



NORD-BRIDGE SENIORS

NEWSLETTER

January 2022



“The Friendly Centre”

1904—13th Ave. North

Lethbridge, Alberta T1H 4W9

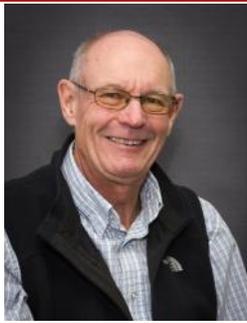
Open Monday to Friday - 8:00 a.m. to 4:30 p.m.

Telephone 403-329-3222 Fax 403-329-8824

E-mail: friendly@nordbridgeseniors.com

PRESIDENT'S REPORT

Happy New Year everyone! Its time to make all those New Years resolutions like "I'm going to get more exercise and join one of those fitness classes at Nord-Bridge!" I have been attending the Strength Keep Fit class on Thursdays but where are all the men?



It seems like just a few years ago we were waiting for all the computers to shut down on January 1, 2000. Remember Y2K? Twenty-Two years have zoomed by! Sorry I shouldn't have used the word "Zoomed" that brings back too many scary memories as well.

Nord-Bridge is thriving, our Go Friendly Shuttle is running again, and people are so glad to be able to get a ride to the centre. Book your ride by calling 403-329-3222. All the programs are running and filling up so please register on January 5th so you won't be disappointed.

I'm hoping that after the Winter season and we have had our booster shots, we will be able to relax a bit more with our families, especially since the children are able to be vaccinated as well! Please keep safe, watch out for those slippery sidewalks and visit the Friendly Center often!

"You are never too old to set another goal or to dream a new dream" C. S. Lewis

George Berg
Board
President



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!

Reed Snow

Marilyn Chamberlin

Shirley Aredt

Joan Bley

Jerry Kubik

Tim Kveder

Dan Sullivan

Bill Ormandy

Lauchie Champney

Monte Smith

Joseph Szakal

Richard Palmer

Lyle Waddle

Carol Maier

John Elves

Echo Elves

Jackie Young

Gill Ostrom

Orley Stewart

Elaine Schmitt

Barry Marshall

3 Anonymous

24!



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 for program information, photos, videos, newsletters, and more.

facebook.com/nordbridgeseniorslethbridge



twitter.com/bridgenord



JO ANN KELLY

REALTOR®

 sutton group – lethbridge
AN INDEPENDENT MEMBER BROKER

403-320-6411

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

Over 27 Years Experience



Over 200
dishes with
contact-free
delivery!



Made for Seniors

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

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

FREE Delivery* | No Subscription | Special Diet Options

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

*Some conditions may apply.



EXECUTIVE DIRECTOR'S REPORT

Greeting Members, Happy New Year to all our members! I am looking forward to 2022 and all the great things that lie ahead. Reflecting on 2021 I am so proud of what Nord-Bridge accomplished in a year that was filled with uncertainties and new restriction guidelines. Most of our registered programs were offered in-person and via ZOOM (online). Our Fitness 55 Club went from being closed to 4-person maximum; and now almost back to full capacity. Our Dunford Diner experienced a roller coaster of a year; from no in-person dining, to limited seating capacity to full on operations. Programs and activities such as billiards, darts, jam sessions, and card programs began the year on the cancellation list; but all the aforementioned programs and activities resumed in the fall of 2021. Last month we were finally able to resume our Go Friendly Shuttle along with our In-House Bingo program. As we move forward into 2022 we look forward to progressing back to a fully operational facility. We continue with the Restrictions Exemption Program which allows us to run Nord-Bridge as close to as normal as possible. In previous months I have expressed how important it is that we continue to follow the REP guidelines. Please have your proof of vaccination QR code ready to show the Front Desk volunteers and staff. If by chance, the volunteers and staff are busy at the desk, do not proceed into the building without showing your QR code. Practicing this procedure ensures our participation in the REP. Also, it is very important that all individuals in our building continue to wear a face mask or face shield / covers.

Last month we ran a 25 days of Christmas Raffle that proved to be a huge success! Tracy and some staff members took it upon themselves to organize this fundraiser that highlighted local businesses. Over 20 local business sponsored items, gift certificates or services to our fundraisers. A full list of all the sponsors can be found on page 18 of this Newsletter. Thank you to everyone who supported this fundraiser and to all the volunteers that helped sell the tickets. We made a little over \$4,000 on this fundraiser!

Wishing everyone a Happy New Year!

