program information, photos,  
videos, newsletters, and more.



[FACEBOOK.COM/  
NORDBRIDGESENIORSLETHBRIDGE](https://www.facebook.com/NordBridgeseniorsLethbridge)



[TWITTER.COM/BRIDGENORD](https://twitter.com/BRIDGENORD)

## PROGRAMMER'S REPORT

This month I was hoping all virtual fitness classes would have an in-person option. As I write this, we are not able to have indoor group fitness classes that are high intensity. Even if they are low intensity every participant is required to wear a mask at all times so we decided to wait. Until then, we will keep the status quo and continue to offer online classes. If however, restrictions are loosened we will update our members on what to expect via e-mail and social media such as Facebook. Please note: if you have already signed up for a virtual yoga, keep fit, Zumba, or POUND class, and COVID-19 restrictions are loosened, you WILL NOT be automatically transitioned to the in-person classes as spaces will be at max capacity. It will be by a first call first serve basis. Also, If you decide to register for an in person class (when available), please be mindful that these spaces are limited due to COVID restrictions in the room. All participants will be required to fill out a COVID-19 self-assessment form, have their temperature taken, as well as sanitize their hands before entering the room. They will be required to keep a 6 foot distance between other participants and do NOT attend a class if you are not feeling well. On another note, upcoming special events for this month include Green Shirt Day on Wednesday, April 7th and we will be doing something special virtually so keep an eye out for that on our Facebook page and you could win a gift card to a local coffee shop!

Then on Wednesday, April 21st at 1:00pm - 2:00pm via ZOOM, the Recovery College will be hosting a talk on "Stress Less" which is a 1 hour information session for FREE. This is a session you will not want to miss! Please call 403-329-3222 and ask for me to register for this class or go on their website at

[www.recoverycollegelethbridge.ca](http://www.recoverycollegelethbridge.ca).

Upcoming recreation programs include:

A new session of Simple Watercolor Florals begins on Monday, April 12- May 17th for six weeks for \$50.00. Please go to [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com) for more information on this class.

Friday, April 23rd will be another virtual cooking class for the small fee of \$20. This is open to all 55+ and includes ingredients delivered right to your door. We will be making a Pork and Veggie Stir-fry.

We are continuing with our drive- by monthly and weekly lunch specials, which have had a great turn out! Thank you for everyone's continued support! As always, make sure you are checking our website at [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com) regularly or listen to 98.1 CJOC for the most up to date events around Nord-Bridge.

Stay happy and healthy.

*Ashley*



## NORD-BRIDGE MEMBERSHIP FEES:

Membership open to all seniors age 55 plus. Associate Membership for younger individuals whose spouse is over 55 and a member.

New Memberships: \$53

Membership Renewal: \$50

## WELCOME NEW MEMBERS

- Helen Thompson
- Ed Thompson
- Donna Bort
- Allan Janke
- Carol Russell
- Betty Fuller
- Sharon Kormos
- Ron Kormos



"We are glad you are here!"



# Virtual Recreation Programs

Mon Guided Meditation:	S3- May 10 at 9:00 am	Fee: \$20
Mon Art Simple Watercolor Florals	S2– April 12 at 10:00 am	Fee: \$50
<b>NEW</b> Tues Gentle Somatic Yoga:	S3–Apr. 27 at 9:15 am	Fee: \$35
Tues Keep Fit Aerobic:	S3–Apr. 27 at 10:45 am	Fee: \$25
<b>NEW</b> Tues Reenergizing Chair Yoga:	S3–Apr. 27 at 12:00 pm	Fee:\$35
Wed Active POUND:	S3- May 12 at 9:00 am	Fee: \$35
<b>NEW</b> Thurs Gentle Somatic Yoga:	S3– Apr. 29 at 9:15 am	Fee: \$35
Thurs Keep Fit Strength	S3– Apr. 29 at 10:45 am	Fee:\$25
<b>NEW</b> Thurs Reenergizing Chair Yoga:	S3– Apr. 29 at 12:00 pm	Fee: \$35
Friday Zumba GOLD:	S3– May 14 at 11:15 am	Fee: \$35

