

June 2021



NORD-BRIDGE
SENIORS CENTRE



PRESIDENT'S REPORT



Greetings everyone! June is the month of blooming flowers and how colorful it will be! In Alberta it is always a good idea to watch for frost in May. My mother who was born in Nanton in 1915, said she never trusted the weather until after her birthday on June 7. I know because I have pictures of early June snow.

We had a successful Annual General Meeting on May the 5th, finally after two postponements, 32 members joined us on Zoom. Anne Pauls and I sat 40 feet apart in the Muti-Purpose Hall, I chaired the meeting and Anne took the minutes. It was nice to stand and sing O Canada as Anne played the piano. We haven't had a chance to sing our National Anthem for a while. Please see the minutes on line for the details of the meeting.

Valerie Arkinstall has begun her retirement after 30 years at Nord-Bridge. We wish Valerie many years of good health and many travel opportunities.

Last Spring we missed giving out Mother's Day bouquets so this year it was decided to try to give all the ladies with current 2021 paid memberships some potted pansies. The staff continues to amaze me with all the plans they undertake.

Your new board of directors met on May 12th, David chaired the meeting because I had day surgery on May 11. Welcome to our new board and thank you for your service.

I was concerned that my surgery would be postponed because of the rising numbers of COVID-19 patient's but I was welcomed into the hospital at 6:45 AM. I am so impressed by the wonderful healthcare professionals we have at the Chinook Regional Hospital. Three nurses evaluated me and prepared an IV. I was then wheeled to the surgery ward by a nice young man and met by two more admitting nurses and the anesthesiologist! I was then taken to the operating room and greeted by my surgeon and more nurses and doctors! What a marvelous healthcare system we have. After the surgery I spent the afternoon recovering and was home by 7:00 PM.

Thank you to all those unsung hero's in healthcare that go to work every day and save so many lives!

As everyone gets vaccinated, it will be great to visit family and friends. I'm looking forward to spending some time with people I can joke around with. Laughter is the best medicine after all.

Patient: "Doctor, doctor, will I be able to play the violin after the operation?"

Doctor: "Yes of course."

Patient: "Great I never could before!"

George Berg - President



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

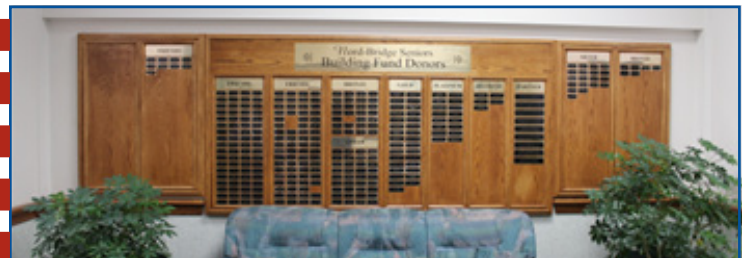


Alberta Association of Seniors Centres®

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



NORD-BRIDGE
SENIORS CENTRE



BUILDING FUND DONATIONS

Chris Figenshau \$50	Alice Mehlhaff \$100
Mike & Diane Bennett \$100	Anonymous \$200
William Davidson \$100	Valerie Arkinstall \$50
Stu & Laura Inkster \$100	Della Howg \$500
Ralph Bloomberg \$500	Lynn & Beryl Hayton \$100
Rumiko Ibuki \$50	Sherryl DeCoste \$200
Alden & Mildred Fletcher \$200	Tina Simons \$200

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,

Fourteen years ago, when I walked in the front doors of Nord-Bridge for the very first time for a job interview; I was greeted by a cheerful lady. Having never worked with seniors, I was very nervous for the interview. The cheerful smiley lady at the desk made conversation with me as she could see I was nervous. I really appreciated her 'friendly' demeanor and how she seem to make everyone in the front office feel welcomed. That lady that I am speaking of is the lady that is featured on the cover of our Newsletter this month. Valerie Arkininstall has decided after 30 years with Nord-Bridge to retire and embark on the next exciting chapter in her life.

When you work with someone for over 14 years you get to know that persons character and traits. Val is: unselfish, loyal, honest, considerate, thoughtful, happy, funny, cheerful and 'friendly'. You would be hard pressed to find anyone who knows Val that would dispute these traits. It truly does speak to her character and demonstrates why she was so successful in her career at Nord-Bridge. Val took the time to meet all our members and had a remarkable memory. Val could remember a members name, phone number, address or birthdate... well maybe not all those but she had an uncanny way of retaining information. When you would ask Val about a certain member she would dig into the memory bank and come up with the information or a certain detail about the member.

Some of my greatest memories of working with Val come from our daily friendly banter. Val is a die hard Toronto Maple Leafs fan and my team is the Edmonton Oilers . After every Maple Leafs win or an Oilers loss, Val would relish the next morning to make sure she informed me of the previous nights score with a devilish laugh.

Val was also infamous for cutting out of work early! Nord-Bridge closes at 4:30pm; but Val was notorious for cashing out early on Fridays (usually around 3:30pm) and walking down the office hallway saying "Its time to blow this popsicle stand" and she would play the song "Hit the Road Jack" over the intercom.

I would always joke with Val that I play Oldtimers hockey and I could help her find a boyfriend! Her face would always turn a bright Christmas red and when the air finally would return to her lungs from laughing... she would tell me "oh shut up!"

Val and I also had many friendly competitions; we would compete each month to see who would get their Newsletter article completed and submitted first. Val proudly boasted each month days before I even started my article; that she had already completed and submitted her article. The rare time I would complete my article before Val, I would make sure she knew it, by sending out a mass email to everyone in the office that I got my article in before Val!

For over a decade I have bugged Val about her long extended coffee breaks; she usually laughed it off and shushed and told me to mind my own \$#@&% business (haha). I will miss Val's infectious laugh in and around our building, our friendly banter and our chats about Hurricanes hockey. When you flip through this months Newsletter you will see many pictures of Val, you will notice she is always smiling, laughing or in general having a great time! That's what I treasure about Val, she came into work everyday happy and spread her happiness to everyone around her! She truly personifies this quote by Mark Twain "Find a job you enjoy doing, and you will never have to work a day in your life". Congrats on your retirement Val, enjoy your extra long coffee break!

*David Ng
Executive Director*



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

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

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PROGRAMMER'S REPORT

It is hard to believe its June already! I am so happy that it is warming up and are excited to bring on another busy month. Please find all our specials events and programs throughout our newsletter.

New summer classes will begin this month and into July. Anyone is welcome to register for these classes by either calling us or registering online at www.nordbridgeseniors.com. *Please note most of the summer programs are continuing online through ZOOM and some are outside. We are monitoring the COVID-19 restrictions and are prepared to host indoor classes as soon as it is safe to do so.

