



NORD-BRIDGE SENIORS

NEWSLETTER

February 2022



**NORD-BRIDGE
SENIORS CENTRE**

“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

Valentine's Day is coming soon. This is the year to send Valentine's greetings to all those friends you haven't been able to visit this past year. Remember the fun we had in school receiving all those cards from our classmates. February can drag on but at least it's a short month and Spring is around the corner. I have decided to stop watching so much news and to concentrate on all the good in the world. I have also been looking at all the good things that happened to us last year. One of the highlights was the birth of our Grand-Nephew, Owen Robert. Its so nice to welcome a new member to the family and get to hold a baby again.

We had an excellent board meeting on January 12th, with all board members in person which hasn't happened for a while.

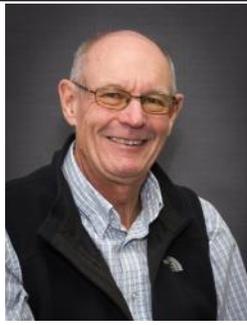
Please remember our Annual General Meeting is on Wednesday, March 2, 2022. We will be electing new board members. I hope to see many of you there.

Welcome to all new members, were so glad you have joined us here at "*The Friendly Center*"! As I write this note, we are looking after our neighbor's dog, Lucy (pictured below). She is a wonderful pet and makes us laugh. The best thing about looking after other people's dogs is you get to give them back afterwards.

"The world would be a nicer place if everyone had the ability to love as unconditionally as a dog." -M.K. Clinton.

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!



Hank Korthuis

Brian Kiefuik

Anita Selby

Ruth Neufeld

Joyce Hayko

Nancy Curtis

David Schandor

Lena Neufeld

Les Brooks

Dave Kelly

Jean Kelly

Esther Pack

Marilyn Aanestad

Neal Hilborne

Adam Fudala

Allen Cairns

Jo-Anne Cairns

Darrel Taylor

Darlene Scherrens

Jo Kolm

Susan Oktaba

Linda Kehn

Peggy Grant

Bonita Tarr

Jim Rogers

Jini Rogers

Lynda Brown

Allan Weins

Cheryl Weins

Carmen DesRoches

30!



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.

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NORD-BRIDGE 2022 AGM & BOARD ELECTION

Wednesday, March 2, 2022, 9:30 a.m.
Nominations Notice for Board & Executive Positions

At the Association's upcoming Annual General Meeting, scheduled for **March 2, 2022, 9:30am**, the membership of Nord-Bridge will be asked to elect a new Executive. This occurs annually. Executive Officers can serve a maximum of 3 years in the same position, excepting for the Treasurer and Board Secretary, who can be elected for extended terms. In 2022 our membership will minimally elect (or re-elect) the President and Vice-President. Members will also be asked to vote on the Treasurer and Board Secretary. The By-Laws outline that [where possible] nominations for Executive positions are made from individuals who have served on the most recent Board, and have been a Director on the Board for a period of at least one year.

In addition, at least 3 Directors are elected to the Board annually. Directors on the Board are elected from members of the Society in "good standing", per By-Law Item 7.1.4. Directors can serve up to two terms of 3 years each.

If you would like to serve on the Executive or Board of Directors, please see the By-Laws in the Library or at the Front Reception Desk; or speak with a member of the Nominations Committee, chaired by Past-President Pat Santa; or with Executive Director David Ng. You might also wish to speak with a current member of the Board to learn of their duties and experiences. Nomination Forms are available at the Front Reception Desk as of January 10th with nominations being accepted at the Front Reception desk until 4:30 pm on Monday, February 14, 2021.



*COVID-19 Restrictions Exemption Program guidelines are in place at Nord-Bridge.

EXECUTIVE DIRECTOR'S REPORT

Greeting Members,
As we roll into February, it signals that we are one month closer to warmer weather and our Annual General Membership Meeting on March 2nd at 9:30 am in the Multi-Purpose Hall. Leading up to every AGM, our membership should be aware that we elect three (3) new directors to our Board every year. However, we have one (1) vacant 2 year position that will need to be filled this year as well; in total four (4) board positions will need to be filled. Nomination forms have been available at the Front Reception Desk since January 10th. Information about board responsibilities and time commitment are detailed on the nomination form. If you would like more information please ask for me at the Front Desk. Nominations will close on Monday, February 14th at 4:30pm.