David Ng
Executive Director



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



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

GPS units
are
HERE!



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**



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

Pat Waddle \$60 - Dec. 16

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

Randy Butterwick \$186 Dec. 21
Next Draw Jan.28

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

Dec. 6-Mike Bennett \$44 & Monte Winter \$44
Dec. 13-Muriel Bowden \$50 Ernie Woodgate\$50
Dec. 20-Vibeke Lindhardt \$46 Clay Olsen, Jim Hahn, Harry Fischer & Gord Zacher \$46
Dec. 27-(CLOSED)

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**



SORRY, SON...THERE'S NO APP FOR THAT



Breakfast

Full Breakfast \$7.75

2 Eggs, Bacon or Sausage or Ham, Hashbrowns, Toast & Coffee

Eggs Benedict \$8.25

Toasted English Muffin, Poached Eggs, Ham, Hollandaise Sauce, Hashbrowns & Coffee
Half Order \$6.00

Bacon Temptation Omelette \$8.25

Bacon & Cheese, Tomato slices, Hashbrowns, Toast & Coffee

Spinach Omelette \$8.25

Spinach, Mushrooms, Green Onions, Peppers, Cheese, Hashbrowns, Toast & Coffee

Spanish Omelette \$8.25

Peppers, Green Onions, Ham, Mushroom, Cheese, Hashbrowns, Toast & Coffee

Ham & Cheese Omelette \$7.25

Hashbrowns, Toast & Coffee

Small Full Breakfast \$5.75

One Egg, Bacon or Sausage or Ham, Hashbrowns, One Toast & Coffee

Pancakes \$5.00

French Toast \$5.00

Breakfast Burrito \$5.50

Sausage, Peppers, Mushroom, Green Onions, Cheese

Egg Muffin Sandwich \$4.50

Toasted Egg Muffin with Bacon or Ham or Sausage

Add \$3.25

Bacon or Ham or Sausage

Lunch

Philly Cheesesteak Sandwich \$8.50

Sliced Steak with Peppers, Onions on a Hoagie Bun with French Fries

Beef Dip Sandwich \$8.00

Roast Beef, Ajuis, Sauted Mushrooms on a Hoagie Bun with French Fries

Rueben Sandwich \$6.50

Corned Beef, Swiss Cheese, Sauerkraut on Rye Bread

Deluxe Hot Hamburger & Poutine \$8.50

Beef Patty on a slice of bread with gravy, onions and Poutine

Hot Hamburger & Fries \$7.75

Beef Patty on a slice of bread with gravy and Fries

Build Your Burger:

Beef or Chicken \$6.00

Add Swiss or Cheddar Cheese \$1.00 Add Bacon \$1.50
Add Mushrooms \$1.00

Fish & Chips \$9.50 (2 piece) \$7.50 (1 piece)

Tacquitos \$7.00

3 Corn tortillas filled with beef and fresh Pico di Gallo with Cheese

Grilled Sandwiches

Grilled Bacon, Tomato & Cheese \$5.50

Grilled Ham & Cheese \$5.00

Grilled Cheese \$4.00

BLT \$5.75

Nord-Bridge Club Sandwich \$6.50

Chicken, Ham, Bacon, Tomato, Lettuce, Cheese, on two slices of bread

Denver Sandwich \$5.75

Chicken Caesar Wrap \$6.00

Chicken Fingers & Fries \$7.25

Chicken Quesadillas \$8.00

Salad

Chef Salad \$7.00

Nord-Bridge Salad \$7.25

Seasonal fruit, nuts with vinaigrette dressing

Chicken Caesar Salad \$6.75

Taco Salad \$6.75

Add Refried Beans \$1.00

Caesar Salad \$5.50

Garden Salad \$5.50

Fries & Sides

Poutine \$5.75

Fries \$3.00(sm) \$4.50(lg)

Onion Rings \$4.50

Loaded Fries \$5.50

Bacon, Cheese, Green Onions

Sweet Potato Fries \$5.00

Garlic Cheese Toast \$4.00

Add Ons: Salsa, Sour Cream, Dressing, Mayo, or Gravy \$0.75

Soup & Sandwich

Soup & Sandwich \$6.75

Soup \$3.75

Sandwich \$3.50

Beverages

Coffee, Tea, Hot Choc. \$1.00

Pop & Juice (Can) \$1.50

Bottled Water \$1.00

Member Photos

With Sid Lewis!