Also, stay tuned for the Fathers Day Drive- In Pie Auction this month, we are still figuring out the details, but it will be so much fun and proceeds will go back to Nord-Bridge!

As most of you know, Val is retiring and I wanted to write a little something for her:

Thanks for the memories Val!

Here is a little memory I have when I first met Val at Nord-Bridge. It was my first day on the job and she got me right in helping at Outreach. I was amazed at how many volunteers and participants she had at this event. She made sure everyone was having a great time and did not hesitate to get up to dance and sing to get the party started. I also remember her laugh throughout the office,

it almost felt like you could be anywhere in the building and you could hear her laugh it made the atmosphere feel light and happy. If I ever needed a member name and I showed her a picture, she could tell me the name in a few seconds, which always blew my mind as we have over 1,000 members at Nord-Bridge. I will miss you Val, you are quite the character!



On another note, I have had quite a few members ask me how they can get a list of the \$8 weekly lunch specials. My answer is always check out our website at www.nordbridgeseniors.com under the Dunford Diner tab. Another great way to keep updated is by listening to 98.1 CJOC FM daily for updates and programs as well as our social media pages including Facebook and Twitter. If you have any questions regarding programs here at Nord-Bridge or would like to be added to our e-mail list, please do not hesitate to give me a call at 403-329-3222.

Until next month, stay happy and healthy!

*Ashley Kern
Program Coordinator*

Visit nordbridgeseniors.com for program information, photos, videos, newsletters, and more.



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NORDBRIDGESENIORSLETHBRIDGE](https://www.facebook.com/nordbridgeseniorslethbridge)



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

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



NORD-BRIDGE
SENIOR CITIZENS ASSOCIATION

SUMMER 2021 PROGRAMS

Art with Donna Gallant

Sunrises and sunsets are the most beautiful part of a day and I don't think any other media can convey this like watercolors can. The skies can range from soft changing light to a dramatic blaze of brilliant colors. In this class we will get used to working with water and paint – let the paint move around your paper and use gravity and water to make it fluid. It doesn't require any special ability except to move your paper so this is a great class for any level of painter.

Begins: Monday, June 14 - July 19
Time: 10:00 am - 12:00 pm
Fee: Members: \$50.00

Location: ZOOM
Instructor: Donna Gallant
Non-Members: \$70.00

Tuesday Gentle Yoga

is an exploration of vinyasa movements and somatic exercises that are combined to improve health, well-being, quality of life, and personal performance. This 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).

Begins: Tuesday, June 22 - August 10
Time: 9:00 am - 10:00 am
Fee: Members: \$40.00

Location: ZOOM
Instructor: Melanie Hillaby
Non-Members: \$60.00

Tuesday 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.

Begins: Tuesday, June 22 - August 10
Time: 10:30 am - 11:15 am
Fee: Members: \$25.00

Location: ZOOM
Instructor: Melanie Hillaby
Non-Members: \$45.00

NEW Wednesday "Taste of Fitness"

Are you unsure of what fitness classes Nord-Bridge offers? Join Melanie Hillaby in this new "taste of fitness" class. This class gives participants a taste of every exercise from chair yoga, bender ball, POUND, to modified Pilates. If interested, please make sure to call 403-329-3222 to pick up and sign out fitness equipment required to participate in the class. A mat is highly recommended.

Begins: Wednesday, June 16 - August 4
Time: 9:15 am - 10:15 am
Fee: Members: \$40.00

Location: ZOOM
Instructor: Melanie Hillaby
Non-Members: \$60.00

NEW Wednesday Fit & Fun Walking Club

Every Wednesday Melanie Hillaby will be leading a fun socially distanced walking group with a max. of 10 with fitness concepts along the way on the north end of town. If you are interested, please pre-register by calling 403-329-3222. No drop-ins allowed. Make sure to wear a mask, dress for outdoor conditions and make sure to wear your FitBit to count your steps!

Session 1 Begins: Wednesday, June 16 - July 21
Session 2 Begins: Wednesday, July 28 – September 1
Time: 11:00 am – 12:00 pm
Fee: Members: \$15.00

Location: NE parking lot of Nord-Bridge
Instructor: Melanie Hillaby
Non-Members: \$35.00

Thursday 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.

Begins: Thursday, June 24 - August 19 ***No class July 1**
Time: 10:30 am - 11:15 am
Fee: Members: \$25.00

Location: ZOOM
Instructor: Melanie Hillaby
Non-Members: \$45.00

Friday Gentle Yoga

Please read the description above under "Gentle Yoga"
Begins: Friday, June 25 - August 20 ***No class July 2**
Time: 9:00 am - 10:00 am
Fee: Members: \$40.00

Location: ZOOM
Instructor: Melanie Hillaby
Non-Members: \$60.00

Monthly Recovery College Classes

The Recovery College has partnered with Nord-Bridge Seniors Centre on classes for seniors 55+ via ZOOM. Topics can include "Mindfulness", "Taming your Thoughts" to "Stress less" and many more. Everyone is welcome and it is a FREE course. Please call Nord-Bridge for more information. ZOOM invites will be e-mailed upon registration through the Recovery College.

Dates: the fourth Wednesday of every month

Time: 1:00 pm - 2:00 pm

Fee: Members: FREE

***Register online at www.recoverycollege.ca or call 403-329-3222 and ask for Ashley.**

Location: ZOOM video platform

Instructor: TBA

Non-Members: FREE

Other Important Summer Dates:



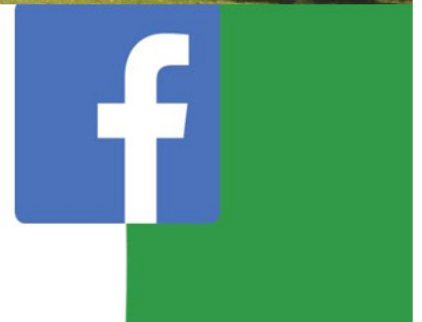
***Monday, June 7– Friday, June 11- Seniors Week Virtual Events (see page 7 of the newsletter)**

***Friday, June 18 – Drive -In Fathers Day Pie Auction (more details to come)**

***Friday, June 25- Canada Day BBQ Drive – Thru for pre-order only (more details to come)**



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for updates, contests, and more!
@NordBridgeSeniorsLethbridge



Nord-Bridge Seniors Centre Presents:

SENIOR WEEK

June 7 - 11, 2021

Monday, June 7th

Kick off to *Hobbies & Seniors Spotlight* all week long! Every morning starting 9:00 a.m. we will select five seniors throughout the week to discuss what hobbies they enjoy and what is getting them through the pandemic! *Watch on Facebook LIVE and share your hobby in the comments!