Last month our Board of Directors reviewed and approved members who have qualified for Life Membership status. Nord-Bridge awards life memberships for members 80+ years old; who have met at least two of the following criteria's: been an active paid member for at least 10 years (does not need to be consecutive), volunteered over 7500 hours (volunteer hours must be documented) or donated >\$2,000 to Nord-Bridge. If at least two of these criteria's are met; a life membership will be approved by the Board of Directors. For members who are 90+ years of age the only criteria required is that the member has paid for a Nord-Bridge membership for at least three consecutive years. The recipients of life memberships will be contacted personally in the following weeks and will be recognized at our AGM in March.

Last month I had a conversation with a potential new member who was enquiring about the benefits of a membership. I explained members receive discounted programming fees and that a Nord-Bridge membership is required to access the Fitness 55 Club and Pool room; in addition to the user fees associated with both the fitness room and pool room. A membership is also required to attend all card programs, recreation activities and art and craft clubs. A membership is not required to dine in our dining room or to access any of our senior support services (ie. Seniors Systems Navigator and Seniors Helping Seniors Program). However, one of the biggest benefits of taking out a Nord-Bridge membership is that it helps support Nord-Bridge's annual operating budget. Nord-Bridge relies on the membership revenue to help offset operational overhead expenses that are required to keep the doors open to our building.



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


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Association

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Lethbridge, AB T1H 4W9

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GPS units
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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

WiFi

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](tel: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)



How Can We Help Your Trees Today?

Tree and Shrub Pruning
 Landscape Planning and Gardening

(403) 327 – 0001 ladybugarborists@gmail.com

BOOKING:

Ornamental and Fruit Trees
 Spring Clean Ups – Bulb Planting

February - April

Ladybug Arborists
 Maureen Sexsmith-West, Cert Arborist PR4600A
 Qualified Tree Appraiser, ISA Tree Risk Assessor



**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 WINNER**
Walter Kroker \$162.00

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**
Reg Prawdzyk: \$201.00
 Next Draw Feb. 25




ANNUAL GENERAL MEETING

WED, MAR. 2

AT 9:30 AM IN THE MULTI-PURPOSE HALL OF NORD-BRIDGE SENIORS CENTRE
 COVID-19 RESTRICTIONS IN PLACE, PROOF OF VACCINATION REQUIRED



ZUMBA GOLD, CARPET BOWLING, & BEGINNER LINE DANCE CANCELLED THIS DAY

QUORUM OF 30 MEMBERS REQUIRED
 CALL NORD-BRIDGE TO RESERVE YOUR SEAT

CALL 403-329-3222

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**
- Jan. 3 - **CLOSED**
 Jan. 10 - Anne Pauls \$50 Karen Trainor \$50
 Jan. 17- Denis Briand \$47 Judy Beasley \$47
 Jan. 24 - Duane Leavitt \$50 John Ross \$50
 Jan. 31- Bernie Woodgate \$40 Earl Hall \$40

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

Membership Renewals

NOW DUE FOR 2022!

Renewing Members: \$50
New Members: \$53

*Please pay at the Front Reception Desk.



Dunford Diner Menu



NEW!

Hours: 8:00 am - 2:00 pm

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, Au jus 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)

Taquitos \$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

Friday Lunch Entertainment

February 4th – Karen's Karaoke

February 11th – Valentines Lunch - Anne Pauls

February 18th – Garland Brake & Doug Youngren

February 25th – Noel Burl & Vickie



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:



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

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



Come join us at

For a morning of Decorating Ukrainian Easter Eggs!

WHEN: FRIDAY, APRIL 8TH
TIME: 9:30 AM - 12:00 PM
WHERE: 1904 13 AVE. N. CRAFT ROOM
FEE: \$10.00 FOR MEMBERS OR NON MEMBERS 55+



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?



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NORD-BRIDGE BUILDING FUND RECENT DONORS

Bernie Schell: \$100; Anne Pauls: 100; In Memory of Bill Davidson Anonymous: \$40; In Memory of Frank Deane: Terry & Tracy Beauchemin: \$50; Roberta Svennes: \$50; Daniel & Eva Deringer: \$100; Dale & Kathleen Filkowski: \$100; Floor Shuffleboard Donation: \$150

NORD-BRIDGE IN-HOUSE BINGO

Cumulative proceeds from Jan 1, 2022 through Dec 31, 2022: **\$1,046.00**



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 2022 **\$ 2,215,498**
Still needed by N-B Fundraising **\$ 284,502**

FOOT CARE IS BACK!

