

# OCTOBER 2021



**NORD-BRIDGE**  
SENIORS CENTRE



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

## PRESIDENT'S REPORT



Welcome to October, may it be as mild as last year. My journal tells me we rode our bikes to Cameron Lake on October 2, 2020. I hope that the weather holds, and we can do it again this year. From November to May, the Red Rock Parkway is closed to motorised vehicles, creating a haven for cyclists.

Your Board of Directors met on September 8th after our Summer break. I am glad to report that Nord-Bridge is faring well, and the future looks promising. We are submitting a grant application to help us update the ductwork along with some renovations in our building.

Welcome to Erin Bates at the front desk who is a new staff member. Some day we hope to see her smiling face. "Bad mask joke"

We have many new members these last few months so please check out the list in the monthly newsletter. You may see the name of an old friend you have not seen for years. Encourage others to join, and remember if your spouse is under 55 they can join as an associate member.

The Lethbridge Chamber of Commerce hosted a 7:30 AM breakfast on September 14th to hear Mayor Spearman give his final state of the city address. The city website gives a complete list, but some major projects completed and under construction include the new fire hall in West Lethbridge, the ATB Centre, the airport, the U of L Science Commons, Festival square, Exhibition Park, Nikka Yuko Cultural Centre, and Legacy Park. Cyndi Vos Chamber CEO stated, "We Advocate for business, and when and how we make our business stronger is how we make our city stronger as well. So, by increasing the tax base we will see our city improve and grow".

The federal election is over and now one more election to go. Please vote on October 18th for a strong city government to take us through the next four years!

"We all can't do great things, but we can all do small things with great love!" -Mother Teresa

*George Berg  
Board 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

In Memory of Stan Shimozawa	\$25
Sharon Sorensen	\$100
Stan & Phyllis Kruszewski	\$500
Mathilde Reichel	\$1000

## NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2020 through March 13, 2020: **\$4,856.50**



<b>BUILDING FUND UPDATE:</b>	<b>Goal</b>	<b>Achieved</b>
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	2,211,138
Still needed by N-B Fundraising	288,862

## EXECUTIVE COMMITTEE

President George Berg  
Vice- President Helen Gepneris  
Treasurer Harry Fischer  
Secretary Anne Pauls  
Past President Pat Santa

## ADMINISTRATION STAFF

Executive Director David Ng  
Financial Administrator Tracy Beauchemin  
Program Coordinator Ashley Kern  
Senior Systems Navigator Lorri Penner  
Office Administrator Maria Lisun  
Wellness Coordinator/ Outreach Melanie Hillaby  
Office Administrator/ Outreach Erin Bates  
Dining Room / Kitchen Assistant Gail Krysak  
Kitchen Team Member Bety Castillo  
Kitchen Team Member Ken Mohammed  
Building Maintenance/ Custodian Marco Escobar

## BOARD OF DIRECTORS:

### First year

Doreen Smid  
Lorna Lowe  
Mike Bennett

### Second Year

Donalda Stock  
Richard Tamkin  
Vacant

### Third Year

Clay Olsen  
Jim Hahn  
Lorrie Vos

## NORD-BRIDGE MEETINGS REMINDER

### Monthly

Outreach Committee First Monday (Sept-June) 9:30am  
Directors Meetings Second Wednesday 9:30am  
Finance Committee Meeting  
Last Wednesday of Month (Feb, May, Sept, Nov)

### Annually

Annual General Mtg First Wed of March 9:30am  
General Member Mtg First Wed of November 9:30am



### NOTICE TO NORD-BRIDGE MEMBERS

Mark your calendars for

**Wednesday, November 3, 2021**

for the General Members Meeting in the  
Multi-Purpose Hall starting at **9:30 a.m.**

## 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  
8:00 a.m. to 4:30 p.m.

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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)

## EXECUTIVE DIRECTOR'S REPORT

Greetings members,

Last month we started up a lot of our programming and services under some new COVID-19 restrictions. We have implemented the "Restriction Exemption Program" (REP) at Nord-Bridge, this allows us to continue as 'business as usual' with some restrictions still in place. If we did not implement the REP we would be forced to shut down our dining room, all fitness programs, all social activities and most support services. By following the REP we are screening everyone who comes into Nord-Bridge for Proof of Vaccination or proof of medical exemption and or a negative rapid test.

If someone does not have proof of vaccination at the door, we try to accommodate and look up their vaccine record (Alberta Health Care Card and the month that the person received their vaccination will be required). If we are unable to retrieve the vaccine record the person will not be allowed entry into Nord-Bridge.

I would like to thank all the members and people in the community that have been supportive of Nord-Bridge implementing this program. This has enabled us to continue with our day to day business and operate almost 90% of our programs and services (with some masking and physical distancing guidelines still in effect).

This month eligible voting residents of Lethbridge will head to the polls on October 18th for our Municipal Election. Last month we hosted our Meet and Greet for all 38



candidates (6 mayoral and 32 councillor). We had an amazing turnout with over 150 members of the community come and meet 34 of the candidates (4 were unable to attend). If you were unable to attend the Meet and Greet, many of the candidates have provided literature on our elections table by the Berlando Boardroom. I encourage you to exercise your democratic privilege and vote for those you feel best committed and capable of governing our community.

Our General Membership Meeting is scheduled for Wednesday, November 3rd at 9:30 a.m. in the Multi-Purpose Hall. Please note Carpet Bowling and Line Dancing will be cancelled on this day.

Join me in congratulating Terry Toth the new owner of the Medicine Shoppe Pharmacy located at Nord-Bridge. Terry has worked the last seven years at the Medicine Shoppe; prior to that he was the manager at the North Safeway pharmacy location for 16 years. Terry has enjoyed being a small part of the Nord-Bridge family over the last few years and has appreciated the support of the clients, some of who he has known for more than 20 years. Terry and Nord-Bridge would like to thank Chad and Louisa Baker for the 10+ years they owned and operated the store. Terry will continue to offer the same high standard of care and welcomes all to come by the pharmacy for any health services or just to say hi and see what they have to offer.

*David Ng*  
*Executive Director*

### CONDOLENCES TO:

The Goodman family and the passing of Eva.

The McNeely family and the passing of Dale.



Dan Lang, Bob Murphy, Judy Workman, and Torben Jorgensen winners of bocce ball tourney

## PROGRAMMER'S REPORT



Well there goes another month! I love Fall so it is very nice to see all the changing colors. I recently took a trip to Victoria, BC last month for a small wedding! It was amazing, and to see all the colors of the flowers in Butchart Gardens what quite something.

Last month was a busy one with the Whoop-Up Pancake Breakfast, Fall Programming began, and a Meet and Greet

with Candidates for the Municipal Election. We had a great turn out and are continuously thankful the support from Nord-Bridge members. This month we have quite a few events planned such as:

Oktoberfest on Friday, October 1st with live entertainment and beer for purchase, along with a Thanksgiving lunch special October 8th both for \$8. Please note Thanksgiving is not like in previous years and you will not be required to buy tickets for this, it is just a come and go event of delicious turkey and all the fixins! Thank you to No Frills North for donating once again for this event!