Friday, January 21st **FREE**
from 10 am -1130 am

Friday, February 18th **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

January 7th- Darlene Waldie

January 14- Anne Summer & Elaine Unger-Pengilly

January 21st- Richard Thompson

January 28th- Roger Mueller & Anne Pauls



FREE Walker Repair CLINIC

Where: 1904 13 Ave. N. in the Main Corridor of Nord-Bridge
 When: Wednesday, February 23rd
 Time: 10 am- 11 am

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



Thank you to:



Lethbridge HEARING CENTRE

FREE HEARING TESTS

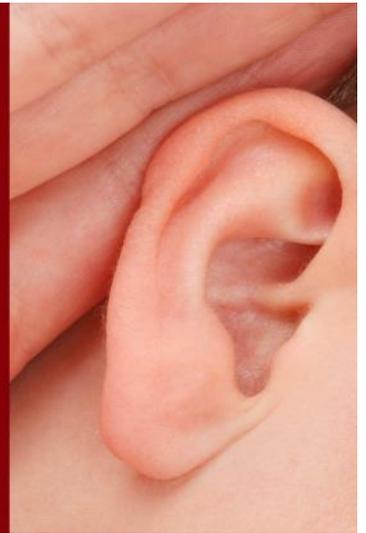
BOOK YOUR FREE HEARING APPOINTMENT BY CALLING
403-329-3222

Third Thursday of the month starting

January 20th

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

Follow us on Facebook @NordBridgeSeniorsLethbridge



COME AND JOIN US FOR LINE DANCING CLASSES With Diane!



For Seniors **55+**

Drop in every Tuesday at 1:00 PM in the Multi-Purpose Hall!

Members: \$3 | Non-Members: \$4

Must have previous experience- for intermediate levels only, proof of vaccination required

FOR MORE INFO PLEASE CALL 403-329-3222!



*Starting the second week of January 2022!

WWW.NORDBRIDGESENIORS.COM

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

roost roost LIMITED

Downsizing Dilemma? Need to move on?



New Owner/Operator

We can help....

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

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

Cell: 403-330-8389

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

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

*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.



NORD-BRIDGE BUILDING FUND RECENT DONORS

Alice Mehlhaff in Memory of Fred Mehlhaff: \$200; Pat Santa, Harry & Sandy Fischer in Memory of Don Santa: \$150; Jennie Ogilvie Show Proceeds: \$500; Marilyn Gillies from the Watercolor Club towards Outreach: \$100; Marilyn Heaton: \$200; Frances Wallace: \$100; Murielle Nikles in Memory of Don Santa: \$35; Patricia Filteau: \$200; John & Lois Cicman: \$200; Valerie & Everett Arkinstall: \$100; Della Howg: \$100; Denise Cole: \$200; Gordon Vaselenak: \$100; Judy Cartwright: \$100; Mike & Diane Bennett: \$100



NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2021 through Dec 31, 2021: **\$702.50**

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

Total Contributions to our Building Fund 1998 through 2021 **\$ 2,214,998**
Still needed by N-B Fundraising **\$ 285,002**

FOOT CARE IS BACK!

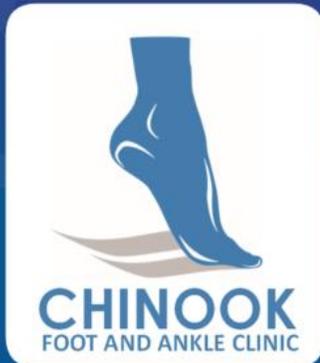
***Appointments MUST be booked ahead by calling 403-329-3222 while spaces last!**

Dates: Wednesday, February 2nd & March 30th
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!



NORD-BRIDGE SENIORS CENTRE

1904 13 Ave. N.

WINTER 2022 Nord-Bridge Seniors Centre
PRESENTS

NEW

ONLINE REGISTRATION

Available Jan. 5th

ENROLL ONLINE AT:
WWW.NORDBRIDGESENIORS.COM



Steps to Register Online:

1. Go to www.nordbridgeseniors.com
2. Click on "Online Registration" under the "Recreation Programs" tab & follow prompts
3. Go to LOGIN (top left hand corner) & login to your account with e-mail ONLY
4. Click CATALOG (top left hand corner)
5. Select classes then add to order
6. Scroll to top of page and select CHECK OUT & NEXT STEP
7. Select PAY NOW and enter payment info (if applicable)
8. Your courses are booked!