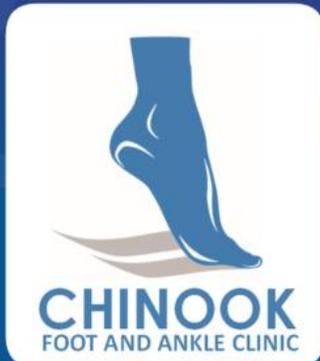
***Appointments MUST be booked ahead by calling 403-329-3222 while spaces last!**

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.

In-House Tournament Awards Luncheon

Friday, March 4, 2022



- Medal Presentations at 11:00 am in the Multi-Purpose Hall



- Lunch to Follow

GUESTS OR ANYONE WHO PARTICIPATED IN THE FALL TOURNAMENT ARE WELCOME TO ATTEND THE AWARDS BANQUET.

Guest Tickets can be purchased at the Front Desk for \$10.00

Laree Findlay and Nord-Bridge Seniors Presents:

BRIDGE

Bidding with Confidence



**FRIDAY February 11, 2022
@ 10:00 am in Craft Room**

VISIT FRONT DESK TO SIGN UP TODAY!

Participants will learn how to deal in Bridge especially in the Bidding or Auction stage. Open to all skill levels!

Proof of vaccination required before entry into building



Winners from Week 1:

- Larry won two gift cards to Original Joes North (donated by Original Joes), and Pops Pub North (donated by Lethbridge Hearing Centre)
- Diane won a Drone (donated by Aerial Tech)
- Lynne won three gift cards to Crown Car Wash (donated by Gas King), Original Joes North, and Little Caesars Pizza as well as a package of Whips Caramels
- Kevin won a Katy Perry Friends Purse (donated by Mike and Diane Bennett), two Little Caesars Pizza gift cards and a Servus Credit Union Bag (donated by Nord-Bridge)
- Gord won a Tire Rotation and Flat Repair (donated by Clarks Tire), gift card to London Road Market (donated by South Country Royal Lepage), Whips Caramels, and Bens Beef Jerky Sticks

Winners from Week 2:

- Pat won a gift card to the Onion Bar & Grill, two tickets to Nikko Yuko Japanese Garden Christmas Lights (donated by Copy Express), Whips Caramels, and a package of Bens Beef Jerky Sticks
- Bobbi won a Duffel Bag filled with Health and Wellness Gifts (donated by Gail Kryszak & Royal Lepage South Country)
- Debbie won a Kate Spade Purse (Donated by Lethbridge Hearing Centre), a gift card to Little Caesars Pizza and a package of Whips Caramels
- Ron won a Movie Mill gift card set (donated by Gail Kryszak & Royal Lepage South Country)
- Gail won a three gift certificates to Big Al's Auto Repair, a Little Caesars Gift Certificate and Browns Socialhouse (donated by Lethbridge Hearing Centre)

We Raised over \$4,000!

Winners from Week 3:

- Richard won a gift card to The Onion Bar & grill and two tickets to Ode to Joy at the Yates (donated by Lethbridge Hearing Centre)
- Edith won a two gift cards to Canadian Tire (donated by Southern Homes Team at Royal Lepage) and Little Caesars Pizza
- SherryI won two tickets to Nikko Yuko Japanese Garden Christmas Lights (donated by Copy Express), two gift cards to The Onion Bar & Grill and London Road Market (donated by Royal Lepage South Country)
- George won a Silk Scarf, two gift cards to Earls (donated by Lethbridge Hearing Centre), and Little Caesars Pizza and an Alberta Coal Pin (donated by Mike Stefancsik)
- Candice won a Goody Basket from Savers North

Winners from Week 4:

- Marv won bakery items from Edible Elegance (donated by Southern Alberta Homes Team at Royal Lepage), and a gift card to Pops Pub North
- Heather won three gift cards to Big Al's, Little Caesars Pizza, Original Joes, and a pack of Ben's Beef Jerky
- Orley won three gift cards for a Tire Rotation and flat Repair (donated by Clarks Tire), Browns Socialhouse (donated by Lethbridge Hearing Centre), and Little Caesars Pizza
- Dwight won a Nutters Holiday Tray, Luggage Set (donated by Helen Ruston), and a gift card to Little Caesars Pizza
- Edna won a Headlight Restoration kit and two gift cards to Chapters and Profex (all donated by Profex)

A Very Special

"Thank You"



To everyone that bought a ticket for our 25 days of Christmas Giveaways at Nord-Bridge in December!