We have Lawyer visits on October 12th, Foot Care and Coffee with a Constable on October 13th, Free Walker Repair Clinic on October 20th, and Free Hearing Consultations on October 21st. Please call 403-329-3222 to book your appointment at the front desk. Please note: Tech Help with Lynne has been postponed until further notice and we appreciate your understanding.

NEW in person programs include Intermediate Line Dance with Diane Holstine on Tuesdays and Thursdays as well as Checkers, Chess, and Backgammon now on Friday afternoons at 1pm, drop

ins welcome! We are continuing to offer online classes as well such as Cooking (open to anyone 55+) with yours truly for \$20 per person and "Conversations That Matter for Ages 55+" over ZOOM.

This month we are excited to announce an intergenerational craft and board game afternoon in partnership between The Boys and Girls Club with seniors and children/youth on October 26th from 2:45-3:45pm. We are currently looking for more Senior volunteers for this event, call me for more details!

Lastly, we are also looking for a volunteer to help water our large plants in the main corridor of our Hallway. If you have experience in this area and love horticulture, let me know and we can get you started! If you are also ever interested in volunteering at Nord-Bridge in other areas, please go to [www.volunteerconnector.org](http://www.volunteerconnector.org) and search for "Nord-Bridge Seniors" and you will find various areas. Conveners are also needed to take over for the following programs such as: Cribbage, Euchre, Hand & Foot, Military Whist, Trump Whist & Monday Jam Sessions. Conveners need to be members of Nord-Bridge, will need to sign out keys each week to access the program cupboards (if applicable), set up the program, lead and help new comers getting started in the program, and will as well be the main contact for the program. If any of these interest you, give me a call at 403-329-3222!

Until next month, stay happy and healthy!

*Ashley Kern*  
Program Coordinator



## WELCOME NEW MEMBERS WE ARE HAPPY TO HAVE YOU HERE!

33!

Anonymous	Dennis Jobe
Anonymous	Maureen Racz
June Spak	Charlie Fletcher
Elizabeth Pocock	Rick Whitton
John Plaxton	Marina Fix
Isabel Knoch	Jim MacNeil
David McCuaig	Brian Jones
Joan Marra	Murray Newton
Connie Quintin	Susan Racine
Twyla Simpson	Angela Boderick
John Marra	Carlene Neeve
Bill Hoeven	Norm Racine
Janet Westhara	Agnes Sinclair
Hantzen Scholten	Lynne Kinch
Anonymous	Lloyd Tudor
Rudy Racz	Debby Gregorash
Deb Nishi	

## 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.

Membership Renewal: \$50

Prorated Rates for New Memberships: \$73.00

For more information please to go to page 24

# RECOVERY COLLEGE LETHBRIDGE

## **Conversations That Matter**



### **Who should attend?**

**Family, friends,  
caregivers - anyone  
aged 55+**

**To register for this FREE  
CLASS  
go online to:**

**<https://recoverycollegelethbridge.ca/>**

**Monday,  
October 18, 2021**

**1:00 p.m. to 2:00 p.m.**

Effective conversation skills are the key to developing (and keeping) friendships and to building a strong social support network. In fact, having good relationships can act as a “buffer” for feelings of anxiety and low mood.

**Join us to learn more!**



CANADIAN MENTAL HEALTH ASSOCIATION  
**recovery college**  
LETHBRIDGE

# FRIDAY LUNCH SPECIALS

\$8

OKOTOBERFEST LUNCH SPECIAL

OCT 1

THANKSGIVING LUNCH SPECIAL

OCT 8

LASAGNA, GARLIC TOAST & CEASAR SALAD

OCT 15

LIVER & ONIONS, MASHED POTATOES & VEGGIES

OCT 22

ROAST BEEF, MASHED POTATOES & VEGGIES

OCT 29

**DINE- IN**  
**OR**  
**TAKE OUT**



**NORD-BRIDGE**  
SENIORS CENTRE

1904 13 Ave. N.

DUNFORD DINER OPEN MON- FRI 8AM- 2PM

**\*Proof of vaccination required before entry into the building\***

# Dunford Diner Menu

## Breakfast

<b>Full Breakfast</b> 7.00	<b>Fried Bacon Egg Sandwich</b> 5.75
2 Eggs, Bacon or Sausage or Ham Hashbrowns, Toast & Coffee	
<b>Eggs Benedict</b> 7.00	<b>Small Full Breakfast</b> 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
<b>Bacon Temptation Omelette</b> 7.00	<b>Breakfast Burrito</b> 5.00
Topped with sliced Tomatoes, Hashbrowns, Toast & Coffee	Sausage, Peppers, Mushroom, Green Onions, Cheese
<b>Spinach Omelette</b> 7.00	<b>Pancakes</b> 5.00
Spinach, Mushroom, Green Onions, Peppers, Cheese, Hashbrowns, Toast & Coffee	<b>French Toast</b> 5.00
<b>Spanish Omelette</b> 7.00	<b>Waffles</b> 5.00
Peppers, Green Onions, Ham, Mushroom, Cheese with Hashbrowns, Toast & Coffee	<b>Egg Muffin Sandwich</b> 4.25
<b>Ham and Cheese Omelette</b> 6.25	Toasted Egg Muffin with Bacon or Ham or Sausage
With Hashbrowns, Toast & Coffee	<b>Add</b> 3.00
	Ham or Bacon or Sausage

## Lunch

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

## Salad

<b>Chef Salad</b> 6.50
<b>Chicken Caesar</b> 6.00
<b>Taco Salad</b> 6.25
Add refried beans \$1.00
<b>Caesar Salad</b> 5.00
With Garlic Toast
<b>Garden Salad</b> 5.00

## Fries

<b>Poutine</b> 5.00
<b>Fries</b> Small 2.00 Large 4.00
<b>Onion Rings</b> 4.00
<b>Loaded Fries</b> 5.00
Bacon, Cheese, Green Onions
<b>Sweet Potato Fries</b> 4.00

## Soup & Sandwich

<b>Soup &amp; Sandwich</b> 6.50
<b>Soup</b> 3.75
<b>Sandwich</b> 3.25



**Dunford Diner Hours**  
Monday - Friday  
8:00am - 2:00pm

All Menu Items available for Dine-In or Pick Up.  
Call 403-329-3222 to order

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

# ONLINE REGISTRATION

Available Sept. 7

**COURSES TO REGISTER FOR:**

- KEEP FIT (STRENGTH OR AEROBIC)
- GENTLE/CHAIR YOGA
- GENTLE PILATES
- ZUMBA GOLD
- ACTIVE POUND
- SOMATICS STRETCH & RELEASE
- GUIDED MEDITATION
- ART WITH DONNA, DENISE, OR KARINA

OR CALL 403-329-3222 TO REGISTER OVER THE PHONE AFTER SEPT. 7

ENROLL ONLINE AT: WWW.NORDBRIDGESENIORS.COM

\*\*FOR MORE INFORMATION ON FALL PROGRAMS PLEASE READ NEXT MONTHS NEWSLETTER (SEPTEMBER)



**FRIDAY LUNCH ENTERTAINMENT**  
October 1, 2021 - Alice Tinordi  
October 8, 2021 - Yvonne Nelson  
October 15, 2021 - Darlene Waldi  
October 22, 2021 - Karens Entertainment  
October 29, 2021 - Bryan Bradfield

## BOUTIQUE NEWS

Big yarn blow out starting October 1st for one weekly ONLY. We will be accepting winter garments on October 15th, and Christmas products on November 12th.