## Special Programs via:



Connecting to Inner Resources: LFS	Apr. 14 at 10:00 am	Fee: FREE
Stress Less: Recovery College	Apr. 21 at 1:00 pm	Fee: FREE

## Special Luncheons

Liver & Onions Drive By Lunch	Apr. 30 at 11:00 am	Fee: \$11
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**\*We will not take orders until April 19th**

*\*Please find full descriptions on our website at [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com) or by calling 403-329-3222.*

# 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.

**Simple Watercolor Florals:** This class will focus on painting florals in watercolor. This will be a great class as refresher or great for a beginner. We will keep to painting simple flowers like tulips and daisies so participants will not have to feel overwhelmed by too much detail. We will cover the paint application of washes, brush techniques, color mixing, and the amount of water to paint ratio, textural components, and how to use gravity to aid in the distribution of paint on paper. Supply sheets will be e-mailed. This runs for 6 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.

**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.

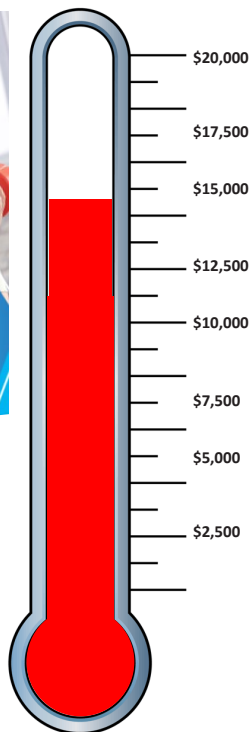
**Zumba GOLD®:** For active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and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



## 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**



## NORD-BRIDGE AGM RESCHEDULED

**May 5, 2021**

**Nord-Bridge Seniors Centre  
Multi-Purpose Hall  
9:30 am**

*\*if COVID-19 restrictions do not allow  
gatherings on this date, the AGM will  
be done virtually through Zoom.*



## 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**



# DUNFORD DINER MENU



## Breakfast

**Full Breakfast** 7.00  
2 Eggs, Bacon or Sausage or Ham,  
Hashbrowns, Toast & Coffee

**Eggs Benedict** 7.00  
Toasted English Muffin, Poached Eggs,  
Ham, Hollandaise Sauce & Hashbrowns.  
Half Order \$5.00

