

# NEWSLETTER

# DECEMBER 2021



**Happy Holidays from the staff at Nord-Bridge!**

## PRESIDENT'S REPORT

Where did 2021 go? December already. It seems like I just submitted my newsletter write up last week for November. November was great for us as we attended many of the special meals here at Nord-Bridge and things are picking up in all areas. The dining room especially is getting busy and it so great to see the parking lot full again.

Our General Membership meeting was attended by 63 members which is the largest gathering for a meeting I have ever seen. Thank you everyone, it is great to see so many taking an interest in Nord-Bridge. Please consider joining the board March 2022 as we will have at least four positions to fill.

On November 12, 2021, the Galt Museum hosted an evening of storytelling exploring the rich history of broadcasting in Southern Alberta. Bob Johnson, Brent Seely, Quinn Campbell, and Mark Campbell shared many fascinating stories of their years working in television. I was especially interested in attending this event because broadcasting is the reason we live in Lethbridge. Bob Johnson managed the station when I worked at CJLH Channel 7 from 1969 to 1971 as a broadcast engineer. CJLH TV went on the air in 1955, CHCT in Calgary started broadcasting in 1954. My dad was a farmer in Nanton, and he bought one of the first TV sets in Nanton. Dad put the antenna in the attic of our farmhouse so no one would know we had a TV. I started watching the test pattern before they even started programming, so I guess I have always been a TV fanatic. From 1967 to 1969, I took Electronics and Broadcasting at SAIT in Calgary and then applied to work at the Calgary station, CHCT. When I went to the interview in Calgary I found out the job was in Lethbridge and it paid \$300 a month. I got the job and started in April of 1969. I asked how do I find the station and they told me "Just look it up, you can't miss the tower."

Have you noticed all the new lights on the houses lately? My neighbour installed permanent lights on his house that change colours and I noticed three other neighbours followed suit. Now the whole block is starting to get them. It is nice to see everyone decorating for Christmas but I think I will save my money and just put up the old string lights that can come down after the holiday.



As we move towards Christmas, we should all remember that the pandemic is not over. Please continue to practice safe habits to protect yourself and others this holiday season. I want to see all of you next year hopefully when all this social distancing and masking over.

The programming continues to be top notch and the staff are wonderful, we will continue to be "The Friendly Centre". Have a very Merry Christmas everyone!

"Christmas is most truly Christmas when we celebrate it by giving the light of love to those who need it most" Ruth Carter Stapleton



## 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

Rates for New Memberships: \$53.00

## Welcome New Members we are happy to have you here!

Patty Moyer	Peter Lamb
Lois Brockelman	Beth Lamb
Howard Findlay	Bill Hanson
Rudy Zmeko	Violet May Donald
Rhonda Moch	Shirley Arsenault
Winnifred Wall	Reg Arsenault
Helga Szalai	Tom Shiels
Irma Haynes	James Murphy
Larry Haynes	Anonymous (5)
Joseph Szakal	Linda Cline



Now accepting VISA, MASTERCARD & INTERAC TRANSACTIONS AT OUR RECEPTION DESK & DUNFORD DINER

Some programs and services are partially funded by the joint Provincial and City FCSS Program. Nord-Bridge is a proud Member of the Alberta Association of Seniors Centres.



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

[facebook.com/nordbridgeseniorslethbridge](https://facebook.com/nordbridgeseniorslethbridge)



[twitter.com/bridgenord](https://twitter.com/bridgenord)



## EXECUTIVE DIRECTOR'S REPORT

Merry Christmas!

Nord-Bridge has been looking extra festive this year with all the Christmas trees and decorations being set up during the last few weeks of November. This year, we're so excited to have members and guests in the building to experience the festive atmosphere. We have over 20 trees decorated in the rooms and hallway, lights and garland strung along the ledges and Christmas songs playing throughout the building. Thank you to all the staff and volunteers who helped set-up and decorate!



Last month, we welcomed a new employee to our team here at Nord-Bridge. Charlene Kocken is our new Seniors System Navigator. Many of you have already popped your head into her office to give her a friendly warm Nord-Bridge welcome. Charlene has been a fantastic addition and brings a wealth of experience and knowledge to our team. If you haven't met her yet, stop in to say hi if her office door is open.

We have brought our Newsletter production back in-house. Ashley has taken on the role of editing, formatting, and designing the Newsletter. Thank you Ashley for taking this on.

Last month we had some property damage occur at the former KFC building where the windows were broken by a couple of individuals. Fortunately, a neighbor across the street caught it on video and contacted the Lethbridge Police; who arrived in time to apprehend the two individuals. The police constable that made the arrest advised me we had a couple of options of how we could proceed with the two individuals: (1) press criminal charges for property damages or (2) press charges for trespassing and issue tickets to fine the individuals. We opted to press charges for trespassing and issue tickets to fine the two (note: Nord-Bridge does not receive the money from the fines). We felt option 2 would send a better message to the individuals and their peers; to have to pay a fine for trespassing. We are hoping the word continues to spread that we will continue to press charges to anyone that commits any damages to our properties. Please note; our Board of Directors are discussing options of what will be done with the former KFC property and we hope to have details to share with our membership sometime in 2022. From all the staff and at Nord-Bridge we wish you all a Merry Christmas and Happy New Year! The best present one can hope for this year is to spend time together with family and friends. I hope each and everyone of you get that chance to be around friends and loved ones this year.