Sincerely,  
Heather & Jo-Ann



## LORRI'S CORNER

### Well here we are in October.

The 10th month of the year and I don't know about you but I am shocked at how fast this year has gone. It seems like it was just a few weeks ago, we were seeing the signs of spring start and hopeful for the promise of summer. And now POOF, summer is gone.

I have been doing some reflecting lately on every day life, the pandemic, society and how this has been impacting us all and the one word that keeps coming up is...

### CHANGE.

The obvious is the change of seasons, and the leaves all over the place, the changing colours and the feeling in the air is different... reminding us of what is to come. Those that know me know that fall and winter are not my preferred seasons but change does not really care.

I wander through the halls of Nord-Bridge and my mind goes back to when I first started working here. The friendly faces and welcomes were abundant and I was a part of a very large and caring family! I then allow my mind to remember March 16, 2020, walking in to work on Monday morning knowing that there was a change and never imagining the extent of this change.

### Change is not a bad thing though.

Society has changed too and while the masks have hidden our smiles, I think we have all learned how to smile with our eyes and someday when this is all behind us, I am looking forward to seeing whole face smiles, beautiful genuine smiles!



Another society change and this one is not welcome in my opinion. I am troubled by the meanness that is happening, the hatred towards others and how it seems to be "acceptable" to throw rocks at people, the disrespect and

ignoring the things that made us a civilized society in the past. This change scares me and some nights I can not sleep worrying about this and if it will stay like this.



Over the past week I have noticed the change within the walls of Nord-bridge. People are coming in again, smiling with their eyes, and commenting how they feel safer. This matters. It has been a very long 19 months and I know there is not a person that will disagree with this.

In life, as we know, things can change in a moment. It might be a change in our health or where we live or a pandemic. As much as we wish we could, we can't stop those changes.

### Change.

I have realized that at the end of the day, regardless of the changes that happen, what is important is taking care of each other: your family, your friends, neighbours, others we pass on the street, and ourselves.



Keep practicing your smiling eyes! I cannot wait to see the change when our whole face smiles again!



*Lorri Penner  
Social Worker*



## PLEASE BE ADVISED

Nord-Bridge Seniors Centre has implemented the

### **Restriction Exemption Program**

Starting Monday, September 20

Proof of Vaccination or

Documentation of Medical Exemption or a

Negative rapid test (taken within the past 72 hours)

Will be required for any individual who want to access our facilities or programs and services.

**MASKS are still Mandatory**

COME & ENJOY OUR MONTHLY

# BREAKFAST BUFFET



NORD-BRIDGE  
SENIORS CENTRE

**\*FIRST WEDNESDAY  
OF EVERY MONTH!**

OPEN AT 830 TO 1030AM  
AT 1904 13 AVE. N. &  
OPEN TO ALL!

**\$10  
PER PERSON**



## DARCY LOGAN for LETHBRIDGE CITY COUNCIL

My name is Darcy Logan and I am looking to serve my community on Lethbridge City Council. Let's work together in creating a successful, vibrant, and sustainable community we can all be proud of. We have world-class businesses, recreation, education and cultural opportunities. Let's celebrate and grow Lethbridge.

- ACCOUNTABILITY
- RESPONSIBILITY
- RESPECT

L  VE  
LETHBRIDGE

[www.LoganLovesLethbridge.ca](http://www.LoganLovesLethbridge.ca) October 18, 2021

October 18th  
VOTE 

# Bridget

# MEARNS

## FOR MAYOR

**Experience. Vision. Determination.**

- I was born and raised in Lethbridge, attended CCH and graduated from the UofL. Lethbridge is my home.
- As a 2 term councillor I'm proud of the work I've done for Lethbridge.
- I understand folks are worried about safety, cost of living and what the future of Lethbridge holds. I care about you and your family and I promise to work on your behalf to foster a city that works and cares for everyone and builds bridges across the issues that divide us.

If you'd like to have a conversation about Lethbridge,  
send me an email at: [bridget@bridgetmearns.ca](mailto:bridget@bridgetmearns.ca)

I'm on Facebook: [@BridgetMearnsMayor](https://www.facebook.com/BridgetMearnsMayor)  
or go to [www.bridgetmearns.ca](http://www.bridgetmearns.ca)



**BUILDING TOGETHER**



Hello, my name is Amy and I wanted to introduce myself (or say hello again to those of you I already know)! I will be acting as the new Lethbridge Elder Abuse Response Network (LEARN) Case Manager and have been in this position since August 5th now. Prior to starting at LSCO I graduated from the University of Calgary with a Bachelor in Social Work. During that time I completed my junior practicum with Child and Family Services and my senior practicum with Lethbridge Housing Authority. After graduation I was lucky enough to get on at Lethbridge Housing and later transfer over to LSCO.

I grew up in Fort Macleod but have always been familiar with Lethbridge! Growing up I attended summer camps in Lethbridge, had many friends here in the city and played volleyball for the Lethbridge Volleyball Club. I remember many practices taking place here in the Fritz Sick gym! I also attended both the Lethbridge College and the University of Lethbridge and have lived here for the last 6 years. Starting my social work career at Lethbridge Housing gave me the opportunity to develop a professional network and become familiar with resources available for those of all ages in and around Lethbridge. I am so excited to get to serve the community that has offered me so much growing up! My office is located on the second floor of the LSCO building and I can also be reached by phone at 403-394-3036 or by email at [learn@lethseniors.com](mailto:learn@lethseniors.com)

When it comes to Elder Abuse, silence is not an option.

<http://lethseniors.com/learn>

**THANK YOU!**  
To our sponsors & volunteers in September towards our special events:

Gordon Food Services, McDonalds, Lethbridge Hearing Centre, Costco Wholesale, Huckvale LLP, Evergreen Golf, Gibbs Insurance, Peavey Mart, Nord-Bridge Members, & the community!



**Re-Elect**  
**JEFF CARLSON**  
**For City Council**

Innovation  
Compassion  
Arts  
Recreation  
Environment

**For LETHBRIDGE!**  
councillorcarlson@gmail.com

**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-115  
Jake Boldt, BC-115  
Registered Hearing Aid Practitioners

**W** Ryan **WOLFE**  
**BACK TO BUSINESS**

**VOTE WOLFE**  
VOTERYANWOLFE.CA  
403-635-6029

**Lethbridge City Council**



# Christmas Trays & Pies

**Cookie Tray 8"** **\$15.00**  
(3 dozen assorted cookies)

**Dessert Tray 10"** **\$20.00**  
(approx. 20-25 pieces including tarts)

**Pies** **5"** **8"**

**Pumpkin, Apple, Cherry** **\$5.00** **\$8.00**

**Raisin** **\$5.00** **\$8.00**

**Mincemeat** **\$6.00** **\$12.00**

**\*Limited quantities of cookie and dessert trays available.\***

*Orders can placed between  
November 1st - 26th by calling  
403.329.3222  
Pick Up Dates: Friday,  
December 3, 10 & 17*



## 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"

LETHBRIDGE SCHOOL DIVISION

# TRUSTEE GENNY STEED



Communities. Families. Education.