**Bacon Temptation Omelette** 7.00  
Topped with sliced Tomatoes,  
Hashbrowns, Toast & Coffee

**Spinach Omelette** 7.00  
Spinach, Mushroom, Green Onions,  
Peppers, Cheese, Hashbrowns, Toast & Coffee

**Spanish Omelette** 7.00  
Peppers, Green Onions, Ham, Mushroom,  
Cheese with Hashbrowns, Toast & Coffee

**Ham and Cheese Omelette** 6.25  
With Hashbrowns, Toast & Coffee

**Fried Bacon Egg Sandwich** 5.75

**Small Full Breakfast** 5.00  
One Egg, Bacon or Sausage or Ham,  
Hashbrowns, One Toast & Coffee

**Breakfast Burrito** 5.00  
Sausage, Peppers, Mushroom,  
Green Onions, Cheese

**Pancakes** 5.00

**French Toast** 5.00

**Waffles** 5.00

**Egg Muffin Sandwich** 4.25  
Toasted Egg Muffin with Bacon  
or Ham or Sausage

**Add** 3.00  
Ham or Bacon or Sausage

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

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

## Lunch

**Philly Cheesesteak Sandwich** 8.00  
Sliced Steak with Peppers, Onions  
on a Hoagie Bun with French Fries

**Rueben Sandwich** 6.00  
Corned Beef, Swiss Cheese Sauerkraut  
on Rye Bread

**Deluxe Hot Hamburger & Fries** 7.50

**Hot Hamburger & Fries** 6.75

**Aloha Burger** 6.00  
Cheese, Pineapple slice, BBQ sauce,  
Lettuce, Tomato, Mayo

**Mushroom Swiss Burger** 5.75  
Chicken or Beef

**Hamburger** 5.00  
add Cheese \$.75

**Fish and Chips** 2 Pieces 1 Piece  
8.50 6.50

**Bacon, Tomato & Cheese** 5.50  
Grilled

**B L T** 5.25

**Denver Sandwich** 5.00

**Grilled Ham & Cheese** 4.75

**Grilled Cheese** 3.75

**Chicken Fingers & Fries** 6.50

**Chicken Caesar Wrap** 5.50

**Chicken Quesadillas** 6.00  
with Salsa & Sour Cream

## Salad

**Chef Salad** 6.50

**Chicken Caesar** 6.00

**Taco Salad** 6.25

Add Refried Beans \$1.00

**Caesar Salad** 5.00

With Garlic Toast

**Garden Salad** 5.00

## Fries

**Poutine** 5.00

**Fries** Small Large  
2.00 4.00

**Onion Rings** 4.00

**Loaded Fries** 5.00

Bacon, Cheese, Green Onions

**Sweet Potato Fries** 4.00

## Soup & Sandwich

**Soup & Sandwich** 6.50

**Soup** 3.75

**Sandwich** 3.25



## Tues Lunch Specials

**PICK-UP OR  
DELIVERY ONLY**

**\$8!**

**From Nord-Bridge's Dunford Diner**

**TUES, APR. 6**

**Chicken Parmesan with Caesar Sald & Garlic Toast**

**TUES, APR. 13**

**Chicken Pot Pie with a Side Salad & Gravy**

**TUES, APR. 20**

**Salmon Fillet with Coleslaw & Rice**

**TUES, APR. 27**

**Aloha Burger with Fries & Gravy**

**\*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**



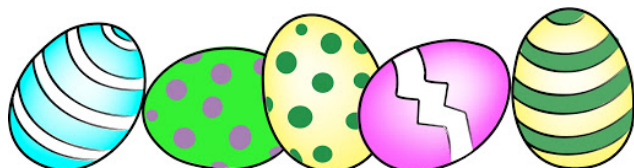
**NORD-BRIDGE  
SENIORS CENTRE**



**NORD-BRIDGE  
SENIORS CENTRE**

**Dunford Diner**  
WILL BE  
**CLOSED**

**By 10:30 am every Tuesday**



## FROM THE DESK OF VAL

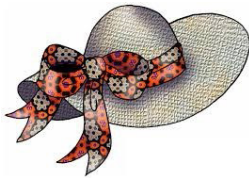
APRIL SHOWERS WILL BRING MAY FLOWERS! Spring has arrived. Get outdoors for some fresh air and sun. We need plenty of vitamin D to bring us lots of cheer, especially with what we have gone through with COVID over the past year. It has changed our lives completely, but we will get through this together. Have you got your 1st vaccination shot? I recently got my 1st shot. I feel it's important for ALL to get it because it will help protect us and keep us safe. I heard from many of our members, that it is time to get back to a normal life and be able to do the activities that we enjoy doing. If you are wanting to book an appointment to get your vaccination please call The Medicine Shoppe Pharmacy at 403-381-0700.



Thank you again for everyone's support in paying your 2021 membership as it really helps to keep our Friendly Centre up and running.

In closing, keep smiling and remember, if you need a friendly chat, our staff are always here with a listening ear. Happy Easter to all!

Your friendly  
*Val*



## CONDOLENCES

Our sincere condolences are extended to life member Margaret Schile; to Kathy Gill on the loss of her father; to Don Dempsey who lost his wife; to Richard Brown and family on the loss of his wife, Sandra; to Alice Mehlhaff and family on the loss of husband, Fred; and to the Blackplume family on their loss of Raymond; and lastly, to the Egeland family and the loss of Suzie.


### 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](mailto: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"



ਸਿੱਖ ਸੋਸਾਇਟੀ ਆਫ ਲੇਥਬ੍ਰਿਜ  
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](mailto:info@sikhsocietyoflethbridge.ca)

(Call Between 8 am to 8 pm)



**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.

## LORRI'S CORNER

### The house that built me

A few weeks ago, I was able to walk through my childhood home and this brought back so many memories of those magical days of being a kid!

As I wandered room to room, I recalled standing on my bed on Christmas Eve hoping for a glimpse of Santa and his reindeer in the night sky.

I stood by the closet where on the highest shelf the world's best beef jerky kept in a big jar, just out of reach for all but my parents, who would occasionally would give us a stick.