**OR CALL
403-329-3222
TO REGISTER
OVER THE
PHONE AFTER
JAN. 5**



Need help registering? Call and ask for Ashley at 403-329-3222

LIVE



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

Crispy Chicken Sandwiches with French Fries

COOKING CLASS

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 MONDAY

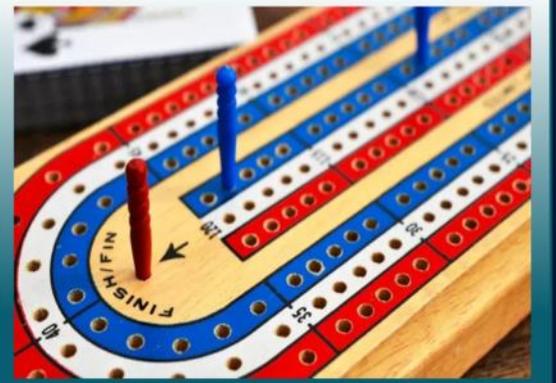
FEBRUARY 7TH

11:15AM MST Via ZOOM



CONTACT ASHLEY @ 403-329-3222

@nordbridgecooksvirtual



***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!



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.

VIRTUAL 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, JAN. 12 - MAR. 2

MEMBERS: \$20	TIME: 9AM-9:45AM
NON-MEMBERS: \$40	LOCATION: ZOOM VIDEO PLATFORM

CALL TO REGISTER AFTER JAN. 5TH AT- 403-329-3222

Made with PosterMyWall.com



Programmer's Report

Welcome to 2022! Can you believe it?

We had a fun and busy December last month with our Winter Wonderland Walk through. Feel free to enjoy the photos from the event on page 18 and 19 of this newsletter. A BIG thank you to everyone who donated trees and Christmas decorations for this event, without you, we would not be able to host this event. Also, thank you to all the volunteers and staff who helped decorate. We hope to do this again next year!

If you have not already grabbed your copy of the Winter Program Booklet, you can stop by Nord-Bridge or go online to www.nordbridgeseniors.com under the Recreation Programs tab. Register for all of these classes starting January 5th at 9:00 am either online at our website or in person at 1904 13 Ave. N. Please DO NOT call in this day to register, as it will be too busy. **For steps of how to register online please go to page 9 of this newsletter.**

Please note if you are registering online: members can only register for one person at a time. If you are a current paid member and have used online registration before, please login using your email that Nord-Bridge would have on file. Please note: in order to get the membership discount online, you will need to make sure you have paid your 2022 membership fee otherwise the system will not recognize you as a member and you will therefore not receive the member discount. You cannot pay your yearly membership fee online, so please pay ahead of time, renew in person, or call us after January 5th. If you are not a member of Nord-Bridge and have not used online registration before you will need to create an account using an e-mail, and basic contact info.

For in-person registration: please bring your proof of vaccination with you as well as your *Winter 2022 Program Registration Form* and have it filled out. Please get a copy either at Nord-Bridge, online under the Recreation Programs tab, or in the Winter Program 2022 Booklet (page 11). For more info on in person registration, please go to page 12 of the Winter Program 2022 Booklet. Please keep in mind some classes will all be done virtually through ZOOM. There is no limit on virtual classes, so have no fear you will get into your class. The only virtual classes available include Tuesday and Thursday Keep Fit, Gentle Pilates, & Monday Gentle Yoga and the rest will be offered in person only. Please find more information in the Winter Program Book, on our website, or in person at Nord-Bridge.

One last note: If you have not yet paid your 2022 Nord-Bridge membership and you plan on using the gym, unpaid members will be unable to access our gym. Please also make sure you are wearing indoor shoes in the gym to keep our Fitness 55 Club as clean as possible for all to enjoy.

Until next month, stay happy and healthy!



Ashley Kern - Program Coordinator

A Note From The Mind

Joggers:

Mind Joggers is anxious to begin 2022 with new poems and stories from our members.

We would like for you to join us anytime to listen or even consider joining our fun loving group.

We would like to extend a heartfelt welcome to Rick Gillis who is now a happy member of our reading/ writing group!

-Judy Knox- Mind Joggers

A poster for 'Jammers' at Nord-Bridge Seniors Centre. The background is red with images of a drum set and two electric guitars. The text is in white and yellow. At the top is the Nord-Bridge Seniors Centre logo. The main text reads 'JAMMERS NOW BACK EVERY MONDAY (EXCLUDING HOLIDAYS)'. Below that, it says '*Proof of vaccination & masks required before entrance into building'. The time is '9:30-12:00pm @ DUNFORD DINER'. At the bottom, it says '\$2.00 charge for non-members'.