Hi, my name is Genny Steed and I want to introduce myself as a candidate for School Board Trustee in the upcoming election.

I am a mother of 6 vibrant children, ranged in age from 1 to 13 years old. I attended the U of L where I pursued a combined degree in English and Education. My husband and I own and operate Lethbridge's Southgate Medical centre. I enjoy time spent on the ski hill, the hiking trail, or immersed in literature.

I am a volunteer youth leader and lead weekly activities designed to promote confidence, understanding of self-worth, and promote healthy life choices. I am involved as a member of school counsel committees, meal programs, and fundraising committees. My experiences in life have fostered a passion for academia and a vested interest in the educational and operational decisions for both our schools and our province's curriculum. Owning and operating a business has taught me about budget allocation and I am interested in maximizing our district's fiscal planning.

What I want for Lethbridge's next generation, are the same things I want for my own children. I want a bright and healthy future filled with potential. I want them to feel academically prepared. I invite you to connect with me directly through email at [trustee.steed@gmail.com](mailto:trustee.steed@gmail.com) or to learn more about me on facebook at [www.facebook.com/trustee.steed](https://www.facebook.com/trustee.steed) Join in voting on Oct. 18 and let's plan for Lethbridge's rising generation.

# 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)

# CREATIVE MEMORIES™ with Lorie

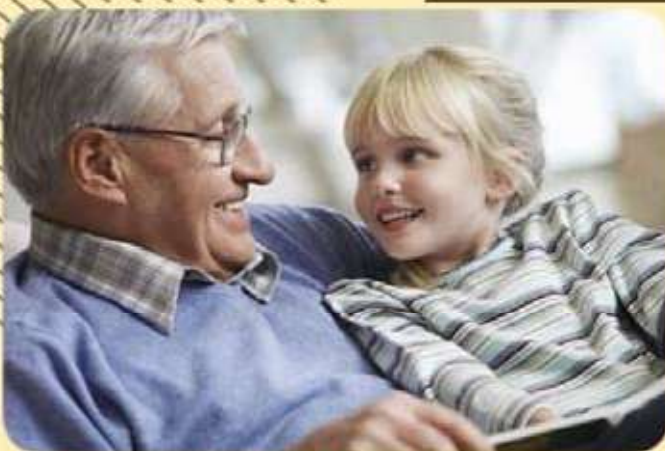
## Scrapbooking Afternoon

Create a scrapbook of memories with your Grandchild. Please bring 15-20 photos and your excitement!



\$10 per senior and grandchild \*Register at the Front Reception Desk\*

TUESDAY, OCTOBER 12TH FROM 1PM-2PM IN THE SOUTH VIEW ROOM



\*Seniors & children (ages 12+) will require proof of vaccination before entry into building

### 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 YouTube 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



**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)







ON OCTOBER 18, 2021

RE-ELECT  
**Belinda**  
CROWSON

COUNCILLOR  
CITY OF LETHBRIDGE

f Belinda4Council    ✉ mcrowson@telus.net



**DALE LEIER**  
FOR  
**LETHBRIDGE**  
**CITY COUNCIL**



**DALE LEIER**  
FOR COUNCIL

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







Email: [dale@iluvyql.ca](mailto:dale@iluvyql.ca) Phone: 403.634.7427

[www.iluvyql.ca/getinvolved](http://www.iluvyql.ca/getinvolved)    f    [www.facebook.com/dalepleier](https://www.facebook.com/dalepleier)

**Terry Fox Walk**



# OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p><b>4</b> 9:00 Gentle Yoga 9:30 Jammers 10:00 Floor Curling 10:00 Town &amp; Country Line &amp; Wash 1:00 Darts 1:00 Military Whist 1:00 Woodcarving 1:00 Contract Bridge 1:30 <b>Outreach Meeting</b> (Board Room) 6:30 Bid Euchre</p>	<p><b>5</b> 9:00 Active Day POUND® 9:30 Beginner Watercolour 10:00/11:00 Clogging 10:45 Adapted Aerobic Keep Fit 1:00 Canasta 1:00 Intermediate Line Dance (Multi-Purpose Hall) 1:00 Watercolor Club 1:30 Texas Hold'em 1:30 Scrabble 5:30 Evening Pound® with Sheila 7:00 Evening Line Dance</p>	<p><b>6</b> 8:45 ZUMBA Gold® 9:00 Guided Meditation 9:00 Gentle Somatics 10:00 Carpet Bowling 10:00 Paper Tole (South View Room) 10:30 Chair Yoga 10:45 <b>WINNERS BINGO</b> 11:15 Beginner Line Dance 1:00 Darts 1:00 Euchre 1:00 Quilt/Kraft 7:00 Table Tennis</p>	<p><b>7</b> 9:00 Card Crafters 9:00 Floor Curling 9:00 Gentle Pilates 9:30 Mind Joggers 10:00 Intermediate Line Dance (West Community Room) 10:45 Strength Keep Fit 1:00 Acrylic Painting 1:00 Hand &amp; Foot (Diner Annex) 1:00 Trump Whist 1:00 Woodcarving 1:00 Duplicate Bridge 1:15 Floor Shuffleboard</p>	<p><b>8</b> 9:00 Stability Yoga 10:00 Carpet Bowling 1:00 Contract Bridge 1:00 Checkers/Chess/ Backgammon (Craft Room) 1:00 Crib</p> 
<p><b>1</b> 9:00 Stability Yoga 10:30 Chair Yoga 10:00 Carpet Bowling 10:45 <b>WINNERS BINGO</b> 11:00</p>  <p>1:00 Contract Bridge 1:00 Checkers/Chess/ Backgammon (Craft Room) 1:00 Crib</p>	<p><b>8</b> 9:00 Stability Yoga 10:00 Carpet Bowling 1:00 Contract Bridge 1:00 Checkers/Chess/ Backgammon (Craft Room) 1:00 Crib</p> 			

11

# CLOSED FOR THANKSGIVING



12

**9:00 LAWYER** by appointment  
 9:00 Active Day POUND®  
 9:30 Beginner Watercolour  
 10:00/11:00 Clogging  
 10:45 Adapted Aerobic Keep Fit  
 1:00 **Creative Memories®**  
**Scrapbooking with Lorie** (South View Room)  
 1:00 Intermediate Line Dance (Multi-Purpose Hall)  
 1:00 Watercolor Club  
 1:00 Canasta  
 1:30 Texas Hold'em  
 1:30 Scrabble  
 5:30 Evening Pound® with Sheila  
 7:00 Evening Line Dance