**David Ng**  
Executive Director

**JO ANN KELLY**  
REALTOR®

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1-844-431-2800  
[HeartToHomeMeals.ca](http://HeartToHomeMeals.ca)

\*Some conditions may apply.



## Executive Committee

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

## 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

## Administration Staff

Executive Director  
Financial Administrator  
Program Coordinator  
Seniors System Navigator  
Office Administrator  
Wellness Coordinator/ Outreach  
Office Administrator/ Outreach  
Dining Room / Kitchen Assistant  
Kitchen Team Member  
Kitchen Team Member  
Building Maintenance/ Custodian

David Ng  
Tracy Beauchemin  
Ashley Kern  
Charlene Kocken  
Maria Lisun  
Melanie Hillaby  
Erin Bates  
Gail Krysak  
Bety Castillo  
Ken Mohammed  
Marco Escobar



## Nord-Bridge meetings reminder

### Monthly

Outreach Committee : First Monday (Sept -June)  
9:30am

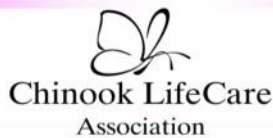
Directors Meetings: Second Wednesday 9:30am

Finance Committee Meeting: Last Wednesday of  
Month (Feb, May, Sept, Nov)

### Annually

Annual General Meeting: First Wed of March  
9:30am

General Member Meeting: First Wed of  
November 9:30am



Phone: 403-320-1170

Local non profit, money stays in Southern Alberta

Office open 5 days a week

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#3-1904 13 Ave North

Lethbridge, AB T1H 4W9

chinooklifecare@gmail.com



**NORD-BRIDGE SENIORS CENTRE**

# BOARD GAME Friday Afternoons

Checkers/Backgammon  
Chess

Fun afternoon to learn  
- play  
- visit

Every Friday at 1pm in the  
Craft Room!

COVID-19 Restrictions  
in Place

### Notice from Cards:

We are currently looking for more players in Norwegian Whist. If interested, please contact Ashley at 403-329-3222.

Shaw) Go



Available here.

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

1. Access the network / WiFi 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)



## WIN CASH AT NORD-BRIDGE! DAILY 50/50 DRAW

Nord-Bridge hosts a Daily 50/50 Draw to help raise much needed funds. Half of the proceeds go to the Centre. Members may enter for other members and you do not need to be present to win.

### IN ORDER TO PARTICIPATE YOU MUST:

1. Hold a current **REGULAR, ASSOCIATE** or **LIFE** Membership.
2. Cost to play is 25¢.
3. Draws are made at 12:15 p.m.
4. After the draw, members may sign in for the next day's draw.

### RECENT WINNERS

**Karen Gordon \$117.25 - Nov. 26**

## MONTHLY 50/50 TOONIE DRAW

Nord-Bridge holds a "Monthly 50/50 Toonie Draw" on the third or fourth Friday of each month. Members do not have to be present to win. The Nord-Bridge share of proceeds is dedicated to Programming.

### TO PLAY:

1. Fill out an envelope at the draw desk in the Dunford Diner.
2. Drop \$2.00 into the envelope and deposit it into the Draw Box.
3. Come out to lunch on "draw day" to see if you are the winner. The more times you enter, the more chances you have of winning!

### RECENT WINNER

**Sandi Fischer \$229 Nov. 26**  
Next Draw Dec. 17

## MONDAY JAM 50/50 DRAW

Proceeds of Monday Jam draws are earmarked to assist with sound system and AV costs in the building.

### RECENT WINNERS

- Nov. 1 Doreen Smid \$46 / Duane Leavitt \$46  
Nov. 8 Ernie Woodgate \$50 / Lila Charles \$50  
Nov. 15 Patty Moyer \$46 / Blaine Levitt \$46  
Nov. 22 Anne Pauls \$44 / Bob Coutts \$44  
Nov. 29 Gord Zacher \$50 / Helen & Roy \$50

**Thanks Jammers, Volunteers and Patrons.**  
**Thanks also to Helen Gepneris for selling tickets at Monday Jams.**



NORD-BRIDGE  
SENIORS CENTRE

Nord-Bridge will be

# CLOSED

by 12pm on December 24th & 31st  
and all day December 27th &  
January 3rd.