Next stop was the bathroom. I looked in the mirror where I learned to apply make up, and it felt strange as I did not need to climb onto the counter this time. I remembered being the confident little girl choosing the unused blue eye shadow my mom had in the cabinet; I just knew it was the perfect colour for me and I remember feeling so beautiful! My mom, however, felt I had over done it a bit and hauled me back to scrub my face clean.... hey what can you expect from a 7 year old?

I stopped for a moment where a wall used to be in-between the kitchen and living room, the wall I would always sit against to watch TV. I closed my eyes and remembered watching Bewitched, the Flintstones, and the Carol Burnett show and I could not help but smile and long for those days again.

I walked into the kitchen where cooked puddings were made and where foam curlers were put in my hair and then I would sit under the hair dryer with the big poufy cap hooked up to a hose!

I wandered inch by inch through the rest of the house; my old bedroom and basement and although it looked very different from the home I remember, there was a comforting familiarity.

The back yard, my backyard, my place as a child were I would swing so high I believed I could touch the clouds or at the very least, get onto the roof of the house! I remembered the many mud pies I made, the magic potions made with grass, sand, and dandelions of course!

Some of my fondest memories involved laying on the grass and watching the clouds float past and sometimes, if I were lucky, I would see animals! At night, I would wish on stars and believed that each wish would come true.

Miranda Lambert, a country music artist, had a song out a few years ago call "The House that Built Me" and every time I heard it, my eyes would fill with tears. For 45 years, I longed to return to my childhood home.... All the wishing on those stars paid off!



*"If I could just come in, I swear I'll leave  
Won't take nothing but a memory  
From the house that built me"*



As always, if you are struggling and need to talk or any assistance, I am here for you. Be kind to yourself and others. Any kindness we can show can only make this crazy world a better place.



Until we meet again

Lorri



# 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.**



**WINNERS**



Two blocks west of the casino on Crowsnest Trail

**EVERY THURSDAY  
IS SENIORS DAY!**

Half Price On All Regular,  
Gold and Combo Cards

**25% off Gold and Ruby Cards**



**Every Wednesday  
is VALUE PACK DAY Every-  
one \$aves**

**Friday Nights  
FREE \$500 GAME**

**Sunday Afternoons  
FREE \$200 GAME**

**Call the Hotline: 403-327-7454**  
or Email: [winners\\_bingo@telus.net](mailto:winners_bingo@telus.net)



**Happy Easter!**

 **TUES/THURS** 

**GENTLE SOMATIC YOGA**

**\$35 for 7 weeks**  
**starting April 27 & 29**  
**at 9:15 am**

This class 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 body 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 our body. This can be done either seated or on the floor with modifications easily incorporated. This class will be done virtually through ZOOM.

**Call 403-329-3222 or go  
online to  
[www.nordbridgeseniors.com](http://www.nordbridgeseniors.com)  
to register today!**

Made with PosterMyWall.com

**LIVE** 

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

**Pork & Veggie Stir Fry**

**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**  
**APRIL 23**  
11:15AM MST Via ZOOM

**CONTACT ASHLEY @ 403-329-3222**  
[@nordbridgecooksvirtual](https://www.instagram.com/nordbridgecooksvirtual)

\*Limited spots available\*



**Eat anything you want...  
anytime, anywhere...**  
with the help of implant supported dentures.

Call us today for your  
complete denture care needs

  
**Hosack**  
DENTURE CLINIC LTD.

Giving you something to smile about!

604 - 6 Street South • Lethbridge  
(403) 327-7244 • Toll Free 1-877-467-2251

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

  
**HUCKVALE** LLP  
established 1906

Upcoming **FREE** consultation dates:  
**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.**

  
**NORD-BRIDGE  
SENIORS CENTRE**

**WILL BE CLOSED ON**

**Good Friday & Easter  
Monday**

**APRIL 2ND & 5TH**

**HAVE A GREAT LONG  
WEEKEND EVERYONE!**



  
**NORD-BRIDGE  
SENIORS CENTRE**

**Wednesday, April 7th**

  
**GREEN SHIRT DAY**  
HUMBOLDT STRONG  
LOGAN BOULEVARD SENIORS

**Register.  
Tell your family.  
Be inspired.**

  
**APRIL 7, 2021**  
CANADIAN TRANSPLANT ASSOCIATION  
**GREEN SHIRT DAY**  
HUMBOLDT STRONG  
LOGAN BOULEVARD SENIORS

**TOGETHER  
STRONG**

Canada's  
Organ and Tissue  
Donation Community  
In partnership with  **kidney**