NORD-BRIDGE SENIORS CENTRE

JAMMERS

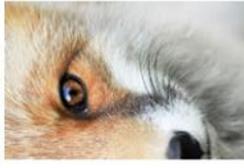
**NOW BACK EVERY MONDAY
(EXCLUDING HOLIDAYS)**

*Proof of vaccination & masks required
before entrance into building

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

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

JANUARY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>*JAN. 3rd</p> <p>CENTRE CLOSED</p> <p>*All programs cancelled</p> 	<p>4</p> <p>1:00 Canasta 1:00 Scrabble 1:30 Texas Hold'em 1:30 Beginners Crib 7:00 Evening Line Dance</p> 	<p>5</p> <p>Winter Program Registration Begins</p> <p>8:30 Breakfast Buffet</p> <p>10:45 WINNERS BINGO</p> <p>1:00 Euchre 1:00 Quilt/Craft 7:00 Table Tennis</p> 	<p>6</p> <p>9:00 Card Crafters 1:00 Hand & Foot 1:00 Trump Whist 1:00 Woodcarving 1:00 Duplicate Bridge</p> 	<p>7</p> <p>1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib 1:00 Checkers/Chess (Craft Room) NEW</p> 
<p>10</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>11</p> <p>9:00 LAWYER <small>by appointment</small> 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 7:00 Evening Line Dance</p>	<p>12</p> <p>9:00 Virtual Meditation 9:00 Gentle Somatics (AM) 9:30 Directors Board Meeting (Board Room) 10:00 Paper Tole 10:00 Carpet Bowling 10:00 Coffee With a Constable 10:30 Chair Yoga 10:45 WINNERS BINGO 11:15 Begin. Line Dance 12:00 Gentle Somatics (PM) 1:00 Darts 1:00 Euchre 1:00 Quilt/Kraft 7:00 Table Tennis</p>	<p>13</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 Hand & Foot 1:00 Trump Whist 1:00 Woodcarving 1:00 Duplicate Bridge 1:15 Floor Shuffleboard</p> 	<p>14</p> <p>9:00 Gentle Yoga 10:00 Carpet Bowling 10:30 Chair Yoga 1:00 In-House Bingo 1:00 Contract Bridge 1:00 Crib 1:00 Checkers/Chess (Craft Room)</p> 

17
 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



18
9:00 REIKI RELAXATION
(South View Room) by appt.
 9:00 Active POUND®
 9:30 Beginners Watercolor
 10:00/1:00 Clogging
 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
 5:00 Evening POUND®
 7:00 Evening Line Dance

19
 8:45 ZUMBA® Gold
 9:00 Virtual Meditation
 9:00 Gentle Somatics (M)
 10:00 Paper Tole
10:00 Lethbridge College
Messages (Craft Room)
 10:00 Carpet Bowling
 10:30 Chair Yoga
10:45 WINNERS BINGO
 Begin. Line Dance
 11:15 Gentle Somatics (M)
 12:00 **Recovery College**
Motivation Webinar 
 1:00 Darts
 1:00 Euchre
 1:00 Quilt/Kraft
 7:00 Table Tennis

20
 9:00 Card Crafters
 9:00 Floor Curling
 9:00 Gentle Pilates
 9:30 Mind Joggers
10:00 Lethbridge Hearing
(South View Room)
 10:00 Intermediate Line
 Dance (West Community Room)
 10:45 Strength Keep Fit
 1:00 Acrylic Painting
 1:00 Hand & Foot
 1:00 Trump Whist
 1:00 Woodcarving
 1:00 Duplicate Bridge
 1:15 Floor Shuffleboard

21
 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)



24* & 31*
 9:00 Gentle Yoga
 9:30 Jammers
 10:00 Floor Curling
10:00* Tips & Tricks with
Watercolor (31st)
 1:00 Military Whist
 1:00 Woodcarving
 1:00 Contract Bridge
 1:00 Darts (Cancelled 24th)
1:00* Outreach (Cancelled)
 6:30 Bid Euchre



25
 9:00 Active POUND®
 9:30 Beginners Watercolor
 10:00/11:00 Clogging
 10:00 Music Makers
 10:45 Aerobic Keep Fit
 1:00 Canasta
 1:00 Scrabble
 1:30 Texas Hold'em
 1:30 Beginners Crib
 5:00 Evening POUND®
 7:00 Evening Line Dance