13

**8:30 FOOT DOCTOR** (Craft Room)  
 8:45 ZUMBA Gold®  
 9:00 Guided Meditation  
 9:00 Gentle Somatics  
 9:30 **Tech Help CANCELLED**  
 10:00 Carpet Bowling  
 10:00 Paper Tole (South View Room)  
**10:00 Coffee with a Constable**  
 10:30 Chair Yoga  
**10:45 WINNERS BINGO**  
 11:15 Beginner Line Dancing  
 1:00 Darts  
 1:00 Euchre  
 1:00 Quilt/Kraft  
 7:00 Table Tennis

14

9:00 Card Crafters  
 9:00 Floor Curling  
 9:00 Gentle Pilates  
 9:30 Mind Joggers  
 10:00 Intermediate Line Dance (West Community Room)  
 10:45 Strength Keep Fit  
 1:00 Acrylic Painting  
 1:00 Hand & Foot (Diner Annex)  
 1:00 Trump Whist  
 1:00 Woodcarving  
 1:00 Duplicate Bridge  
 1:15 Floor Shuffleboard

15

9:00 Stability Yoga  
 10:00 Carpet Bowling  
 10:30 Chair Yoga  
 11:00 Lasagna, Garlic Toast, & Caesar Salad  
 1:00 Contract Bridge  
 1:00 Checkers/Chess/Backgammon (Craft Room)  
 1:00 Crib



18 & 25\*

9:00 Gentle Yoga  
 9:30 Jammers  
 10:00 Town & Country Line & Wash  
 10:00 Floor Curling  
**\*11:15 Virtual Cooking with Ashley**  
**\*1:00 Darts (25th)**  
 1:00 Military Whist  
 1:00 Woodcarving  
 1:00 Contract Bridge  
**1:00 Recovery College Virtual Session**  
 1:30 OUTREACH (18th)  
**\*Tentative\***  
 6:30 Bid Euchre  
**\*Darts cancelled Oct. 18th**

19 & 26\*

**9:00 REIKI RELAXATION**  
 9:00 Active Day POUND®  
 9:30 Beginner Watercolour  
 10:00/11:00 Clogging  
 10:45 Adapted Aerobic Keep Fit  
 1:00 Intermediate Line Dance (MPH)  
 1:00 Watercolor Club  
 1:00 Canasta  
 1:30 Texas Hold'em  
 1:30 Scrabble  
**\*2:45 Boys & Girls Club Intergenerational Game Afternoon**  
 5:30 Evening Pound® with Sheila  
 7:00 Evening Line Dance

20\* & 27

8:45 ZUMBA Gold®  
 9:00 Guided Meditation  
 9:00 Gentle Somatics  
**\*10:00 Leisters Walker Repair Clinic (Main Corridor)**  
 10:00 Carpet Bowling  
 10:00 Paper Tole (South View Room)  
 10:30 Chair Yoga  
**10:45 WINNERS BINGO**  
 11:15 Beginner Line Dance  
 1:00 Darts  
 1:00 Euchre  
 1:00 Quilt/Kraft  
 7:00 Table Tennis

21\* & 28

9:00 Card Crafters  
 9:00 Floor Curling  
 9:00 Gentle Pilates  
 9:30 Mind Joggers  
 10:00 Intermediate Line Dance (West Community Room)  
**\*10:00 Lethbridge Hearing Centre (South View Room)**  
 10:45 Strength Keep Fit  
 1:00 Acrylic Painting  
 1:00 Hand & Foot (Diner Annex)  
 1:00 Trump Whist  
 1:00 Woodcarving  
 1:00 Duplicate Bridge  
 1:15 Floor Shuffleboard  
**\*6:00 Paint & Sip Night**

22\* & 29\*

9:00 Stability Yoga  
 10:00 Carpet Bowling  
 10:30 Chair Yoga  
**\*11:00 Liver & Onions (Dunford Diner) (22nd)**  
**\*11:00 Roast Beef & Mashed Potatoes (29th)**  
 1:00 Contract Bridge  
 1:00 Checkers/Chess/Backgammon (Craft Room)  
 1:00 Crib



**Go Friendly Shuttle door-to-door service: Call 403-329-3222 the day prior, or sooner, to book a ride. Cost is \$3.00 each way, or use your Lethbridge Transit "Breeze Card". \*This service is not available**

- LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL FIND A PHONE FRIEND FOR YOU. CALL MARIA AT 403-329-3222 TO ARRANGE.
- **\*IN-HOUSE BINGO – TENTATIVE OPENING IN OCTOBER 2021 CALL 403-329-3222 FOR MORE INFO**
- **LETHBRIDGE HEARING - THIRD THURSDAY OF THE MONTH** (by appointment ONLY) : Oct. 21, Nov. 18, & Dec. 16

## CENTRE CLOSED OCTOBER 11TH FOR THANKSGIVING DAY

- SHOPPING TRIPS TO WALMART: CANCELLED UNTILL FURTHER NOTICE
- **WINNERS BINGO: Oct. 1, 6, 13, 20, 27, 2021**
- **FOOT DOCTOR: DR. SCHOW NOW AT 8:30 AM. FUTURE DATES: OCTOBER 13, 2021 and DECEMBER 8, 2021 (NOW \$15) NEW ROOM: CRAFT ROOM**
- **LETHBRIDGE COLLEGE MESSAGE STUDENTS HERE ON: NOV. 10, 2021 AT 10AM-NOON IN CRAFT ROOM**
- **HUCKVALE LLP- FREE 30 MIN. LEGAL CONSULTS FOR MEMBERS ONLY ON SECOND TUESDAY OF EVERY MONTH AT 9AM (APPOINTMENT REQUIRED)**



**Fall 2021**



**NORD-BRIDGE  
SENIORS CENTRE**

**VOLUNTEERS  
55 and older  
NEEDED**

**GET INVOLVED & MEET  
NEW PEOPLE!**

**SIGN-UP  
TODAY!**

**Opportunities  
include:**

- \*In House Bingo Caller
- \*Winners Bingo Volunteers (various)
- \*Ticket Takers, Ticket Sellers, & 50/50 sellers (special events)
- \*Dunford Diner Cashier & Dish Washer
- \*Plant Waterer
- \*Front Reception Desk Volunteers
- \* Outing Bus Driver (must have Class 1, 4, or 5)

**Go to [volunteerconnector.org](http://volunteerconnector.org) to apply or call 403-329-3222 and ask for Ashley!**

**\*All volunteers will need a current criminal record check involving the vulnerable sector. Call 403-329-3222 for more information.\***

*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** sutton group – lethbridge  
AN INDEPENDENT MEMBER BROKER

**403-320-6411**

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

**Over 27 Years Experience**





**NORD-BRIDGE  
SENIORS CENTRE**

# OKTOBERFEST

**FRIDAY, OCTOBER 1ST FROM 11AM - 1PM**

**COME DOWN FOR OKTOBERFEST AT NORD-BRIDGE FOR A  
DELICIOUS GERMAN LUNCH SPECIAL & LIVE  
ENTERTAINMENT BY ALICE TINORDI!**

Alcohol is  
an extra  
fee.