IN HONOR OF

# CHRISTMAS & NEW YEARS

**\*FRIDAY IN HOUSE  
BINGO CANCELLED  
THESE DAYS**

## CHRISTMAS DESSERT TRAYS

**Pick Up Dates**  
**December 3rd**  
**December 10th**  
**December 17th**

# 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>Spanish Omelette</b> 7.00	<b>French Toast</b> 5.00
Peppers, Green Onions, Ham, Mushroom, Cheese with Hashbrowns, Toast & Coffee	
<b>Ham and Cheese Omelette</b> 6.25	<b>Waffles</b> 5.00
With Hashbrowns, Toast & Coffee	
	<b>Egg Muffin Sandwich</b> 4.25
	Toasted Egg Muffin with Bacon or Ham or Sausage
	<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	1 Piece 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	

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

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

## 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



## Member Photos

With Sid Lewis!

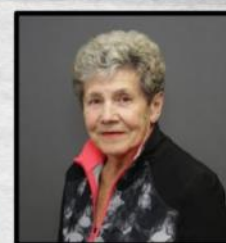


Friday, November 19th **FREE**  
from 10 am -1130 am

Friday, December 17th **FREE**  
from 10 am -1130am

\*First come first serve  
Photos taken in Nord-Bridge Library  
(across from the dining room)

Call 403-329-3222 for more  
information!



## Friday Lunch Entertainment

December 3 - Bryan Bradfield

December 10 - Anne Pauls Christmas Lunch Special

December 17 - Patty Moyer

December 24 & 31 – \*CLOSED EARLY NO ENTERTAINMENT\*



# FREE Walker Repair CLINIC

Where: 1904 13 Ave. N. in the Main Corridor of Nord-Bridge  
 When: Wednesday, December 15th  
 Time: 10 am- 11 am

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



Thank you to:



Lethbridge HEARING CENTRE

# FREE HEARING TESTS



BOOK YOUR FREE HEARING APPOINTMENT BY CALLING  
**403-329-3222**

Third Thursday of the month starting

**December 16th**

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

Follow us on Facebook @NordBridgeSeniorsLethbridge



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NORD-BRIDGE SENIORS CENTRE

# 25 Days of Christmas GIVING

Five draws every Friday from Nov. 26 until Dec. 24!

Get your ticket for \$5.00 each at the table beside the Dunford Diner Annex or the Front Reception Desk for your chance to win!

How it to participate:

1. All prizes have been donated by local businesses or the community. Shop local! There are gift certificates for gas, restaurants, auto shops, and much more!
2. If your name is drawn you get to choose a number from the advent calendar and you will win the gift associated to that cup.
3. The ticket you win with will NOT go back in the draw. However, you can purchase more than one ticket and have multiple chances to win.

LIVE



Open to all Seniors in the Community for the fee of \$25!

# Ramen Shrimp Soup COOKING CLASS

With a little something extra for Christmas!



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

\*Limited spots available\*

LIVE ON WEDNESDAY  
**DECEMBER 15TH**

11:15AM MST Via ZOOM



CONTACT ASHLEY @ 403-329-3222

@nordbridgecooksvirtual



# Lethbridge HEARING CENTRE

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## NORD-BRIDGE BUILDING FUND RECENT DONORS

Marilyn Gillies: \$50; Tim & June Greenlee: \$100; Douglas Cole: \$150; Gary VanVoorst: \$50; Chris Figenshau: \$200; Jim Edwards: \$50; Anne Pauls: \$100; Anonymous: \$45; Willy & Hildegard Holz: \$150; Anonymous: \$80; Eveline Polczer: \$200

## NORD-BRIDGE IN-HOUSE BINGO

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

<u>BUILDING FUND UPDATE:</u>	Goal	Achieved
Total Fund-Raising Goal	\$6,248,320	
From City of Lethbridge	750,000	82%
From Various Provincial Grants	2,500,000	66%
From Various Federal Grants	500,000	7%
From Nord-Bridge - by Fundraising	2,500,000	86%

**Total Contributions to our Building Fund 1998 through 2020** \$ 2,213,113  
**Still needed by N-B Fundraising** \$ 286,887



# BINGO

## IS BACK!

EVERY FRIDAY AT 1:00 PM  
IN THE MULTI-PURPOSE HALL

\*Proof of vaccination before entry into building\*



**No Bingo on Dec. 24 or 31**



**Watercolor Club**



**Cribbage**



WINNERS



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



*The Medicine  
Shopper*  
PHARMACY

**HOLIDAY HOURS**

DEC 24-27: CLOSED

DEC 28-30: 9-5:30

DEC 31: 9-12:00

JAN 1-3: CLOSED



**HAPPY HOLIDAYS,  
FROM ALL OF US AT  
THE MEDICINE  
SHOPPE! THANK YOU  
FOR ALL THE  
SUPPORT OVER THE  
PAST YEAR. WISHING  
YOU AND YOUR  
LOVED ONES ALL THE  
BEST IN 2022!**

**Boutique News:**

Thank you to everyone who has supported the Boutique since our re-opening in July. We are grateful for continued donations of yarn, fabric, and craft items. The Boutique will close for the holidays on December 23rd, 2021 and will re-open on January 3, 2022. Best wishes for a happy and healthy 2022.