**Register • Tell Your Family • Be Inspired**

**Organ Donor Awareness - ask us how to register to become a organ donor!  
Call 403-329-3222 for more information.**

# ACCOMPANY You

**Provides Freedom and  
Transportation for Seniors**

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

**Call Jodie  
to schedule your appointment**

**403-894-2484**

**jodie.hiebert@gmail.com**



## 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*



## 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.



*Stars of the Festival  
Virtual Performance*

**Friday, April 16, 2021**

**Shaw Channel 9 or lethmsf.org**

*Continuing to Care  
Through the Generations.*

703 - 13 Street North  
Lethbridge, AB  
403-382-3601

Christensen Salmon

## GENERATIONS

Funeral Home & Cremation Services

A Division of The Caring Group Corp.

**JO ANN KELLY**

REALTOR®



sutton group - lethbridge  
AN INDEPENDENT MEMBER BROKER

**403-320-6411**

**Selling and /or Buying...  
ONE CALL  
Full Service**

**Over 24 Years Experience**



*Over 200  
dishes with  
contact-free  
delivery!*



*Made for Seniors*

**You shouldn't have to choose between staying  
safe and eating well.**

Skip the trip to the grocery store and let Heart to Home Meals deliver delicious meals directly to your door. The best part? Our meals are nutritionally balanced for the dietary needs of seniors so you can feel confident you're eating well while staying safe at home.

**FREE Delivery\* | No Subscription | Special Diet Options**

Get your **FREE Menu**  
**1-844-431-2800**  
**HeartToHomeMeals.ca**

\*Some conditions may apply.



 **Drive By Luncheon:**

 **LIVER and ONIONS** (includes dessert)

**\$11** \*Note: we will not be accepting orders until April 19th



**PICK UP OR Delivery**

**FRIDAY, APRIL 30TH**  
**11:00 am - 1:00 pm**

Call 403-329-3222 to Pre-order ONLY for pick up at Nord-Bridge or have your order delivered. Open to all while quantities last.

\*Maximum of 8 meals per order, Dunford diner closed for regular menu items this day.


Tag us on social media with your pictures:  
 #Bridgeford  
 #nordbridgeseniorslethbridge

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**HERE TO SERVE**



 **RACHAEL HARDER**  
 LETHBRIDGE ALBERTA MP

 @RachaelHarderMP  403-320-0070

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



The staff celebrating St. Patty's Day!

# The Medicine Shoppe<sup>®</sup>

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



**Martin Brothers  
Funeral Chapels Ltd.**

*The greatest gift  
you can leave behind  
is the gift of being prepared.*

For more information please call 403.328.2361  
or visit our website [www.mbfunerals.com](http://www.mbfunerals.com)

**roost**  **roost**  
LIMITED

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

*We can help....*

Sorting • Organizing  
Selling Unneeded Furniture  
Packing • Arranging Movers • Unpacking  
Estate Home Clearouts

**Call Jody Johnson for your complimentary  
in-home consultation and free estimate.**

**Cell: 403-330-8389**



**New Owner/  
Operator**



**LETHBRIDGE DENTURE CLINIC LTD**

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

#2 - 1718 3 AVE S, LETHBRIDGE AB 403-381-4142 [WWW.LETHBRIDGEDENTURECLINIC.COM](http://WWW.LETHBRIDGEDENTURECLINIC.COM)

**NEW!**

  
NORD-BRIDGE  
SENIORS CENTRE

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](http://www.nordbridgeseniors.com)

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NORD-BRIDGE  
SENIORS CENTRE

**Simple Watercolor Florals**



ART CLASS WITH  
**DONNA GALLANT**

Starting Monday, April 12- May 17 @  
10:00 am - 12:00 pm

\$50 Members \$70 Non Members

To register: call  
403-329-3222 or go to  
[www.nordbridgeseniors.com](http://www.nordbridgeseniors.com)  
for your ZOOM invite