**\*FOR MEMBERS & INVITED GUESTS PROOF OF VACCINATION REQUIRED UPON ENTRY INTO BUILDING**

**Nord-Bridge Seniors Centre**

1904 13 Ave. N. Lethbridge AB

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



**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.

**roost  roost  
LIMITED**

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

We can help....

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



New Owner/  
Operator

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

Cell: 403-330-8389

# FREE Walker Repair CLINIC

Where: 1904 13 Ave. N. in the Main Corridor of Nord-Bridge  
When: Wednesday, October 20th  
Time: 10 am- 11 am



**NORD-BRIDGE**  
SENIORS CENTRE

**First come first serve!**  
**\*For members of  
Nord-Bridge ONLY**

Thank you to:



**VOTE JENN  
SCHMIDT-REMPEL**  
For Lethbridge City Council

PEOPLE. SERVICE. BUSINESS. COMMUNITY.

I'm asking you to vote for me on  
**October 18, 2021.**

Let's get together  
and discuss  
your thoughts  
about our city!

Learn more about me, my experience and skills, and my platform at:



• [jenschmidtrempel.ca](http://jenschmidtrempel.ca) • E-mail: [jenn@jenschmidtrempel.ca](mailto:jenn@jenschmidtrempel.ca) • 403-393-3381



**HUCKVALE** LLP  
*established 1906*

# Free Legal Consults at



Lawyers will be here the  
Second Tuesday of the month  
starting September 14th

**\*For Nord-Bridge Members ONLY\***

📞 Call 403-329-3222 to book your appointment with the Reception Desk

📍 1904 13 Ave. N.

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

# WE ARE NOW

# OPEN

## Dunford Diner - Dine-In

Monday - Friday 8am - 2pm

Open to all and no reservation needed!

**ELECT**  
**HAROLD PEREVERSEFF**

FOR LETHBRIDGE  
CITY COUNCIL

"STOP - LOOK - LISTEN"

THEN

"PROCEED"



Harold is an active member of the  
Lethbridge community.

Harold was a Board member of the Lethbridge Transparency Council until declaring his candidacy for Lethbridge City Council. He was also an active member of the Committee for Government Affairs.

In his retirement, Harold has served two terms on a Provincial Appeal Panel for AISH and Income Support.

Harold has been instrumental in organizing petitions and has presented to City Council. Harold has written numerous letters to the editor challenging numerous City Council decisions.

Harold has kept himself busy as a "citizen advocate" at City Council, looking from the "outside in". Now is your opportunity to elect Harold so that he may continue his work from the "inside looking out". Electing Harold to city council will make a positive difference to our City.

Contact Harold @

Ph: 403-330-6119

email: [vote4harold@gmail.com](mailto:vote4harold@gmail.com)

Facebook: [Harold Pereverseff](https://www.facebook.com/HaroldPereverseff)

# VOTE BILL GINTHER CITY COUNCIL



[billginther@gmail.com](mailto:billginther@gmail.com) • Phone: (587) 220-8688

**Lethbridge**  
HEARING CENTRE

# FREE HEARING TESTS



BOOK YOUR FREE HEARING APPOINTMENT BY CALLING

**403-329-3222**

Third Thursday of the month starting

**October 21st**

1/2 hour appointments for  
Nord-Bridge Members ONLY\*

Follow us on Facebook  
@NordBridgeSeniorsLethbridge 



# Membership Renewals

## NOW PRO-RATED!

For new and renewing members:  
pay \$73.00 for the rest of 2021 and 2022!

\*For a limited time only talk to the Front  
Reception Desk for more info!





**WINNERS**

  
**BINGO**

Two blocks west of the casino on Crowsnest Trail

**EVERY THURSDAY  
IS SENIORS DAY!**

*Come Support Nord-Bridge & have fun  
at the same time- play Bingo on  
Wednesdays!*



Every Thursday  
**SENIORS GET 25% OFF  
REGULAR & RUBY CARDS**

Friday Nights  
**FREE \$500 GAME**

Sunday Afternoons  
**FREE \$200 GAME**

**Play VBingo Monday, Tuesday, &  
Saturdays Nights. Stop by the hall and get  
your cards and then play in the comfort &  
safety of your home!**

Phone 403-320-6588 for more details.

**Call the Hotline: 403-327-7454**  
or Email: winners\_bingo@telus.net

  
**NORD-BRIDGE  
SENIORS CENTRE**

*Intergenerational  
Board Game  
Afternoon*

TUESDAY,  
**26** OCT. 2021 @ 2:45 PM

**IN THE MULTI-PURPOSE  
HALL OF NORD-BRIDGE**

IN PARTNERSHIP WITH  **bgc** Lethbridge

\*ALL SENIORS 55+ WELCOME TO REGISTER  
PLEASE CALL 403-329-3222 OR STOP BY  
NORD-BRIDGE AND ASK FOR ASHLEY.

  
**NORD-BRIDGE  
SENIORS CENTRE**

WE ARE LOOKING FOR A  
**VOLUNTEER  
PLANT WATERER**

Open to any senior 55+ who has a  
green thumb and would like to  
water all of our large indoor  
plants at Nord-Bridge! Some light  
lifting is required.

 Where: 1904 13 Ave. N.

 When: every two weeks  
for one hour

This is a great opportunity to make our  
facility look the best it can!

**Call 403-329-3222 and  
ask for Ashley if interested!**

### Terry Fox Walk



### 3 Reasons to discuss the flu with your personal pharmacist.



We can answer all your questions about the flu shot and administer it in the pharmacy.



We know the flu virus can hit hard, and we're equipped with the advice you need to feel better as soon as possible.



We can recommend over-the-counter remedies for your symptoms and ensure they don't interact with your other medications.

Visit us today!

Medicine Shoppe® is a registered trademark of McKesson Canada Corporation.

### Meet your personal pharmacist.

**Terry Toth, B.Sc. Pharm**  
Pharmacist Owner

**Nord-Bridge Senior's Centre**  
#2, 1904 - 13 Avenue N  
Lethbridge, AB T1H 4W9  
(403) 381-0700

Monday - Friday 9:00-5:30  
Weekends & Holidays  
Closed



### Transferring your prescription is easy.

Simply provide us with the information of your current pharmacy, and we'll do the rest!

### Soothe your symptoms with a FREE atoma® Cough and Cold product of your choice up to \$5.\*



Receive one atoma cough and cold product to a maximum retail value of \$5 (before tax), of the consumer's choice for FREE. \*Excludes all paper items and waxes. Limit 1 per customer. Must be presented at time of sale. While quantities last. See in store for details. No cash value. Some restrictions apply. Cannot be combined with any other offer. Not limited to products shown. Expires November 7, 2021.

Special Offer Inside!