Winners from Week 5:

- Darrel won two gift cards to Breathe Easy Duct Cleaning and Little Caesars Pizza
- Joanne won three gift cards to Earls (donated by Lethbridge Hearing Centre), The Onion Bar and Grill, and Gas King
- Rolanda won two gift cards to Canadian Tire (donated by Southern Alberta Homes Team at Royal Lepage) and Shoe Solutions
- Millie won three gift cards to Original Joes, Little Caesars, and Salon Nineteen04 (donated by Southern Alberta Homes Team at Royal Lepage) as well as a Kitchen Tap (donated by Neudorf Plumbing)
- Bonnie won a Christmas Stocking with Goodies and cash (donated by Southern Alberta Homes Team at Royal Lepage and GT Auto Care) and a gift card from Little Caesars Pizza



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- * Evergreen's Budget Conscious Pricing

*Because Cost
Is An Option*

*We lessen the expense
Not the care*

A Division of the Caring Group Corp.

A note from the Card Crafters:

On January 12, 2022, Card Crafters celebrated ten years of being a program at Nord-Bridge and recycling your old greeting cards.

We are very grateful for the many, many donations we have received over the years, and for the wonderful people who have bought our creations.

A big *Thank You* to the Board at the time, David Ng, (now Executive Director, then Program Director) who believed in us, and Gordon Kometz who first presented the idea to the Board.

Also a thank you to the Boutique for selling our cards and to my wonderful band of gals who come out every week to have fun and make cards.

Pat Kincade



***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!**

CRA's Community Volunteer Income Tax Program

NO APPOINTMENT NEEDED DUE TO COVID RESTRICTIONS

TIME FOR TAX

MODIFIED TAX DROP OFFS ONLY

Program Starts Tuesday, Mar 1, 2022

**Drop off your tax documents in an envelope
at the front main doors with name, DOB, address, & marital status**

**Run by Nord-Bridge Volunteers
16th year in a row**



Programmer's Report

Another month gone by. We had a great turn out for Winter 2022 Registration week last month. We had around 40 register online through our website and about the same in person on January 5th. We are still looking for more participants in the following classes: Beginners Watercolor, Games Afternoon with the Lethbridge Family Centre on February 23rd as well as a FREE self-esteem webinar thanks to the Recovery College on Wednesday, February 16th at 1:00 pm (you do NOT need to be a member of Nord-Bridge to join.) Any of these programs, you can sign up for online at our website: www.nordbridgeseniors.com or give us a call at 403-329-3222.



Moving into February, we are planning our first sit down luncheon since March 2020, with the annual Valentines Day Luncheon. This will be planned for Friday, February 11th at 11:30 am. Tickets MUST be purchased in advance and this is for Dine-In ONLY and no pick ups or deliveries will be accepted. There will be live entertainment and door prizes! Get your tickets while they last and go to page 16 for more info! Guest tickets are also available for purchase for our *In House Tournament Awards Luncheon* on Friday, March 4th at 11:00 am. For more information please go to page 9 of this newsletter.

We are constantly impressed by the amount of support we continue to receive during these unknown times and would like to thank everyone for everything. From volunteering in our building with set up of programs & helping in our dining room, to word of mouth referrals to attend Nord-Bridge for various exercise programs. Without you all we wouldn't be here!

A gentle reminder, all card and board games will still need to wear their masks during entire game play. We now have quite the selection of face shields for purchase for \$2.00 each at the Front Reception Desk.

One last note we will be closed on Monday, February 21st for Family Day.

Until next month, stay happy and healthy!

Ashley Kern - Program Coordinator

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

LIVE

NORD-BRIDGE
SENIORS CENTRE

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

Fish Tacos with Apple Cilantro Slaw

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
MARCH 21ST
11:15AM MST Via ZOOM

CONTACT ASHLEY @ 403-329-3222
@nordbridgecooksvirtual

FEBRUARY 2022

Monday



7 9:00 Gentle Yoga
 9:30 Jammers
 10:00 Floor Curling
 10:00 Tips & Tricks in Watercolor
 11:15 Virtual Cooking Class
 1:00 Military Whist
 1:00 Woodcarving
 1:00 Contract Bridge
 1:00 Darts
 6:30 Bid Euchre



Tuesday

1 9:00 Active POUND®
 10:00/11:00 Clogging
 10:00 Music Makers
 10:45 Aerobic Keep Fit
 1:00 Intermediate Line Dance (Multi-Purpose Hall)
 1:00 Canasta
 1:00 Scrabble
 1:00 Watercolor Club
 1:30 Texas Hold'em
 1:30 Beginners Crib
 5:00 Evening POUND®
 7:00 Evening Line Dance