**-Jo-Ann, Heather & The Boutique Volunteers.**



# Christmas Open House



A Free Evening of  
Family Fun

Sunday, December 19th,  
from 5 - 8 pm

Nikka Yuko  
Japanese Garden

Registration is required.

Please visit  
RachaelThomas.ca



**RACHAEL THOMAS**  
LETHBRIDGE ALBERTA MP

   @RachaelThomasMP

RachaelThomas.ca | Rachael.Thomas@parl.gc.ca | 403-320-0070



**\*FOR  
NORD-BRIDGE  
MEMBERS  
ONLY**

**NEW!**

## Beginners CRIBBAGE

**NOW at Nord-Bridge on Tuesdays from  
1:30-3:30 pm in the Dunford Diner Annex!**

**Come learn a new card game and meet  
new people!**

### THANK YOU SO MUCH!!

- Donations of potatoes from Phoenix Farms and Dennis Briand
- Volunteers for helping in the Winter Wonderland Walk Through and Donations of Christmas items

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

1240 2A Ave. N, Lethbridge, AB

 **Beltone**<sup>TM</sup>  
Hearing Centre - Lethbridge

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

**New budget line available!**

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

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- 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

# Programmer's Report

Its December?? As the weather has gotten colder, I am finding it harder to be more active. Did you know this month; Melanie has created a *Christmas Advent Calendar of fitness* for our members, to help with this? Check out her write up on page 21 of this newsletter for more info.

Last month was the busiest I have ever seen it, not only the dining room but the pool room, fitness centre, and general drop in programs. That is a great problem to have!

Starting this month, we will be hosting our second annual Winter Wonderland Walk Through on Friday, December 17th from 1:00 pm - 3:00 pm in the main corridor of Nord-Bridge. Come and see the beautiful lights, listen to live festive music, and take a seat in our dining room with some fresh hot cocoa and enter to win some amazing prizes! Everyone is invited but you will need to bring a non-perishable food item which will get you in the doors at this event. Also make sure to show your proof of double vaccination and wear a mask. These items and some of the beautiful Christmas trees will be donated to those less fortunate.

We continue to offer senior assistance programs including Foot Care with Chinook Foot and Ankle clinic as well as, Tech Help with Lynne, a Walker Repair Clinic from Leisters, Coffee with a Constable, Free Hearing & Lawyer consults, and Reiki Relaxation by Laura Sebok throughout this month! Most of these programs are only for members and do require you book an appointment which you can do at the Front Reception Desk, or ask me for further information.

Lastly, the end of the year marks the New Year which will bring in all of our new January classes! The Winter 2022 program book will be published on Friday, December 17th this will include all programs from fitness to cooking and much more. Please note: you will not be able to register for any of these classes until Wednesday, January 5th at 9:00 am either online at [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com) or in person at Nord-Bridge. Please read next months write up for more details.

Until next month, stay happy and healthy!



*Ashley Kern - Program Coordinator*

\$8 per person  
Nord-Bridge Seniors Presents  
**Christmas Lunch**  
Friday, December 10th from  
11am- 1pm  
Turkey, mashed potatoes, gravy,  
veggies, and all the fixins'  
\*Proof of vaccination required\*  
Pre-order for pick up no later than December 8th  
by calling 403-329-3222!

NORD-BRIDGE  
SENIORS CENTRE  
**JAMMERS**  
NOW BACK EVERY MONDAY  
(EXCLUDING HOLIDAYS)  
\*Proof of vaccination & masks required  
before entrance into building  
9:30-12:00pm @  
**DUNFORD  
DINER**  
\$2.00 charge for  
non-members