MS284 - T1H 4W9 - 1021

Re-Elect

**Ryan  
Parker**

for  
Lethbridge City  
Council  
(403) 360-8880

[voteparker2021@gmail.com](mailto:voteparker2021@gmail.com)



A PROVEN record of listening and taking action on challenges and opportunities facing our senior community.

"Thank you for your past support. I will never take it for granted"

Ryan Parker

### Your Advocate

Shelby J.  
**MacLeod**

Lethbridge City Council  
*I care about the people and  
families of North Lethbridge*

403-381-2533



[Shelby@ShelbyJMacLeod.ca](mailto:Shelby@ShelbyJMacLeod.ca)

### Pancake Breakfast





**Karina Mak's**  
**Acrylic**  
*Painting*

\*No class Nov. 11th

**Session 1- Thurs, Sept. 23 - Oct. 28**  
**Session 2- Thurs, Nov. 4 - Dec. 16**

Time: 1:00 pm - 3:30 pm  
 Location: West Community Room- 1904 13 Ave. N  
 Fee: \$55.00 Members \$75.00 Non-Members

\*Register by calling 403-329-3222, online at [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com), or in person any time after Sept. 7th.

Made with PosterMyWall.com

# MEDITATION


*With Ashley*

WE WILL BE WORKING ON PROGRESSIVE RELAXATION, GUIDED IMAGERY, AND MINDFULNESS. NEW COMERS ARE WELCOME, NO EXPERIENCE REQUIRED. THE CLASS WILL BE DONE SEATED IN A CHAIR FOR 45 MINUTES AND BY THE END OF THIS SESSION YOU WILL BE REJUVENATED, RELAXED, AND AT PEACE.

**SESSION 1 BEGINS**  
**WEDNESDAY, SEPT. 15 - OCT. 27**  
**SESSION 2 BEGINS**  
**WEDNESDAY, NOV. 3 - DEC. 15**

MEMBERS: \$20 | TIME: 9AM-9:45AM  
 NON-MEMBERS: \$40 | LOCATION: SOUTH VIEW ROOM

**CALL TO REGISTER AT- 403-329-3222**



**LETHBRIDGE REGIONAL POLICE SERVICE**  
*"providing safe communities"*

# coffee

*with a*

# COP




**NORD-BRIDGE SENIORS CENTRE**

Share your concerns with  
**Constable Jamie Kenyon**

**Wednesday**  
**Sept. 8, Oct. 13, Nov. 10, & Dec. 8**  
**10:00am - 11:30am**  
**Dunford Diner**

The **ONLY** Hearing Clinic on  
Lethbridge's North Side  
Conveniently located in  
**Center Village Mall**

1240 2A Ave. N, Lethbridge, AB



**403-942-HEAR (4327)**

**New budget line available!**

**Hearing aids to fit every budget and lifestyle**

- Local family owned and operated business
- Complimentary Hearing Tests
- 45 day free trial of hearing aids
- AADL, WCB, NIHB and Veterans Affairs
- Financing options
- Hearing aid clean, checks and maintenance
- Ear protection: custom molded ear defenders
- Mail out battery club
- Remote care for virtual assistance



**LIFE IS CALLING!** Let the Sakatch family at Beltone Hearing help you hear it!

[lethbridgebeltone.ca](http://lethbridgebeltone.ca)

## **FOOT CARE IS BACK!**

**\*Appointments MUST be booked  
ahead by calling 403-329-3222  
while spaces last!**

**Dates: Wednesday, October 13th & December 8th**

**Time: 8:30 am - 11:30 am.**

**Fee: \$15.00 per person**

*\*For Nord-Bridge Members ONLY*

*Thank you to:*

**For more information  
please call Nord-Bridge!**



**1904 13 Ave. N.**



**NORD-BRIDGE  
SENIORS CENTRE**

**VOTE**  
**NICK PALADINO**  
for City Council

- dedicated
- qualified
- open minded
- approachable



✓ Vote on Oct. 18th  
For my position on local issues please visit:  
**[nickpaladino.com](http://nickpaladino.com)**

Fall 2021




**Town & Country**  
*Line & Wash with Donna Gallant*

**Starting Monday, Oct. 4 - Nov. 15**  
**Fee: \$50 for Nord- Bridge members**  
**Non - members: \$70**

**Monday mornings at 10am**

*No class Oct. 11*

**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

**Laura Sebok, Reiki Practitioner of *Wholeness Reiki* will be at Nord-Bridge the Third Tuesday of the month for**

## **NEW 30 Minute Sessions**

- **From 8:30am – 4:30pm in the South View Room (Beside the pool room)**
- **What is Reiki Therapy:** Reiki therapy is an alternative healing modality that was developed in 1922 by Mikao Usui, a Japanese Buddhist. This technique uses the body's own energy to facilitate healing.
- **Benefits of Reiki:** Reduced anxiety and stress, pain, increased sense of well being, strengthening of the immune system, physical emotional, spiritual, and mental balancing.
- **If interested, please sign up beside the front reception desk with your member number or ask Ashley for more information.**



**I respectfully request  
the honour of your  
support for City  
Councillor**

*Rajko Dodic*

**rajkododic@gmail.com**



# Are you turning 65?

## Seniors programs and services

### Federal pension and financial assistance programs

The Government of Canada administers the following programs:

- Canada Pension Plan
- Old Age Security
- Guaranteed Income Supplement

Apply immediately if you do not receive a notification letter from Service Canada the month after you turn 64 years old advising of automatic enrolment.

#### For more information contact:

Service Canada toll-free at 1-800-277-9914  
[servicecanada.gc.ca](http://servicecanada.gc.ca)

### Provincial financial assistance programs

You should receive a Seniors Financial Assistance application package in the mail six months before your 65th birthday. If you do not, apply online at [sfa.alberta.ca](http://sfa.alberta.ca), or call the Alberta Supports Contact Centre at 1-877-644-9992.

One application will help you access the following programs:

- Alberta Seniors Benefit
- Special Needs Assistance for Seniors
- Dental Assistance for Seniors
- Optical Assistance for Seniors

You can also apply for these home-equity loan programs for senior homeowners:

- Seniors Property Tax Deferral Program
- Seniors Home Adaptation and Repair Program

#### For more information contact:

Alberta Supports Contact Centre at 1-877-644-9992  
[alberta.ca/seniors-financial-assistance.aspx](http://alberta.ca/seniors-financial-assistance.aspx)

### Seniors financial assistance programs online services

Apply for benefits and access financial and health supports securely online at [sfa.alberta.ca](http://sfa.alberta.ca)

### Upload documents online

Easily send documents and updated information to any seniors financial assistance programs at [seniors-housing.alberta.ca/submit-documents/](http://seniors-housing.alberta.ca/submit-documents/)

### Prescription drugs and health-related coverage

#### Coverage for Seniors

Premium-free coverage is provided to individuals 65 years of age and older to cover 70 percent of prescription drugs and pay a portion of some health-related benefits.

To register, seniors must provide proof of being 65 years of age or older such as a valid Canadian driver's license or Alberta identification card, birth certificate, Old Age Security entitlement letter, passport, immigration record, or naturalization or citizenship certificate. A Proof of Age Declaration form is included in the Seniors Financial Assistance application package.