Tuesday, June 8th

Toonie Pancake Breakfast - Nord-Bridge's NE parking lot for drive-thru or delivery only 9:00 a.m. - 11:00 a.m. \$2.00 per person. Open to the public
MUST pre-order by calling 403-329-3222 while quantities last



Wednesday, June 9th

Drive-Thru movie and popcorn – NE parking lot of Nord-Bridge Seniors Centre 1904 13 Ave. N.
1:00 pm– 3:00 pm This event is open to all seniors 55+ must call no later than the day before to request your movie choice.
Cost is \$5.00 per vehicle. Over 40 movie titles to choose from!



Friday, June 11th

Park Meadows Elementary Pen Pal – If you or a senior you know are interested in receiving a handmade letter from a child, please give us a call at 403-329-3222 no later than June 7th.

Dunford Diner Menu

Breakfast

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

Lunch

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

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 2.00 Large 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



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

All Menu Items Available for Pick-Up.
To order call
403-329-3222



June \$8 Lunch Specials for Pick Up or Delivery

Tuesday, June 1st – Toupie style ham with scalloped potatoes & veggies

Thursday, June 3 – Veal parmesan with pasta & veggies

Friday, June 4 – Pulled pork sandwich with macaroni & cheese

Tuesday, June 8th – NO LUNCH SPECIAL due to Toonie Pancake Breakfast

Thursday, June 10 – Crispy chicken with fries & coleslaw

Friday, June 11 – Beef stir fry with rice & Asian dumplings

Tuesday, June 15 – Chicken cordon bleu with mashed potatoes, & veggies

Thursday, June 17 – Salisbury steak with roasted potatoes & veggies

Friday, June 18 – Fathers Day themed – chicken wings, salad, & dessert

Tuesday, June 22 – Meatloaf, mashed potatoes, gravy, & veggies

Thursday, June 24 – Chicken cesar wrap with potato chips & fruit salad

Friday, June 25 – Canada Day BBQ: Canadian bacon cheeseburger, poutine, dessert, & a drink * Note: this is \$11, we will not be taking orders until June 14th

Tuesday, June 29 – Mystery box lunch (TBA)

***Please do not order any sooner than the week prior, unless otherwise specified.*
Pre-order only by calling 403-329-3222 or go to www.nordbridgeseniors.com**

LORRI'S CORNER



I remember my first day working at Nord-Bridge, which now seems like a lifetime ago. I walked in ready for my day as the social worker, a brand new position created and I was the one chose to fill this role! I was shown to my office, right off the main reception area- which most of you know- but I promise this is a detail that is important so stay tuned!

There was the usual paper work to complete and all the things that happen in any new job. In true Nord-Bridge spirit, I was welcomed by members and staff and treated with such kindness! I knew I had found my place and it was wonderful!

There was one person, however, who went above and beyond to welcome me and make me feel like I belonged here, and yes, you guessed it, that was Val!

The first day of a new job, you know how that goes, new kid on the block, wanting to fit in, shy and the normal feelings, so I mostly stayed in my new office. However, what happened not even 2 hours into my first day is a moment I will never forget....

There was this sound, a sound I had never heard in my life.....a sound so unique that anyone within ear shot could not help but first take a look to see what was going on and then burst into the biggest smile ever and join in. By now, I bet you know which sound I am talking about....

Val's incredible laugh!!!!

This laugh, filled with pure joy is that thing, if I had to choose only one thing, would be the most precious part of Val! I will even confess to this publically now.... That there were times I would try to find something funny to share or show Val so she would laugh! (get a dog right Val?)

Val included me in the Outreach Program with planning and those afternoons were the highlight for not only all those who attended but for me as well! We danced, sang and interacted with the people and this

was when Val shined brighter than the sun! No one will ever forget her awesome dance moves, her elf costume, slippers, and all the other ones she donned to make Outreach memorable for everyone!

Val and I also had some very deep and meaningful conversations over the years, and I learned so much about her, and her life prior to Nord-Bridge. We shared tears and hugs and maybe a glass of wine or two *wink* I miss having Val here to ask who a person was, because honestly, I could say "you know that person with grey hair and glasses" and she knew their name.

Val, I want to congratulate you on your much-deserved retirement! I am excited for you to be able to spend time doing the things you want to and hopefully very soon, to start travelling! The place sure is quieter without you here but you will never be forgotten!

Love you my friend and I cannot wait to have a wine o'clock with you again!

*Lorri Penner
Social Worker*



Hi, my name is Maria and I have worked with Val at the front desk for just over 2 years. She amazed me every day with her wealth of knowledge and her memory. She knew member names, sometimes their phone number and membership numbers. She doesn't forget a face or name, even with people she had not seen for years. Planning trips with her was always fun, she knew every little town and what attractions the town had, and always had a little story or memory about when she went there. It has been very quiet around here without her infectious laugh, sharing her stories,

and just her presence. She has texted me many times and shared that the weather is nice, "to bad you have to work" Laugh out loud.. I hope to see Val more when we open, volunteering, and carrying on with outreach and trips (Maybe wishful thinking on my part). When she decided to retire, she would say "don't forget about me", REALLY Val, who could forget you. I want to wish Val a very happy retirement, enjoy your bucket list and taking care of yourself, you have earned it!

Maria Lisun



OUTSTANDING HIGHLIGHTS OF MY CAREER AT NORD-BRIDGE.

IT WAS AMAZING!

1986 - 1988

- and -

July 2, 1991 - June 30, 2021

SILENCE PLEASE! YOU ARE NOW IN THE PRESENCE OF A GENIUS AT WORK!

Friendship and Family were certainly highlights of my happy career of 30 wonderful years of treasured memories. All of us certainly had a lot of fun while we nurtured our Centre and helped it grow into the successful and sophisticated organization it became. Our early approach was volunteer driven and managed. Our pioneers poured hard work, commitment and love into their efforts. Our newer members and younger staff would be surprised to have seen how much fun we had with little money, limited staff and big hearts. Our history shows threads of our professional development and the direction our organizational culture took stemming from those early years.

My first job title was Outreach Program Coordinator, a job initiated by a grant awarded to Nord-Bridge thanks to the insight of our Executive Director, Shirley Saillian. I happily accepted the new challenge and in the fall of 1986 I joined a small staff in the basement of the Bill Kergan building on 13th Street North. The membership was small but enjoyed a mighty fun time. Early on I met Roberta Svennes who was the Treasurer, and Roberta's mother, Gladys Rose, who eventually became President. Nord-Bridge pioneer Roy Berlando, had been our first president and came up with our **Nord-Bridge** name. Other early presidents who served while at the Kergan building were Minnie Komm, Muriel Woolliscroft, Dan Hopkinson, Leo Grismer, Gus Herresvele, and my mom, Vi Arkinstall.