26
 8:45 ZUMBA® Gold
 9:00 Virtual Meditation
 9:00 Gentle Somatics (M)
 10:00 Paper Tole
 10:00 Carpet Bowling
 10:30 Chair Yoga
10:45 WINNERS BINGO
 11:15 Begin. Line Dance
 12:00 Gentle Somatics (M)
 1:00 Darts
 1:00 Euchre
 1:00 Quilt/Kraft
2:45 LSKIP
Intergenerational Games
Afternoon (Multi-Purpose Hall)
 7:00 Table Tennis

27
 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
 1:00 Trump Whist
 1:00 Duplicate Bridge
 1:00 Woodcarving
 1:15 Floor Shuffleboard



28
 9:00 Gentle Yoga
 10:00 Carpet Bowling
 10:30 Chair Yoga
1:00 In-House Bingo
 1:00 Contract Bridge
 1:00 Crib
 1:00 Checkers/Chess
(Craft Room)



***MONTHLY TOONIE DRAW**



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: Jan. 20, Feb. 17, Mar. 17
- *CENTRE CLOSED ALL DAY - JANUARY 3

• SHOPPING TRIPS TO WALMART: CANCELLED UNTIL FURTHER NOTICE

• WINNERS BINGO: JAN. 5, 12, 19, & 26, 2022.

• FOOT DOCTOR: DR. SCHOW NOW AT 10:00 AM ON FEBRUARY 2, 2022 (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)

• WALKER REPAIR CLINIC- UPCOMING DATES: FEBRUARY 23RD AT 10AM IN THE MAIN CORRIDOR—FOR MEMBERS ONLY*





The Alberta Securities Commission (ASC) and the CheckF1rst program has developed the following financial concerns check list to help older adults identify if they need extra support managing their financial affairs and offers resources to help. The ASC recommends contacting someone you trust if you have concerns regarding your finances. If you check off any of the boxes on the list and feel you are facing financial abuse, please contact the LEARN Case Manager, Amy Cook, for help at 403-394-0306.

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



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



Upcoming FREE consultation dates:

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

**PHONE: 403-327-4145
FAX: 403-320-1181**



Rick Miller
Licensed Contact Lens Practitioner



Fred Miller
Registered Optician



Condolences to:

... The Siggelkow family and the loss of Glen
... The Boychuk family and the loss of Vic
... The Davidson family and the loss of Bill

**Get Well Wishes to: Maralyn Burghardt &
Frank Deane**

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

mb. Martin Brothers
Funeral Chapels Ltd.

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

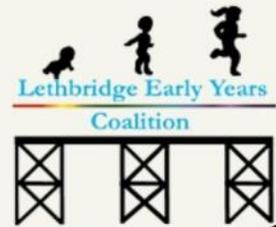
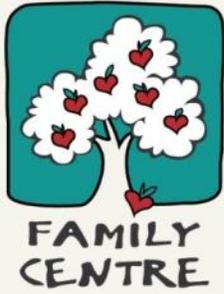
For more information please call 403.328.2361
or visit our website www.mbfunerals.com

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



LSKIP

Lethbridge Seniors & Kids Intergenerational Program

Are you looking for an opportunity to have your children engage with seniors in our community? Are you a senior and miss your grandchildren? Are you a homeschooler or working from home and looking for an outlet to get your children active? Are your children not able to connect with grandparents regularly?

We are partnering with seniors at Nord-Bridge to help bridge the gap between generations through active play, facilitated games, table activities, puzzles, art, and card games. Join us for our monthly event and connect with some amazing seniors and children in our community

**REGISTER FOR ONE OR ALL SESSIONS BY
CALLING 403-320-4232**

**Dates: Wednesdays January 26,
February 23 & March 23, 2022**

Time: 2:45pm-3:45pm

**Place: Nord-Bridge Seniors Centre,
1904 - 13 Ave. N.**

**Participants over 12
years of age must show
proof of vaccine or
negative PCR test in
order to participate.
Masks will be worn
during most activities.**

Protecting Alberta Seniors: Financial Concerns Checklist



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.**



Should I be concerned?
Are you, or a senior you know experiencing any of the following financial issues or concerns? (please check all that apply)

- I have recently assumed control of my finances for the first time.
- I don't feel confident in making financial decisions alone.
- I have trouble paying bills because the bills are confusing to me.
- I don't understand the financial decisions that someone is making for me.
- My children or others around me are pressuring me to give them money or make financial decisions I am unsure about.
- People are contacting me by phone, email or mail asking me for money.
- Money seems to be disappearing from my accounts. I think someone may be accessing them without my permission.
- I'm considering making an investment, but I am being pressured to provide personal information such as my credit card number, drivers licence and social insurance number.
- I don't receive regular financial statements for my bank accounts and/or investments.
- I do receive regular financial statements for my bank accounts and/or investments but don't review and/or understand them.
- I have trouble getting in touch with my financial adviser or person who takes care of my finances.
- I have been forced or am being pressured to sign over my power of attorney or change my will.