  
NORD-BRIDGE  
SENIORS CENTRE

**Tuesday & Thursday**

**Re Energizing Chair Yoga**



**Session 3 Starting April 27 & 29 for 7 weeks at 12:00 pm**

**\$35**  
add \$20 for non-members

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 symptoms of many health issues including: Hypertension (high blood pressure), anxiety, chronic fatigue syndrome, clinical depression, chronic pain and much more. This is the most gentle form of yoga and uses only the chair due to difficulty of getting down or up from the floor.

**Register by calling 403-329-3222 or go to [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com)**

**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



The Grief Recovery Method®  
by The Grief Recovery Institute®



## 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, & Saskatoon

Fruit Crisps (2 serving) \$6.00  
Fruit Crisps (4 serving) \$12.00



# VBINGO AT WINNERS BINGO

## WHEN

**Now Playing 7 Days a week!**

**Mon, Tues, Thurs, Fri &  
Sat at 6:30 pm  
Sales 11am-6pm**

**Sun & Wed at 1 pm  
Sales 9:30 – 12:30**

## WHERE

**In the comfort of your  
home!**

## PRICES

**6up \$14**

**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

## VISIT

**[WWW.WINNERSBINGO.CA](http://WWW.WINNERSBINGO.CA)  
CLICK THE LINK AND WATCH  
LIVE**

## VBingo Info

VBingo is Our Youtube Channel Here

Remember to click subscribe and then click the bell  
to receive 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**



**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



Canadian Mental  
Health Association



Active Board President, George Berg  
enjoying the Spring weather.

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

# ONLINE REGISTRATION

## Available NOW!






**STEPS TO REGISTER ONLINE:**

1. GO TO LOGIN (TOP LEFT HAND CORNER) & ENTER EMAIL ONLY
2. CLICK "CATALOG" (TOP LEFT HAND CORNER)
3. SELECT CLASSES THEN ADD TO ORDER
4. SCROLL TOP OF PAGE AND CLICK ON "CHECKOUT" AND NEXT STEP
5. SELECT "PAY NOW" AND ENTER PAYMENT INFO
6. BOOK COURSES


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

ENROLL ONLINE AT: [WWW.NORDBRIDGESENIORS.COM](http://WWW.NORDBRIDGESENIORS.COM)  
FOR MORE INFORMATION  
CONTACT US AT 403-329-3222

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**RECOVERY COLLEGE LETHBRIDGE**

### Stress Less



**Wednesday April 21, 2021**  
**1:00 p.m. to 2:00 p.m.**

Stress is one of those buzz words most of us have used at some time or another to describe a not-so-pleasant experience, an emotional state or a physical condition. But then comes to our daily lives, we see that stress begin to grow, becomes more intense, and disrupts our ability to manage it.

Join us as we discuss the stress of everyday living and how to combat it!

**Who should attend?**  
**Family, friends, caregivers - anyone aged 55+**

**To register for this FREE Stress Less Class go online to:**  
<https://recoverycollegelethbridge.ca/>



CANADIAN MENTAL HEALTH ASSOCIATION  
**recovery college**  
LETHBRIDGE



## PHOTO CONTEST

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

### WIN IN THREE STEPS:

- 1 SHARE THE POST**
- 2 LIKE THE POST**
- 3 COMMENT ON THE POST WITH YOUR PICTURE**

**WINNERS WILL BE ANNOUNCED MONTHLY!**

**NEXT POST WILL BE: MONDAY, APRIL 12**

**GOOD LUCK!**



Made with PosterMyWall.com

## SOUTHERN OPTICAL LTD.

**WE OFFER DIGITAL EYE TESTS WITH NO PUFFS OR DROPS.**



**1011 - 3RD AVENUE SOUTH  
LETHBRIDGE, AB T1J 0J3**  
[www.southernoptical.ca](http://www.southernoptical.ca)  
**PHONE: 403-327-4145  
FAX: 403-320-1181**



**Rick Miller**  
Licensed Contact Lens Practitioner

**Fred Miller**  
Registered Optician

## Lethbridge HEARING CENTRE

Call **403-320-6000** to make your personal complimentary consultation today!