Roberta followed George Heath as Treasurer as George faced health concerns, Roberta remained active in bookkeeping for many years. Ruby Heath served as Secretary and helped Joyce Ellingson produce the monthly Newsletter. Ruby got pretty up-tight and stressed out when the Newsletter deadline was approaching. Quite often I had to step in and say to Ruby "Let's go and have a cup of tea."



I still have fond memories of President Leo Gismer and his wife Liz Hunka. Leo gave me a poster which I framed and put in my office. It reads:

“Please be patient ---- I only work here because I am too old for a paper route, too young for Canada Pension, and too tired to have an affair.”

This is a real treasure that I will keep forever. Leo was a great person in many ways and our friendships ran broadly throughout our Centre. There were many times I went out with Shirley, Leo and Liz to cut and collect willows for Liz who wove them into clever baskets for the Craft Boutique. I have one at home that I still use today.

Back then as today, we strived to offer activities that would excite our members and get them involved. Some might seem hokey by today’s standards but back then, we had a blast. As our first programmer, I had a large part in organizing, initiating and teaching some skills. The following is an example of our early pursuits.

1. Clogging and ceramics lessons.
2. I organized our first **5¢ Carnival** outside in the parking lot and presided as The Carnival Clown. We had all sorts of games like bean bag toss, duck fishing (you had to ring the duck while it floated in a tub) and more. The clown job was no joke; it included planning, design, promotion and entertainment.
3. We organized a **Nord-Bridge Kitchen Band** with members wearing blue aprons and using spoons to clang together, a washboard, Ernie Komm with his harmonica and an accordion I taught seniors how to play the tambourine and we performed at senior homes.
4. We had a small 14-passenger van and went on day trips, and shuttled our super seniors for Outreach teas. Bill Davidson was our first driver. We also entered that van in annual Whoop-



Up Days parades. Our Social Committee volunteers made pom poms and decorated the van. In time, I was able to draft more drivers including Mike Bennett and Clay Olsen. When new members signed up, the first question I asked was “Do you drive? Drivers are needed for our van.” With competent drivers, our Travel Program blossomed. We started with trips to Rosebud Theatre and Stage West Theatre in Calgary. In those days,

admission was a bit cheaper. For larger trips, we used the local Elk's bus and their driver. On one memorable trip, we journeyed to Elk Water for a picnic lunch. It was a lot of fun.

5. When Canada celebrated its 125th birthday, we held a senior's week picnic in Indian Battle Park, Elks Shelter. There we sent up into the air, 125 helium balloons with the message "Come join us at Nord-Bridge Senior Centre."
6. Walkathons were organized for fundraising. We got out and walked in Indian Battle Park along the trails. Participants found their own sponsors.
7. Monthly pot lucks were held. Members prepared and donated their favourite casserole or dessert.
8. In time we organized carpet bowling, cards, floor curling, Bingo, pool, and shuffleboard. Each Wednesday after the ladies played carpet bowling, they came downstairs for coffee and then played cards until the Centre closed. The coffee pot was on all day. We had one part-time cook who made sure that a pot of soup and sandwiches were available.
9. Another memorable event was a motor trip made with Carefree Express. My aunt Isabelle Arkinstall, Amy Onofrychuk, Gladys Rose and I went to Deadwood, South Dakota with Carefree driver Les Collins, his wife and his children. We were known as the GOLDEN GIRLS and we shared the same room. I was the youngest. It was our first trip to Deadwood and seeing the performance on Main Street in front of the Saloon #10 where Wild Bill was killed, was a highlight as was a tour of the cemetery where Calamity Jane is buried. We also enjoyed seeing the Passion Play at Spearfish. We had a full bus and it was fun. In future years, we revisited Deadwood.
10. Carefree Express became an important travel partner. They organized the tours and we filled the bus. Amy Onofrychuk (who became a good friend of mine for many years) and I, took a Carefree trip up north through Banff, then to the Columbia Ice Fields where I actually walked on the ice. Then we continued on to Peace River taking a boat ride, to Slave Lake walking on the sandy beach, and back to Edmonton staying at the Fantasyland Hotel. This was another especially good trip.
11. We did Outreach Keep In-Touch visits to seniors living in their own homes. Amy Onofrychuk was a wonderful volunteer partner in those visits, bringing a smile and genuine concern to those people living at home, many alone. A simple smile and a visit meant so much to those people.

In June of 1994 our Executive Director, Shirley Saillian, decided to retire. A party was organized to thank her for her hard work over the years, getting the Centre up and running. She was a busy lady at work, and at home, as a foster mom. In time, Shirley re-married and remained in Lethbridge until her husband passed away. She then moved to Creston, and later to Victoria. Over the years, I made several trips to Creston with a friend to visit her, to keep our friendship going. I

made a trip to Victoria to see her one more last time before she passed away. I am grateful for all the times I got to visit her in retirement.

The next Executive Director I worked with was Jean Cook, who was also a nurse. A year later she decided to resign and was replaced by Karoline Phillips from 1995 – 1997. Now the hunt was on again to find a new Executive Director. My mother was Nord-Bridge President at the time and after a diligent interviewing process, Randy Smith was appointed. Little did I know then, that I would work with Randy for the next 20 years. A really great working relationship ensued



while we also shared many good laughs working in the basement of the Kergan building along with Randy's Administrative Assistant, Marilyn Gillies, and our Cook/Office clerk, Fay Slawson. Fay was a good cook and baker but Randy sometimes wanted a change so he would ask me to go to A & W across the street, for hamburgers. We had a good chuckle over those lunches.

July 2001 saw us make the big move to our new building at 1904-13 Avenue North. It was a busy time as we were also hosting the Senior Games. My office in the Reception area was not ready when we moved in. I had no till, just a tin cash box, and I wrote receipts and more receipts, and made many taxi calls to come and pick up guests and bring them back to their hotels. We had no cooking staff for our new kitchen just two volunteers. Phyllis Benson and Buella Chervinski made boxed lunches and got the coffee and tea ready. I often said "VOLUNTEERS HAVE A HEART OF GOLD!" They also need a good sense of humor.

I was able to get my family involved with Nord-Bridge starting with my aunt when she retired and came back to Lethbridge. She served as Secretary during the time that we were housed at the Kergan building. She also became involved with the Craft Club, and loved performing in the Nord-Bridge Kitchen Band. My mom and dad got involved in the recreational games and both were instrumental in planning of the ASCRA Senior Games making monthly trips to Red Deer. My dad served on the Finance Committee for many years, my mom served three years on the Board, and, as I said earlier, served as President. My brother played the organ during many lunch hours. Our members always enjoyed the music.



In September 2001, Nord-Bridge hired its first cook. Her name was Kim. Over the years there were a number of changes in the kitchen staff: Bonnie, Brenda, Sally, Ala, Mark, McKayla, Gail, Samantha, and Bety. Ala always called me “Queenie”, so she knew who was important. Ha, Ha.