If you checked any of the boxes above and are concerned about your finances, help and resources are available. Speak to someone you trust, such as a friend, doctor, accountant or lawyer; call the police or the Alberta Securities Commission (1-877-355-4488). Remember: It's your money.

Adapted for use by the Alberta Securities Commission, with the permission of the Financial and Consumer Services Commission of New Brunswick.



PUBLIC INQUIRIES OFFICE:
1-877-355-4488 · inquiries@asc.ca · albertasecurities.com



Alberta Securities Commission



@ASCUpdates



albertasecurities

Before investing, visit
CheckFirst.ca



Gentle Pilates with Props



Thursdays

***Registration starts January 5th, 2022**

Session 1
Jan 13-Feb 24

Session 2
March 10th-April 21

Session 3
May 5-June 16

Time: 9:00-9:45am

Members: \$30.00 Non-Members \$50.00

Pilates is a form of strength and flexibility that can be done at any level of fitness. The exercises can also be adapted for people who have limited movement or who use wheelchairs.

Location: West Community room at Nord-Bridge Senior Centre

**Instructor, Sheila
Mulgrew, having a blast
with the members during
a POUND class!**





RACHAEL THOMAS
LETHBRIDGE ALBERTA MP



Wishing you &
your family a
Happy New Year!

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

DAY BY DAY Motivation



This class will explore personal motivation and how you can increase your motivation to accomplish important life goals that lead to the future you want to enjoy.

JOIN US TO LEARN MORE!

When? Wednesday, January 19, 2022, 1:00pm to 2:00pm

Who can attend? Anyone aged 55+

To register for this FREE CLASS go online to:
recoverycollegelethbridge.ca



The Medicine Shoppe
PHARMACY

Customer Appreciation day

JAN 12th **25% OFF**

all over-the-counter purchases for a limited time!

*2-1904 13th Ave N. location only, Jan 12th, while supplies last

Preventing Seasonal Depression

Add mirrors close to windows

Exercise outside when possible

Have your workspace near a window

Paint your walls a light colour

Plan a road trip with an outdoor activity

Have curtains open during the day

Spend 1 hour a day outdoors

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!

THANK YOU

Nord-Bridge Seniors Centre
25 Days of Christmas Raffle

SPONSORS

Individual Sponsors

- Helen Ruston - Mike Stefancsik - Gail Krysak
- Mike & Dianne Bennett - GT Auto Care



More photos from the Winter Wonderland Walk Through on the Next Page!



Winter Wonderland Photos from December 17th!





January's \$9 Lunch Specials for Dine In or Take Out

Friday, January 7th - Liver and Onions, Mashed Potatoes, Veggies & Gravy

Friday, January 14 - Roast Beef with Roasted Potatoes, Veggies and gravy

Friday, January 21 - Chimichangas with Pico De Gallo & Rice

Friday, January 28 - Two Piece Fish and Chips with Coleslaw

If picking up, please pre-order & pre-pay no sooner than the week prior and no later than the day before by calling 403-329-3222

Proof of Vaccination required before entry into the building



Seniors Systems Navigator

I wish you all the best for 2022 as we turn the calendar over to another year. I feel so fortunate to be able to connect and work with people at Nord-Bridge Seniors Centre. This year I am hoping for good health and happiness for each of you.

Every year we make resolutions and goals for the New Year and I hope that you become more involved in the community volunteering. This year you might resolve to get out more, go on a trip or learn something new at one of the classes or workshops offered at Nord-Bridge. Or you might come to the centre to just hangout and make a new friend.

Whatever 2022 brings to you and your family please know that Nord-Bridge is here all year. I feel that the staff are truly committed to making a friendly centre and wonderful place for you to spend your time as we all continue to re-emerge from the pandemic. I look forward to all that is to come in the New Year.

Charlene Kocken

COME & ENJOY OUR MONTHLY
BREAKFAST BUFFET

***FIRST WEDNESDAY OF EVERY MONTH!**

\$11 PER PERSON

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



Wellness Coordinator/Outreach

Welcome to the Beginning of a Fantastic Year “2022”

Check out Our Winter program guide for January 2022!