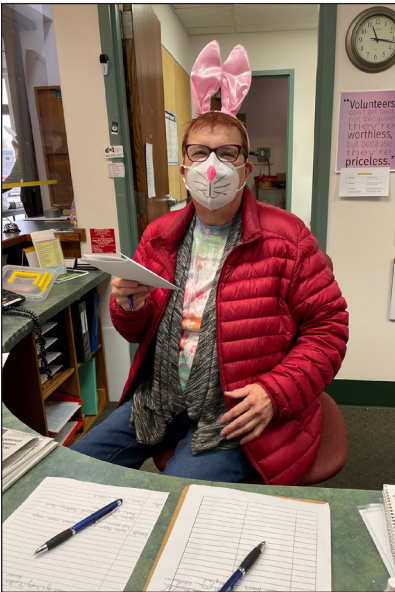
- Locally owned & family operated
- University educated
- Full hearing evaluations
- AADL, DVA & WCB Vendor
- Digital hearing devices
- Repairs & adjustments on all makes/models
- Devices for all budgets & lifestyles
- Conveniently located with free parking



**403.320.6000**  
[www.lethbridgehearing.ca](http://www.lethbridgehearing.ca)

**120, 2037 Mayor Magrath Dr. S. Lethbridge, AB**  
**Candice Elliott-Boldt, BC-HIS**  
**Jake Boldt, BC-HIS**  
Registered Hearing Aid Practitioners

## Easter Drive By Luncheon on March 26th! Fun had by all!



# 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.

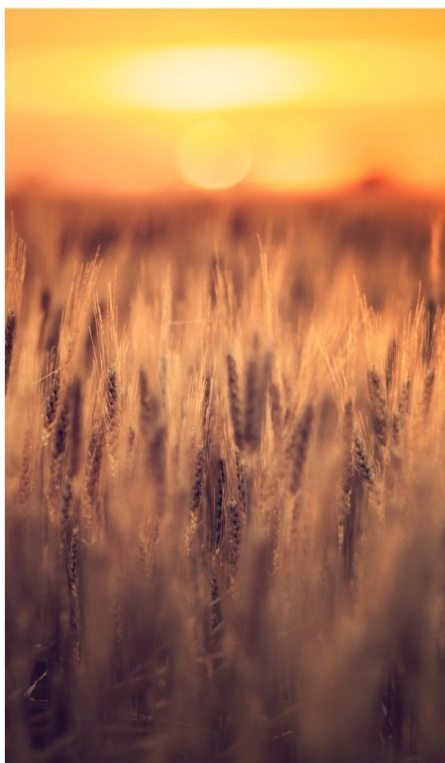
City of Lethbridge Bylaw 6239



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](https://lethbridge.ca/covid19) for more information.





# Connecting to Inner Resources

Online Presentation

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



**April 14, 2021**  
**10:00 - 11:15 am**



AGE: 55 +

## TO REGISTER

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

## 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>



### The Grief Recovery Method

**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/>

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

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

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/>

Shaw) Go



Available here.

**FOR SHAW SUBSCRIBERS:** We are pleased to announce that our building is equipped with **Shaw) Go Wi-Fi**. To connect at Nord-Bridge:

1. Access the network / Wi-Fi settings on your device.
2. Select **ShawOpen** from the list of networks.
3. Open your browser.
4. Sign-in using your **@shaw.ca email address and password**.

Any questions? Please call 1-888-472-2222 or visit <http://www.shaw.ca/internet/wifi/>.

This is a free service to Nord-Bridge provided by Shaw.



**While at the Nord-Bridge Centre you can access our in-building internet service at:**

**User ID: FriendlyCentre**  
**Password: myfriendlycentre**  
(Shaw Cable subscribers see above)





**“The Friendly Centre”**

**NORD-BRIDGE  
SENIORS CENTRE**



**1904—13th Ave. North  
Lethbridge, Alberta  
403-329-3222  
friendly@nordbridgeseniors.com**

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

**[www.nordbridgeseniors.com](http://www.nordbridgeseniors.com)**