Our first Programming Coordinator was Monica Stewart, then a summer student, Lauren, and then David Ng. My job and I survived 11 years with David as the NB Programmer. He was awesome and he was young. I remember when his first son, Rylan, was born and then Cohen, a few years later. Wow! How time does fly as kids grow up and we age; but David is still young and has a lot of years left. David is a strong Oiler’s fan and I am a strong Leaf’s fan. As is his way, he often gave me a rough time over my allegiance to the Leafs but graciously accepted it when I gave it right back. GO LEAFS GO! Thanks to David for getting the Fitness 55 Club going. It was a major accomplishment and good for everyone. It gave us no excuse to avoid keeping fit, including me. Thanks for the wellness gift appreciation for the staff. I really enjoy my APPLE WATCH.

We had another big retirement party in 2018 for Executive Director, Randy Smith and Administrative Assistant, Kathy Filkowski. This time, one of our own, David Ng was named Executive Director. I deserve a GOLD STAR as I survived again. Thank you, David. You are an



amazing person, caring for seniors and your staff too. I do wish David good luck in serving as the E.D. for many years to come. Of course David’s move up, left big shoes to fill in the Programming Department, but they were aptly filled by another young and highly organized individual, Ashley Kern, and no doubt she will lead that department for many years to come. Ashley started her role on an Outreach day so it was perfect timing to have her see what a good time everyone in attendance enjoyed. She is also a good driver and took our bus on many mystery outings. Everyone sure enjoyed her and appreciated her driving skill. Thanks Ashley, and best of luck with your Nord-Bridge career.

I have enjoyed working with staff including Kathy Filkowski, Shirley Trefan, Tracy Beauchemin, Heather Belle, Lorri Penner, Rita Paju, and Maria Lisun. All of these persons worked with me in one or more capacities and all were surprised by how much work was conducted by the Reception Desk staff and volunteers. I will not forget any of you and hope you will not forget me.



Lorri Penner was our first staff Social Worker. I do thank Lorri for her kindness when my mom passed. Lorri is also an employee of Martin Brothers and in that capacity she picked up my brother and I to take us to the funeral home. It was comforting and gave me some relief knowing such a friendly, caring person, for my brother and I at that time.



Last but certainly not least, I would like to thank Marco, our “friendly” caretaker. He is a fun person and always made me laugh. He does a great cleaning job for I have cleaned the washrooms when he was absent so I truly appreciate the work he does. He knows how to keep the windows so clean and shiny. Marco is also a real people person. He has always been cheerful and friendly to me. Cheers to Marco, especially when Friday comes as it is always “Happy Hour! Go home! It’s time to relax and watch a little Netflix and enjoy the weekend.”

Other Presidents who I have worked with while at the present location were Frank Deane, Harry Fischer, Mike Bennett, Clay Olsen, Jim Hahn, Pat Santa, Bob Tarleck, and George Berg. You all have done a good job and certainly done your volunteer job. To all those who have served on the Board of Directors, thank you for your support and dedication to the Centre.

VOLUNTEERS don’t get paid, not because they’re worthless, but because they’re priceless. In my career I worked alongside many fine volunteers. Diane Bennett was my first volunteer at the



Reception Desk as we became busy once we hosted the senior games and many new members signed up. As we continued to grow I was able to assign more volunteers and organized a reference binder for them to read and know what to do. To accept the right volunteer, the most important qualification was “You enjoy people, have a smile, are friendly and patient”. We affectionately called them “slaves” and as such gave them a “slave (free) coffee”. Anne Pauls put in her volunteer time at Reception and continued also with

her fine musical talent, playing the piano at several functions. I always enjoyed her piano playing as it was bouncy and very uplifting. Now Anne serves as Secretary of the Board. Other long time members whom I enjoyed working with were Mary Potvin, Cheryl Hodgson, Sandy Fischer, Pat Santa, Faye Cain, Dianne Smith, Georgie Coutts, Jo-Ann Adams, Dianne Nemeth, Sheila Brust, Judy Cartwright, Wendy Redel, Sharon Davies, Marie Areshenko, Lila Sloan, Debbie Morgan, Joy Cutts, Marie Lafournie and Donna Yauch (I apologize if I missed anyone) Occasionally, friendly chit chat

meetings were arranged so everyone was on the right communications track. Volunteers were trained showing each one what to do on the job and were given a tour of the Centre and introduced to other staff. I organized appreciation tea parties just to show how much I appreciated them. My Reception Desk volunteer team completed duties like signing up new members, renewing memberships, signing up members for trips, writing lots of receipts, taking phone calls or transferring calls to other staff, taking time being a good listener when someone just needed to talk and just being a good considerate person. Key attributes for our Reception staff should always be a friendly welcome, with a smile for all. Receptionists, whether in person or on the phone or other media, are the first point of contact with Nord-Bridge so there is a great onus on them to project our friendly, inclusive organizational culture with the right amount of warmth and communications excellence.

We needed volunteers all over the place. I also worked closely with those who helped out in the Craft Boutique and the Library. Heather Newsham, Jo-Ann Adams, Mary Potvin, Hazel Carroll, Marybelle Tollestrup, and Trish to name a few. Muriel Nikles also helped keep the library organized. Hazel volunteered right up to her 90th birthday. At that time, she said to me “I am turning 90 so I should retire”. I told her “Volunteers can’t retire; you can continue on as long as you want to”. She was an amazing person and quite often sold a lot of raffle tickets when asked. She did a great job. The Boutique volunteers helped organize annual Craft Sales which were open to the public by purchasing a display table. The last two years we combined the Outreach bake table with the Craft Sale which brought in more people. These were successful money making endeavours for the Centre and for our members as it gave them a venue to sell their hand made items.

Volunteers are essential to our Association. In my books, you are tops. Thank you all for jobs well done and for supporting me. I would like to remind volunteers that it is essential to track and report your hours. It is important as it helps toward earning your Life Membership when you turn 80 and you have done consecutive volunteer time.



OUTREACH PROGRAM: I have always been proud to be deeply involved in organizing the Outreach Program, our way of honoring what I call our Super Seniors. After all, it was this program which established the Nord-Bridge Senior Citizens since 1980 when the Centre got started. When we moved to our new building in 2001 we held the Outreach monthly socials in the Dunford Diner. On one occasion we had a Royal Tea Party. We served tea in fancy china tea cups and saucers and everyone came dressed in white gloves and classy hats. We hosted groups from the senior facilities, and many

living in their own homes. Our bus picked up people who needed a ride and charged a minimum fare. Every February we had Tom Price whom was a highlight to all as he sang his many songs while playing his guitar. Being Valentine's themed, everyone enjoyed his many love songs. On one occasion old-time member, Clarice Shortland, then in her ninety's, was thrilled when Tom actually sat with her and sang a love song. The smile on Clarice was a real picture to see as it was glowing. It was so precious to see Tom singing to a 90 plus senior. He really knew how to connect with our guests.