Let’s make this year all about the PRESENT- reflect on the past but do not stay there. Look forward to the future but enjoy what is here in this moment.

There is solid evidence that staying physically, mentally, nutritionally, socially, spiritually, and healthy active can lead to brain health and maintenance...SO let’s get going!

- 1. When the body is active, it signals the brain to be ready to learn and grow. Return to or try out a new class or activity here at Nord-Bridge.**
 - 2. Learn something new or something as challenging as learning a new language, solving a puzzle, playing word games, taking a class, learning an instrument, or starting a new hobby- Line dancing or cooking classes are a blast!**
 - 3. Food has the ability to alter thought processes, moods, and behaviors. You are what you eat so try adding a new vegetable or fruit and throw in some walnuts and flaxseeds for some healthy fats.**
 - 4. Social activity makes physical and mental activity more enjoyable. It can reduce stress levels, which help maintain healthy connections among brain cells. So partner up!**
 - 5. Engaging in creative activity promotes brain health and cognitive VITALITY in the aging brain. Letting your creativity flow in an art class or mediation session cultivates a positive outlook by lowering stress levels and support brain health.**
- ▼ **Did you know that Mediation, Yoga, Somatics, all effect directly on brain chemistry and anatomy, changing the function and physical structure of the brain? It improves cognitive function, reduces the risk or Dementia, Stress, Diabetes, and High Blood Pressure.**

In our Fitness 55+ Centre we excited to see all the new and returning faces. **BOOK** yourself in with me to get a free refresher orientation or some guidance as you start the NEW YEAR! **Remember to clip up on the tread mills, drink water and stay safe!**

Outreach is back!!! We are heading into January full steam ahead: Our volunteers will meet Monday, January 10th 2022 to organize our next outreach event, thank you team! We will be hosting January 24th in a celebration of restarting Outreach and for entertainment, Celtic Routes will be playing. To sign up please see Front Desk.

If you have been wanting to try a program but have a hard time getting to and from the floor- we have adapted Beds enabling members to participate without that concern.

Programs are looking great. Wednesday, January 5th is the beginning of registration week starting at 9:00 am of all Winter Programs. Find a full list of programs in Ashley’s, Winter 2022 Program Book published on December 17th.

BIG Thank-you for all the supporters and participants of our Christmas Family Fun Yoga class as well as the ADVENT Calendar challenges that we posted throughout December.

Melanie Hillaby

Wellness Coordinator/Outreach (Mind -Body –Spirit)

Winter 2022



**NORD-BRIDGE
SENIORS CENTRE**

VOLUNTEERS 55 and older **NEEDED**

GET INVOLVED & MEET
NEW PEOPLE!

**SIGN-UP
TODAY!**

Opportunities
include:

- *Winners Bingo Volunteers (various)
- *Winners Bingo Volunteer Coordinator (previous experience an asset)
- *Ticket Takers, Ticket Sellers, & 50/50 sellers (special events)
- *Dunford Diner Cashier & Dish Washer
- * Tech Help (with Laptops/Tablets, etc.)

Go to volunteerconnector.org to apply or call 403-329-3222 and ask for Ashley!

All volunteers will need a current criminal record check. Call 403-329-3222 for more information.

Thank You!

to all of our sponsors for our Christmas Family Fun Yoga event last month!

- *Bullock Dental
- *RCL Metal Works
- *Great Clips West
- *Lotus and Stone
- *Rosemary Howard
- *Sherryl DeCoste

- Also thank you so much to:
- Gerry DeCoste
 - Denis Briand
 - 50/50 Ticket Sellers for 25 Days of Christmas
 - Volunteer Decorators & Donations for Winter Wonderland
 - Cass Williamson for window paintings
 - Turkeys from No Frills North & Gordon Food Services &
 - Age Care Columbia



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



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**

Winter
2022



**NORD-BRIDGE
SENIORS CENTRE**

*Tips, Tricks & Techniques
in Watercolor with
Donna Gallant*

Starting Monday, Jan. 31 - Mar. 13
Fee: \$50 for Nord- Bridge members
Non - members: \$70

**No class Feb. 21*

**Monday
mornings
at 10am**



Face Covering Required

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

City of Lethbridge Bylaw 6239



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

Visit lethbridge.ca/covid19 for more information.



NORD-BRIDGE
SENIORS CENTRE

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

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.