# DECEMBER 2021



Monday	Tuesday	Wednesday	Thursday	Friday
 	 	<p><b>1</b></p> <p><b>8:30 Breakfast Buffet</b>            8:45 ZUMBA Gold            9:00 Virtual Meditation            9:00 Gentle Somatics (AM)            9:30 Paper Tole            10:00 Carpet Bowling            10:30 Chair Yoga  <b>10:45 WINNERS BINGO</b>            11:15 Begin. Line Dance            12:00 Gentle Somatics (PM)            1:00 Darts            1:00 Euchre            1:00 Quilt/Craft            7:00 Table Tennis</p>	<p><b>2</b></p> <p>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            1:00 Trump Whist            1:00 Woodcarving            1:00 Duplicate Bridge            1:15 Floor Shuffleboard  <b>7:00 Unconventional Medium - Jennie Ogilvie</b>            (Multi-Purpose Hall) *Tickets Required*</p>	<p><b>3</b></p> <p>9:00 Gentle Yoga            10:00 Carpet Bowling            10:30 Chair Yoga  <b>1:00 In-House Bingo</b>            1:00 Contract Bridge            1:00 Crib            1:00 Checkers/Chess (Craft Room) <b>NEW</b></p> 
<p><b>6</b></p> <p>9:00 Gentle Yoga            9:30 Jammers            10:00 Floor Curling            1:30 Outreach Meeting            1:00 Military Whist            1:00 Woodcarving            1:00 Contract Bridge            1:00 Darts            6:30 Bid Euchre</p> 	<p><b>7</b></p> <p>9:00 Active POUND (CANCELLED)            10:00 Music Makers            10:45 Aerobic Keep Fit            1:00 Canasta            1:00 Intermediate Line Dance (Multi-Purpose Hall)            1:00 Scrabble            1:30 Texas Hold'em            1:30 Beginners Crib <b>NEW</b>            5:15 Evening POUND (CANCELLED)            7:00 Evening Line Dance</p> 	<p><b>8</b></p> <p>8:45 ZUMBA Gold            9:00 Virtual Meditation            9:00 Gentle Somatics (AM)            9:30 Paper Tole            10:00 Carpet Bowling  <b>10:00 Coffee With a Constable</b>  <b>10:00 FOOT DOCTOR</b> (Craft Room)            10:30 Chair Yoga  <b>10:45 WINNERS BINGO</b>            11:15 Begin. Line Dance            12:00 Gentle Somatics (PM)            1:00 Darts            1:00 Euchre  <b>1:30</b> Quilt/Kraft            7:00 Table Tennis</p>	<p><b>9</b></p> <p>9:00 Card Crafters            9:00 Floor Curling            9:00 Gentle Pilates            10:00 Intermediate Line Dance (West Community Room)            10:45 Strength Keep Fit            1:00 Acrylic Painting            1:00 Hand &amp; Foot            1:00 Trump Whist            1:00 Woodcarving            1:00 Duplicate Bridge            1:15 Floor Shuffleboard</p> 	
<p><b>6</b></p> <p>9:00 Gentle Yoga            10:00 Carpet Bowling            10:30 Chair Yoga</p> <p><b>11:00 Christmas Lunch Special</b></p> <p><b>1:00 In-House Bingo</b>            1:00 Contract Bridge            1:00 Crib            1:00 Checkers/Chess (Craft Room) <b>NEW</b></p> 	<p><b>9</b></p> <p>9:00 Gentle Yoga            10:00 Carpet Bowling            10:30 Chair Yoga</p>			

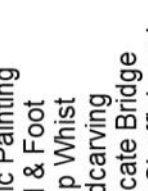
**13** 9:00 Gentle Yoga  
9:30 Jammers  
**10:00 Tech Help with Lynne**  
(South View Room) **NEW**  
10:00 Floor Curling  
**1:00 Recovery College** zoom  
**Holiday Stress Webmar**  
1:00 Military Whist  
1:00 Woodcarving  
1:00 Contract Bridge  
1:00 Darts  
6:30 Bid Euchre



**14** **9:00 LAWYER**  
by appointment  
9:00 Active POUND  
10:00 Music Makers  
10:45 Aerobic Keep Fit  
1:00 Canasta  
1:00 Intermediate Line  
Dance (Multi-Purpose Hall)  
1:00 Scrabble  
1:30 Texas Hold'em  
1:30 Beginners Crib **NEW**  
5:15 Evening POUND  
7:00 Evening Line Dance

**15** 8:45 ZUMBA Gold  
9:00 Virtual Meditation  
9:00 Gentle Somatics (AM)  
9:30 Paper Tole  
**10:00 Leisters Walker**  
**Repair Clinic (Main Corridor)**  
10:00 Carpet Bowling  
10:30 Chair Yoga  
**10:45 WINNERS BINGO**  
**11:15 Virtual Cooking**  
11:15 Begin. Line Dance  
12:00 Gentle Somatics (PM)  
1:00 Darts  
1:00 Euchre  
1:00 Quilt/Kraft

**16** 9:00 Card Crafters  
9:00 Floor Curling  
9:00 Gentle Pilates  
**10:00 Lethbridge Hearing**  
(South View Room)  
10:45 Strength Keep Fit  
11:45 Intermediate Line  
Dance (Multi-Purpose Hall)  
**\*Only on this day\***  
1:00 Acrylic Painting  
1:00 Hand & Foot  
1:00 Trump Whist  
1:00 Woodcarving  
1:00 Duplicate Bridge  
1:15 Floor Shuffleboard

**17** **\*Winter Program Book Out**  
9:00 Gentle Yoga  
10:00 Carpet Bowling  
**10:00 Member Photos**  
10:30 Chair Yoga  
**1:00 In-House Bingo**  
1:00 Contract Bridge  
1:00 Crib  
1:00 Checkers/Chess  
(Craft Room) **NEW**  
**Winter Wonderland Walk Through TODAY**  
from 1-3 pm!  
  