#### For more information contact:

Alberta Blue Cross at 1-800-661-6995  
[ab.bluecross.ca](http://ab.bluecross.ca)

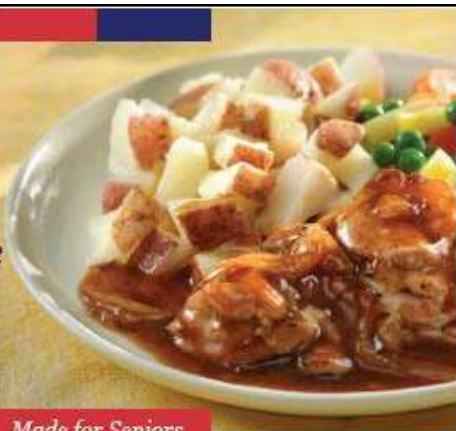
You may mail the Proof of Age Declaration to the address on the form, or provide your proof of age to select Alberta government registry agents.

#### For a list of registries or a Proof of Age Declaration form contact:

Alberta Health  
Edmonton: 780-427-1432  
Toll-free: 310-0000 then 780-427-1432  
[alberta.ca/seniors-health-benefits.aspx](http://alberta.ca/seniors-health-benefits.aspx)



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.

**NORD-BRIDGE SENIORS CENTRE**

Join us for a  
**\$8 THANKSGIVING LUNCH SPECIAL**  
Turkey, mashed potatoes, stuffing, gravy, and veggies!

\*NO TICKETS REQUIRED FIRST COME FIRST SERVE FOR DINE IN OR PICK UP ONLY\*

Friday, October 8 from 11am-1pm  
1904 13 Ave. N.

\*PROOF OF VACCINATION REQUIRED BEFORE ENTRANCE IN TO BUILDING\*

**NORD-BRIDGE SENIORS CENTRE**

is looking for a  
**Convener**  
For  
**Monday's Jam Sessions**  
Starting October 2021

If interested please contact Ashley at  
403-329-3222

**LIVE**

**NORD-BRIDGE SENIORS CENTRE**

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

**Seafood Chowder COOKING CLASS**

Explore ways to cook healthy, delicious food with fresh, seasonal produce. All ingredients are pre-portioned & dropped off at your door step!

**LIVE ON MONDAY OCT. 25**

11:15AM MST Via ZOOM

**CONTACT ASHLEY @ 403-329-3222**  
@nordbridgecooksvirtual

\*Limited spots available\*






**Martin Brothers  
Funeral Chapels Ltd.**

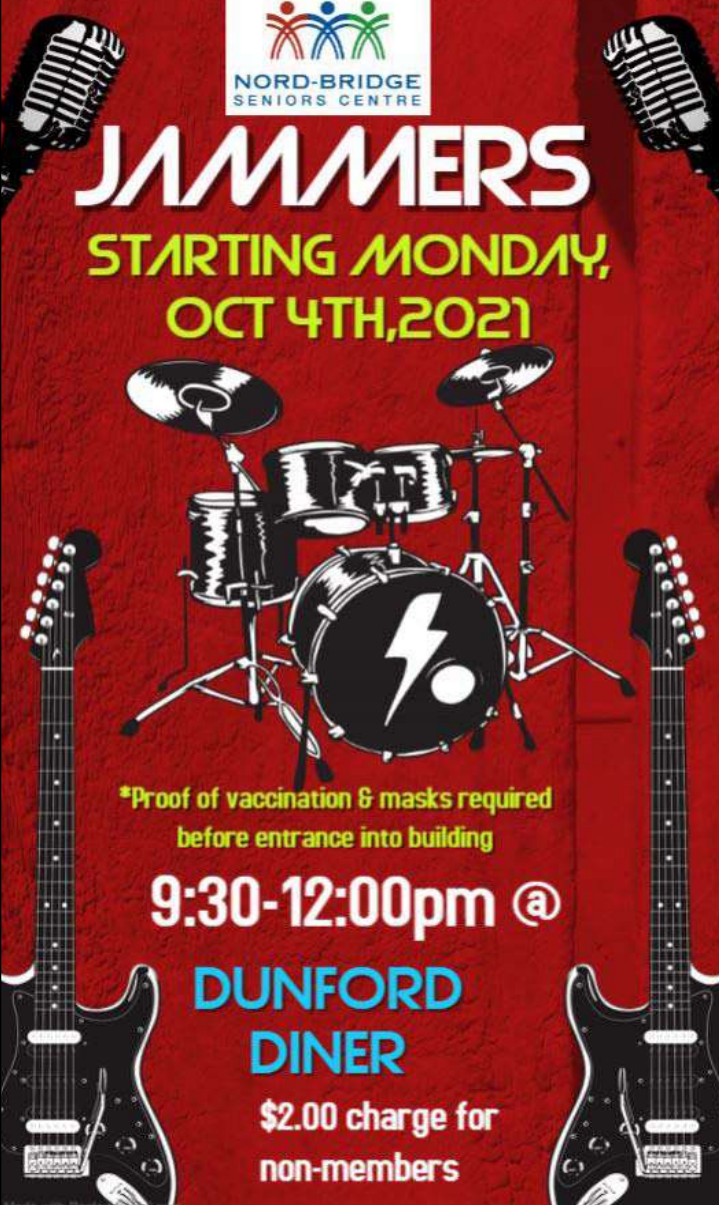
*The greatest gift  
you can leave behind  
is the gift of being prepared.*

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



# JAMMERS

**STARTING MONDAY,  
OCT 4TH, 2021**



**\*Proof of vaccination & masks required  
before entrance into building**

**9:30-12:00pm @**

**DUNFORD  
DINER**

**\$2.00 charge for  
non-members**



**Chinook LifeCare  
Association**

Phone: 403-320-1170

Local non profit, **money stays in Southern Alberta**  
Office open 5 days a week  
24-hour monitoring, 365 days a year  
Providing in home service and installation

#3-1904 13 Ave North  
Lethbridge, AB T1H 4W9  
[chinooklifecare@gmail.com](mailto:chinooklifecare@gmail.com)

GPS units  
are  
HERE!




ਸਿੱਖ ਸੋਸਾਇਟੀ ਆਫ ਲੇਥਬਰਿਜ਼  
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 9 am to 5 pm)



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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)

# Pancake Breakfast & Terry Fox Walk





**NORD-BRIDGE**  
SENIORS CENTRE



**“The Friendly Centre”**

1904—13th Ave. North  
Lethbridge, Alberta  
403-329-3222

Open Monday to Friday  
8:00 a.m. to 4:30 p.m.

[friendly@nordbridgeseniors.com](mailto:friendly@nordbridgeseniors.com)

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

# PROUD SUPPORTER OF OUR SENIOR COMMUNITY

AND MEMBER OF NORD-BRIDGE SENIORS CENTRE



# HYGGEN

FOR LETHBRIDGE MAYOR

VOTE FOR MAYOR OCTOBER 18, 2021



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