This program grew in popularity and we found we had to move into the West Community Room. This room had a capacity of 60 but soon we outgrew it too and the program moved to the Multi-Purpose Hall as guest numbers had increased to 120, plus volunteers and entertainers. We welcomed up to nine senior facilities participating and always really enjoying a fun time. They went home with a smile. The Outreach Committee was amazing and always knew what to do. Mary Potvin was the first convener and served for a long time doing an amazing job. There was also a



group of hostesses; three ladies in the kitchen servery under the direction of Lil Colwill, whom was very organized. I actually asked Lil when she signed up as a member if she would help out. She accepted the job and did it for a long time. Then she passed the job onto Marie Lundgren. After Marie left, the kitchen servery job was looked after by Susan Faust, Judy Beasley, and Judy Cartwright. I really enjoyed working along with the whole Outreach Committee as each one gave me support. At times when I was very busy with my duties at

the Reception Desk, I was able to delegate jobs when the monthly program day arrived. Thanks to Frances Wallace for organizing the volunteers, to Clara Lapointe for her job at the door making sure everyone got in safely and seated at the tables. It is people like you who make one's job a little easier. There were always enough volunteers to help out just once a month, to lend a hand simply because they cared and enjoyed everyone who came. We had monthly themes with live entertainment, served a hearty snack, and the volunteers always dressed up to the theme. Some of the monthly themes were:





1. September – Welcome Back to School with myself as Miss Crab Apple. It was a hoot with lots of laughter as I read a little story about Dick and Jane. Everyone laughed and laughed at me.
2. October - Halloween or Oktoberfest theme with entertainment by the Classic Legends, Oscar Odney and Yvonne Elkin. The music was always fun and upbeat with accordions, banjos, etc. There was lots of hand and toe clapping. The Los Gringos group was very much liked by all.
3. November – A Remembrance theme or winter Olympics with the usual live entertainment. Having live music was everyone’s highlight.
4. December - Christmas theme using our own Nord-Bridge Music Makers was enjoyed by all. One Christmas we had a nice surprise visit by four Lethbridge Hurricane hockey players. I was a season ticket holder and going to hockey games. The players enjoyed themselves as they were shown the Shuffleboard/Pool Room.
5. January - Scottish Day theme with the Celtic Routes which everyone enjoyed.
6. February - Valentine’s Day with Tom Price. He came every February either by himself or with his group. Tom was a big hit for the Super Senior group and he enjoyed coming.
7. March - St. Patrick’s and wearing of the green. Live entertainment was our own members, Frank and Justine Sera doing their Karaoke routine dressed up in Leprechaun costumes, with Faye Cain, also dressed up as a Leprechaun, passing out the pot of gold chocolate loonies.
8. April - Decorated Hat Day when everyone came with their favourite hat. Some prizes were awarded and guests enjoyed piano music. Other entertainers used included Karen’s Karaoke, and Don Moore & Vicky Klassen. These talented people were much appreciated.
9. May – Wind-Up Indoor Garden Party, featuring a jam session with “Doug and Friends”.



Once or twice we all enjoyed a Mexican party with piñata fun, a bit of Mexican music and the fun of dressing up in Mexican clothes. Another entertainer we enjoyed was Bill Oleksy who would play his mandolin. He always wore odd socks. His feet never matched.



Our M.C.’s including Bud Hodgson, Ash Adams, Jim Edwards and Randy Butterwick were great. They welcomed everyone, introduced the entertainers, and passed out prizes. They kept the pace up and our guests happy. Thanks team, for your support right up to March 2020 when the pandemic hit.

I was involved with doing home and hospital visitation which brought much cheer and happiness to me, just being able to talk to many Super Seniors who were alone and who appreciated a visit. There were ones who really looked forward to a visit like Gus Herresvelle, now 100 years old. Gus worked many years with the senior games and worked many Winner's Bingos and did a swell job raising money for the Centre.

TRAVEL PROGRAM (1991 -2020): FRIENDSHIP, FUN, AND MANY GOOD TIMES are my memories of everyone whom travelled with me either on the 13-passenger Go Friendly bus or the Carefree Express chartered bus. I really enjoyed planning short trips around Southern Alberta and long distance trips using the larger bus. Quite often trips SOLD OUT FAST so I told many people; "Don't hesitate! If you see a trip you want to go on, sign up with a deposit to guarantee a seat on the bus." Here are the destinations we enjoyed:

1. The museums of Southern Alberta: Fort McLeod, Stavely, Claresholm, Heritage Acres, Kootenai Brown - Pincher Creek, Remington Museum in Cardston, Crowsnest Pass -Coleman School Museum, Frank Slide Interpretive Centre, and Etzikom Museum, one of my favorites. A must to see.
2. Galt Railway Park, Stirling
3. The HAUNTED HOUSE when it was situated in Stirling. We had lots of laughs and scary moments. I even scared myself as I was leading everyone when I saw myself through a mirror. It was hilarious!
4. Dinner Theatre trips to Raymond, Cardston Carriage House, Rosebud Theatre, and Stage West Theatre in Calgary. I remember one show, "Pajama Tops". I laughed so much I had tears. It was side-splitting! After a delicious meal I was full and said "I really don't have to eat for two weeks." LOL!
5. We even went to Broadway, not NEW YORK but to Jubilation Theatre in Calgary to see the performance **Come from Away**. To those who missed this trip, you missed a great one as it was a very good true story.
6. Drumheller Passion Play and a tour of the Atlas Mine and a drive through the hoo doos.
7. Tyrrell Museum in Drumheller for a self guided, amazing tour.
8. The Stettler Train trip. I took it twice. It was awesome - from the robbery on the train, to a fantastic barbecue meal in BIG VALLEY. For one trip, we used our smaller van and the next two visits the Carefree bus was used. These three trips were overnight trips.
9. I organized another trip earlier with our small van as we enjoyed a tour of the Legislative Buildings in Edmonton, and members enjoyed the Ukrainian Village. We were in the planning

stage of returning to Vegreville for another tour in 2020 but the place was under construction so hopefully this trip can be arranged sometime in the future.