8 **9:00 LAWYER** by appointment
 9:00 Active POUND®
 10:00/11:00 Clogging
 10:00 Music Makers
 10:45 Aerobic Keep Fit
 1:00 Canasta
 1:00 Intermediate Line Dance (Multi-Purpose Hall)
 1:00 Scrabble
 1:00 Watercolor Club
 1:30 Texas Hold'em
 1:30 Beginners Crib
 5:00 Evening POUND®
 7:00 Evening Line Dance

Wednesday

2 **8:30 Breakfast Buffet**
 8:45 ZUMBA® Gold
 9:00 Virtual Meditation
 9:00 Gentle Somatics (AM)
10:00 FOOT DOCTOR (by Appt.) (Craft Room)
 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 (PM)
 1:00 Darts
 1:00 Euchre
 1:00 Quilt/Craft
 7:00 Table Tennis

9 8:45 ZUMBA® Gold
 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

Thursday

3 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 Acrylic Painting
 1:00 Trump Whist
 1:00 Woodcarving
 1:00 Duplicate Bridge
 1:15 Floor Shuffleboard



10 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 Woodcarving
 1:00 Duplicate Bridge
 1:15 Floor Shuffleboard



Friday

4 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)



11 9:00 Gentle Yoga
 10:00 Carpet Bowling
 10:30 Chair Yoga



11:30 Valentines Day Luncheon
 Dine in ONLY, tickets required

1:00 In-House Bingo
 1:00 Contract Bridge
 1:00 Crib
 1:00 Checkers/Chess (Craft Room)



14
 9:00 Gentle Yoga
 9:30 Jammers
 10:00 Floor Curling
 10:00 Tips & Tricks in Watercolor
 1:00 Military Whist
 1:00 Woodcarving
 1:00 Contract Bridge
 1:00 Darts
 6:30 Bid Euchre



15
 9:00 Active POUND®
 10:00/11:00 Clogging
 10:00 Music Makers
 10:45 Aerobic Keep Fit
 1:00 Canasta
 1:00 Intermediate Line Dance (Multi-Purpose Hall)
 1:00 Scrabble
 1:00 Watercolor Club
 1:30 Texas Hold'em
 1:30 Beginners Crib **NEW**
 5:00 Evening POUND®
 7:00 Evening Line Dance

16
 8:45 ZUMBA® Gold
 9:00 Virtual Meditation
 9:00 Gentle Somatics (AM)
 10:00 Paper Tole
 10:00 **Lethbridge College**
Messages (Craft Room)
 10:00 Carpet Bowling
 10:30 Chair Yoga
 10:45 **WINNERS BINGO**
 11:15 Begin. Line Dance
 12:00 Gentle Somatics (PM)
 1:00 **Recovery College**
Self-Esteem Webinar 
 1:00 Darts
 1:00 Euchre
 1:00 Quilt/Kraft
 7:00 Table Tennis

17
 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

18
 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**



21* & 28*
 9:00 Gentle Yoga
 9:30 Jammers
 10:00 Floor Curling
 10:00 Tips & Tricks in Watercolor
 1:00 Military Whist
 1:00 Woodcarving
 1:00 Contract Bridge
 1:00 Darts
 1:00* **Outreach (Cancelled on 28th)**
 6:30 Bid Euchre

***WE WILL BE CLOSED FOR: FAMILY DAY Monday, February 21st**

22
 9:00 Active POUND®
 10:00/11:00 Clogging
 10:00 Music Makers
 10:45 Aerobic Keep Fit
 1:00 Canasta
 1:00 Intermediate Line Dance (Multi-Purpose Hall)
 1:00 Scrabble
 1:00 Watercolor Club
 1:30 Texas Hold'em
 1:30 Beginners Crib **NEW**
 5:00 Evening POUND®
 7:00 Evening Line Dance

23
 8:45 ZUMBA® Gold
 9:00 Virtual Meditation
 9:00 Gentle Somatics (AM)
 10:00 Paper Tole
 10:00 **Leisters Walker Repair Clinic (Main Corridor)**
 10:00 Carpet Bowling
 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
 2:45 **LSKIP**
Intergenerational Games

24
 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




25
 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) **NEW**

***MONTHLY TOONIE DRAW**

26
 8:45 ZUMBA® Gold
 9:00 Virtual Meditation
 9:00 Gentle Somatics (AM)
 10:00 Paper Tole
 10:00 **Leisters Walker Repair Clinic (Main Corridor)**
 10:00 Carpet Bowling
 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
 2:45 **LSKIP**
Intergenerational Games

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



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: Feb. 17, Mar. 17, May 19, June 16
- CENTRE CLOSED – MONDAY, FEBRUARY 21ST FOR FAMILY DAY**

SHOPPING TRIPS TO WALMART: CANCELLED UNTIL FURTHER NOTICE

WINNERS BINGO: FEB. 2, 9, 16, 23, 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*





LEARN
LETHBRIDGE ELDER ABUSE
RESPONSE NETWORK

Know the Signs of Elder Abuse
Sometimes, when people get older,
they must rely more on others to help
take care of themselves. That brings a greater chance
someone will mistreat them or take advantage of them.