**\*TOONIE DRAW**

**\*20 & \*27**  
9:00 \*Gentle Yoga  
9:30 \*Jammers  
10:00 \*Floor Curling  
1:00 \*Military Whist  
1:00 \*Woodcarving  
1:00 \*Contract Bridge  
1:00 \*Darts  
6:30 \*Bid Euchre




**\*27TH CENTRE CLOSED**  
**\*All programs cancelled**


**\*21 & 28**  
**\*9:00 Active POUND** **NEW**  
10:00 Music Makers  
**10:00 Tech Help with Lynne** (South View Room)  
1:00 Canasta  
1:00 Scrabble  
1:30 Texas Hold'em  
1:30 Beginners Crib **NEW**  
**\*5:15 Evening POUND** **NEW**  
7:00 Evening Line Dance



**\*22 & 29**  
8:45 \*ZUMBA Gold(22nd)  
10:00 Family Drop In  
Yoga Event (Multi-Purpose Hall) (29th)  
**10:00 \*Carpet Bowling**  
**10:45 WINNERS BINGO**  
1:00 Darts  
1:00 Euchre  
7:00 Table Tennis  
**\*Carpet Bowling cancelled Dec. 29th**



**\*23 & 30**  
9:00 Card Crafters  
9:00 Floor Curling  
9:00 Gentle Pilates  
**10:45 \*Strength Keep Fit**  
1:00 Hand & Foot  
1:00 Trump Whist  
1:00 Duplicate Bridge  
1:00 Woodcarving



**\*24\* & 31\***  
**10:45 WINNERS BINGO**  
**24TH & 31ST CENTRE OPEN 8:00 A.M. UNTIL NOON**  
**\*No In-House Bingo these days\***  
**\*Afternoon programs cancelled**



**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. Please note: for fare details please contact front reception desk.**

- LIVE ALONE? NEED AN OCCASIONAL FRIENDLY PHONE CALL? WE'LL FIND A PHONE FRIEND FOR YOU. CALL MARIA AT 403-329-3222 TO ARRANGE.
- LETHBRIDGE HEARING - THIRD THURSDAY OF THE MONTH (by appointment ONLY) : UPCOMING APPTS: Dec. 16, Jan. 20, Feb. 17, Mar. 17
- \*CENTRE CLOSED HALF DAY DEC. 24 & 31 AND ALL DAY DEC. 27 & JAN. 3

**SHOPPING TRIPS TO WALMART: CANCELLED UNTIL FURTHER NOTICE**  
**WINNERS BINGO: DEC 1, 8, 15, 22, 24, & 29, 2021.**  
**FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM ON DECEMBER 8, 2021 (NOW \$15) NEW ROOM: CRAFT ROOM**  
**HUCKVALE LLP- FREE 30 MIN. LEGAL CONSULTS FOR MEMBERS ONLY ON SECOND TUESDAY OF EVERY MONTH AT 9AM (APPOINTMENT REQUIRED)**  
**WINTER WONDERLAND WALK THROUGH : FRIDAY, DECEMBER 17TH FROM 1:00 PM - 3:00 PM MAIN CORRIDOR OF NORD-BRIDGE. \*BRING NON PERISHABLE FOOD ITEM UPON ENTRY\***



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# Congratulations to Dallas Sleightholm

For winning the Halloween Hockey draw last month!



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

**HUCKVALE** LLP  
*established 1906*

Upcoming **FREE** consultation dates:  
**December 14th, 2021**

between the hours of 9:00 a.m. & 11:30 a.m.

Contact the Nord-Bridge Reception Desk to schedule  
an appointment. **Phone: (403)329-3222**

**This free service is for Nord-Bridge members only.**

## 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



### Condolences to:

- ... the Berrevoets family and the passing of Ross
- ... the Frech family and the passing of Adam
- ... the Santa family and the passing of Don

**LETHBRIDGE DENTURE CLINIC LTD**

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

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

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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)

**ACCOMPANY**  **You**

**Provides Freedom and  
Transportation for Seniors**

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

**Call Jodie**  
To schedule your appointment  
**403-894-2484**  
[jodie.hiebert@gmail.com](mailto:jodie.hiebert@gmail.com)



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 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 403-394-0306 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>



**Give the the perfect gift this year:**

**WE WOULD BE HAPPY TO HELP YOU AT THE FRONT DESK!**

- Nord-Bridge Memberships
- Gym passes
- Recreation and Fitness classes
- Cooking classes
- Meditation

**Gift**

**VOUCHERS**

*Wishing everyone a Safe and Happy Holiday from our homes to yours!*

**NORD-BRIDGE SENIORS CENTRE**

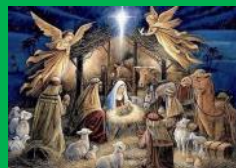


**A Note from the Mind Joggers Writing Club:**

The Mind Joggers Writing Club will break for the holiday season on December 2nd. We will return on January 13th, 2022. Please feel free to drop in and listen to a story or two. This is a free group. Until then, may you always have love to share, health to spare, and friends that care.  
 -Judy Knox, Mind Joggers Convener