10. The MYSTERY TRIPS I planned were popular and our small bus had no problem filling up. Everyone enjoyed going somewhere even the local trips were good like the Jasmine Tea Room, Park Place Mall, Galt Museum, and the Christmas tea at Heather Belle's house twice and then at Judy Cartwright's home. One mystery trip destination became a real mystery when the driver missed the directions to Stirling Galt Railway Park and ended up in Granum at the Jail House Museum and Garden Tour.
11. Coaldale Gem Museum, their green house, and the trip to the Birds of Prey were enjoyed.
12. Chinook Honey Farm and Saskatoon Berry Farm for their tasty pie. YUMMY FOR THE TUMMY!
13. The trip to Canmore for the tour of the Chocolate Factory. The smell of the chocolate was ever so good so we made this trip twice. The scenic drive was terrific.
14. The Calgary Zoo to see the pandas and penguins and then the zoo lights at Christmas. It was beautiful to see. On the return we also took in the light display at Spruce Meadows.
15. Cross Iron Mills Shopping Mall. Wow! A lot of walking and then seeing the festive lights around Calgary and Airdrie.
16. Trips were made to the Spruce Meadows Horse Show. I can still visualize the horse jumping event.
17. More local fun trips included the Broxburn Vegetable Café, Country Blooms and Green Haven for plants and their Christmas décor. The Japanese Gardens light display was great too.
18. I was able to organize a ROLL AND STROLL program. Members met at the Centre or were picked up by our bus, to walk as a group around Henderson Lake, Chinook Lake - Uplands, the mall, or just in the neighborhood. A few times, we walked down to Shirley Trefan's house to see her backyard garden and enjoy treats on her deck. Later on, this program was renamed **Out & About**, whereby, we took members to Walmart twice a month to purchase their personal items. These programs were enjoyed and brought the seniors together.
19. Who could forget our gambling trips as who doesn't love winning money? Of course we did not always win, but it was always a fun adventure. Casinos we enjoyed included Grey Eagle Resort in Calgary, and River Cree – Edmonton (without me on the bus so I have not seen this Casino). I planned six trips to St. Eugene Resort in Cranbrook as this trip was very much enjoyed. Good times were spent at the 19th hole for happy hours and laughs. My saying for Cranbrook is **"Whatever happens at St. Eugene – stays at St. Eugene."** The side trips were good too.



We got out of the casino and went to Fort Steele, Cranbrook Railway Museum, the shopping mall, and the Kimberley Train & Mine Tour which were superb. Many thanks to Carefree Express for their luxury bus and their drivers for putting up with a rowdy bus full of Nord-Bridge Seniors. I was happy to be part of all six trips.

Thanks to the Travel Program volunteer drivers - Lucy Graham, Clay Olsen, George Berg, Jim Cummings, John Hanam, Ricardo, and Ashley Kern for their good driving skills and safety. When Clay took trips, he liked to extend the mileage and give the passengers a good run. On one of Clays trips, he took the passengers to where he went to school.

GO FRIENDLY BUS: Back in 2008, the City of Lethbridge and Nord-Bridge provided daily pick up of seniors from their homes to the Centre using their L.A. Breeze card. We had two very good drivers, Jack Fox and then Dave Slovack whom were very accommodating and knew their route and got the seniors to the Centre and back home safely. Busy days were hectic even though riders booked the day ahead. Thank you Jack and Dave for your patience and friendliness. Jack was always kind to reach out in helping me on off hours with his truck when I needed help to transport family furniture. THANK YOU JACK. When our Go Friendly resumes again, I do hope the City will provide another friendly and patient driver who enjoys seniors.

This past year has been a real challenge for me as it has been tiring, frustrating, and at times stressful. I will be happier when this pandemic is over so we all can be back together doing the many activities and programs that we love. This is why I have made my decision to move on with my life while I am healthy and continue my role as a caregiver for my older brother, Everett. I am thankful that I have enjoyed personal travel like going to Yuma, going to Disneyland to see Mickey and Minnie as it was on my bucket list, going on bus trips with Triple D Tours to Coeur d'Alene and Spokane and going with Alice Strickland to Laughlin and seeing a bit of Las Vegas were all great trips for me. My goal when the doors open again at Nord-Bridge is that I can participate in activities and programs to keep me alert and fit. I have always wanted to try floor shuffleboard and use the Fitness 55 Club. Perhaps when a new tour company takes over from Carefree I can go as a passenger and enjoy a fun time too. I have always been a people person so I will be much happier when I can see faces once again as I have truly missed everyone. Thanks to everyone for many great friendships. You are certainly in my book of friends forever.



Valerie Arkinstall



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SENIORS CENTRE**

\$11

Come celebrate with us!

Canada **DAY** BBQ

OPEN TO ALL!

Every order comes with a Canadian bacon
cheeseburger, poutine, dessert, & a drink

Friday, June 25th

***Pre-order for pick up or delivery ONLY by calling
403-329-3222, while quantities last no sooner than
June 14th.***

DRIVE- THRU FORMAT ENTRANCE AT THE NE PARKING LOT OF NORD-BRIDGE 1904 13 AVE. N.

WELCOME NEW MEMBERS! WE ARE HAPPY TO HAVE YOU!

New Members are: Sherrie Kroeker and Helen VanKatwyk



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"

CONDOLENCES

The Wilkinson family and the loss of Frank, and the Clark family and the loss of Lois.


NORD-BRIDGE SENIORS CENTRE
 Presents

Father's Day

\$8
 Drive - Thru Lunch

FRI, JUNE 18TH

11 am - 1 pm
 Every order comes with chicken wings, salad & dessert.

*Pre-order only by calling 403-329-3222 for pick up or delivery, while quantities last

Drive- Thru entrance at the NE parking lot of Nord-Bridge - 1904 13 Ave. N.

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 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@sikhsofylethbridge.ca
 (Call Between 8 am to 8 pm)

Thank You

for your kind donations and support!

- Lethbridge Hearing Centre
- Country Blooms Garden Centre
- Hilltop Greenhouses
- Lethbridge Foodbank
- Lethbridge Interfaith Foodbank
- Nord-Bridge membership & community of donations towards our Fitness 55 Club and the Dunford Diner
- Volunteer Delivery Drivers





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NORD-BRIDGE SENIORS WEEK TOONIE PANCAKE & SAUSAGE BREAKFAST



FREE JUICE
Compliments of



CELEBRATE SENIORS' WEEK AT NORD-BRIDGE SENIORS CENTRE ON
TUESDAY, JUNE 8 FROM 9:00 AM – 11:00 AM

* Please note: Regular Dining Room Menu
will not be available during the
Pancake Breakfast



Where: Nord-Bridge Seniors Centre NE parking lot
1904 13 Ave N. *Drive-Thru format*
Cost: \$2.00 **EVERYONE WELCOME! MUST PRE-ORDER BY
CALLING 403-329-3222 while quantities last**

AND THE WINNERS ARE..