With COVID-19, individuals are more isolated than ever and older adults
living with abuse may be afraid or embarrassed to talk about it. But if
you keep your eyes open and know what to look for, you can help
make sure your friends and loved ones stay safe.

Warning signs of abuse are, but not limited to:

- Witnessing the older adult suddenly self-isolating (non-covid related)
or avoiding contact with loved ones
 - Unexplained or sudden changes to their will, POA or PD
 - Sudden and unexplained changes in their finances or lack of finances
 - Unexplained fearful behaviour or changes in behaviour
 - Unexplained signs of injury
 - Unexplained cancellation of support services in place
- Knowing the signs of abuse can act as a preventative measure in
addressing elder abuse with your loved ones. If you are ever unsure
if your family or friends are being taken advantage of, please call
LEARN. If you ever feel your loved ones are in danger or in unsafe
situations, please call 911. Abuse can be isolating and embarrassing
for older adults but LEARN is available to help and offer judgment
free support services.

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

<http://lethseniors.com/learn> -Amy Cook, LEARN Case Manager

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

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

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

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

ACCOMPANY You

Provides Freedom and
Transportation for Seniors

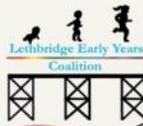
- Medical Appointments	- Visiting Friends
- Recreational Outings	- Shopping
- Curb to Door Assistance	- Grocery Shopping
- Banking and Paying Bills	- Genuine Companionship
- Lethbridge to Calgary Service	- Accompanied Appointments

Call Jodie
To schedule your appointment
403-894-2484
jodie.hiebert@gmail.com

Condolences to:

- ... The Deane family and the passing of Frank
- ... The Hawkins family and the passing of Carl
- ... The Symes family and the passing of Edna
- ... The Boyd family and the passing of Marg
- ... The Demsey family and the passing of Don
- ... The Hamabata family and the passing of LaVerne





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.



Lethbridge Historical Society

Membership

A membership year is from April–March. Persons joining mid-year will receive all back issues of our newsletters and magazines for that year, at time of joining. Membership includes optional subscription to *Alberta History* magazine, and discounts on select LHS books.

Single

\$55 includes subscription
\$30 without subscription

Family

\$75 includes subscription
\$50 without subscription

Your support is vital to preserve and protect Lethbridge's history. Thank you!

info@lethbridgehistory.org | 403-320-4994 msgs only
lethbridgehistory.org | LethbridgeHistoricalSociety



WE ARE IN NEED OF GENTLY USED POT HOLDERS & OVEN MITTS

CALL 403-329-3222 AND ASK FOR GAIL



ARE YOU 55+ AND INTERESTED IN DRAGON BOAT?

Call Ashley at 403-329-3222 to register today! All levels welcome!



DRY LAND TRAINING BEGINS MID-MARCH 2022

AT NORD-BRIDGE SENIORS CENTRE



Valentine's Day

LUNCHEON

Friday, February 11th at 11:30 am



\$13 PER PERSON

Dine-in ticketed event ONLY.

Please purchase your tickets at the Front Reception Desk. While quantities last.

Proof of vaccination required before entrance into building

Please note: Regular menu items not available during the luncheon

Pies, Cakes, Cookies

Order your homemade Pies, Crisps and Cookies from Nord-Bridge today.

Pies \$5.00 (5") \$8.00 (8")

- * BANANA CREAM
- * COCONUT CREAM
- * CHOCOLATE CREAM
- * APPLE
- * CHERRY
- * BLUEBERRY
- * RAISIN

Cookies by the dozen \$5.00

- * CHOCOLATE CHIP
- * OATMEAL RAISIN
- * PEANUT BUTTER
- * DOUBLE CHOCOLATE CHIP

Crisp and Loaf

- * BANANA LOAF \$5.00
- * APPLE CRISP \$8.00
- * RHUBARB CRISP \$8.00
- * MIXED FRUIT CRISP (CHANGES DAILY) \$8.00



Call Nord-Bridge 403-329-3222 to order every Monday-Wednesday. Pick Up on Fridays only.