**A Christmas Poem**

**The little Baby Jesus came down from heaven above  
 warped up in a bundle of love.. The little Baby Jesus was laid in a manger and no crying he made though there was no room for him in the inn.  
 And at night the shepherds were keeping watch on their flocks.  
 The angel of the Lord appeared unto them and glory shown all around them I bring you glad tidings of joy for today in David's town the Savior has been born.  
 A host of Angels appeared in the sky, praising God and saying,  
 "Glory to God in the highest and peace on earth to all on whom his favour rests."**



WINTER 2022 Nord-Bridge Seniors Centre PRESENTS **NEW**

# ONLINE REGISTRATION

Available Jan. 5th



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 JAN. 5

ENROLL ONLINE AT: [WWW.NORDBRIDGESENIORS.COM](http://WWW.NORDBRIDGESENIORS.COM)



\*\*FOR MORE INFORMATION ON WINTER PROGRAMS PLEASE READ THE WINTER PROGRAM BOOKLET OUT NOW!



NORD-BRIDGE SENIORS CENTRE

Nord-Bridge Seniors Centre  
1904 13 Ave. N.  
Lethbridge Alberta  
Phone: 403-329-3222

# WINTER PROGRAM 2022

Published on **December 17th**

Register for programs starting **Wednesday, January 5th at 9:00 am** either online or in-person.



Thank you to all who participated!

# HALLOWEEN PHOTO FUNDRAISER!





**NORD-BRIDGE  
SENIORS CENTRE**

Presents



# Winter Wonderland walk Through

2nd annual

*Entry fee: donation of a  
non-perishable food item  
towards the Food Bank*

- Live Music
- Hot Cocoa
- Prizes
- Main Corridor  
of Nord-Bridge  
open to all!

Located at: 1904 13 Ave. N.

For more information call 403-329-3222

\*Proof of vaccination and masks required before  
entry into building\*

**17th  
DECEMBER  
1-3pm**

# Need a ride?

## We Pick you Up And Drop You Off



**THE GO-FRIENDLY SHUTTLE IS BACK!**

**MONDAY TO FRIDAY - 8:00 AM- 3:30 PM**

**BOOK YOUR RIDE BY CALLING 403-329-3222**

\$3.00 EACH WAY

10 PASS- \$21.00

MONTHLY- \$28.00

YEARLY- \$280.00

**PLEASE CALL NO LATER THAN  
3PM THE DAY BEFORE**

### Some Activities from around our building!



**Line Dancing with Diane**



**Pool Tournament**

## TECH HELP WITH LYNNE

Technology can be confusing and frustrating when it doesn't work, so bring your portable devices and your questions and let Lynne, our volunteer, help you.

**When:** Every two weeks on Mondays starting Nov. 15th

**Time:** 10:00 am – Noon

**Where:** South View Room (Beside the Billiards Room)

**Fee:** FREE for Nord-Bridge Members

**Next upcoming dates:**

**Monday, December 13th & Tuesday December 28th**

# PHOTOS FROM THE MOST RECENT VIRTUAL COOKING CLASS

on November 17th of  
Coconut Chickpea Curry 



Thanks for joining! Go to page 7 for the next cooking class!



The thought of Christmas stressing you out this year?



You are not alone!

## HOLIDAY STRESS LESS

Monday,  
December 13, 2021

1:00 pm to 2:00 pm

"Tis the season to be jolly", right?

Then why do many of us feel worn out and exhausted by the time Christmas actually gets here?

We can't stop the holidays from happening, but we can offer you some survival strategies for a more peaceful, joyful, and stress-free time.



Who should attend?

Family, friends,  
caregivers - anyone  
aged 55+

To register for this  
**FREE CLASS**  
go online to:  
[www.recoverycollegelethbridge.ca](http://www.recoverycollegelethbridge.ca)



CANADIAN MENTAL HEALTH ASSOCIATION

**recovery college**  
LETHBRIDGE



# EVERGREEN

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and Cremation Services

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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.

## Seniors Systems Navigator



Hi, my name is Charlene Kocken and I am the new Seniors System Navigator for Nord-Bridge Senior Center and have been in this position since November 1, 2021. I graduated from the University of Calgary with a Bachelor of Social Work and was recently employed with Lethbridge Family Im-

migrant Services. I grew up in Edmonton and spent most of my adult life in Lethbridge, Alberta. Most of all I am a life-long lover of nature. I spend my free time hiking and traveling with my husband Dan. I most recently enjoy hobbies of kayaking and exploring Vancouver Island

I am a wife, mother, grandmother, and a dog lover and I am a social worker by choice! My area of interest in social work is supporting older adults, ensuring they receive the mental, emotional, social supports they need, while connecting them to resources in the community.

I am excited to serve the community of Lethbridge in my new role as Seniors System Navigator. My office is located across from the Dunford diner and I can also be reached by phone 403-329-3222 or by email at [Charlene@nordbridgeseniors.com](mailto:Charlene@nordbridgeseniors.com).