Dunford Diner Promotion:

- Maureen Mathers
- Rudy Racz
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Mother's Day Draw:

- Roberta Svennes
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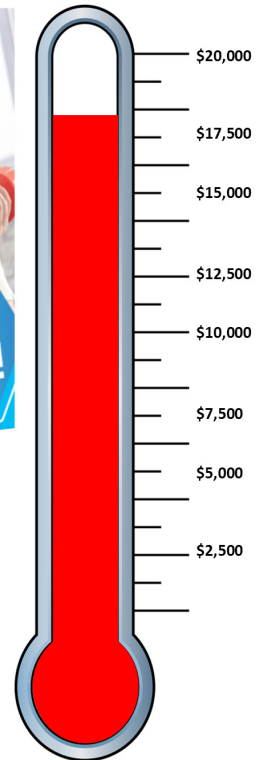
Congratulations and thank you for your support!



Fitness 55 Club Fundraising Goal \$20,000



HELP NORD-BRIDGE
RAISE \$20,000.00!
TO BUY NEW GYM
EQUIPMENT IN OUR
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For more information or to make a donation
contact Ashley or David 403-329-3222

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

- * BANANA CREAM
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- * CHOCOLATE CREAM
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Cakes \$8.00 (8" *may vary from week to week)

- * CHOCOLATE
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Cookies by the dozen \$5.00


- * CHOCOLATE CHIP
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Crisp and Loaf

- * BANANA LOAF \$5.00
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Call Nord-Bridge
403-329-3222 to order





Grow THE CONVERSATION


World Elder Abuse Awareness Day

#GrowTheConversation
Don't Let Ageism Stop The Conversation.

Reach out to older adults in your community.

During this time of social distancing, it is still important to **grow the conversation.**

June 15th



AEAAC
Alberta Elder Abuse Awareness Council
albertaelderabuse.ca

If you're concerned that someone you know is experiencing abuse, call the Family Violence Info line 310.1818 or visit albertaelderabuse.ca to find a resource in your area.



NORD-BRIDGE SENIORS CENTRE



Senior's Week Drive-Thru

Movie & POPCORN

Wed, June 9th 1:00-3:00pm

Nord-Bridge Senior Centre NE
parking lot-1904 13 Ave N

\$5.00 includes a movie and popcorn

- ☆ Open to all Seniors 55+
- ☆ Over 40 Movie titles
- ☆ Call ahead to reserve your movie at 403.329.3222 no later than June 7th

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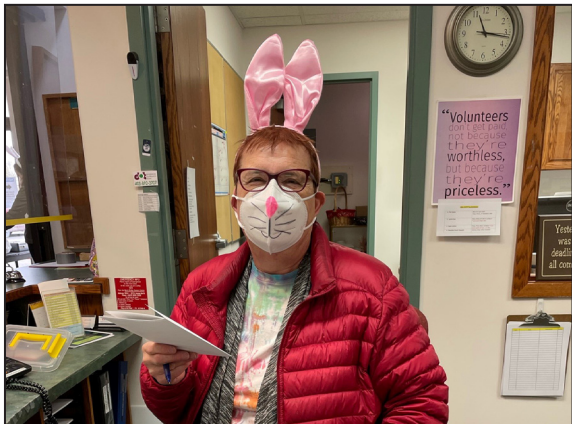
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Upcoming FREE consultation dates:
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Contact the Nord-Bridge Reception Desk to schedule an appointment. Phone: (403)329-3222
This free service is for Nord-Bridge members only.




Hi! My name is Alexis Clare, and I am the new case manager for LEARN. I had the opportunity to spend a week with Joanne prior to her transitioning to her new role and it emphasized not only the importance of the Lethbridge Elder Abuse Response Network but also the respect that the community has for her. Understandably, I know that I have “big shoes to fill” but I want you to know that I am ready to do my best!

If you, or someone you know is experiencing elder abuse, please call 403-394-0306 (private line) or email learn@lethseniors.com if you would like to see what resources and supports are available. When it comes to Elder Abuse, silence is not an option.

<http://lethseniors.com/learn>

RECOVERY COLLEGE LETHBRIDGE

Mindfulness and Daily Activities

Wednesday, June 23, 2021
1:00 p.m. to 2:00 p.m.



Mindfulness? Isn't that just meditating? In this introduction to mindfulness students will learn what mindfulness is, how to stay present in our daily routines, and explore hands-on strategies to move through each day with openness and acceptance.

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

To register for this FREE CLASS go online to:
<https://recoverycollegelethridge.ca/>

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





recovery college
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Transportation for Seniors**

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| - Recreational Outings | - Shopping |
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to schedule your appointment**

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- 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
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Chinook LifeCare Association
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chinooklifecare@gmail.com

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

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**Nord-Bridge Seniors Centre
#2, 1904 - 13 Avenue N, Lethbridge
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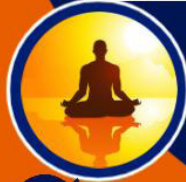
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SUMMER 2021 Nord-Bridge Seniors Centre PRESENTS **NEW**

ONLINE REGISTRATION

Available June 1st!



COURSES TO REGISTER FOR:

- KEEP FIT (STRENGTH OR AEROBIC)
- GENTLE YOGA
- ART WITH DONNA GALLANT
- ACTIVE POUND
- TASTE OF FITNESS
- MIND TO BODY SOMATICS
- FIT & FUN WALKING CLUB
- MONTHLY RECOVERY COLLEGE COURSES
- VIRTUAL COOKING CLASS

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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Nord-Bridge Seniors Centre Presents:

Prairie Sunrises & Sunsets in Watercolor

Live via: with Donna Gallant

Sunrises and sunsets are the most beautiful part of a day, there is no better media that can convey this beauty than watercolor. Learn how to paint soft changing light to a dramatic blaze of brilliant colors. You will use water and paint using gravity to make the paint fluid. No experience required. Supply sheet will be given at time of registration via e-mail.

Begins: Mondays, June 14th- July 19th
Time: 10am- 12pm

Fee: Members \$50 Non Members \$70

*Register by calling 403-329-3222 or go online at www.nordbridgeseniors.com






RACHAEL HARDER
 LETHBRIDGE ALBERTA MP

Do you know someone who goes above and beyond to serve our community?

Community Builders Awards


Nominate someone by Friday, June 25th 2021!



 @RachaelHarderMP  403-320-0070
 www.RachaelHarder.ca  Rachael.Harder@parl.gc.ca

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/>

FOLLOW US

for updates, contests, and more!

@NordBridgeSeniorsLethbridge





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](tel:1-888-472-2222) or visit <http://www.shaw.ca/internet/wifi/>.

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



NORD-BRIDGE SENIORS CENTRE

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)



FREE WiFi



**WE WILL BE CLOSED
THURSDAY, JULY 1ST &
FRIDAY, JULY 2ND**



**We wish everyone a fun &
safe Canada Day holiday!**



**NORD-BRIDGE
SENIORS CENTRE**



“The Friendly Centre”

**NORD-BRIDGE
SENIORS CENTRE**



Annette Furo - Winner of 1 of 3 door prizes for Mother's Day

**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