NEW! Now offering GLUTEN FREE desserts!
\$1.50 each. Please ask Gail for more information!





WINNERS BINGO VOLUNTEER COORDINATOR NEEDED!

DUTIES INLCUDE: PHONING AND SCHEDULING BINGO VOLUNTEERS WEEKLY. NEED TO BE A REALIABLE, & ORGANIZED PERSON.

PLEASE CALL 403-329-3222 IF SERIOUSLY INTERESTED



3307 3RD AVE. S.



DAY BY DAY

Self-Esteem



Having a positive personal regard is key to life satisfaction. We will take a look at what self-esteem is, why it is important, and how to build it up.

JOIN US TO LEARN MORE!

When? Wednesday, February 16, 2022, 1:00pm to 2:00pm

Who can attend? Anyone aged 55+

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

HERE TO SERVE

RACHAEL THOMAS
LETHBRIDGE ALBERTA MP

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



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



Upcoming FREE consultation dates:

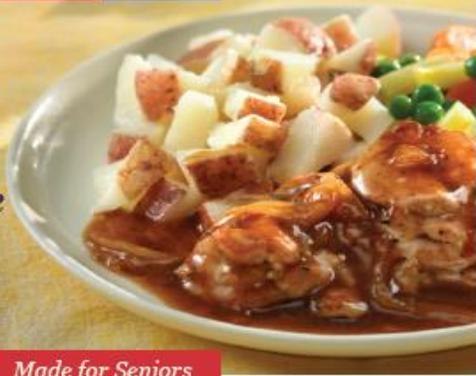
between the hours of 9:00 a.m. & 11:30 a.m.
Contact the Nord-Bridge Reception Desk to schedule an appointment. **Phone: (403)329-3222**
This free service is for Nord-Bridge members only.

Thank You to:

- Sifton House for donating Face Shields
- Potatoes donated from Denis Briand

We appreciate it so much!

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

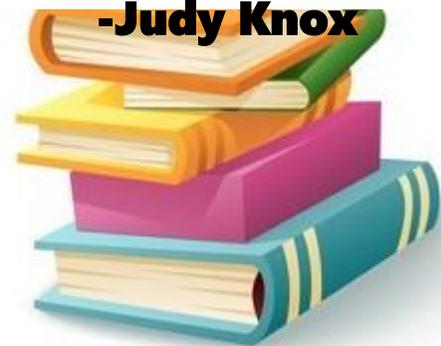
Get your FREE Menu
1-844-431-2800
HeartToHomeMeals.ca

*Some conditions may apply.



A Note From The Mind
Joggers Writing Group:
Mind Joggers has now begun for 2022 with new poems and stories for our members. We would like for you to join us anytime to listen or even consider joining our fun loving group on Thursdays at 9:30 am.

-Judy Knox



Did you know?

An act of kindness can:

- Decrease stress
- Boost happiness
- Lower blood pressure
- Release feel-good chemicals (serotonin & oxytocin)
- Inspire more kindness!

The Medicine Shoppe
PHARMACY





ROCKOUT. WORKOUT.

This energizing workout combines cardio, conditioning, and strength training with Yoga and Pilates-inspired movements on a chair or standing. POUND®, uses 1/4lb drumsticks engineered specially for exercising. This drumming exercise works the shoulders, biceps, triceps, forearms and back. You will increase your rhythm, timing, coordination, speed, agility, and endurance and is easily modified for all abilities .

***Please bring your own yoga mat and indoor shoes, RipStix will be provided.**

EVENING POUND® WITH SHEILA MULGREW!

NORD-BRIDGE SENIORS CENTRE – 1904 13 AVE. N. LETHBRIDGE, AB

STARTING TUESDAYS, MAR. 15 – MAY 3 FROM 5:00 PM – 5:45 PM

FEE: MEMBERS: \$45.00 NON-MEMBERS: \$65.00

POUND™
ROCKOUT. WORKOUT.



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

**Friday, February 4th - Veal Cutlets, Roasted Potatoes
with Veggies and Gravy**

**Friday, February 11th - Grilled Chicken Breast with
Asparagus, Mashed Potatoes, and Mushroom Sauce**
*(*VALENTINES LUNCHEON THIS DAY IS \$13: DINE-IN ONLY TICKETS REQUIRED*)*

**Friday, February 18th - Lasagna, Garlic Toast, &
Caesar Salad**

**Friday, February 25th - Liver & Onions, Mashed
Potatoes, Veggies and Gravy**

**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 System Navigator

This month is **Heart Month!**

The month of February is a time to celebrate the loved ones in our lives. Our heart is the most important organ in the entire body. The heart pumps oxygen and nutrient-rich blood throughout the body to sustain life. It pumps all hours of the day and while we are sleeping at night. If our heart stops our entire body

shuts down completely in a matter of minutes. Try to maintain a healthy heart by maintaining a healthy lifestyle.