## 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"

COME & ENJOY OUR MONTHLY  
**BREAKFAST  
BUFFET**

 **NORD-BRIDGE  
SENIORS CENTRE**

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

**\$10  
PER PERSON**

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



## Wellness Coordinator/Outreach

This is my Favorite time of the year-the colors, lights and magical energy is all around us *if* we take the time to slow down and be present. We get busier this month so learn to pace it out -You don't want to get overwhelmed and start losing your self-care and activities you enjoy.

Check out our December: **Christmas Advent Calendar** as you come in through the front doors of the building, starting Dec 1<sup>st</sup> every day up to Dec 24.<sup>th</sup> Our daily binders will hopefully give you a smile/ healthy challenge and words for thought through this busy season.



**Marko Bosnak - Owner of Bosnak Welding** for cutting down and welding together our fitness beds. These beds allow the opportunity for participants to be able to enjoy yoga and somatic classes, otherwise we would not be able to offer these classes to all ability levels.



**Gerry DeCoste -Parts Manager at Dunlop Ford**  
Gerry's repetitive donation of Blue Micro Fiber Cloths to our Fitness 55+ Gym as well as Calendars.



Dunlop Ford

**Sherryl Decoste -Rock Star Member of Nord-Bridge Centre**  
For your generous donation of cleaner bottles to our Fitness 55+ Gym



**Fitness 55+ Centre** is going strong. Check out the bulletin boards for new Health and Fitness ideas

**Clip up and be safe!**-When you are using the treadmills it is **mandatory** to use the safety clip on the machines. They act as a emergency stop mechanism to prevent further injury.

**Emergency Button**- This Button is located on the south wall behind the bikes to alert the front desk in case of an emergency.

**Orientations**-Please feel free to book an free Orientation (at Front Desk) with Melanie if you need a refresher on the machines, new ideas, or just to answer questions. It is mandatory for anyone new to the gym to go through a basic information orientation before they can start using the gym.

There will be an **Outreach Meeting** -December 6<sup>th</sup>, 2021 (First Monday of the month) at 1:30pm in the Board Room as we hope to start our programming of events again in January 2022.



*Volunteers are always appreciated.*

If you have been wanting to try Gentle Somatics but have a hard time getting to and off the floor, we have adapted raised beds (tables) that enable members to participate without any concern.



**Programs** are looking great. The first week in January is Registration for the next set of fitness classes and Programs so please keep your eyes peeled for that date as we have a lot to offer.



# FRIDAY LUNCH SPECIALS

\$8

CHICKEN PARMESAN WITH HERBED PASTA & GARLIC TOAST

DEC 3

CHRISTMAS LUNCH- TURKEY & ALL THE FIXINS'!

DEC 10

MEATLOAF, MASHED POTATOES, VEGGIES, AND GRAVY

DEC 17

NO LUNCH SPECIALS CLOSED EARLY

DEC 24 & 31

**DINE- IN**

**OR**

**TAKE OUT**

**\*Please pre-order & pre-pay for pick up no sooner than the week prior by calling 403-329-3222\***



**NORD-BRIDGE  
SENIORS CENTRE**

## NOTICE to Members:

December 24th & 31st the Dunford Diner Grill will be closed by 11 :00 am for Christmas Eve and New Years Eve. No Lunch specials these days.

1904 13 Ave. N.

**DUNFORD DINER OPEN MON- FRI 8AM- 2PM**

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

# FOOT CARE IS BACK!

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

Dates: Wednesday, October 13th & December 8th

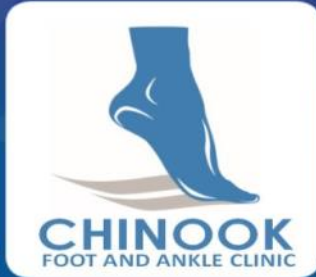
Time: 10:00 am - 12: 00 pm.

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**

**Join us**

Hot chocolate and coffee  
"Cookies"proceeding

open to all  
\*non-members  
\*community  
\*all ages  
Bring mat

Fee by donation

# CHRISTMAS-FAMILY YOGA DROP IN CLASS

Hosted by  
**NORD-BRIDGE FAMILY INSTRUCTOR: MELANIE**

All Levels Welcome

Wednesday **DECEMBER 29th**  
10:00-11:30am  
Gentle combo Yoga  
Mat and Chair



Winter Light Festival at Nikka Yuko Japanese Garden thanks to Ashley for taking these photos

# Face Covering Required

A person must wear a face covering at all times while in an indoor, enclosed or substantially enclosed public place or in a public vehicle.

City of Lethbridge Bylaw 6239



Exceptions include children under two years of age, or persons with an underlying medical condition or disability which inhibits their ability to wear a face covering.

Visit [lethbridge.ca/covid19](http://lethbridge.ca/covid19) for more information.



**NORD-BRIDGE**  
SENIORS CENTRE

1904—13th Ave. North  
Lethbridge, Alberta  
403-329-3222  
[friendly@nordbridgeseniors.com](mailto:friendly@nordbridgeseniors.com)

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



## 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**



**“The Friendly Centre”**

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