Few tips for healthy heart:

1. Try and exercise. Get at least 30 minutes of exercise every-day of the week.
2. Quit smoking. If you smoke its time to butt out.
3. Eat a healthy diet. Try to fill your plate with fresh fruit and vegetables while limiting saturated fats, salt, and foods containing cholesterol.
4. Watch the numbers. Check or monitor health conditions that affect the heart, high blood pressure, and cholesterol as well as diabetes.
5. Reduce alcohol intake. Drinking excessively can worsen health conditions that contribute to heart disease and high cholesterol.
6. Minimize stress. Lead a stress-free lifestyle and find healthy outlets to relieve stress and lower the risk of heart disease.
7. Watch your weight. Gaining too many pounds will increase your risk of heart disease. Try and maintain a healthy body weight for your size.

Charlene Kocken

COME & ENJOY OUR MONTHLY
**BREAKFAST
BUFFET**


NORD-BRIDGE
SENIORS CENTRE

***FIRST WEDNESDAY
OF EVERY MONTH!**

**\$11
PER PERSON**

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



Wellness Coordinator/Outreach

The most common types of heart disease are:

- **Atherosclerosis** — the hardening and narrowing of the arteries due to a buildup of fat and cholesterol;
- **Arrhythmia** — abnormal heart rhythm;
- **Heart attack** — when a clot blocks blood flow to the heart;
- **Heart valve problems** — such as stenosis or prolapse;
- And **heart failure** — when the heart isn't pumping as much blood as it should.

Berries, especially the red and [blue](#) varieties, are remarkably potent, heart-healthy warriors. Results of a meta-analysis study from 2016 [found](#) that berry consumption contributed to *lower LDL (bad) cholesterol, blood pressure, and body mass index.*

Simply consuming **1 to 2 daily portions of either strawberries, raspberries or blueberries can [reduce](#) your risk of cardiovascular disease.**



Get started in our Fitness 55+ Centre -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!**

If you have been wanting to try a program but have a hard time getting to and from the floor, we have adapted lowered beds that enable members to participate without that concern –please check with me.

Programs - Registration week went great and we are always taking registrations throughout the year.

Outreach -~~is postponed~~ - We are hoping we can do an event starting May 2022.

Melanie Hillaby - Wellness Coordinator/Outreach (Mind -Body -Spirit)

Watercolor with Ariel Jones **LIVE!**



via  for seniors 55+

Begins: Monday, Mar. 7 - Apr. 11

Time: 1:00pm - 2:30 pm

Fee: \$65.00 for Nord-Bridge Members or \$85.00 for non members (art supplies not included)

Using tracing and watercolor paints, participants will learn various techniques for painting and drawing virtually through zoom from landscapes to animals. For Beginner levels. Supply sheets and zoom invites will be e-mailed.



Winter 2022



**NORD-BRIDGE
SENIORS CENTRE**

VOLUNTEERS 55 and older **NEEDED**

GET INVOLVED & MEET
NEW PEOPLE!

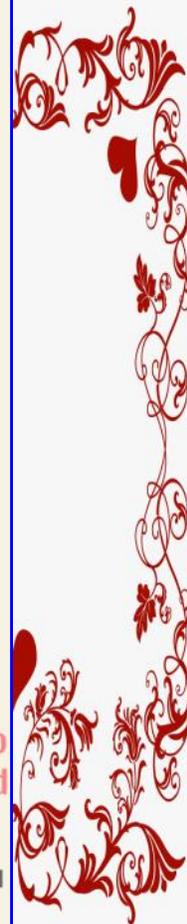
**SIGN-UP
TODAY!**

**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.



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!



Lethbridge
HEARING CENTRE

FREE HEARING TESTS

 **NORD-BRIDGE SENIORS CENTRE**

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

Third Thursday of the month, next appointment
February 17th

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

Follow us on Facebook
@NordBridgeSeniorsLethbridge 



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



 **NORD-BRIDGE SENIORS CENTRE**

Register online at
www.nordbridgeseniors.com
or call us at 403-329-3222!

Beginners
Watercolor with Denise Savard

Session 2- Begins: Tuesday, Mar. 8- Apr. 19
Time: 9:30- 11:00am in the Craft Room
Fee: Members: \$45 Non-Members: \$65

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.